

TRILOGY LACROSSE®

Tournament Game Play & Rules: **2023 – 2028 Divisions**

**All Games will be played under US Lacrosse rules
with the following modifications and points of clarification:**
14U rules apply to 2023 & 2024 Divisions. 12U Rules apply to 2025 Division and below

GAME PLAY

1. Games start and end on one Central Horn, as does Half Time.
2. Games will run on fifty (50) minute blocks.
3. Playing time will consist of two (2) twenty (20) minute running halves with a three (3) minute halftime.
4. Teams will have zero (0) timeouts.
5. **Overtime:** Tie Games at the end of regulation will immediately go into a two (2) minute sudden death overtime beginning with a face-off unless either team ends game with possession in an extra man situation, in which case they will receive the ball to start OT. If the game remains tied after the overtime period, a 1v1 Braveheart will immediately follow until a winner is determined.
6. **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.
7. **Championship Games:** 5-minute periods until a goal is scored. No Bravehearts.
8. **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.
9. **Alternate Possession (AP):** In the event of an inadvertent whistle where there is no clear possession by either team, the ball will be awarded to the team that lost the first face-off of the game.

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 by the field marshal.
2. **Advancing the Ball - Clearing Count:** Team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box. *12U (2025) and younger does not apply.
3. **Stick Checks:** Sticks must meet US Lacrosse 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.
4. **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.
***No big body hits or one-handed checks allowed in the 12U (2025) Divisions and younger.**
5. **NO Loose Ball 4-Second Count Alternate Possession Rule in Place.**
6. **Keep It In:** When there is less than 2-minutes remaining in the game, if a team is in the lead by 4 or less then they must get it in and keep it in the box. *12U (2025) and younger does not apply.
7. **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.



TRILOGY LACROSSE®

Tournament Game Play & Rules: 2020 – 2022 Divisions

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

GAME PLAY

1. Games start and end on one Central Horn, as does Half Time.
2. Games will run on fifty (50) minute blocks.
3. Playing time will consist of two (2) twenty (20) minute running halves with a three (3) minute halftime.
4. Teams will have zero (0) timeouts.
5. **Overtime:** Tie Games at the end of regulation will immediately go into a two (2) minute sudden death overtime beginning with a face-off unless either team ends game with possession in an extra man situation, in which case they will receive the ball to start OT. If the game remains tied after the overtime period, a 1v1 Braveheart will immediately follow until a winner is determined.
6. **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.
7. **Championship Games:** There are no Braveheart's in Championship games. Championship games will be played with a 5-minute Sudden Victory overtime. If there is no score in the first overtime, teams will switch sides and play another 5-minute overtime. This process will repeat until a goal is scored.
8. **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.
9. **Alternate Possession (AP):** In the event of an inadvertent whistle where there is no clear possession by either team, the ball will be awarded to the team that lost the first face-off of the game.

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 by the field marshal.
2. **Advancing the Ball - Clearing Count:** Team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box.
3. **Over and Back Rules:** NFHS rules in effect
4. **Stick Checks:** Sticks must meet 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.
5. **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.
6. **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.



Tournament Regulations, Procedures & Policies: **Applies to All Divisions**

Age and Roster Regulations

1. Every participant must be a US lacrosse member and 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.
4. Players cannot play on a team younger than the team that they are rostered.
5. Any exemption to this policy must be submitted for consideration in writing to the tournament director prior to the tournament. Violation of these regulations may result in forfeiture of games at the discretion of the tournament director.

Divisional and Pool Tie Breakers

1. Head to Head
 - a. **In the event of a tie between more than two teams, head to head amongst common opponents will still serve as the first tie breaker.** Fewest goals against and then most goals for will be used if head to head amongst common opponents is not applicable.
2. Fewest Goals Against
3. Most Goals For
4. Coin Flip

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.

Mercy Rule

1. Teams trailing by 10 or more goals will be awarded the ball at midfield following a goal by either team until the goal differential drops below 10. This rule can be waived if both coaches agree.

