

TRILOGY LACROSSE®

Tournament Game Play & Rules: 2021 – 2023 Divisions

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

COVID-19 ADJUSTMENTS

1. **Faceoffs:** The structure and mechanics will follow normal procedures, but the referee may place the ball down prior to players taking their positions and observe the faceoff from a distance. Positional adjustment instructions may be minimized and delivered to players verbally. Players will be encouraged to take their positions promptly and be prepared for quick whistles in an effort to minimize the amount of time they are in close proximity to an opposing player.
2. **Handshakes & Celebrations:** Participants should refrain from unnecessary physical contact with teammates, opposing coaches/players, officials, staff and fans such as handshakes, high fives, fist bumps, hugs and goal celebrations. A post game cheer for the opposing team shall suffice as a show of sportsmanship and teams are welcome to develop their own socially distant ways of substituting the handshake line.
3. **Social Distancing:** Coaches and players should observe safe social distancing whenever possible during competition and while on-site. Team huddles are discouraged and players on the sideline should maintain 6' of separation.
4. **Self-Screening Confirmation:** Each head coach must certify to the field marshal that all of their players and coaches have completed a self-screening for COVID-19 and that no individual is displaying any symptoms of or is confirmed to have COVID-19 prior to the start of the first game. A Sample self-screening checklist can be found at <https://trilogylacrosse.com/covid-19-self-screening-checklist/>.

GAME PLAY

5. Referees will keep the game clock
6. The schedule will run on 75-minute blocks consisting of a 45-minute game followed by a 30-minute rest period.
7. Playing time will consist of two (2) 20-minute running halves with a 5-minute halftime.
8. Teams get one (1) 60-second timeout per game. Game clock stops during timeouts.
9. **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.
10. **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.

GAME RULES

1. **Man-up/Man Down:** will be played 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. Penalty Time stops if a timeout is called.



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2. **Advancing the Ball:** Team has twenty (20) seconds to clear over the midline
3. **Crease Diving:** NCAA rules in effect
4. **Shot Clock Rule: NO Shot Clock Timing Will be Enforced**
5. **Over and Back Rules:** NCAA rules in effect
6. **Stick Checks:** Sticks must meet NCAA or NFHS standards. 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.
7. **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.
8. **Helmets required at all times:** 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.

Age and Roster Regulations

1. Every participant must 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.

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.

