NorCal Ascent Rules + Policies: 2026

Games will be played under Girls NFHS/USAL rules with the following modifications and points of clarification

Format: 12v12

Game Time: Two 20-minute running halves. 3-minute halftime. Kept on central horn

Timeouts: One 45-second timeout per game. Game clock does not stop, but penalty time does stop. Cannot be called in last 4-minutes of the game.

Checking:

- **All High School + 2031/32 Divisions** = NFHS/USAL Full Checking
- **2033 Division** = USAL Modified Checking

Illegal Stick Contact: It is illegal to hold a stick in a horizontal position (not between 10 o'clock and 2 o'clock) and make contact with an opponent's body or crosse.

Self-Start: Improper self-starts will be re-set without penalty. False starts in the CSA will be penalized. Self-start is permitted in the final two 2-minutes of game play due to running clock.

8-meter/ End of Period Play – Direct Free Positions in the CSA will be played out if time expires in the half or game. The play is over once one of the following occurs: the ball carrier shoots on goal or the ball carrier makes one pass that results in a shot on goal. In all other shooting situations, the goal will stand if a shot is released prior to the horn.

Penalties: All major fouls will be time serving penalties and the offending team will play short. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by the field marshal and will stop if a team uses a time-out. All yellow cards will be 1 minute, and all red cards will be 2 minutes.

- 1 Yellow Card: Player sits 1-minutes, field marshal keeps time.
- 2 Yellow Cards: Player sits the remainder of the game and can play in next game.
- Red Card (Player): Player must sit remainder of game AND must sit out for the next game.
- Red Card (Coach): The coach must leave the game and remain away from the sideline of that game until finished. They will not be able to coach the rest of the day at the event.
- The offending player that receives a card must serve the penalty time unless it is the goalie, and no substitute is available. If the goalie receives a red card, then they will be ejected from that game and the next. Their team may add an extra field player to the game to play in the field while a replacement goalie is dressed and enters the field through the sub area. The team must still abide by the offsides rules.
- If a team receives 4 Cards, they will play down the remainder of the game. Exception for OT Braveheart: team will be allowed to start with 3 field players and a goalie. They do not have to play down unless they receive an additional card during OT.

Offsides: Each team may only have 7 field players in the portion of the field with the ball (offensive or defensive ends) unless the team is playing short due to a penalty card or short roster.

Player Equipment: By participating in this event coaches are certifying that their players are properly equipped for the level of play per NFHS/USAL rules.

Jewelry: Religious and medical jewelry must be taped down. The tournament will permit players to wear jewelry that cannot be removed provided they are able to cover it with tape.

Stick Checks: No Stick Checks unless requested by the opposing coach before the next draw. No stick checks are permitted in the last 4 minutes of a game. Officials may still conduct check sticks if they suspect an issue.

Goalies: Player equipment: please refer to USAL Guidebook for 14U and 12U and NFHS rulebook for HS. All Goalies must wear an ND200 chest protector and pelvic protection. The tournament encourages goalies to wear shin and thigh pads, but all levels are not required to do so.

Alternate Possession: First AP is awarded to the team listed first on the Field Marshal clipboard and continue into OT.

Deputies: Permitted in all divisions

Mercy Rule: U14 and below: Teams trailing by eight (8) or more goals will receive a *free clear* (opposing players must back up behind the restraining line) following a goal by the leading team until the goal differential drops below eight (8). This rule can be waived by the trailing coach.

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Overtime Rules (OT):

- Pool Play: No Overtime
- Playoff Games (non-championship): Tie Games at the end of regulation will immediately go into a 4v4 Modified Braveheart (3 field + 1 goalie) until a goal is scored. Goalies cannot go over the midline unless a player stays back. Play will begin with a draw and then continue until a goal is scored. Substitutions are allowed. The penalty card count will carry over to OT however to make the Braveheart situation more equitable the team will start with 3 field players and a goalie. If they receive a subsequent card, they will play down according to NFHS rules. Any player who has received 2 yellow cards or a red card will not be eligible for OT per NFHS rules.
- Championship OT: Regular 12v12 game play in 5-minute running time periods until a goal is scored beginning with a draw, cards and AP carry over. No coin toss.

TIE-BREAKERS

Head-to-Head* Fewest Goals Against Most Goals For Coin Flip	**In the event of a tie between more than two teams, head-to-head amongst the tied teams will serve as the first tiebreaker. If there was only 1 matchup between the tied teams, the team that won that matchup would win the first tie-breaker and the other teams tie-break will be determined by fewest goals allowed and then most goals for*

Goal Differential: Teams may accumulate a maximum goal differential of 10 goals per game toward tournament standings and tie-breaker calculations. For example: a game result of 14-2 will be officially recorded as 12-2.

AGE & ROSTER POLICY

- Every participant must submit an online waiver prior to the tournament in order to participate.
- Players cannot play for more than one club program during the same tournament.
- Players may move up to play in an older age division team within their own club.
- Players cannot play in a division younger than their High School grad year/ USA Lacrosse age designation.
- Any exemption to this policy must be submitted in writing to the tournament director prior to the tournament. Violation of these regulations may result in forfeiture of games at the discretion of the tournament director.
- The tournament director makes the final decision on any roster issues.

ATTENDEE POLICY/FACILITY RULES

All attendees are expected to adhere to the following policies
Visit https://mhosc.org/policies for additional details.

- **Pets are not permitted except for service animals with proper identification. (STRICTLY ENFORCED)**
- **No alcohol or smoking** on the premises.
- **No glass including bottles permitted on the premises.**
- Attendees should adhere to parking signage and follow instructions of the parking staff.
- Parking on-site is managed by the facility staff - there is a $10/day entrance fee to enter the lots. Please adhere to no parking areas on the map. Cars parked in no-parking areas will be towed by the city at owner's expense.
- **Team Tents:** Only set up in designated areas
  - Never on the end line of a playing field regardless of netting
- **Turf Field Policies**: No food or drinks allowed on field other than water.
  - No spectators on turf, only Teams and Team Officials · No chairs on turf, use bleachers
- **Grass Field Policies**: all spectators must be 3 feet from the sidelines to allow the referees and players to play all the way to the line.

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WEATHER POLICY & SCHEDULE ADJUSTMENTS

All schedule changes will be messaged through Tourney Machine

- In the event there is a lightning strike withing eight (8) miles of the facility, five (5) air horn blasts will signal **families to take shelter in their cars** and await further instruction. Updates will be available through the Tourney Machine App. Standard lightning delays are 30 minutes from the last strike. In the event another strike occurs during the initial delay that 30-minute clock resets.
- In the event fields become unplayable or unsafe weather conditions occur such as rain, wind, lightning, or excess heat tournament organizers reserve the absolute and unfettered right to:
    - Cancel and/or postpone play.
    - Reduce game times.
    - Revise the schedule.
    - Interrupt and suspend games.
    - Finish or end games early.
    - The field and facility owners, not tournament organizers, have final say whether the tournament will take place in whole or in part.

SPORTSMANSHIP POLICY

- Poor sportsmanship, taunting, trash talking, fighting or other unbecoming behavior on the part of the players, coaches, parents or spectators will not be tolerated. Unsportsmanlike conduct will minimally result in a 1-minute non-releasable penalty, but officials are authorized to handle such conduct in their reasonable judgement based on the circumstances, including player, coach, parent or spectator ejection from the facility, or ending the game.
- Trilogy Lacrosse prohibits and will not tolerate acts of harassment, discrimination and bullying. Harassment, discrimination or bullying of any gesture, any written, or physical act, or any electronic communication may result in ejection from the field/facility.