

TRILOGY LACROSSE®

Rider Cup Game Rules: 2021 Tournament Game Play & Rules: 2025 – 2030 Divisions

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

GAME RULES

1. **Game Times:** Games will consist of two (2) 20-Minute running halves, with a two (2) minute halftime. Game will run on a central horn unless there are situations when fields are operating on different blocks.
2. **Man-up/Man Down:** Will be played on Time serving penalties. All penalties will be running time, but time does stop during a timeout. The penalty clock will begin when the official blows the whistle to restart play. **2029/30 division – no man-up/man-down, follow 10U US Lacrosse Standards for penalty enforcement.*
3. **Timeouts:** One 45-second timeout per game. Game clock does not stop, but penalty time does stop. Timeouts cannot be called in last four (4) minutes of the game.
4. **Advancing the Ball - Clearing Count – Over and Back:** Team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box. Once the ball has been touched in the offensive box the over and back rule is in effect. **2027 and younger – does not apply, no counts or over and back*
5. **One Handed Checks:** ALL one-handed checks will be called slashing penalties, including one-handed stick checks that do not make contact. They are still considered a slashing penalty and will be assessed a 1-minute foul. **Applies to all divisions*
6. **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. An egregious offense or repeated unnecessary toughness penalties may result in the ejection from a game. **Applies to all divisions*
7. **Keep It In:** When there is less than 2-minutes remaining in the game, if a team is in the lead by 4 or less then they must get it in and keep it in the box. **2027 and younger does not apply.*
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.
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. **Mercy Rule:** Teams trailing by six (6) or more goals will be awarded the ball at midfield following a goal by either team until the goal differential drops below six (6). This rule can be waived if both coaches agree.
11. **Overtime:** 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 1v1 Braveheart (1 field player + 1 goalie) will immediately follow until a winner is determined.
12. **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 during a Braveheart.
13. **Championship Games:** 5-minute periods until a goal is scored. No Bravehearts.
14. **Stick Checks:** Sticks must meet US Lacrosse 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.

