

TRILOGY LACROSSE®

MetLife Stadium Spring Classic: 2023 Boys Rules (ver.1)

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. Clock does not stop during timeout.
3. There is No Overtime. Tie games will be recorded as ties.

Boys Game Rules – US Lacrosse Base Rules with Following Modifications and Points of Emphasis:

1. **Players:** 6v6; 5 Field Players and 1 Goalie.
2. **No Long Sticks** are permitted on the field at any time.
3. **Field Size** will be approximately 60 yards long by 30 yards wide.
4. **A face-off will start the game.** For the remainder of the game there are **No Face-offs after goals** - any player can pick up the ball from the goal and referees will blow the whistle to restart play.
- **The Face-off:** 1 player from each team will take the face off. The other midfielder shall be located in bounds near the midfield line with at least one foot resting on a sideline. The remaining field players should line up behind goal line extended and are not released until the referee signals possession.
5. **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.
6. **Man-up** on time served penalties. All penalties will be running time; penalty time starts on next whistle and will be kept by field marshal on the field. – **Not in 3rd/4th Grade Division (Sub on a new player)**
7. **Substitutions** will be on the fly through the box only.
8. There will be **No Stick Checks** unless requested by the opposing coach. If a requested stick is found to be illegal, a sixty (60) second non-releasable penalty will be assessed. If the stick is found to be legal, the challenging team will be assessed a 30-second releasable penalty. 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.
9. **Body checking** will be called tightly in the interest of player safety. Limited body contact is allowed - appropriate physical play to stop offensive players from advancing to the cage using sound defensive principles, athletic positioning and equal pressure are permitted. A one to three-minute non-releasable penalty will be called for a body check that is to the head and/or neck area, on a defenseless player, a blindside hit, or deemed excessive by the referee. These penalties are unnecessary roughness and not in the spirit of fun tournament play. Repeated unnecessary roughness offenses may result in ejection from the tournament. **NO big body hits are allowed in any division.**
 - **No body checking at all in the 3rd/4th grade division**
10. **All One-handed checks will be called a slash** resulting in sixty (60) second releasable penalty (including, but not limited to ice picks, wrap checks and rusty gates).



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11. Technical fouls **ARE** releasable. **We are Not playing the new rule where all penalties are non-releasable.**
12. No diving into the crease.
13. There will be **no Clearing Counts** and **no “Over and Back” Rule.**
14. **Helmets** are required during pre-game warm-up and practice time: All players must properly wear the mandatory protective helmet when they are on the field or engaging in warm-ups or any drills that involve passing, shooting or scrimmaging.
15. Every player on the field must wear a **mouth guard** completely in their mouth at all times while on the field of play. Players caught not properly wearing a mouth guard will be assessed a thirty (30) second releasable penalty.
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. Team B has the option to decline implementation of the mercy rule.
17. **Alternate Possession:** is awarded to the team listed first on the schedule.

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 brought in or set up within the stadium.
2. No gum allowed on the field or sidelines.
3. No outside food allowed in the stadium. Participants can and should bring personal water.
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.

