

# TRILOGY LACROSSE®

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## Tournament Game Play & Rules: 2020 – 2022 Divisions

**All Games will be played under NFHS rules  
with the following modifications and points of clarification:**

### 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. **Alternate Possession:** will be awarded to the team that loses the first faceoff
5. Teams will have zero (0) timeouts.
6. **Overtime:** 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.
7. **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. Play will begin with a faceoff and then continue until a goal is scored.
8. **Championship Games:** There are no Braveheart's in Championship games. Championship games will be played with a 5-minute Sudden Victory overtime. If there is no score in the first overtime, teams will switch sides and play another 5-minute overtime. This process will repeat until a goal is scored.
9. **Schedule Changes:** In the event of schedule delays caused by weather, which may include lightning or heavy rain, the tournament will go to an alternate schedule and may shorten game lengths. All schedule changes will be messaged through Tourney Machine.

### GAME RULES

1. **Man-up/Man Down:** will be played 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. **Advancing the Ball - Clearing Count:** Team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box.
3. **Over and Back Rules:** NFHS rules in effect
4. **Stick Checks:** Sticks must meet NFHS standards. 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 thirty (30) second releasable penalty.
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 tournament play. Repeat unnecessary roughness offenses may result in the ejection from a game.
6. **Helmets required at all times:** 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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## Tournament Game Play & Rules: 14U (2023) – 10U (2027) Divisions

All Games will be played under US Lacrosse rules  
with the following modifications and points of clarification:

### 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. **Alternate Possession:** will be awarded to the team that loses the first face-off
5. Teams will have zero (0) timeouts.
6. **Overtime:** 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.
7. **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. Play will begin with a faceoff and then continue until a goal is scored.
8. **Championship Games:** There are no Braveheart's in Championship games. Championship games will be played with a 5-minute Sudden Victory overtime. If there is no score in the first overtime, teams will switch sides and play another 5-minute overtime. This process will repeat until a goal is scored.
9. **Schedule Changes:** In the event of schedule delays caused by weather, which may include lightning or heavy rain, the tournament will go to an alternate schedule and may shorten game lengths. All schedule changes will be messaged through Tourney Machine.

### GAME RULES - 14U rules apply to 2023 & 2024 Divisions. 12U Rules apply to 2025 Division and below except where noted in the following points of clarification.

1. **Man-up/Man Down:** will be played 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 by the field marshal.
2. **Advancing the Ball - Clearing Count – Over and 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 (2026) and younger does not apply.
3. **Stick Checks:** Sticks must meet US Lacrosse standards. 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 thirty (30) second releasable penalty.
4. **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 tournament play. Repeat unnecessary roughness offenses may result in the ejection from a game.  
\*No big body hits or one-handed checks allowed in the 12U (2025) Divisions and younger.
5. **NO Loose Ball 4-Second Count Alternate Possession Rule in Place.**



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6. **Keep It In:** When there is less than 2-minutes remaining in the game, if a team is in the lead by 4 or less then they must get it in and keep it in the box. \*12U (2025) and younger does not apply.
7. **Helmets required at all times:** 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.

## Tournament Game Play & Rules: 9U (2028-2029) Division 7v7 Rules

### Game Play

1. **Alternate Possession:** will be awarded to the team that loses the first face-off
2. Teams will have zero (0) timeouts.
3. **Overtime:** 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.
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. Play will begin with a faceoff and then continue until a goal is scored.
5. **Championship Overtime:** 5-minute periods until a goal is scored. No Bravehearts.
6. **Schedule Changes:** In the event of schedule delays caused by weather, which may include lightning or heavy rain, the tournament will go to an alternate schedule and may shorten game lengths. All schedule changes will be messaged through Tourney Machine.

### Game Rules

1. **Players:** 7v7; 6 Field Players and 1 Goalie.
2. **No Long Sticks** are permitted on the field at any time.
3. **Field Size** will be approximately 60 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. **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.
6. **Mercy rule:** If team A is up by 6 or more goals then all players on team B must drop behind the midfield line after a goal. Team A is given a free clear to start play at midfield. If goal differential drops below 6 then the mercy rule is no longer in effect.
7. **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.
8. **Substitutions** will be on the fly through the box only.
9. 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,



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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.

10. **No Body checking, One-handed checks, diving into the crease or clearing counts**
11. **Helmets and Mouth Guards** are required during pre-game warm-up and practice time: All players must properly wear the mandatory protective helmet & mouth guard when they are on the field or engaging in warm-ups or any drills that involve passing, shooting or scrimmaging.

## **Tournament Regulations, Procedures & Policies:** **Applies to All Divisions**

### **Age and Roster Regulations**

1. Every participant must be a US lacrosse member and 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 in the event manual.

### **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

ANY actions deemed excessively unsportsmanlike by a player, coach or fan including any discrimination based on gender, religion, race or sexual orientation.

