

# TRILOGY LACROSSE®

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## Girls 7v7 – Game Play & Rules 5th/6th, 7th/8th Grade Divisions

All Games will be played under US Lacrosse Youth Rules:

14U Rules – Apply to 7<sup>th</sup> Grade and 8<sup>th</sup> Grade Divisions

12U Rules – Apply to 5<sup>th</sup>/6<sup>th</sup> Grade Division

10U Rules – Apply to 3<sup>rd</sup>/4<sup>th</sup> Grade Division

The following modifications or points of emphasis apply to this event

### Game Play

1. 7<sup>th</sup>/8<sup>th</sup> Grade Division: Games will run on thirty (30) minute blocks and playing time will consist of one (1) twenty-five (25) minute running *games*
2. 5<sup>th</sup>/6<sup>th</sup> Grade Division: Games will run on fifty (50) minute blocks and playing time will consist of two (2) nineteen (19) minute running *halves*.
3. Teams will have zero (0) timeouts.
4. Tie games at the end of the game will result in a tie. No Overtime.

**Game Rules of Play:** Games will follow US Lacrosse Youth Rules in the 7v7 Format.

1. Games are 7v7 players; teams play with **6 Field Players and 1 Goalie**.
2. **Field Size** will be approximately 70 yards long by 30 yards wide.
3. 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.
  - **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.
4. **Goals** will be full size regulation 6' x 6'.
5. **Deputies:** There will be no use of deputies.
6. **No off-sides**, all players can use entire field (including the goalie).
7. **If any team gains a 6+ Goal Lead**, the trailing team **MUST** receive the ball at midfield (unless waived by trailing team). Clears from the goal circle resume when the margin returns to six goals or less.
8. **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 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.
  - 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.
  - 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.
9. **Substitutions** will be on the fly only.
10. 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



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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.

11. **Checking:** All games are modified checking as per US Lacrosse rules.
12. **Eyewear or Helmets** are required during pre-game warm-up and practice time: All players must properly wear the mandatory protective Eyewear or helmet when they are on the field or engaging in warm-ups or any drills that involve passing, shooting or scrimmaging.
13. Mouth guards must be worn at all times while on the field of play.
14. **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.
15. **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.

## Sportsmanship Policy

Trilogy Lacrosse has zero-tolerance for the following actions and they will result in ejection from the tournament:

1. Fighting
2. Any player or parent who leaves the sideline, or runs from the opposite end of the field, in order to participate in an altercation on the field.  
Note: parents are NOT permitted to enter onto the field of play before, during, or after a game.
3. ANY actions deemed excessively unsportsmanlike by a player, coach or fan including any discrimination based on gender, religion, race or sexual orientation.
4. Coaches will exhibit sportsmanship reflective of the values of US Lacrosse.

## 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 team during the same tournament.
3. Players may move up to play in a higher age division team within their own program.
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.

## Parent/Spectator Policy

1. Parents and spectators are permitted to watch the games from **stadium seats only**. Only players and coaches are allowed on the turf field.
2. 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 any staff member will not be tolerated.

