

# TRILOGY LACROSSE®

## *MetLife Stadium Spring Classic: 2023 Girls 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.

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

#### 14U Rules in 7<sup>th</sup>/8<sup>th</sup> Grade Division / 12U Rules in 5<sup>th</sup>/6<sup>th</sup> Grade Division / 10U Rules in 3<sup>rd</sup>/4<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.
  - **3<sup>rd</sup>/4<sup>th</sup> Grade Division = USL 10U w/ 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 8 Meter distance.
5. **Draws:** 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.
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.



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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 and Mouthguards** 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. **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.
13. **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.
14. **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 on a team younger than the team that they are rostered.
3. 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.

