

TRILOGY LACROSSE®

Veterans Day Classic 2020 Tournament Game Play & Rules: 2025 – 2030/31 Divisions

COVID-19 ADJUSTMENTS – Applies to All Divisions

1. **Faceoffs:** The structure and mechanics will follow normal procedures, but the referee may place the ball down prior to players taking their positions and observe the faceoff from a distance. Positional adjustment instructions may be minimized and delivered to players verbally. Players will be encouraged to take their positions promptly and be prepared for quick whistles in an effort to minimize the amount of time they are in close proximity to an opposing player.
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.
4. **Self-Screening Confirmation:** Each head coach must certify to the field marshal that all of their players and coaches have completed a self-screening for COVID-19 and that no individual is displaying any symptoms of or is confirmed to have COVID-19 prior to the start of the first game. A Sample self-screening checklist can be found at <https://trilogylacrosse.com/covid-19-self-screening-checklist/>.
5. **Arrival Time:** Teams should arrive **no more than 30-minutes prior** to the start of their first game.

Games will be played under US Lacrosse rules with the following modifications & points of clarification:

14U rules apply to 2025 & 2026 Divisions

12U Rules apply to 2027 - 2029 Divisions

See below this section for 2030/31 7v7 Rules

GAME PLAY

1. **Games:** start and end on one Central Horn, as does Half Time.
2. **Playing Time:** will consist of two (2) nineteen (19) minute running halves with a two (2) minute halftime.
3. **Timeouts:** Teams get one (1) 60-second timeout per game. Game clock does **NOT** stop during timeouts. Timeouts cannot be called in the last four (4) minutes of the game.
4. **Tie Games** at the end of regulation will immediately go into a two (2) minute sudden death overtime beginning with a face-off unless either team ends the game with possession in an extra man situation, in which case they will receive the ball to start OT. If the game remains tied after the overtime period, a 1v1 Braveheart will immediately follow until a winner is determined.
5. **Championship Games:** There are no Braveheart's in Playoff or Championship games. Playoff or Championship games will be played with a 5-minute Sudden Victory overtime. If there is no score in the first overtime, teams will switch sides and play another 5-minute overtime. This process will repeat until a goal is scored.
6. **Schedule Changes:** In the event of schedule delays caused by weather, which may include lightning or heavy rain, the tournament will go to an alternate schedule and may shorten game lengths. All schedule changes will be messaged through Tourney Machine.
7. **First Alternate Possession (AP):** In the event of an inadvertent whistle where there is no clear possession by either team, the ball will be awarded to the team that lost the first face-off of the game.



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GAME RULES

1. **Man-up/Man Down:** will be played on Time served penalties. All penalties will be running time, but time does stop during a timeout. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by the field marshal.
2. **Advancing the Ball - Clearing Count:** Team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box. *10U (2029) and younger does not apply.
3. **Stick Checks:** Sticks must meet US Lacrosse standards. 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 thirty (30) second releasable penalty.
4. **A maximum of up to three (3) long sticks allowed in the 2029 Division**
5. **Body Checking:** will be called tightly in the interest of player safety. A one to three-minute non-releasable penalty will be called for a body check that is to the head and neck area, on a defenseless player, a blindside hit, or deemed excessive. These penalties are unnecessary roughness and not in the spirit of tournament play. Repeat unnecessary roughness offenses may result in the ejection from a game. ***No big body hits or one-handed checks.**
6. **Keep It In:** When there is less than 2-minutes remaining in the game, if a team is in the lead by 4 or less then they must get it in and keep it in the box. *12U (2027) and younger does not apply.
7. **Helmets required at all times:** 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.

2030/31 Division Rules – USL 9U 7v7 with following modifications & points of clarification:

1. Games are 7v7; teams play with **6 Field Players and 1 Goalie.**
2. **Three (3) Long Sticks** are permitted on the field at any one time.
3. **Field Size** will be approximately 60 yards long by 40 yards wide.
4. **The Face-off:** 1 player from each team will take the face off. 1 player at the midfield line with their foot on the sideline. A goalie in each crease. Two players behind each GLE (per team).
5. **Offsides:** A team is considered offside when a team has (including players in the penalty area) more than 4 players in its offensive half of the field or more than 5 players in its defensive half of the field.
6. **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 crease resume when the margin returns to six goals or less.
7. **Penalties:** are **not** time serving. The offending player must leave the field of play and enter the penalty area for the duration of their foul. A substitute will replace the offending player immediately and at no time will either team play with fewer players than their opponent.
8. There will be **no Clearing Counts** and **no “Over and Back” Rule.**

The Following Apply to All Age Groups:

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 club program during the same tournament.
3. Players may move up to play in a higher age division team within their own club.
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 may result in forfeiture of games at the discretion of the tournament director.



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Sportsmanship Policy

Trilogy Lacrosse has a zero-tolerance policy for the following actions and they will 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.

Divisional and Pool Tie Breakers

1. Head to Head
2. **In the event of a tie between more than two teams, head to head amongst common opponents will serve as the first tie breaker.** Fewest goals against and then most goals for will be used if head to head amongst common opponents is not applicable.
3. Fewest Goals Against
4. Most Goals For
5. Coin Flip

