



2019 GIRLS Rules & Regulations

ROSTER NOTES:

- A Parent/Guardian of each player must sign the player waiver form prior to participation.
- Coaches must check-in at the registration tent Saturday morning, prior to their first game.
- **NO Player may compete or be rostered on more than one club or team during the tournament. Any team with a player in violation of this rule will forfeit all games which the player has participated in and will not be permitted to play in the playoff rounds.**
- High School Graduates are ineligible to participate in the Cowboy Cup.

RULES OF PLAY:

- 2019 US Lacrosse/NFHS Rules will be used for 2020 – 2023 divisions including the following changes:
 - Self-Start
 - Self-starts will be permitted during the final two minutes due to the continuous clock
 - 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.
 - 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)
 - **Special note for the 2026 Division:** This age group may do full- checking if both teams agree prior to playing; If both teams are playing with full-checking then all 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 22-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 field coordinator/referees
- Referee can stop the game for any reason that he/she feels fit. Examples include serious injury, game equipment issues, weather, etc.
- The official score will be kept by both the table staff and the game officials. The staff and referee will confer throughout the game and stoppages to ensure the correct score. Coaches from both teams are responsible for verifying and signing the score at the end of each game.
- 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 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.
- **BALLS – Game balls will be provided by the Field Coordinator at each field and will remain at the fields.**
- MERCY RULE - Applies to the 2026 and 2027/28 division when there is a four (4) goal deficit in pool play, not in playoffs. Teams down by four (4) or more goals will get a free position on the center line after each goal (no mercy rule in playoffs).
- The appropriate equipment and mouth guards must always be worn.
- Officials and Tournament Directors have final say on interpretations and rulings.

TIE GAMES:

- There is no Overtime in Pool Play. Tie Games will end in a tie and each team will receive 1 point.
- In playoff play (sans Championships), there will be a four (4) minute sudden death overtime period followed by a Brave Heart competition until a goal is scored. Championship games will play full field until a goal is scored.
- BRAVEHEART RULES: 1 center and 1 goalie from each team will be used. Play will start with a center DRAW and will play out until either player scores. The first to score is the team that wins. A substitution can only occur in the event of injury. If a player needs to leave the field due to injury, the opposing player will be offered the opportunity to sub as well.
- No Time-outs in Playoff Overtime.

Playoff Seeding Criteria in Pods/Group

Overall record based on points; teams receive 3 points for win, 1 point for a tie, 0 for a loss.

1. Head-to-Head Results (only if there is a two-way tie; not applicable for three-way or more ties unless one of the tied teams beat the other tied teams)

2. Goal Differential (Total Goals scored minus goals allowed). Goal Differential is capped at +/-7.
3. Least Number of Goals Allowed
4. Number of goals scored
5. Number of Shutouts

*For the grade levels where some teams will receive a first-round bye; byes will be awarded to teams qualifying for the playoffs based on the following criteria:

- Most Points Earned in Group Play
- Goal Differential
- Least Number of Goals Allowed
- Most Goals Scored
- Most Shutouts
- Random Draw or Coin Flip

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.
- The Cowboy Cup has a one-strike policy for coaches and players. The Cowboy Cup 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 Cowboy Cup 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.
- Coaches who are removed from the Tournament will be reevaluated at the end of the event, at which point their team's acceptance into future Victory Event Series events will be addressed.
- 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 the Cowboy Cup and Have Fun!