

# TRILOGY LACROSSE®

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## Girls 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 draw unless either team ends game with possession while one team is playing short, in which case they will receive the ball to start OT. If the game remains tied after the overtime period, a 2v2 Braveheart will immediately follow until a winner is determined.
5. **End of period play:** If the whistle 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 whistle blows then the game is over. The ball must have crossed the goal line prior to the whistle sounding for a goal to count.
6. **Self-Start** - For a whistle blown for a foul outside the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle. Self-starting when self-start is not applicable is a major foul.
7. **Free Movement (FM):** Players are no longer required to stand in place after an official's whistle. After a foul in the midfield, the player who committed the foul must attempt to go behind before they can re-defend or before the attack attempts to self-start. All other players must attempt to go at least 4m away. If a Free Position is taken on an 8m hash, FM is allowed as long as players remain 4m from the free position location and remain clear of the Penalty Zone (PZ) until the whistle to restart is sounded.

### Game Rules

**All games will be played under modified NFHS Rules with the following modifications:**

1. 8v8: 1 Goalie & 7 field players
2. Offsides: At least one (1) player must remain in the defensive half of the field at all times
3. 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.
4. High School Checking Rules: Full legal checking as determined by NFHS Rules. Any check to the head or neck area is a major foul.
5. No pushing out of bounds
  - a. After the ball goes out of play, a player may restart with a self start only after they return to the field of play and establish a settled stance. All opponents must be a minimum of 2m away.
6. Limited Body Contact is allowed - appropriate physical play to stop offensive player from advancing to the cage using sound defensive principles, athletic positioning and equal pressure.
7. Penalties will be kept under running time
8. Goals will be full size regulation 6' x 6'
9. 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.
10. All Substitutions must be done on the fly
11. There is no shotclock or failure to advance infractions
12. Mouth guard and goggles must be worn at all times
13. **STRICT NO FIGHTING POLICY** - player(s) will be ejected immediately and subject to dismissal from the league following review.



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14. Braveheart Rules:
  - a. 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.
15. **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.

