

TRILOGY LACROSSE®

Tournament Game Play & Rules: 2023 – 2028 Divisions

Games will be played under USL NFHS/Youth rules with following modifications:

2023 & 2024 Divisions = USL/NFHS Full Checking
2025 & 2026 Divisions = USL 14U transitional checking
2027/28 Division = USL 10U with modified checking

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 Rules:** Tie Games at the end of regulation will immediately go into a two (2) minute sudden death overtime beginning with a draw 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. Alternative possession will continue and teams will defend where they finished the game.
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.
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.

Game Rules:

1. **Checking:**
 - The 2023 & 2024 Divisions will play USL/NFHS full checking, 12 v 12 full field
 - The 2025 & 2026 Division will follow USL transitional checking rules, 12 v 12 full field. Checking above the shoulder is permitted outside of the 12" sphere.
 - The 2027/28 Division will play USL modified checking, 8 v 8 short field. All checks must be completely below the shoulder.



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2. **Deputies:** Use of deputies is NOT permitted in the 2025, 2026 & 2027/28 Divisions.
3. **Self Start:** For a whistle blown for a foul outside the critical scoring area (CSA), the player who is awarded the free position, after coming to a settled stance, may continue to play without waiting for an additional whistle. Improper self-starts will be re-set without penalty. False starts by offense on 8M free positions will be penalized.
4. **Penalties:** All major fouls will be non-releasable time serving penalties and the offending team will play short (except in the 2027/28 Division). The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by the field marshal. All yellow cards will be 2 minutes and all red cards will be 4 minutes.
 - A player that receives 2 yellow cards in one game will be ejected for the remainder of that game but is allowed to play in the next game.
 - A player that receives a red card will be ejected for the remainder of that game AND must sit out for the next game as well.
 - The offending player that receives a card must serve the penalty time unless it is the goalie and no substitute is available. If the goalie receives a red card then they will be ejected from that game and the next. Their team may put a field player in place of goalie and play will continue while a replacement goalie is dressed and enters the field through the sub area. No field player may enter the goal circle unless instructed by the officials.
5. **Substitutions:** All substitutions will be made on the fly and after goals.
6. **Offsides:** 4 players must remain behind the restraining line when their team is on defense. 5 players must remain behind the restraining line when their team is on offense (the goalie counts as 1 player).
7. **Stick Checks:** No Stick Checks unless requested by the opposing coach before the next draw. If a requested stick of the player who just scored is found to be illegal, the goal is wiped out and that stick is removed from play for the rest of half. Team may fix and present for re-check prior to the 2nd half or OT. If stick check is on a non-scorer and stick is illegal, goal is good but defending team is awarded possession of the ball at midfield. If the stick is found to be legal, the challenging team will lose possession of the ball and the team that just scored will be awarded the ball at midfield. Coaches may request one (1) stick check per game. No stick checks are permitted in the last ten minutes of a game. Sticks must meet USL rules.
8. **End of Period Play:** If the game horn blows while an 8 meter shot is being set up the shot will be played out. Only one shot will be allowed with no rebound. A quick pass to a teammate who immediately shoots is permitted. If the 8 meter was already in play when the horn blows then the game is over. If the ball is released before the horn sounds & then crosses the goal line after the horn, the goal will count.
9. **Alternate Possession:** will be awarded to the team that loses the first draw
10. **Equipment:** Goggles and mouthguards are required at all times while on the playing field. Helmets meeting USL specifications are permitted and must be secured by properly worn chin strap. No jewelry allowed. Taping of earrings is not permitted.



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2027 Division - 8v8 Game Play & Rules

2027 Division will follow US Lacrosse Youth 10U Rules for 8v8

Game Rules Specifics and Modifications Include:

- Games are 8v8 players. Teams play with **2 Attack, 3 Middies, 2 Defense and 1 Goalie.**
- **Sticks:** may have modified pockets but no more than ½ the ball may be below the sidewall.
- **Field Size:** will be approximately 60-70 yards long by 35-40 yards wide.
- **Offsides:** 2 players must remain behind the restraining line when their team is on defense. 3 players must remain behind the restraining line when their team is on offense (the goalie counts as 1 player).
- Each half will start with a draw and goalie clears will begin play after each goal the remainder of the game. All players not taking the draw must hold on the 8M arc until possession is established. Opposing players must back up to the 8M on goalie clears.
- All penalties will be running time, but teams do not play short. The offending player must leave the field for the duration of their penalty. Card specific rules as detailed above will apply to the 2027 division as well.
- If any team gains a 7+ goal lead, the trailing team **MUST** receive the ball at midfield (unless waived by trailing team). If the goal differential drops below 7 then goalie clears resume.
- **One pass rule:**
 - A team must make **one completed** pass in the offensive side of the field prior to being able to shoot. They must also complete one pass after any whistle in the offensive side of the field. Goalie Clear does not count.
 - This includes a player winning the draw, who also must make one completed pass.
 - This also includes a player awarded possession at the face off X, after a penalty or a goal, or when using the fast break rule.



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 (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, head to head amongst the tied teams 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. Specific divisional and pool playoff structures are 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.

