

# Shoreham-Wading River Lacrosse Tournament

## Game Format:

2 – 25 minute halves

Games will start at 5 minutes after the hour (2 sounds of the horn)

With 5 minutes left in the half, there will be (1 sound of the horn)

Half Time will be at the bottom of the hour (2 sounds of the horn)

Half Time will be 5 minutes in length then (2 sounds of the horn)

With 5 minutes left in the game, there will be (1 sound of the horn)

Games will end at the top of the hour (2 sounds of the horn)

To prevent injury, encourage your players NOT to line opponents up for open field body hits.

Each team can warm-up on the side and will have 5 minutes on the field to warm-up prior to the :05 start time!

NO TIMEOUTS – It is running time!