

TRILOGY LACROSSE®

Tournament Game Play & Rules: 2020 – 2022 Divisions

**All Games will be played under NCAA rules
with the following modifications and points of clarification:**

GAME PLAY

1. All games **START** on a central horn. **Referees will keep time once the game begins.**
2. Games will run on 50-minute blocks.
3. Playing time will consist of two (2) 20-minute running halves with a 3-minute halftime.
4. **Alternate Possession:** will be awarded to the team that loses the first faceoff
5. Teams get one (1) 60-second timeout per game. Clock will stop during the timeouts.
 - a. Timeout can be used in overtime if it was not used during the game. Teams do not get a second timeout in Overtime if they used a timeout during regulation time.
6. **Non-Championship Overtime:** Tie Games will go to a 2-Minute sudden victory overtime. Games that remain tied after overtime will go to a Braveheart. 1 player must stay in the defensive half of the field during the Braveheart.
7. **Braveheart Rules:** For a Braveheart, each team will send two (2) players, one of whom HAS to be a goalie. One player from each team must always remain on the defensive half of the field. Play will begin with a faceoff and then continue until a goal is scored.
8. **Championship Overtime:** 5-minute periods until a goal is scored. No Bravehearts.
9. **Schedule Changes:** In the event of schedule delays caused by weather, which may include lightning or heavy rain, the tournament will go to an alternate schedule and may shorten game lengths. All schedule changes will be messaged through Tourney Machine.

GAME RULES

1. **Man-up/Man Down:** will be played on Time served penalties. All penalties will be running time. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept on the field by the officials. Penalty Time stops if a timeout is called.
2. **Advancing the Ball:** Team has twenty (20) seconds to clear over the midline
3. **Crease Diving:** NCAA rules in effect
4. **Shot Clock Rule: NO Shot Clock Timing Will be Enforced**
5. **Over and Back Rules:** NCAA rules in effect
6. **Stick Checks:** Sticks must meet NCAA or NFHS standards. There will be no stick checks unless requested by the opposing coach. If a requested stick is found to be illegal, a sixty (60) second non-releasable penalty will be assessed. If the stick is found to be legal, the challenging team will be assessed a thirty (30) second releasable penalty.
7. **Body Checking:** will be called tightly in the interest of player safety. A one to three-minute non-releasable penalty will be called for a body check that is to the head and neck area, on a defenseless player, a blindside hit, or deemed excessive. These penalties are unnecessary roughness and not in the spirit of tournament play. Repeat unnecessary roughness offenses may result in the ejection from a game.



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8. **Helmets required at all times:** All players must properly wear the mandatory protective helmet when they are on the field or engaging in warm-ups or any drills that involve passing, shooting or scrimmaging.

Age and Roster Regulations

1. Every participant must submit an online waiver prior to the tournament in order to participate.
2. Players cannot play for more than one club program during the same tournament.
3. Players may move up to play in a higher age division team within their own club.
 - a. **No 2020 Players in JV Divisions**
4. Players cannot play on a team younger than the team that they are rostered.
5. Violation of these regulations may result in forfeiture of games.

Divisional and Pool Tie Breakers

1. Head to Head (only used for two-way ties)
2. Fewest Goals Against
3. Most Goals For
4. Coin Flip

*In the event of a tie between more than two teams, fewest goals against and then most goals for will be used. Specific divisional and pool playoff structures will be outlined in the event manual.

Sportsmanship Policy

Trilogy Lacrosse has a zero-tolerance policy for the following actions and they will result in ejection from the tournament:

1. Fighting
2. Any player who leaves the sideline, or runs from the opposite end of the field, in order to participate in an altercation on the field
3. ANY actions deemed excessively unsportsmanlike by a player, coach or fan including any discrimination based on gender, religion, race or sexual orientation.

