

# TRILOGY LACROSSE®

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## Trilogy Atlanta Tournament Game Play & Rules

### 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.

*The Tournament Director will make the final decision on all disciplinary decisions including tournament ejections. Players, Fans or Coaches who are ejected will need to leave the venue and no refunds will be granted.*

### Age and Roster Regulations

1. Players must not be above the grad-year (school grade) associated with their division.
2. Every participant must submit an online waiver, where they will confirm their date of birth and grade, prior to the tournament in order to participate
3. Every program director or coach must submit their team roster prior to the tournament. Team rosters must include each player's date of birth and graduation year.
4. Players cannot play for more than one club program during the same tournament.
5. Players may move up to play in an older grade division team within their own club but may not play on a team younger than the team that they are rostered.
6. If a player plays on more than one roster or if there are any other rostering issues outside the guidelines, then Trilogy must be notified and approve in advance of the tournament.
7. Violation of these regulations may result in forfeiture of games.

### Divisional and Pool Tie Breakers

1. Head to Head (only used for two-way ties)
  2. Fewest Goals Against
  3. Most Goals For
  4. Coin Flip
- In the event of a tie between more than two teams, fewest goals against and then most goals for will be used. Specific divisional and pool playoff structures will be outlined when the final schedule is released.

*Any disputes with scores or game issues should be brought to the attention of the Field Marshall at the field by a Coach or Program Director. If deemed necessary for resolution by the Field Marshall, the Coach or Program Director should converse with Tournament Directors at HQ. Parents or Fans should communicate to their Coach or Program Director regarding any concerns and must NOT approach the HQ Tent for resolution of any scoring issues.*

### Alternate Game Length and Time Format

1. In the event of schedule delays caused by weather, which may include lightning, heavy rain, or extreme heat, the tournament will go to an alternate schedule and shorten game length in the following option:
    - a. Forty (40) minute game blocks: two (2) fifteen (15) minute halves with a two (2) minute halftime
    - b. Thirty (30) minute game blocks: one (1) twenty-three (23) minute running game
- any schedule changes will be communicated via Tourney Machine



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## Game Rules

All High School games will be played under *modified* NFHS (Federation) Rules.

All Youth games will be played under *modified* US Lacrosse Youth Rules

The following modifications and points of emphasis will apply:

## Game Play

1. Games start and end on one Central Horn, as does Half Time.
2. Games will run on fifty (50) minute blocks.
3. Playing time will consist of two (2) twenty (20) minute running halves with a three (3) minute halftime.
4. Teams will have zero (0) timeouts
5. Tie Games at the end of regulation will immediately go into a four (4) minute sudden death overtime beginning with a face-off. If the game remains tied after the overtime period, a 1v1 Braveheart will immediately follow until a winner is determined.

## Rules

14U Rules apply for 14U (2022) & 13U (2023) Divisions; 12U Rules Apply for 12U (2024) & 11U/10U (2025/ 2026) Divisions

1. **Man-up/ Man-down:** 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.
2. **Substitutions:** will be on the fly only, except on a time serving penalty. For time serving penalties, teams will be allowed a quick substitution to get EMO/EMD on the field.
3. **Stick Checks:** none 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 30-second releasable penalty. Coaches may request one (1) stick check per game. No stick checks are permitted in the last ten minutes of regulation or overtime. Sticks may meet either NCAA or NFHS standards.
4. **Braveheart Rules:** 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.
5. **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 summer tournament play.  
\*No big body hits or one-handed stick checks are allowed in the 12U (2024) Divisions and younger.
6. **Advancing the Ball - Clearing Count/ Over & Back:** team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box. Over and Back Rule is in effect. \*11U (2025) and younger does not apply.
7. **Keep It In:** when there is less than two (2) minutes remaining in the game, if a team is in the lead then they must get it in and keep it in the box. \*12U (2024) and younger does not apply.
8. **Over and Back Rule:** NFHS Rule in place except for 14U (2022) and younger.
9. **Spectator Unsportsmanlike Penalties** - Spectators in addition to players, coaches, and team personnel can cause a time-serving unsportsmanlike penalty.
10. **NO Loose Ball 4-Second Count Alternate Possession Rule in Place.**
11. **Helmets are Required during pre-game warm-up and practice time:** 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.



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## Additional 9U 7v7 Game Rules

Based off of US Lacrosse Youth 10U Rules with following modifications and points of emphasis:

1. Games are **7v7, 1 Goalie, 2 Defense, 2 Middies, and 2 Attack** (per USL 12U 7v7 format)
2. **No Long Sticks** are permitted on the field at any time.
3. **Field Size** will be approximately 60 yards long by 35 yards wide.
4. A **Face-off** will start the game. For the remainder of the game there are **No Face-offs after goals** - any player can pick up the ball from the goal and referees will blow the whistle to restart play.
  - The Face-off: 1 player from each team will take the face off. The other midfielder shall be located in bounds near the midfield line with at least one foot resting on a sideline. The remaining field players should line up behind goal line extended and are not released until the referee signals possession.
5. **Goals** will be full size regulation 6' x 6'.
6. **OFFSIDE** is called when a team has more than four players in its offensive half of the field, or more than five players in its defensive half of the field.
7. **If any team gains a 6+ Goal Lead**, the trailing team **MUST** receive the ball at midfield (unless waived by trailing team). Clears from the crease resume when the margin returns to six goals or less.
8. **Man-up** on Time served penalties. All penalties will be running time; penalty time starts on next whistle and will be kept by field marshal on the field.
9. **Substitutions** will be on the fly only.
10. 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 30-second releasable penalty. Coaches may request one (1) stick check per game. No stick checks are permitted in the last ten minutes of a game. Both NFHS and NCAA stick specifications are legal for youth lacrosse.
11. **No Body Checking** allowed.
12. **All One-handed checks** will be called a slash and will be a time-serving penalty.
13. **NO Loose Ball 4-Second Count Alternate Possession Rule in Place**
14. **No diving into the crease.**
15. There will be **no Clearing Counts** and **no "Over and Back" Rule.**
16. **Helmets** are required during pre-game warm-up and practice time: 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.
17. Every player on the field must wear a **mouth guard** completely in their mouth at all times while on the field of play. Players caught not properly wearing a mouth guard will be assessed a sixty (60) second releasable penalty. The "half in – half out" style of wearing a mouth guard commonly referred to as "fish hooking" is subject to penalty at the sole discretion of the referee.

