

TRILOGY LACROSSE®

Veterans Day Classic 2020 Tournament Game Play & Rules: 2025 – 2028 Girls Divisions

COVID-19 ADJUSTMENTS – Applies to All Divisions

1. **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.
2. **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.
3. **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/>.
4. **Draws:** There will be no draws, see specifics below.
5. **Arrival Time:** Teams should arrive **no more than 30-minutes prior** to the start of their first game.

Games will be played under NFHS/ USL Youth rules with following modifications & points of clarification:

2025 & 2026 Divisions = USL/NFHS w/Full Checking
2027/2028 Division = USL 14U w/Modified checking

Game Play

1. Games start and end on one Central Horn, as does Half Time.
2. Games will run on sixty (60) minute blocks. 40 minutes of game block + 20 minutes between games.
3. Playing time will consist of two (2) nineteen (19) minute running halves with a two (2) minute halftime.
4. 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.
5. **Tie Games** at the end of regulation will immediately go into a three (3) minute sudden death overtime beginning with draw positioning. Ball awarded by AP. If the game remains tied after the overtime period, a 1v1 Braveheart will immediately follow until a winner is determined.
6. **Championship Games:** There are no Braveheart's in Championship games. 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.
7. **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.

...Division Specific Game Rules on Next Page...

Game Rules:



TRILOGY LACROSSE®

1. **Checking:**
 - The 2025 & 2026 Divisions will play USL/NFHS full checking, 12 v 12 full field
 - The 2027/2028 Division will follow USL modified checking rules, 12 v 12 full field. Checking is permitted only when the opponents stick is completely below the shoulder and the check must be down and away.
2. **Deputies:** Use of deputies is NOT permitted in the 2027/2028 Divisions.
3. **Game Start/Draws:** No draws will be taken in any division. Possession will be given at the draw circle after each goal. This possession will be indirect and will be awarded to the team that the goal was scored against. The lineup may be 4 defenders, 3 midfield, 4 attack but teams may adjust to 5 defenders, 3 midfield, 3 attack or 3 defenders, 3 midfield and 5 attack but no greater lineup adjustments may be made. The first team listed in the schedule will be awarded possession at the start of each game, and the second team listed in the schedule will be awarded possession to start the second half.
4. **Self Start:** For a whistle blown for a foul outside the critical scoring area (CSA), the player who is awarded the free position, after coming to a settled stance, may continue to play without waiting for an additional whistle. Improper self-starts will be re-set without penalty. False starts by offense on 8M free positions will be penalized. Self-start is permitted in the final two (2) minutes of game play due to the running clock.
5. **8-meter/ End of Period Play** – will be played out if horn blows for end of game or half but if the 8-meter is already in play when the game horn sounds, then the game is done at the time of the horn. If the ball is released as a shot prior to horn, the shot counts.
6. **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. All yellow cards will be 2 minutes and all 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 that receives a card 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 may put a field player in place of goalie and play will continue while a replacement goalie is dressed and enters the field through the sub area. No field player may enter the goal circle unless instructed by the officials.
7. **Substitutions:** All substitutions will be made on the fly and after goals.
8. **Offsides:** 4 players must remain behind the restraining line when their team is on defense. 5 players must remain behind the restraining line when their team is on offense (the goalie counts as 1 player).
9. **Stick Checks:** No Stick Checks unless requested by the opposing coach before play resumes. If a requested stick of the player who just scored is found to be illegal, the goal is wiped out and that stick is removed from play for the rest of half. Team may fix and present for re-check prior to the 2nd half or OT. If stick check is on a non-scorer and stick is illegal, goal is good but defending team is awarded possession of the ball at midfield. 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 the ball 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 USL rules.
10. **End of Period Play:** If the game horn blows while an 8 meter shot is being set up the shot will be played out. Only one shot will be allowed with no rebound. If the 8 meter was already in play when the horn blows then the game is over. If the ball is released before the horn sounds & then crosses the goal line after the horn, the goal will count.
11. **Halftime:** Teams will change direction.
12. **First Alternate Possession:** will be awarded to the second team listed on the schedule.



TRILOGY LACROSSE®

13. **Equipment:** Goggles and mouthguards are required at all times while on the playing field. Helmets meeting USL specifications are permitted and must be secured by properly worn chin strap. No jewelry allowed. Taping of earrings is not permitted.

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.

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

