

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 period.
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. **Substitutions:** All Substitutions must be done on the fly through the box.
3. **Field Size:** will be approximately 60 yards long by 30 yards wide.
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.
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. Self-starting when self-start is not applicable is a major foul.
11. **Free Movement (FM):** Players are no longer required to stand in place after an official's whistle. After a foul in the midfield, the player who committed the foul must attempt to go behind before they can re-defend or before the attack attempts to self-start. All other players must attempt to go at least 4m away. If a Free Position is taken on an 8m hash, FM is allowed as long as players remain 4m from the free position location and remain clear of the Penalty Zone (PZ) until the whistle to restart is sounded.
12. **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. Penalties will be running time and kept by the field marshal. 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.



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Their team will be required to replace the goalie or forfeit the game. Game time will not stop while a goalie switch is made.

13. **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.
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.
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.
17. **Alternate Possession:** is awarded to the team that loses the opening draw.

Spectator Policy

Spectators are only permitted in the stadium seating of Section 137, 139, 140 and 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 zero-tolerance for the following actions which may 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 program 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. Any exemption to this policy must be submitted for consideration in writing to the tournament director prior to the tournament. Violation of these regulations without pre-approval may result in forfeiture of games at the discretion of the tournament director.

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.

