

# Cabin Fever 4v4 – High School Division Information/Rules and Regulations



## INFORMATION

- Games are on 4v4 fields and boundaries are defined by cones
- Fields are numbered 1-8
- Games will begin and end with a universal horn
- There will be a Scorer and Timer at the Main Table
- Referees keep score at each game
- Certified Trainer on site – Certified Officials at each field

## RULES AND REGULATIONS

- Game format is 4v4 (4 field players plus 1 goalkeeper)
- Each team will have a minimum of 6 players and a maximum of 10 players – this includes the goalkeeper
- Players cannot double roster except for goalies who had prior approval. Any player who double rosters, and their teams, will be disqualified for awards and championship playoffs.
- Each Game will be 8 minutes in length.
- Throw at start of game, only. After goals, play resumes with goalie clear (NOT “Make it Take It Format”).
- On a SAVE, goalies clear to teammates who must take the ball to the top prior to attacking. This can be defended.
- On a GOAL, goalies free clear to teammates (NOT Make It Take it). This cannot be defended.
- On a CHANGE OF POSSESSION from defense to offense, the ball needs go to the top before attacking.
- Goalies switch in and out of goal with their defense; goalie will wait in back of crease when opposing goalie is in.
- If only 1 goalie (playing for both teams), goalie will clear to each defense accordingly. Referees will determine if a goalie lets in a “soft goal” for their team.
- All substitutions are done on the fly.
- Self-start rules apply.
  - Fouls outside critical scoring area (8-meter arc): player who is awarded the free position may continue play without waiting for a whistle. Self-start must be where the foul occurred. All other players must move 4-meters away from free position. Play begins once the ball carrier steps or passes; defenders may engage ball carrier.
- Self-start is not used:
  - In critical scoring area (Free Position 8-meter)
- All other rules of USA Lacrosse/NFHS rules will apply.
- No jewelry allowed while playing.

## SCORING

- No tiebreakers during Pool Play. Ties remain ties.
- Points are: WIN-3, TIE-1, LOSS-0; Forfeits will be a 1-0 WIN for non-forfeited team.
- When Pool Play is complete, there will be a playoff bracket.
- Pool Play Tiebreakers: head-to-head, then goal differential (up to 8 goals per game), and then coin toss.
- In Playoff Bracket (quarterfinals and semifinals), ties will be played off with a Brave Heart Round.
- To determine winner in Championship Game, an additional 2 -minute OT game will be played starting with a Throw; if no winner is declared, then a Brave Heart Round will determine winner.