

2026 SouthEast Youth Lacrosse Conference Tournament Rules

1. (4) 10 min running quarters

U10 8 min

U12 10 min

U14 10 min

Option to run 2 halves running clock

Both teams agreeable to option you want

U12/U14 Recommend 10 min running Qs or agreed upon alternatives

2. Medical stoppages greater than 1-min only

Clock stoppage after 60 seconds

3. (1) TO/Half (Clock does not stop); NO time out in final 2-min.

30 second time outs one per half

4. 1-min quarter break

5. 4-min half break

6. Over and back applies

Applicable to U12/U14

7. Clearing timer applies for U12/U14

Or 30 seconds from where ever to box

8. Penalty time and a half :45/1:30 to account for running clock

9. Total game time approximately 46 min

10. One handed stick checks

Chasing from behind with a big fat swing = NOT ALLOWED

11. Braveheart for all games ending in a tie

Applicable to conference championships

Not applicable to U10

U12/U14 ending in tie moves to braveheart for trifesta's allowing maintaining time constraints

12. All personal fouls are unreleasable

13. If score differential reaches 7 goals, trailing team can choose no face off

14. U10 must have 1 pass attempt after face off