

# TRILOGY LACROSSE®

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## 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. No off-sides, all players can use entire field (Including Goalie)
3. No longpoles
4. No Face-offs after goals - any player can pickup the ball out of cage and referees will blow the whistle to restart play
5. Limited body contact is allowed - appropriate physical play to stop offensive player from advancing to the cage using sound defensive principles and athletic positioning
6. No body checking with intent to hit or take someone down
7. **No pushing out of bounds**
8. All one-handed checks will be called a slash and will be a time-serving penalty
9. Penalties will be kept under running time
10. Backcourt rule applies (over and back)
11. Goals will be full size regulation 6' x 6'
12. 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.
13. All substitutions must be done on the fly
14. No diving into the crease
15. There is no shot clock or failure to advance infractions
16. **STRICT NO FIGHTING POLICY - player(s) will be ejected immediately and subject to dismissal from the league following review.**
17. Man-up on Time served 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 on the field by the officials.
18. 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.
19. 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.
20. Helmets are required during pre-game warm-up and practice time:



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- 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.
21. 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.
  22. **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.

## Age and Roster Regulations

1. Every participant must submit an online waiver prior to the first game in order to participate.
2. Every program director or coach submits the team roster prior to the first game. Team rosters must include each player's date of birth and graduation year.
3. Players cannot play for more than one program during the league.
4. Players may move up to play in a higher age division team within their own club.
5. Players cannot play on a team younger than the team that they are rostered.
6. Violation of these regulations may result in forfeiture of games.

## Sportsmanship Policy

Trilogy Lacrosse has a zero tolerance policy for the following actions and they will 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 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. Players, Fans or Coaches who are ejected will need to 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 team is allowed a maximum of two (2) coaches in the team bench area. Each program is solely responsible for providing a coach and/or parent to manage the team at each game.
3. Parents/spectators & coaches are all subject to the same sportsmanship policy as the players. Cheering for your team is encouraged, but derogatory language targeted at the opposing team, referees or the league supervisor will not be tolerated.

## Venue & General Policies

1. Absolutely no gum allowed on the field or sidelines.
2. No food on the field or sidelines.
3. 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.
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.

