

TRILOGY LACROSSE®

Lake George Tournament - Game Play & Rules

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 cannot play for more than one club program during the same tournament.
3. Players may move up to play in a higher age division team within their own club.
4. Players cannot play on a team younger than the team that they are rostered.
5. 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.

*Alternate Game Length and Time Format

1. Games will run on fifty (50) minute blocks. 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 options:
 - a. Forty (40) minute game blocks: two (2) sixteen (16) minute halves with a two (2) minute halftime. For overtime: directly to Braveheart.
 - b. Thirty (30) minute game blocks: one (1) twenty-five (25) minute period with no halftime. For overtime: directly to Braveheart.
- *Any schedule changes will be communicated via Tourney Machine

**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.*

***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 issues.*



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12v12 – 2022, 2023, 2024/25 Division Game Play & Rules

All Games will be played under US Lacrosse Youth rules with the following modifications:

2022 + 2023 Divisions = USL-NFHS Rules, 2024/25 = 12 U Rules, 2025/26 = 10 U Rules for this event

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 two (2) minute sudden death overtime beginning with a draw 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 will immediately follow until a winner is determined. Alternative possession will continue and teams will defend where they finished the game.

Game Rules:

1. **Checking:**
 - A. The 2022 & 2023 Divisions will play full checking.
 - B. The 2024/25 Division will follow modified checking rules as determined by US Lacrosse Youth Rules. No checking above the shoulder
2. **Deputies:** Use of deputies is only permitted in the 2024/25 & 2025/26 Divisions. The remaining divisions will not use deputies.
3. **Penalties:** All major fouls will be non-releasable time serving penalties and the offending team will play short. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by the field marshal. All yellow cards will be 2 minutes and all red cards will be 4 minutes.
 - A. A player that receives 2 yellow cards in one game will be ejected for the remainder of that game but is allowed to play in the next game.
 - B. A player that receives a red card will be ejected for the remainder of that game AND must sit out for the next game as well.
 - C. The offending player that receives a card must serve the penalty time unless it is the goalie and no substitute is available. If the goalie receives a red card then they will be ejected from that game and the next. Their team will be required to replace the goalie or forfeit the game. Game time will not stop while a goalie switch is made.
4. **Substitutions:** All substitutions will be made on the fly and after goals.
5. **Offsides:** 4 players must remain behind the restraining line when their team is on defense. 5 players must remain behind the restraining line when their team is on offense (the goalie counts as 1 player).
6. **Stick Checks:** There will be No Stick Checks unless requested by the opposing coach before the next draw. If a requested stick is found to be illegal, the goal is wiped out and that stick may not be used for the remainder of the game. Opposing team will keep possession of the ball at the start of the draw. If the stick is found to be legal, the challenging team will lose possession of the ball and the team that just scored will be awarded the ball at midfield. 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.



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7. **End of Period Play:** If the game horn blows while an 8 meter shot is being set up the shot will be played out. Only one show will be allowed with no rebound. A quick pass to a teammate who immediately shoots is permitted. If the 8 meter was already in play when the horn blows then the game is over. The ball must have crossed the goal line prior to the horn sounding for a goal to count.
8. **Alternate Possession:** Each team will select a single player to play one game of rock, paper, scissors (RPS) to determine which team gets the first alternate possession. It is not a best of 3 match. The first winning throw wins alternate possession.
9. **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.
10. **Equipment:** Goggles and mouthguards are required during pre-game warm-up, practice time, or any drills that involve passing, shooting or scrimmaging. Helmets meeting USL specifications are permitted.

2025/26 Division 8v8 Game Play & Rules

2025/26 Division will follow US Lacrosse Youth 10U Rules for 8v8

Game Rules Specifics and Modifications Include:

- A. **Based off of US Lacrosse Youth 12U Rules**
- B. Games are 8v8 players. Teams play with **2 Attack, 3 Middies, 2 Defense and 1 Goalie.**
- C. Sticks may have modified pockets but no more than ½ the ball may be below the sidewall.
- D. Field Size will be approximately 60-70 yards long by 35-40 yards wide.
- E. **Offsides:** 2 players must remain behind the restraining line when their team is on defense. 3 players must remain behind the restraining line when their team is on offense (the goalie counts at 1 player).
- F. Each half will start with a draw and goalie clears will begin play after each goal the remainder of the game. All players not taking the draw must hold on the 8M arc until possession is established. Goalie clears after goal may not be contested. Opposing players must back up to the 8M.
- G. All penalties will be running time, but teams do not play short. The offending player must leave the field for the duration of their penalty. Card specific rules as detailed above will apply to the 2026 division as well.
- H. If any team gains a 7+ goal lead, the trailing team **MUST** receive the ball at midfield (unless waived by trailing team). If the goal differential drops below 7 then the ball will start with the goalie again.
- I. **One pass rule:**
 - A team must make **one completed** pass in the offensive side of the field prior to being able to shoot. They must also complete one pass after any whistle in the offensive side of the field. Goalie Clear does not count.
 - This includes a player winning the draw, who also must make one completed pass.
 - This also includes a player awarded possession at the face off X, after a penalty or a goal, or when using the fast break rule.

