

TRILOGY LACROSSE®

Veterans Day Classic - Game Play & Rules Sunday 10v10

Game Play – Applicable to All Divisions

1. Games start and end on one Central Horn, as does Half Time.
2. **Games will run on forty-five (45) minute blocks.**
3. **Playing time will consist of two (2) nineteen (19) minute running halves with a two (2) minute halftime.**
4. **Teams will have zero (0) timeouts.**
5. **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 field marshal.
6. **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 2v2 Braveheart (1 field player + 1 goalie) will immediately follow until a winner is determined.
7. **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. No substitutions.
8. **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.
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.
10. **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.
11. **Stick Checks:** Sticks must meet US Lacrosse standards for youth and NFHS standards for high school divisions. 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.
12. **Helmets 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.
13. **Schedule Changes:** In the event of schedule delays caused by weather, which may include lightning, heavy rain, or extreme cold, the tournament will go to an alternate schedule and may shorten games.
14. **Spectator Unsportsmanlike Penalties:** Spectators in addition to players, coaches, and team personnel can receive a time-serving unsportsmanlike.

Division Specific Rules on Next Page



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High School JV Division Rules

All High School JV Games will be played under NFHS rules with the following modifications and points of clarification.

Game Rules

1. **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.
2. **Over and Back Rules:** NFHS rules are in effect
3. **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.

2024-2029 Division Rules

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

Game Rules

- 14U Rules apply for 2024 & 2025 Divisions
- 12U Rules apply for 2026 & 2027 Divisions
- 10U Rules apply for 2028 & 2029 Divisions

1. **A maximum of up to three (3) long sticks allowed in the 2028/29 Divisions**
2. **Body-Checking:** will be called tightly in the interest of player safety. **No big body hits or one-handed stick checks** are allowed in any youth division. A one to three-minute non-releasable penalty will be called for a big hit or one-handed check depending on severity at the discretion of the referee. These penalties are unnecessary roughness and not in the spirit of tournament play.
3. **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. *2028 and younger does not apply.
4. **Over and Back Rules:** in place except for *2028 and younger.
5. **Keep It In:** when there is less than two (2) minutes remaining in the game, if a team is in the lead by four (4) goals or less then they must get it in and keep it in the box. *2028 and younger does not apply.
6. **NO Loose Ball 4-Second Count Alternate Possession Rule in Place.**

Tournament Regulations, Procedures & Polices on Next Page





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

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.

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 on Tourney Machine.

