

TRILOGY LACROSSE®

Boys 7v7 – Game Play & Rules 3rd/4th, 5th/6th, 7th, 8th Grade Divisions

All Games will be played under US Lacrosse Youth Rules:

14U Rules – Apply to 7th Grade and 8th Grade Divisions

12U Rules – Apply to 5th/6th Grade Division

10U Rules – Apply to 3rd/4th Grade Division

The following modifications or points of emphasis apply to this event:

Game Play

1. Games start and end on one Central Horn.
2. Games will run on thirty (30) minute blocks.
3. Playing time will consist of one (1) twenty-five (25) minute running period.
4. There will be no halftime and teams will have zero (0) timeouts.
5. Tie games at the end of the game will result in a tie. No Overtime.

Game Rules of Play:

1. Games are 7v7 players; teams play with **6 Field Players and 1 Goalie**
2. **No Long Sticks** are permitted on the field at any time.
3. **Field Size** will be approximately 70 yards long by 30 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. **No off-sides**, all players can use entire field (including the goalie).
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. Sticks must meet US Lacrosse Youth standards.
11. **Body checking** will be called tightly in the interest of player safety. Limited body contact is allowed - appropriate physical play to stop offensive player from advancing to the cage using sound defensive principles and athletic positioning. A one to three-minute non-releasable penalty will be called for a



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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 fun tournament play. Repeated unnecessary roughness offenses may result in ejection from the tournament. ***NO big body hits are allowed in any game.**

- **No body checking in the 3rd/4th grade division**

12. **All One-handed checks** will be called a slash and will be a time-serving penalty.
13. No diving into the crease.
14. There will be **no Clearing Counts** and **no “Over and Back” Rule.**
15. **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.
16. 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.

Sportsmanship Policy

Trilogy Lacrosse has zero-tolerance for the following actions and they will result in ejection from the tournament:

1. Fighting
2. Any player or parent who leaves the sideline, or runs from the opposite end of the field, in order to participate in an altercation on the field.
Note: parents are NOT permitted to enter onto the field of play before, during, or after a game.
3. ANY actions deemed excessively unsportsmanlike by a player, coach or fan including 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 may move up to play in a higher age division team within their own program.
3. Players cannot play on a team younger than the team that they are rostered.

Parent/Spectator Policy

1. Parents and spectators are permitted to watch the games from **stadium seats only**. Only players and coaches are allowed on the turf field.
2. Parents/spectators & coaches are all subject to the same sportsmanship policy as the players. Cheering for your team is encouraged, but derogatory language targeted at the opposing team, referees or any staff member will not be tolerated.

