

# TRILOGY LACROSSE®

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## Veterans Day Classic Game Rules

### BOYS Game Play & Rules ---- 2024-2028 Divisions – Saturday 7v7

**All Games will be played under US Lacrosse 7v7 rules with the following modifications and points of clarification:** Any further adjustments will be communicated to coaches prior to the event.

#### Game Play:

1. Round Robin Format
2. Games start and end on one Central Horn.
3. Games will run on thirty (30) minute blocks.
4. Playing time will consist of one (1) twenty-three (23) minute running period.
5. There will be no halftime and teams will have zero (0) timeouts.
6. Tie games at the end of the game will result in a tie. **No Overtime.**
7. Schedule Changes: 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 may shorten game lengths.

#### Game Rules: US Lacrosse Base Rules

14U Rules apply for 2024 & 2025 Divisions (Army & Navy Divisions)

12U Rules apply for 2026, 2027, 2028 Divisions (Marines, Air Force & Coast Guard Divisions)

#### Modifications:

1. Games are **7v7**; teams play with **6 Field Players and 1 Goalie.**
2. **Two (2) Long Sticks** are permitted on the field at any one time.
3. **Field Size** will be approximately 55 yards long by 30-35 yards wide.
4. A face-off will start the game. For the remainder of the game there are **No Face-offs after goals** - the goalie shall pick up the ball from the goal and referees will blow the whistle to restart play.
  - The Face-off: 1 player from each team will take the face off. 1 player at the midfield line with their foot on the sideline. A goalie in each crease. Two players behind each GLE (per team).
5. **No off-sides**, all players can use entire field (including the goalie).
6. **If any team gains a 6+ 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 six goals or less.
7. **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 by Trilogy Staff on each field.
8. **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.
9. **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 must meet US Lacrosse standards.
10. **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. **\*NO big body hits are allowed in any game.**
11. **Possession after a flag down goal.** If the penalty is time serving then the scoring team that was fouled gets the ball back at midfield. The referee will blow the whistle to restart play once the offending player is in the box and the goalie has signaled he is ready for play.
12. There will be **no Clearing Counts** and **no "Over and Back" Rule.**
13. **Alternate Possession** will be awarded to the team that loses the opening face-off.
14. **Helmets are required during ALL pre-game warm-up and practice time:** All players must properly wear the mandatory protective helmet when they are on the field at any time.





## **Tournament Regulations, Procedures & Policies:**

### **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.

### **Age and Roster Regulations**

1. Players must not be above the grad-year (school grade) associated with their division.
2. Every participant must be a US lacrosse member and submit an online waiver prior to the tournament in order to participate.
3. Players cannot play for more than one club program during the same tournament.
4. Players may move up to play in a higher age division team within their own club.
5. Players cannot play on a team younger than the team that they are rostered.
6. 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.

