

# TRILOGY LACROSSE®

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## 2021 Summer Tournament Procedures & Policies:

### Sportsmanship Policy

Trilogy Lacrosse has a zero-tolerance policy for the following actions and they may result in ejection from the tournament at the discretion of the tournament director:

1. Fighting
2. Any player, coach or spectator 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 spectator** including but not limited to any discrimination based on gender, religion, race or sexual orientation.

### 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 an older age division team within their own club.
4. Players cannot play in a division younger than their High School graduation year.
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. *The tournament director makes the final decision on any roster issues.*

### Tie-Break Procedures

1. Head to Head\*
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. If head-to-head amongst tied teams is not applicable, fewest goals against and then most goals for will be used. Specific divisional and pool playoff structures are outlined on the Division/Pool structures page.

### Weather Policies & Schedule Adjustments

1. **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.
2. In the event there is a lightning strike within 10 miles of the facility, five (5) consecutive air horn blasts will sound and **families will shelter in their cars** and await further instruction which will be communicated through the Tourney Machine App. There will be no common shelter areas in order to eliminate crowding in contained areas.



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## Tournament Game Play & Rules: 2025 – 2028 (12v12), 2029/30 (8v8) Divisions

Games will be played under USL NFHS/Youth rules with following modifications:

*2025 & 2026 Divisions = USL/NFHS w/Full Checking*  
*2027 & 2028 Divisions = USL 14U w/Modified checking*  
*2029/30 Division = USL 10U w/No checking*

### Game Play

1. Games start and end on one Central Horn, as does Half Time.
2. Playing time will consist of two (2) twenty (20) minute running halves with a three (3) minute halftime.
3. Teams get one (1) 60-second timeout per game. Game clock does NOT stop during timeouts. Timeouts cannot be called in the last four (4) minutes of the game or in overtime.

### Game Rules:

1. **Checking:**
  - The 2025 & 2026 Divisions will play USL/NFHS full checking, 12 v 12 full field
  - The 2027 & 2028 Division will play USL modified checking rules, 12 v 12 full field. Checking is permitted only when the opponents stick is completely below the shoulder and the check must be down and away.
  - The 2029/30 Division will play no checking, 8 v 8 short field.
2. **Deputies:** Use of deputies is NOT permitted in the 2027, 2028 & 2029/30 Divisions.
3. **Draws:** Played as normal
4. **No 4-Goal Rule** at any division
5. **Self Start:** For 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 re-set without penalty. False starts by offense on 8M free positions will be penalized. Self-start is permitted in the final two (2) minutes of game play due to the running clock.
6. **Overtime Rules:** Tie Games at the end of regulation will immediately go into a three (3) minute sudden death overtime beginning with a draw 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. Braveheart will consist of 1 goalie and 1 player from each team. 1 player must remain on the defensive half of the field at all times. Alternative possession will continue and teams will defend where they finished the game.
7. **Championship Games:** Will be played with 5-minute running periods until a goal is scored. No Bravehearts.
8. **8-meter/ End of Period Play:** will be played out if horn blows for end of game or half but if the 8-meter is already in play when the game horn sounds, then the game is done at the time of the horn. If the ball is released as a shot prior to horn, the shot counts.
9. **Penalties:** All major fouls will be non-releasable time serving penalties and the offending team will play short (except in the 2029/30 Division). The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by the field marshal. All yellow cards will be 2 minutes and all 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 that game AND must sit out for the next game as well.



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- The offending player that receives a card 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 that game and the next. Their team may put a field player in place of goalie and play will continue while a replacement goalie is dressed and enters the field through the sub area. No field player may enter the goal circle unless instructed by the officials.
10. **Substitutions:** All substitutions will be made on the fly and after goals.
  11. **Offsides:** 4 players must remain behind the restraining line when their team is on defense. 5 players must remain behind the restraining line when their team is on offense (the goalie counts at 1 player).
  12. **Stick Checks:** No Stick Checks unless requested by the opposing coach before the next draw. If a requested stick of the player who just scored is found to be illegal, the goal is wiped out and that stick is removed from play for the rest of half. Team may fix and present for re-check prior to the 2<sup>nd</sup> half or OT. If stick check is on a non-scorer and stick is illegal, goal is good but defending team is awarded possession of the ball at midfield. 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 the ball 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 USL rules.
  13. **End of Period Play:** If the game horn blows while an 8 meter shot is being set up the shot will be played out. Only one shot will be allowed with no rebound. A quick pass to a teammate who immediately shoots is permitted. If the 8 meter was already in play when the horn blows then the game is over. If the ball is released before the horn sounds & then crosses the goal line after the horn, the goal will count.
  14. **Halftime:** Teams will change direction.
  15. **Alternate Possession:** will be awarded to the team that loses the first draw
  16. **Equipment:** Goggles and mouthguards are required at all times while on the playing field. Helmets meeting USL specifications are permitted and must be secured by properly worn chin strap. No jewelry allowed. Taping of earrings is not permitted.

## 2029/30 Division - 8v8 Game Play & Rules

2029/30 Division will follow US Lacrosse Youth 10U Rules for 8v8

### Game Rules Specifics and Modifications Include:

- Games are 8v8 players. Teams play with **1 Goalie + 7 Field Players**
- **No-One Pass Rule**
- **Sticks:** may have modified pockets but no more than ½ the ball may be below the sidewall.
- **Field Size:** will be approximately 60-70 yards long by 35-40 yards wide.
- **Offsides:** 2 players must remain behind the restraining line when their team is on defense. 3 players must remain behind the restraining line when their team is on offense (the goalie counts at 1 player).
- Each half will start with a draw and goalie clears will begin play after each goal the remainder of the game. All players not taking the draw must hold on the 8M arc until possession is established. Opposing players must back up to the 8M on goalie clears.
- All penalties will be running time, but teams do not play short. The offending player must leave the field for the duration of their penalty. Card specific rules as detailed above will apply to the 2029/30 division as well.

