

TRILOGY LACROSSE®

Ocean State Showdown Game Rules 2021

Tournament Game Play & Rules:

2022 – 2024 Divisions

All Games will be played under NCAA 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 three (3) minute halftime.
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. Penalty time will be kept by the field marshal.
3. **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.
4. **Keep It In:** When there are less than two (2) minutes left in the game, if a team is in the lead by 3 or less then they must get it in and keep it in the box.
5. **NO Shot-clocks**
6. **Faceoff:** NCAA rules will be played. Both players will start faceoffs with only their feet, gloves and sticks touching the ground. The motorcycle grip is prohibited. 3 faceoff violations will **not** result in a time serving penalty.
7. **Crease Diving:** NCAA rules except for goal mouth violations as no goal mouth arch will be lined.
8. **Stick Checks:** Sticks must meet NFHS or NCAA standards. There will be no stick checks unless requested by the opposing coach. If a requested stick is found to be illegal, 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.
9. **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.
10. **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.
11. **Timeouts:** Teams get one (1) 45-second timeout per game. Timeouts cannot be called in the last four (4) minutes of the game. No timeouts in overtime.
12. **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.
13. **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 (a field player and goalie for each team) Braveheart will immediately follow until a winner is determined.
14. **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.
15. **Championship Games:** 5-minute periods until a goal is scored. No Bravehearts.



TRILOGY LACROSSE®

Ocean State Showdown 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 three (3) 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 or in overtime.
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 three (3) 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.



2021 Boys 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 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 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.

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. **Post-Game:** 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.

