

# TRILOGY LACROSSE®

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## Girls High School 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 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
4. High School Checking Rules: Full legal checking as determined by US Lacrosse Rules
5. No pushing out of bounds
  - a. Self start rule **does** apply to out of bounds. Players cannot start with a pass.
6. Limited Body Contact is allowed - appropriate physical play to stop offensive player from advancing to the cage using sound defensive principles and athletic positioning
7. Penalties will be kept under running time
8. No Time-outs
9. Goals will be full size regulation 6' x 6'
10. 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.
11. All Substitutions must be done on the fly
12. There is no shotclock or failure to advance infractions
13. Mouth guard and goggles must be worn at all times
14. **STRICT NO FIGHTING POLICY** - player(s) will be ejected immediately and subject to dismissal from the league following review.
15. 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.
16. **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 team B is awarded the ball at midfield to restart play.



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## 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

