

# TRILOGY LACROSSE®

## *MetLife Stadium Spring Classic: 4/10-11/21*

### *GIRLS Tournament Game Play & Rules (version 1)*

#### **COVID-19 On-Field Adjustments**

1. **No Draws:** Possession to start the game will be awarded to the first team listed on the schedule.
2. **Handshakes & Celebrations:** Participants should refrain from unnecessary physical contact with teammates, opposing coaches/players, officials, staff and fans such as handshakes, high fives, fist bumps, hugs and goal celebrations. A post game cheer for the opposing team shall suffice as a show of sportsmanship and teams are welcome to develop their own socially distant ways of substituting the handshake line.
3. **Social Distancing:** Coaches and players should observe safe social distancing whenever possible during competition and while on-site. Team huddles are discouraged and players on the sideline should maintain 6' of separation.

#### **Game Play**

1. Games will consist of one (1) twenty-six (26) minute running period.
2. Teams will have one forty-five (45) second time-out per game. Timeouts cannot be used in the last five (5) minutes of the game.
3. There is No Overtime. Tie games will be recorded as ties.

#### **Girls Game Rules – US Lacrosse Base Rules with Following Modifications and Points of Emphasis:**

##### **14U Rules – Apply to 7<sup>th</sup>/8<sup>th</sup> Grade Division / 12U Rules – Apply to 5<sup>th</sup>/6<sup>th</sup> Grade Division**

1. **Players;** 6v6; 5 Field Players and 1 Goalie.
2. **Field Size** will be approximately 60 yards long by 30 yards wide.
3. **Checking:**
  - **7<sup>th</sup>/8<sup>th</sup> Grade Division =USL 14U w/ Transitional Checking**
    - Each 7<sup>th</sup>/8<sup>th</sup> Grade team must have at least one coach who has their US Lacrosse Level 1 Certification to participate in transitional checking. If a team's coach does not have proof of their Level 1 Certification, that contest will be played with modified checking.
  - **5<sup>th</sup>/6<sup>th</sup> Grade Division= USL 12U w/ Modified Checking**
    - Each 5<sup>th</sup>/6<sup>th</sup> Grade 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.
4. **8 Meter:** Free Position Shots will be lined up by the official using the existing yardage markings on the field approximately at the 8Meter distance.
5. **No Draws:** Possession to start the game will be awarded to the first team listed on the schedule. After a goal is scored any player from the team that was just scored on can pick up the ball from the goal and referees will blow the whistle to restart play.



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6. **Deputies:** The use of deputies is not permitted.
7. **No off-sides,** all players can use entire field with the exception of the goalie who must remain behind the midline unless another player stays back.
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 by the field marshal. 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 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. **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.
12. **Mouth guards** must be worn at all times while on the field of play.
13. **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.
14. **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. Team B has the option to decline implementation of the mercy rule.
15. **Alternate Possession:** is awarded to the team listed second on the schedule.

## *COVID-19 Safety Protocol Points of Emphasis*

1. **Face Coverings:** Per MetLife Stadium Policy all attendees are required to wear face coverings at all times while in the stadium regardless of vaccination status. The only exception to this policy is that players may remove their face coverings during game play.
2. **Social Distancing:** Spectators should maintain social distancing of at least 6' while in the stands.
3. **Entrance Screening:** Attendees will be temperature screened and answer COVID-19 screening questions prior to entering the stadium.
4. **Waivers:** All attendees must complete a waiver prior to entering the stadium.
5. **Arrival Time:** Teams should arrive **no more than 30-minutes prior** to the start of their first game.



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## *Spectator Policy*

Families are allowed no more than 1 non-coach parent/guardian per family to attend the event with each player.

During transition periods, of groups of teams leaving and arriving, spectators may be asked to remain outside the gate until the prior group of teams leaves.

Spectators are only permitted in the stadium seating of Section 137, 139 and 140. Spectators are required to wear masks at all times while in the venue. 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 or coach 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 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 and tailgating in the parking lot is prohibited.
2. Absolutely no gum allowed on the field or sidelines.
3. No outside food allowed in the stadium. Participants can and should bring personal water, there will be no shared water coolers at fields.
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.

