

GSE SUMMER FORCE RULES AND REGULATIONS

**Capelli Sport Complex
1659 Wayside Rd, Tinton Falls, NJ 07712**

GAMEPLAY DETAILS:

One Day Format

3-game guarantee

40 minute games (4- 30 minute games for 2023's)

Halves and halftime can be adjusted if both teams have low numbers and agree to it.

Game film is included FREE with the registration for this event from our video partner, Mai Day Productions. Access to the film will be granted to club directors to distribute to the team THROUGH SportsRecruits within 14 days or less from the end of the event.

Each program is responsible to screen their own players and staff.

COVID-19 Rules:

Only 1 parent or caregiver per player. We must stay under the gathering guideline of 500 people.

Parents or caregivers must stay six feet apart while watching games...white dots are on the ground to meet social distancing requirements.

All parents, players, and coaches are required to wear a mask. Players do not have to wear a mask while playing. Coaches can pull their masks down if they are six feet away from players and officials as they coach.

Parents may NOT walk on the field for any reason.

RULES OF PLAY:

- **2024s and older:** after each goal the ball will be awarded to the team that just allowed the goal at goal line extended for a contested clear, with play resuming on the referee's whistle. If the team that allowed the goal is trailing by four or more goals, they will receive the ball at midfield for a free possession.
- **2025s and younger:** after each goal, the ball will be awarded to the team that just allowed the goal at midfield for a free possession.

- 2019 US Lacrosse/NFHS Rules will be used for 2020 – 2023 divisions including the following changes:
 - Cleared defensive zone for 8-meter free positions
 - Penalty zone in critical scoring area (the zone)
 - US Lacrosse U14 rules will be used for all Middle School divisions (24, 25, 26)
- Self-Start
 - Free movement is permitted
- Any major foul occurring between the 8 and 12 meter will now be administered as a free position taken on the 12-meter fan.
- USL High School rules apply; If one team wants to play with modified checking, and one does not wish to play with full checking, then the modified checking rule will stand, and all USL U14 rules will stand.
- Please note: on an 8-meter shot, if the game or halftime whistle sounds before an 8-meter can be taken the shot can be played out; once it changes possession or the ball goes out of bounds the play and game or half are done.

GAME FORMAT:

- All Games will start promptly at the assigned times
- Two 18-minute running halves; running clock with a direction change at halftime
- All games are 12v12
- Halftime will be two (2) minutes
- The first alternate possession will always go to the team in the light-colored uniform.
- One (1) 30-second timeout per game per team; Clock does not stop therefore **timeouts cannot be called in the last four (4) minutes of the game.**
- Continuous Clock, which will be kept by the referees
- Referees can stop the game for any reason that he/she feels fit. Examples include serious injury, game equipment issues, weather, etc.
- No official score will be recorded
- All Substitutions are made according to US Lacrosse regulations.
- Red Card eliminates a player from the rest of the game AND THE NEXT GAME. Team also plays down for the remainder of the game (Excludes 2026 & 2027/28 divisions).
- Two (2) Yellow Cards are the equivalent to a Soft Red Card and that player is eliminated from the remainder of the game. This does not include the following game but is at the discretion of the tournament director.
- MERCY RULE - Applies to the 2026 and 2027/28 division when there is a four (4) goal deficit. Teams down by four (4) or more goals will get a free position on the center line after each goal
- The appropriate equipment and mouth guards must always be worn.

- Officials and Tournament Directors have final say on interpretations and rulings.
- BALLS – Game balls will be provided by the Field Coordinator at each field and will remain at the fields.

SPORTSMANSHIP/CONDUCT:

- Only Head Coaches are permitted to address the officials; and do so in a respectful manner.
- Head Coaches are responsible for any of their clubs' unruly players, asst. coaches, and fans.
- GSE has a one-strike policy for coaches and players. The GSE Staff has the right to remove any coach, player, or fan from the tournament at their discretion. In the event of a warning, coaches and players will be notified and any further incidents will result in that coach or player's removal from the GSE Tournament.
- Poor Sportsmanship, taunting, trash talking, fighting, or other unsportsmanlike behavior will not be tolerated by coaches, players, and fans.
- Referees will notify the Field Coordinator of any warning given to a Coach or Player. Accordingly, the Tournament Directors will be made aware of all incidents throughout the Tournament.
- Please speak to a Tournament Director about any problems that may arise during the weekend.
- Respect your team, your opponents and the game.
- Set a good example for your players.
- Most importantly enjoy, and have Fun!

Who Should Attend & Who Should Stay Home...

No more than one parent/guardian/chaperone per athlete should attend. If more than one adult accompanies an athlete, those extra individuals will be asked to leave the venue.

No individuals who have been diagnosed with COVID-19, or have had a fever, chronic fatigue, dry cough, nasal congestion or runny nose, sore throat, or any other symptom of the virus within two weeks of the event should attend.

Individuals with underlying conditions that would classify them as high risk if they were to contract the disease are strongly discouraged from attending this summer (those with diabetes, age 65 or older, chronic lung disease or severe asthma, heart conditions, severe obesity, chronic kidney or liver disease, other cardiovascular or respiratory illness or chronic condition)..

What to Pack...

Each attending individual (coach, parent, and athlete) is responsible for bringing their own:

- full water jug or large bottle, because we will not provide hydration at each field.

- personal lawn chair, because benches and bleachers may not be available in between and during games.
- facemask and bottle of hand sanitizer to use throughout the day. All individuals (including coaches) must wear their facemask when in close proximity to others and in communal settings. This includes the parking lot, fields, sidelines, bathrooms, and lines.
- coaches and athletes should also bring disinfectant wipes, and clean their hands and equipment before and after every game.

Importance of Parked Cars...

- All individuals present on site must have access to a parked car at the venue, because indoor facilities will not be accessible to teams, spectators, or staff. Therefore, all individuals will be asked to seek shelter in their cars in the event of a lightning delay, rain, or other temporary postponement. Please note where you parked in order to quickly access your vehicle.

What Not to Bring...

- Team tents (except personal umbrellas) and/or tailgating are prohibited. Each athlete and his/her parent should go directly to their car or sit in an open area with ample physical distance to await the next game (if available). Teams should not congregate in between games, and the sharing of food between families is highly discouraged. The use of shared team equipment should be limited. If used, it should be cleaned before and after each use.

Responsibilities of Teams (Coaches & Parents)...

- It's the responsibility of coaches and parents to ensure that their athletes have not exhibited COVID-19 symptoms, been diagnosed with COVID-19, or been in the presence of an individual who has been diagnosed with COVID-19 in the last 2 weeks. Coaches may be asked to affirm this in writing prior to each day's first game.
- In the heat of a game, please remember to respect the health, wellness, and safety of our field coordinators, officials, and staff. This means:
- Coaches must wear their facemask when speaking with officials, field coordinators, and other staff.
- We recommend athletes place bags six feet apart on the sideline.
- There will be no handshaking lines after games. High fives are discouraged.