

TRILOGY LACROSSE®

Trilogy 24 Tournament Game Play & Rules: 2023 – 2025 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 two (2) minute halftime.
2. **Timeouts:** Teams get one (1) 60-second timeout per game. Game clock stops during timeouts.
3. **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.
4. **Timing:** Officials will keep game time, and scorer's table will keep penalty time.
5. **Advancing the Ball - Clearing Count:** Team has twenty (20) seconds to clear over the midline
6. **NO Shot-clocks**
7. **Over and Back Rules:** NCAA rules in effect
8. **Crease Diving:** NFHS rules in effect
9. **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.
10. **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.
11. **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.
12. **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.
13. **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.
14. **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.
15. **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.
16. **Championship Games:** 5-minute periods until a goal is scored. No Bravehearts.

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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 participant 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. i.e If a 3-way tie and there was only 1 matchup between those 3 teams, the team that won that matchup will win the tie-breaker and the other 2 teams tie-break will be determined by fewest goals allowed and then most goals for. The same logic will be used for 4 or 5 team tie-breaks.

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.