

TRILOGY LACROSSE®

Girls High School Winter Indoor League Rules

COVID-19 ADJUSTMENTS

1. **Game Start/Draws** - 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 as well as the **First Alternate Possession (AP)**.
2. **Handshakes & Celebrations:** Participants should refrain from unnecessary physical contact with teammates, opposing coaches/players, officials and staff 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. **Masks must be worn at all times except when actively playing or drinking a beverage.**
4. **No Spectators are allowed in the facility.** Only players and coaches may enter the facility.
5. **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 whenever possible.
6. **Temperature Check + Self-Screening Confirmation:** Players will check-in each week to be temperature screened and confirm self-screening has been completed. Players will not be allowed to enter if temperature exceeds 100.4 F or if any of the following is true: 1) Player has tested positive for COVID-19 within the last 14 days, 2) Player has been instructed to quarantine due to close-contact with a positive COVID-19 case and is within their quarantine period or 3) Player is experiencing any symptoms of COVID-19.
7. **Entrance/Exit Process:** Players must stay outside the facility until the current game is over. Trilogy staff will be on-site to communicate this process during week 1. Players will enter through the main entrance lobby and onto the field. Players will exit through the side door directly outside after games. Congregating in the lobby is not permitted.

Parent/Spectator & Coaching Policy

1. **No Spectators are allowed in the facility this year.** Only players and 1 adult supervisor per team may enter the facility.
2. Each program is allowed 1 adult team supervisor (coach/parent) to manage the team at every game, but this is not a requirement. All adult team supervisors must complete the online waiver prior to entering the facility.

Game Play

1. Playing time will consist of two (2) twenty-two (22) minute running halves with a two (2) minute halftime.
2. Teams will have zero (0) timeouts.
3. **Tie Games** at the end of regulation will immediately go into a two (2) 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. The Braveheart will begin with a draw.
4. **8-meter/ End of Period Play** – will be played out if whistle blows for end of game or half but if the 8-meter is already in play when the game whistle sounds, then the game is done at the time of the whistle. If the ball is released as a shot prior to whistle, the shot counts.
5. **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.



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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. **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/helmets 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.**
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. The Braveheart will begin with a draw.
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.

Venue & General Policies

1. Every participant & team supervisor must submit an online waiver prior to the first game in order to participate.
2. No gum allowed on the field or sidelines.
3. No food on the field or sidelines.
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.

