

TRILOGY LACROSSE®

MetLife Girls Tournament Game Play & Rules

7th/8th Grade Division

Game Play

1. Games will run on thirty (30) minute blocks and playing time will consist of one (1) twenty-five (25) minute running *game*
2. Teams will have zero (0) timeouts.
3. There is No Overtime. Tie games will be recorded as ties.

Game Rules

1. **Players:** 7v7; 1 Goalie & 6 field players
2. **Alternate Possession:** is awarded to the team that loses the opening draw
3. **Substitutions:** All Substitutions must be done on the fly through the box
4. **No off-sides**, all players can use entire field (including the goalie)
5. A draw will start the game. For the remainder of the game there are **No Draws after goals** – the goalie shall pick up the ball from the goal and referees will blow the whistle to restart play.
 - a. **The Draw:** 1 player from each team will meet at midfield for the draw. The remaining field players from each team are positioned on the 8m arc, offensive and defensive ends. Players must hold on the 8m arc until the official has signaled that possession has been attained.
6. **Deputies:** There will be no use of deputies.
7. There will be **No Stick Checks** unless requested by the opposing coach immediately following a goal. 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. 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 a free position 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.
8. **Checking:** Middle School Transitional Checking Rule
 - a. **Allow 13U and 14U players to check above the shoulder but extend the sphere area around the head where checks are not allowed (from 7 to now 12 inches)**
9. **Contact:** Limited Body Contact is allowed - appropriate physical play to stop offensive player from advancing to the cage using sound defensive principles and athletic positioning
10. **Self Start** - For a whistle blown for a foul outside the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle.
11. **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 on the field by an official. Yellow cards will be 2 minutes and 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 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.



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12. **Equipment:** All players must wear protective Eyewear or a helmet at all times on the field
 - a. **Mouth guards** must be worn at all times during play on the field.
13. **End of Period Play:** If the game horn blows while an 8 meter shot is being set up the shot will be played out. 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.
 - a. The release of the ball from the stick after time has expired is by definition a shot.
14. **Coaches:** Each team must have at least one coach who has their US Lacrosse Level 1 Certification to participate in modified checking. If a team's coach does not have proof of their Level 1 Certification, that contest will be played with NO CHECKING.

Spectator Policy

Spectators are only permitted in the stadium seating of Section 137, 139 & 140 as well as the MetLife 50 club located on the ground level under section 139. Only players and 3 coaches per team are allowed on the playing surface.

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.

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.

Venue & General Policies

1. No tents can be set up within the stadium.
2. Absolutely no gum allowed on the field or sidelines.
3. No outside food allowed in the stadium.
4. Tailgating is permitted in Parking Lots F & G.
5. Please take all garbage with you from the field area to keep the venue clean.
6. Players are allowed to wear cleats or turf shoes.

Tournament Directors will make all final decisions on disciplinary issues including tournament ejections. Players, Fans or Coaches who are ejected must 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.***

