

TRILOGY LACROSSE®

Boys High School Winter Indoor League Rules

Game Play

1. Games will run on fifty (50) minute blocks with an eight (8) minute warm-up time between games
2. Playing time will consist of two (2) twenty (20) minute running halves with a two (2) minute halftime.
3. Teams will have zero (0) timeouts.
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 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.

Game Rules

All games will be played under modified NFHS (Federation) Rules with the following modifications:

1. 7v7: 1 Goalie & 6 field players
2. Offsides: At least one (1) player must remain in the defensive half of the field at all times
3. No longpoles
4. Face-Offs: There is only one face-off at the start of each half. No Face-offs after goals - any player can pickup the ball from the goal and the referee will blow the whistle to restart play
5. **No body checking/big hits:** Physical play is limited to boxing out during a loose ball and stopping another players momentum using sound defensive principles, athletic positioning and equal pressure. A one to three-minute penalty will be called for any physical play that is deemed excessive and the time served is non-releasable. These penalties are unnecessary roughness and not in the spirit of Winter League play. Repeat unnecessary roughness offenses may result in the ejection from a game.
6. **No pushing out of bounds:** An automatic sixty (60) second releasable penalty will be called any time a player in possession of the ball is forced out of bounds by a player from the opposing team.
7. **No one-handed checks:** 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)
8. Penalties will be kept under running time
9. Over and back rule is in effect
10. Goals will be full size regulation 6' x 6'
11. If the ball hits the net above the field it shall remain in play. If the ball hits the nets on the sideline or behind the goal it is considered out of bounds.
12. All substitutions must be done on the fly
13. No diving into the crease
14. There is no shot clock or failure to advance infractions
15. **STRICT NO FIGHTING POLICY - player(s) will be ejected immediately and subject to dismissal from the league following review.**
16. Man-up on time serving penalties. All penalties will be running time. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by the scorekeeper
17. 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 regulation or overtime. Sticks may meet either NCAA or NFHS standards.

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18. Braveheart Rules:

- For a Braveheart, each team will send two (2) players, one of whom HAS to be a goalie. One player from each team must always remain on the defensive half of the field.

19. 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.

20. Every player on the field must wear a mouth guard at all times. Players caught not properly wearing a mouth guard will be assessed a sixty (60) second releasable penalty.

21. **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.

Sportsmanship Policy

Trilogy Lacrosse has a zero tolerance policy for the following actions which may result in ejection from the league:

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 or language deemed excessively unsportsmanlike by a player, coach or fan including any discrimination based on gender, religion, race or sexual orientation.
*The League Supervisor will make the final decision on all disciplinary decisions including league ejections. Anyone ejected from the league must leave the venue and no refunds will be granted.

Parent/Spectator & Coaching Policy

1. Parents and spectators are permitted to watch the games from the sideline opposite the team bench areas at their own risk and must remain behind the netting at all times (as they will not be covered by insurance).
2. Each program is solely responsible for providing at least 1 supervisor (coach/parent) to manage the team at every game.
3. Parents/spectators & coaches are all subject to the same sportsmanship policy as the players. Cheering for your team is encouraged, but unsportsmanlike language targeted at the opposing team, referees or the trilogy staff will not be tolerated.

Venue & General Policies

1. Every participant must submit an online waiver (completed during League Apps registration) prior to the first game in order to participate.
2. Absolutely no gum allowed on the field or sidelines.
3. No food on the field or sidelines.
4. Players must stay in the lobby until the current game is over. This is especially important for the first game of the day when a different group will be on the field.
5. Please take all garbage with you from the field area to keep the venue clean.
6. Players are allowed to wear cleats or turf shoes.

