

TRILOGY LACROSSE®

Veterans Day Classic Game Rules

GIRLS Game Play & Rules– Saturday 7v7
2024/25 (Red), 2026/27 (White), 2028/29 (Blue)

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. Games start and end on one Central Horn.
2. Timing: **7/8 + 5/6 Division** (4 Games)
 - a. Games will run on thirty (30) minute blocks.
 - b. Playing time will consist of one (1) twenty-three (23) minute running period.
3. Timing: **3/4 Division** (2 longer Games)
 - a. Playing time will consist of two (2) sixteen (16) minute running halves with a three (3) minute halftime.
4. Teams will have zero (0) timeouts.
5. Tie games at the end of the game will result in a tie. **No Overtime.**

Game Rules of Play: Games will follow US Lacrosse Youth Rules in the 7v7 Format with the following modifications and points of emphasis.

2024/25 Divisions (Red) = USL 14U Rules with transitional checking

2026/27 Divisions (White) = USL 12U Rules with modified checking

2028/29 Divisions (Blue) = USL 10U No checking

Free Movement: Players are no longer required to stand in place after an official's whistle. After a foul in the midfield, the player who committed the foul must attempt to go behind before they can attempt to re-defend or before the attack attempts to self-start. There is no free movement in the critical scoring area (CSA).

1. Games are **7v7** players; teams play with **6 Field Players and 1 Goalie.**
2. **Field Size** will be approximately 55-60 yards long by 35 yards wide.
3. A draw will start the game. For the remainder of the game there are **No Draws after goals** – the goalie shall pick up the ball from the goal and referees will blow the whistle to restart play.
4. **Goals** will be full size regulation 6' x 6'.
5. **Deputies:** Use of deputies is not permitted unless agreed upon by both coaches prior to the start of a game.
6. **Self Start:** On 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 reset without penalty. False starts by offense on 8M free positions will be penalized.
7. All players can use entire field (including the goalie).
8. **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 goal circle resume when the margin returns to five goals or less.
9. **Checking:**
 - The 2024/25 Division (Red): will follow USL transitional checking rules. Checking above the shoulder is permitted outside of the 12" sphere.
 - The 2026/27 Division (White): will follow USL modified checking rules. No checking above the shoulder.
 - The 2028/29 Division (Blue): NO Checking per US Lacrosse Youth Rules.



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10. **Penalties:** All carded penalties will be non-releasable time serving penalties and the offending team will play short. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept on the field by an official. Yellow cards will be 2 minutes and 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 the game, and the next game.
 - The offending player 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 the current game, and the next game. Their team will be required to replace the goalie or forfeit.
11. **Substitutions** will be on the fly only.
12. There will be **No Stick Checks** unless requested by the opposing coach immediately following a goal. If a requested stick is found to be illegal, the goal is wiped out and that stick may not be used for the remainder of the game. 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 a free position 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 US Lacrosse Youth standards.
13. **Eyewear or Helmets** are required during pre-game warm-up and practice time: All players must properly wear the mandatory protective Eyewear or helmet when they are on the field or engaging in warm-ups or any drills that involve passing, shooting or scrimmaging.
14. **Mouth guards** must be worn at all times while on the field of play.
15. **End of Period Play:** If the game horn blows while an 8 meter shot is being set up the shot will be played out. If the 8 meter was already in play when the horn blows then the game is over. The ball must have crossed the goal line prior to the horn sounding for a goal to count.
16. **Coaches:** Each team must have at least one coach who has their US Lacrosse Level 1 Certification to participate in modified checking. If a team's coach does not have proof of their Level 1 Certification, that contest will be played with NO CHECKING.

