UP TOP TOURNAMENT

HIGH SCHOOL GIRLS LACROSSE RULES | NOVEMBER 1, 2026 | SYRACUSE, NY

All players must complete the online player waiver before participating.

1. Governing Rules. USA Lacrosse Women's Rules will be used for all high school divisions, with applicable NFHS guidelines and the tournament modifications below.

2. Game Time. Each team is scheduled for three games consisting of two 20-minute halves. Games use a running clock, subject to tournament safety decisions or schedule changes communicated by the Tournament Director.

3. Sticks. There are no pregame stick checks. Coaches may not request a stick check of an opposing player. All sticks must comply with NFHS and USA Lacrosse guidelines.

4. Checking. Full checking is permitted in high school divisions in accordance with applicable USA Lacrosse and NFHS rules.

5. Penalties and Cards. Penalties are served in accordance with USA Lacrosse rules. A yellow card carries a two-minute non-releasable penalty beginning when the player exits the field; any unserved time carries into the second half. Two yellow cards to one player result in disqualification for the rest of that game. A red card removes the player from the current game and the following game. If a team receives four yellow cards in one game, it plays a player down for the remainder of that game.

6. Eight-Meter Shots. An eight-meter free-position shot will be completed even if the game horn sounds before it can be taken. There is no subsequent rebound or change-of-possession play after that shot.

7. Timeouts. Each team is permitted one 30-second timeout per game.

8. Ties and Overtime. No overtime will be played. Games that are tied at the end of regulation will end in a tie.

9. Roster Regulations. There is no roster-size limit unless the Tournament Director specifies one. Limited age exceptions require advance approval from Tournament Directors.

10. Injuries. The running clock generally does not stop for an injury unless EMS is called. If play is suspended for EMS, Tournament Officials will determine whether and when the game can be completed on an available field.

11. Sportsmanship. Players, coaches, spectators and officials must promote player safety and respectful conduct. Anyone ejected from a game is prohibited from participating in, coaching or watching their team's next game. Referees determine game ejections; Tournament Directors determine venue expulsions.

12. Safety and Weather. The on-site head athletic trainer and Tournament Director may modify game times for inclement weather, extreme heat or cold, poor visibility or dangerous field conditions. Tournament Directors may postpone, reschedule or cancel games.

13. Lightning Procedure. Three air-horn blasts signal lightning: clear all fields immediately and seek safe shelter away from the fields. The 30-minute clearance period restarts after each observed strike. Play resumes only after tournament officials issue the all-clear; updates will be communicated through available tournament channels.

14. Zero-Tolerance Policy. Alcohol, drugs and discrimination based on race, gender, religion or sexual orientation are prohibited at the tournament. Violations may result in immediate removal from the venue at the Tournament Director's discretion.

15. Issues and Concerns. All tournament concerns must be brought to officials by head coaches or club directors. Tournament Directors will not address on-field disputes with parents or spectators.