

2026 BEACH BLAST LAX RULES

Beach Blast will follow all 2026 USA Lacrosse Rules as it pertains to each age level (U10, U12, or U14).



Sportsmanship:

- Good sportsmanship is expected from officials, coaches, and players at all times. Any issues with player, coach, or fan sportsmanship shall be reported to and addressed by Beach Blast Tournament Director Matt Fischer, and/or Head Official, Frank Handley.

Beach Blast Tournament Game Format and Game Rules:

- All games will start promptly at assigned times
- All games are 12v12
- The central horn indicates the starts and stops of games and halftimes
- Each game is 40 minutes with two 19-minute halves and a 2-minute half-time
 - There will be 5 minutes in between games
- Playoff games will be one 19-minute half
- There are no team time-outs
- During an injury, card, or any stoppage, the clock will run
- If a shot is taken at the end of the half or game **prior** to the horn sounding, and the ball scores, the goal WILL stand
- 8-meter shots will be played out, if the official calls the 8-meter shot **prior** to the horn sounding for the end of the half or game - one shot, no pass, no rebound play; Once the 8-meter shot is taken, the half or game is complete
- If the weather reaches a certain temperature, Beach Blast Training Staff will mandate water breaks; The clock will run during mandated water breaks
- Alternate possession – The team listed first on the schedule receives the first alternate possession; After the initial possession is awarded, the possession will then alternate
- All substitutions are handled on the fly or after a scored goal as per USA rules
- The draw will be taken to begin the game, half, and after a goal is scored for all ages
- Game referees will verify the official score with coaches following the game. Coaches will sign the score card to verify the correct score

Carding:

- All Yellow Card penalties are 2-minute non-releasable penalties, and the team plays a “player down”
- 1 Yellow Card (Player) – The player must sit out for 2 minutes, running clock. The official will time all cards
- 2 Yellow Cards (Player) – The player must sit out for the remainder of the game. The player may return to the next game
- Red Card (Player) – The player must sit for the remainder of the game and the first half of the next game. Any player receiving a Red Card should meet with the Beach Blast Director/ Head Official immediately following the game
- Yellow Card (Coach) – A player from the field must come off the field for 2 minutes, running clock. The official will time all cards
- Red Card (Coach) – The Coach must leave the game area and remain away from the field until completion of the game. Any coach receiving a Red Card should meet the Beach Blast Tournament Director/Head Official immediately following the game

USA Lacrosse Rules will be used for ALL AGES of players.

Head Official:

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Tournament Director:

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