

TRILOGY LACROSSE®

Trilogy Veterans Day Tournament Rules

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 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 will immediately follow until a winner is determined.

*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 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

Game Rules

All games will be played under modified NFHS (Federation) Rules with the following modifications:

1. Man-up 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. 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 regulation or overtime. Sticks may meet either NCAA or NFHS standards.
4. 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.
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 any 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 fall tournament play.

*No big body hits are allowed in the 2023 Divisions and younger.

6. 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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7. Clearing Count:
 - A team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box. *The 2023 Division and younger will not have any clearing counts.
8. 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.
9. Face-offs:
 - Same as NFHS; Players will go down and then the ball will be placed in the center.
10. Over and Back Rule:
 - NFHS rules in place.
 - *The 2023 Division and younger will not have any “Over and Back” Rule.

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.

Age and Roster Regulations

1. Every participant must submit an online waiver prior to the tournament in order to participate.
2. Every program director or coach submits the team roster prior to the tournament. Team rosters must include each player’s date of birth and graduation year.
3. Players cannot play for more than one club program during the same tournament.
4. Players may move up to play in a higher age division team within their own club.
5. Players cannot play on a team younger than the team that they are rostered.
6. Violation of these regulations may result in forfeiture of games.

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.

