



PLAYDAY IN THE PINES OVERVIEW & RULES



GAMES:

- 20 minute running time halves, 5 minute halftime
- Three games guaranteed
- Officials provided
- High School and Middle School 12v12 (including goalie)
- Elementary 8v8 (including goalie)

DIVISIONS:

- High School (rising 9th-12th grade)
- Middle School (rising 6th-8th grade)
- Elementary (rising 3rd-5th grade)
- When possible divisions will be split into A and B (or V and JV) flights
- Adjustments may be made to ensure the best competition for all registered teams - thank you in advance for your flexibility

SCHEDULE:

- Released no later than Wednesday preceding the event
- Games will tentatively begin at 9:00am

VENUE:

Morganton Road Sports Complex
100 Fire Lane
Southern Pines, NC 28387

- Free **LIMITED** Parking (carpooling encouraged, must park in designated space, overflow parking across the street at the Armory)
- Bathrooms on site
- Concessions and T-shirts for sale

REGISTRATION:

1. Complete online Google Form: [2019 Playday in the Pines Registration](#)
2. Mail check to the address below and put "Playday in the Pines" in the memo and your Club's name:
AC Sandhills Girls Lacrosse
3140 Hwy 5
Suite F
Aberdeen, NC 28315

CHECK IN:

- Coach/Manager must report to check-in tent at least 30 mins prior to start of team's first game with a roster for each team and waiver for each player (**ENFORCED**)
- Waivers must match rosters (**ENFORCED**)

LENGTH OF GAME//START OF GAME:

- All games will have 2 x 20 minute halves running clock, 5-minute half time. No overtime.



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- No coin toss will be done at the beginning of the game. Instead, home teams will be awarded alternating possession first.
- There will be stick checks before each team's first game. There will be no further stick checks unless requested by the opposing coach. If the stick is not legal, the appropriate penalty will be assessed.
- THERE WILL BE ONE, 2-minute, TIMEOUT permitted per team per game, and the clock WILL KEEP RUNNING. NO timeouts during the final 5 minutes of a half.
- A central horn will be used to start and stop games. Teams are urged to be ready to play at the start of the horn. Referees have the authority to start or end a half early to keep the games on schedule.

INCLEMENT WEATHER:

- We will make every effort to make a call regarding cancellation due to inclement weather by 9pm the night before. We will play if there is rain, not if there is lightning.
- Schedule may be modified if necessary due to inclement weather, darkness, or poor field conditions.
- 3 LONG BLASTS of AIR HORN: Clear all fields due to hazardous conditions. Teams should report to their cars, or under cover if lightning causes a stoppage in play. All fields will be cleared if lightning is seen and we will wait 20 minutes before returning to field.
- Should we need to cancel the event on Saturday, Sunday will be the rain date

TOURNAMENT RULES:

- All players AND coaches must have current US Lacrosse Memberships.
- Players shall not participate without submitting appropriately signed waiver.
- US Lacrosse "Official Rules for girls' and women's lacrosse" with modifications based on "US Lacrosse Youth Rules and Best Practices: and US Lacrosse Tournament Standards."
 - CHECKING: Full checking for High School, Transitional checking for High School JV Division, Modified checking for Middle School, and **no checking at Elementary Level.**
 - YELLOW CARDS: A yellow-carded player is suspended for 2 minutes of elapsed playing time and serves this time in the penalty area. A substitute may not take her place, and the team must play short at both ends of the field (non-releasable). A second yellow card to the same individual will result in her ejection from that game (she may play in the next one).
 - RED CARDS: A red carded player or coach will not be permitted to finish that game or participate in the next game. Team must play short for full 3 min with a red card.
 - HOME TEAM: The Home Team will be the team that appears first on the game schedule. The Home Team will be required to switch to alternate jerseys/or wear pinnies to accommodate a color conflict as declared by the umpire. If the Home Team cannot supply alternate jerseys, the Visitor Team will change.
 - ELEMENTARY DIVISION
 - 8v8 including goalie
 - Hold 2 behind 50 (only 5 cross)
 - No checking
 - 1 attempted pass before going to goal (coaches must help keep track, goalie clear does not count, the count starts over if change of possession occurs)

OTHER:

- 10x10 tents allowed, no stakes allowed
- Dogs allowed on leash, not allowed on athletic fields