

TRILOGY LACROSSE®

Girls Grade 7 - 8 Winter Indoor League Rules

Game Play

1. Games start promptly at the top of every hour.
2. Games will run on fifty (50) minute blocks with a ten (10) minute warm-up time between games.
3. Playing time will consist of two (2) twenty four (24) minute running halves with a two (2) 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.
6. The release of the ball from the stick after time has expired is by definition a shot.
7. **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.

Game Rules

All games will be played under modified 14U US Lacrosse Rules with the following modifications:

1. 8v8: 1 Goalie & 7 field players
2. No off-sides, all players can use entire field
3. No Draw after Goals - goalies will clear ball in other direction once the whistle is blown to restart play
 - a. There will be no use of deputies, meaning no player other than the goalie may remove the ball from the goal and restart play
4. 3 Pass Rule in effect (3 passes must be made before going to goal)
 - a. The 3 pass rule shall reset on all out of bounds whistles, after a shot is deflected by the goalkeeper or on a shot that hits the pipe. The 3 pass rule shall also reset on any change of possession
 - b. Example: If a team takes a shot and the ball goes out of bounds and that same team is awarded possession they must make 3 new passes before going to the goal again.
5. Middle School Checking Rules: **Transitional Checking**
 - 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)**
6. No pushing out of bounds
7. Limited Body Contact is allowed - appropriate physical play to stop offensive player from advancing to the cage using sound defensive principles and athletic positioning
8. Major fouls will result in the administration of a card. Carded players will serve a 2-minute non-releasable penalty AND team will play short.
9. No Time-outs
10. Goals will be full size regulation 6' x 6'
11. If the ball hits the net above the field it shall remain in play. If the ball hits the nets on the sideline or behind the goal it is considered out of bounds.
12. All Substitutions must be done on the fly
13. **Mercy Rule:** If team A is up by 6 or more goals then all players must drop back to the midfield line after a goal and the 3 pass rule is no longer in effect for team B.



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14. There is no shotclock or failure to advance infractions
15. Mouth guard and goggles must be worn at all times
16. **STRICT NO FIGHTING POLICY - player(s) will be ejected immediately and subject to dismissal from the league following review.**
17. Braveheart Rules:
 - a. 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.

Age and Roster Regulations

1. Every participant must submit an online waiver prior to the first game in order to participate.
2. Every program director or coach submits the team roster prior to the first game. Team rosters must include each player's date of birth and graduation year.
3. Players cannot play for more than one program during the league.
4. Players may move up to play in a higher age division team within their own program.
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 league:

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 League Supervisor will make the final decision on all disciplinary decisions including league ejections. Players, Fans or Coaches who are ejected will need to leave the venue and no refunds will be granted.

Parent/Spectator & Coaching Policy

1. Parents and spectators are permitted to watch the games from the sideline opposite the team bench areas at their own risk and must remain behind the netting at all times (as they will not be covered by insurance).
2. Each team is allowed a maximum of two (2) coaches in the team bench area. Each program is solely responsible for providing a coach and/or parent to manage the team at each game.
3. 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 the league supervisor will not be tolerated.

Venue & General Policies

1. Absolutely no gum allowed on the field or sidelines.
2. No food on the field or sidelines.
3. Players must stay in the lobby until the current game is over. This is especially important for the first game of the day when a different group will be on the field.
4. Please take all garbage with you from the field area to keep the venue clean.
5. Players are allowed to wear cleats or turf shoes.

