

# 2010 ShopRite® Nutmeg State Games Lacrosse Tournament

## Coordinators:

Cori Dister, Connie Chapin & Dick Naramore

## Dates:

July 27<sup>th</sup> – July 31<sup>st</sup> (August 1<sup>st</sup> – Rain Date)

## Locations:

Central Connecticut State University, New Britain, CT  
Sage Park, Berlin, CT  
Conard High School, West Hartford, CT

## Format:

Round Robin / Pool Play format with a minimum 3 Game Guarantee.

## Male & Female Age Groups:

<b>Age</b>	<b>Division</b>	<b>Roster Max</b>	<b>Age Cut Off Date</b>
Grades 5 & 6	Youth	20	Competitor's age will be determined by the grade he or she will be attending as of July 1st, 2010
Grades 7 & 8	Junior	20	Competitor's age will be determined by the grade he or she will be attending as of July 1st, 2010
Grades 9 & 10	Intermediate	20	Competitor's age will be determined by the grade he or she will be attending as of July 1st, 2010
Grades 11 & 12	Scholastic	20	Competitor's age will be determined by the grade he or she will be attending as of July 1st, 2010

## Forfeiture Policy:

Due to the fact that all competition brackets are ROUND ROBIN formats, a team may not intentionally forfeit a contest; even though the game may have no consequence on the seeding of the tournament at the conclusion of round robin play. Any team intentionally forfeiting a contest will be disqualified from further competition and the remaining teams will be re-seeded.

## Lacrosse Rules:

### Applicable Rules

Male: Youth & Junior: CONNY Rules (see below).

Male: Intermediate & Scholastic: NFHS Rules

Female: Intermediate: US Lacrosse Tournament Format

## Ice & Water

Teams will be responsible for providing their own ICE & Water during the 2010 Nutmeg State Games!

## Lacrosse Tournament Info

Youth and Junior Divisions (Boys):

### Preliminary Rounds

(2) Two 20 minute halves **Running Time**. Two timeouts per half.

### Medal Rounds

(2) two 20 minute halves **Stop Time**. Two timeouts per half.

Horns on **Sidelines** and **Endlines**

Intermediate and Scholastic (Boys):

Preliminary Rounds

(2) Two 25 minute halves **Running Time**. Two timeouts per half.

Medal Rounds

(2) two 25 minute halves **Stop Time**. Two timeouts per half.

Horns on **Sidelines ONLY**

Intermediate (Girls):

Preliminary Rounds

(2) Two 25 minute halves **Running Time**. No clock stoppage in the last two minutes of each half. Two timeouts per half.

Medal Rounds

(2) two 25 minute halves **Stop Time**. No clock stoppage in the last two minutes of each half. Two timeouts per half.

Horns on **Sidelines ONLY**

All coaches are responsible for assuring that all players are properly equipped.

Any player or coach ejected from a game may not participate in the team's next game. (Reminder: Coaches ejected from the game must vacate the field area and the team must have a qualified, designated adult coach in order to continue.)

Teams are to provide their own practice balls.

Teams will be allowed a maximum of 20 players, two coaches and one scorekeeper for credentials and awards.

## **CONNECTICUT NEW YORK YOUTH LACROSSE ASSOCIATION**

### **2010 BOYS RULES of PLAY**

#### **Tailored For Nutmeg State Games Youth (Grades 5&6) and Junior Divisions (Grades 7&8)**

*The National Federation of State High School Associations 2010 Boys Lacrosse Rules Book shall govern play, except as herein amended.*

#### **RESPONSIBILITIES OF BOTH TEAMS**

Spectators must be on the side of the field opposite the bench area or in permanent stands separated from the bench area by a barrier and a buffer distance such as a track.

#### **RULE 1-6 Crosse-Dimensions / RULE 2-1 Number Designation of Players / RULE 5-4 Illegal Crosse**

In Youth Division play a long crosse shall be 42 to 62 inches and in Junior Division play 52 to 72 inches. In both Divisions, 4 long crosses will be permitted in the game.

#### **RULE 1-9 Player Equipment**

ARTICLE 1, Paragraphs a & b, Helmet and Face Mask: CONNY urges each member organization to institute a program to achieve 100% NOCSAE compliance as soon as practicable, but does not require the use of NOCSAE approved helmets and face masks for the 2010 season. Hockey helmets and face guards are allowed so long as they are HECC approved.

CONNY changes RULE 1-9-1j to **require arm pads for all players (including goalkeepers)!!**

CONNY will not enforce color requirements under Rule 1-9 for helmets, mouthpieces, gloves, uniform shorts, under-jerseys, compression shorts, etc.

#### **RULE 4-3 Facing Off**

For NUTMEG play, add CONNY ARTICLE 6 to this rule:

Any time the goal differential reaches six (6) or more goals, in lieu of a face-off after a score (but not at the start of the half), the trailing team will be awarded possession of the ball at the center of the field, unless to coach of the trailing team elects to continue facing off.

*(This change from NFHS RULE 4-3 will not apply to CONNY Tournament games.)*

#### **RULE 4-23-2 Regular Substitution Prohibitions**

Teams are permitted regular substitutions when play has been suspended because the ball has gone out of bounds along either end line as well as the sidelines.

### **RULE 5-3 Illegal Body Check**

Articles 1-6 are unchanged, except that CONNY interprets all spearing as “vicious,” and thus requires that it must be assessed a three-minute non-releasable penalty in all cases (Article 6). Add CONNY Articles “7” and “8.”

Illegal body checking includes the following actions:

Article 7. Take-out checks. **Definition—Take-out check:** Checks in which the player lowers his head or shoulder with the force and intent to take out (put on the ground) the other player. Players may make contact in an upright position within five yards of the ball. (See US Lacrosse Youth Council Boys Rules at the back of the NFHS 2010 Boys Lacrosse Rules Book.)

### **RULE 5-6 Slashing**

Articles 1-3 are unchanged. Add “Note 1” to Article 3 and CONNY “Article 4.” Slashing includes the following actions:

Article 3, Note 1: Article 3 states, “In all situations, the player's gloved hand on his own crosse shall be considered part of his crosse except when in contact with a line marking.” In the context of RULE 5-6 for CONNY play, this means that *the ONLY permissible check with the crosse is on the opponent's crosse or his gloved hand on his own crosse. STRIKING AN OPPONENT WITH THE CROSSE ANYWHERE EXCEPT ON HIS CROSSE OR HIS GLOVED HAND ON HIS OWN CROSSE IS SLASHING!* This interpretation is a special point of emphasis for the CONNY Sportsmanship and Safety Committee and CONNY Rules Committee in 2010.

Article 4. Swinging the crosse at an opponent's crosse or body while holding the crosse with only one hand. For all checks, both hands must be on the crosse. *Any check delivered while holding the crosse with only one hand shall be considered **slashing**.*

### **RULE 5-9 Unsportsmanlike Conduct**

CONNY instructs game officials to enforce strictly NFHS Rule 5-9, UNSPORTSMANLIKE CONDUCT, especially Article 1, paragraphs a, b, and c which cover arguing with officials, use of inappropriate language, and baiting and taunting. *The CONNY policy is ZERO TOLERANCE!* Head coaches are responsible for the conduct of their players, coaching staffs and other sideline personnel, and supporting spectators. CONNY Interpretation: *Violations of NFHS Rule 5-9, Article 1, paragraphs a, b, and c, are three-minute non-releasable penalties in all cases.*

### **RULE 6-10 Stalling**

Article 1. Change to read:

A team in possession of the ball anywhere in its offensive half of the field may be warned to “get it in and keep it in.” This warning shall be made when it is obvious that a team is keeping the ball from play. When a team outside its attack area is warned to “get it in and keep it in,” the official nearest the player in possession of the ball will give that player an audible and visual ten-second count. If at the end of the count the team has not brought the ball into its attack area, stalling shall be called and possession of the ball awarded to the defending team at the spot where the ball was when the whistle blew. After being warned and, if necessary, bringing the ball into its attack area, stalling shall be called if the team runs or passes the ball out of its attack area during that possession.

Article 3. CONNY will enforce RULE 6-10-3 and RULE 3-3 **Final Two Minutes of Regulation Play. “Keep it in”**

### **RULE 4-15 Advancing the Ball into the Attack-Goal Area**

Team that is ahead in the final two minutes of the game will have 10 seconds to advance the ball into the Attack-Goal Area after the ball crosses the centerline.

### **RULE 6-13 Defensive Stalling (CONNY Rule)**

CONNY will not enforce RULE 4-14 **Advancing the Ball Beyond the Midfield Line**. Instead, CONNY RULE 6-13 shall apply as follows:

It shall be the initial responsibility of the clearing team to clear the ball. In stalling situations in the defensive half of the field, the official nearest the player in possession of the ball will give that player an audible and a visual five-second count. If at the end of the count the team still has not attempted to clear the ball or moved the ball within five yards of the opposing team, that team shall be warned to “clear the ball.” If the team does not immediately attempt to clear the ball or move the ball within five yards of the opposing team, stalling shall be called and possession of the ball awarded to the opposing team.

### **RULE 7-2 Penalty Time**

Game officials are urged to designate particularly severe or violent personal fouls, or those they perceive to be intended to intimidate or injure an opponent, as non-releasable and to add additional non-releasable penalty time as they deem appropriate.

## Lacrosse Tournament Info

All coaches are responsible for assuring that all players are properly equipped.

Any player or coach ejected from a game may not participate in the team's next game.

(Reminder: Coaches ejected from the game must vacate the field area and the team must have a qualified, designated adult coach in order to continue.)

Teams are to provide their own practice balls.

Teams will be allowed a maximum of 20 players, two coaches and one scorekeeper for credentials and awards.

## Team Sport Info

Athletes will be given a Nutmeg State Games non-numbered souvenir t-shirt. Teams will be allowed to wear their own (numbered) uniforms / jerseys for the tournament.

No schedule accommodations will be made for teams participating in another tournament while playing in the Nutmeg State Games.

Nutmeg State Games Coaches are required to have with them at all games the following information: full team roster & copies of proof of age for all players on the team's roster.

FIFTY percent (50%) of a team's competitors must be comprised of athletes from one region (North, South, East, West) Please see Region Breakdown for further information.

Please designate your team's name on all appropriate forms; if no name is given one will be assigned to you by the Nutmeg State Games administration.

Athletes who wish to play up in a division (play in an older age group than their age at the time of the tournament) will be allowed to do so. Athletes are not allowed to play down into a younger age group.

## Standings & Scoreboard Page on [www.nutmegstategames.org](http://www.nutmegstategames.org)

The standings and Scoreboard pages were created for coaches, managers, parents and athletes to view their team's record, game results and standings within their round robin brackets during the tournament. Since the Nutmeg State Games adopted the round robin / pool play structure we wanted to offer our participants a way to view their own and their competitor's records and also be able to see who advances during the playoff and medal round competition. Please check the Scoreboard and Standings pages daily during the week of competition to make sure we have recorded the correct game results. Also, please check the Standings Page to verify when, where and who you will be playing for PLAY IN and MEDAL ROUND Games!

## OPENING CEREMONIES:

**\*\*\*Attendance is mandatory for all Nutmeg State Games Athletes**

Saturday, July 24<sup>th</sup> 2010 – Veteran's Memorial Stadium, New Britain, CT

The Opening Ceremonies will begin as athletes from across the state participate in the traditional Parade of Athletes. Other special festivities will lead to the lighting of the ceremonial flame in true Olympic fashion, as the Nutmeg State Games are declared officially open.

New Britain Rock Cats Game – 2:35 PM

The Fan Fest: 5:00 PM

Opening Ceremonies: 7:15 PM

Opening Ceremonies Ticket Prices:

Adults - \$6.00, Senior (55+) or Child (12 & Under) - \$4.00

**Tickets for Opening Ceremonies will be sold at the day of Opening Ceremonies ONLY! Tickets cannot be purchased prior to the day of the event.**

## Nutmeg State Games Office Contact Info

New Britain Alternative Center

505 South Main St. (Daniel Bugnacki Way)

New Britain, CT 06051

Main Phone: (860) 224 6450  
Fax : (860) 224 6450  
Email: Pat Fisher – [fisher@nutmegstategames.org](mailto:fisher@nutmegstategames.org)

## **DIRECTIONS:**

### **Conard High School**

110 Beechwood Rd.  
West Hartford, CT 06107  
<http://www.whps.org/school/conard/athletics/DTWHF.asp>

#### **Traveling west I-84:**

Take exit 41 (South Main St.),  
Go right to stop light,  
Go left on Beechwood Rd. (first left) to stop sign (one block),  
Take next right into parking lot.

#### **Traveling east I-84:**

Take exit 41 (South Main St.),  
Go left to second stop light (about 100 yds.)  
Go left on Beechwood Rd. (first left) to stop sign (one block).  
Take next right into parking lot.

### **Sage Park**

Berlin, CT  
<http://www.region1.com/Maps/sage.pdf>

#### **I-91 North or South to Route 15 (Berlin Turnpike)**

Sage Park is located on the east side (northbound lane) of the Berlin Turnpike approximately 1.2 miles south of its intersection with Route 9 (by Micky Finn's). If you have traveling southbound, make the turnaround when you see the fire station on your left after passing the Sage Park entrance sign.

#### **I-91 South (Exit 22) to Route 9 north**

Take exit 22 off of Route 9 North, Mill Street, and proceed to the traffic light at the end of the ramp and turn right. At the next light, turn right, passing under Route 9 and following Worthington Ridge. Stay on Worthington Ridge until its end at the intersection with the Berlin Turnpike. At this light, turn left; Sage Park will be on the right approximately 2/10 of a mile.

#### **I-84 West to Route 9 South**

Take exit 22, Mill Street, and proceed to the traffic light at the end of the ramp and turn right onto Worthington Ridge. Stay on Worthington Ridge until its end at the intersection with the Berlin Turnpike. At this light, turn left; Sage Park will be on the right approximately 2/10 of a mile.

### **Central Connecticut State University**

1615 Stanley Street  
New Britain, CT 06050  
<http://www.ccsu.edu/>

#### **From the North (Massachusetts)**

Take 91 South to 84 West to Exit 39A, to Rte. 9 South.  
Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.  
At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather.

#### **From the Southwest (Stamford/New Haven)**

Take 95 North to 91 North to Exit 22 North, to Rte. 9 North.  
Follow Rte. 9 North and take Exit 29, Rte. 175.

At the traffic light at the end of the exit ramp, go straight and follow Fenn Road to the second traffic light, and take a left turn onto Ella T. Grasso Boulevard.

At the fourth traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather.

**From the Southeast (Groton/New London)**

Take 95 South to Rte. 9 North to Exit 29, Rte. 175.

At the traffic light at the end of the exit ramp, go straight and follow Fenn Road to the second traffic light, and take a left turn onto Ella T. Grasso Boulevard.

At the fourth traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather.

**From the East (Hartford)**

Take 84 West to Exit 39A, to Rte. 9 South.

Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.

At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in cases of inclement weather.

**From the West (Danbury/Waterbury)**

Take 84 East to Exit 39A, to Rte. 9 South.

Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.

At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather.