

TRILOGY LACROSSE®

Trilogy Great Lax Bay Tournament Game Play & Rules

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.

The Tournament Director will make the final decision on all disciplinary decisions including tournament ejections. Players, Fans or Coaches who are ejected will need to leave the venue and no refunds will be granted.

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.*

Any disputes with scores or game issues should be brought to the attention of the Field Marshall at the field by a Coach or Program Director. If deemed necessary for resolution by the Field Marshall, the Coach or Program Director should converse with Tournament Directors at HQ. Parents or Fans should communicate to their Coach or Program Director regarding any concerns and must NOT approach the HQ Tent for resolution of any scoring issues.



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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.

Alternate Game Length and Time Format

1. In the event of schedule delays caused by weather, which may include lightning, heavy rain, or extreme heat, the tournament will go to an alternate schedule and shorten game length in the following option:
 - a. Forty (40) minute game blocks: two (2) fifteen (15) min halves with a two (2) minute halftime
 - b. Thirty (30) minute game blocks: one (1) twenty-three (23) min running game

➤ any schedule changes will be communicated via Tourney Machine

Game Rules

All High School games will be played under *modified* NFHS (Federation) Rules.

All Youth games will be played under *modified* US Lacrosse Youth Rules

The following modifications and points of emphasis will apply:

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. 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.

Rules

14U US Lacrosse Rules apply for 14U (2023) & 13U (2024) Divisions; 12U Rules Apply for 12U (2025).
10 Rules apply to 10 U divisions and modifications are specified on the next page.

1. **Man-up/ Man-down:** 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.
2. **Substitutions:** will be on the fly only, except on a time serving penalty. For time serving penalties, teams will be allowed a quick substitution to get EMO/EMD on the field.
3. **Stick Checks:** none 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 30-second releasable penalty. Coaches may request one (1) stick check per game. No stick checks are permitted in the last ten minutes of regulation or overtime. Sticks may meet either NCAA or NFHS standards.
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 summer tournament play.
*No big body hits or one-handed stick checks are allowed in the 12U (2025) Divisions and younger.



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5. **Advancing the Ball - Clearing Count/ Over & Back:** team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box. Over and Back Rule is in effect. 10U (2026) and younger does not apply.
6. **Keep It In:** when there is less than two (2) minutes remaining in the game, if a team is in the lead then they must get it in and keep it in the box. *12U (2025) and younger does not apply.
7. **Spectator Unsportsmanlike Penalties** - Spectators in addition to players, coaches, and team personnel can cause a time-serving unsportsmanlike penalty.
8. **NO Loose Ball 4-Second Count Alternate Possession Rule in Place.**
9. **Helmets are Required during pre-game warm-up and practice time:** 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.

10U Modifications + Points of Emphasis

Based off of US Lacrosse Youth 10U Rules with following modifications:

1. Games are **Full Field 10v10**
2. **Long Poles** up to 54" are permitted on the field at any time (this rule is not a modification- just a clarification)
3. **Field Size: Full Field** (approx 110 x 60 yds)
4. **Goals** will be full size regulation 6' x 6'.
5. **If any team gains a 8+ Goal Lead**, the trailing team **MUST** receive the ball at midfield (unless waived by trailing team). Clears from the crease resume when the margin returns to eight goals or less.
6. **Penalties** will result in a substitution – no man up.
7. **Substitutions** will be on the fly
8. **No Body Checking** allowed
9. **Offsides** are enforced – 4 players must be held back on defense.
10. There will be **no Clearing Counts** and **no "Over and Back" Rule.**
11. **Helmets** are required during pre-game warm-up and practice time: 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.
12. Every player on the field must wear a **mouth guard** completely in their mouth at all times while on the field of play. Players caught not properly wearing a mouth guard will be assessed a thirty (30) second releasable penalty. The "half in – half out" style of wearing a mouth guard commonly referred to as "fish hooking" is subject to penalty at the sole discretion of the referee.

