

TRILOGY LACROSSE®

2023 Girls High School Winter Indoor League Rules

Game Play

1. Playing time will consist of two (2) twenty-one (21) minute running halves with a two (2) minute halftime.
2. Teams will have zero (0) timeouts.
3. **Alternate Possession:** There is no longer AP if one of the fouls results in a card. The team that was not issued the card will receive possession.
4. **Overtime:** 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 in an extra player situation, in which case they will receive the ball to start OT. If the game remains tied after the overtime period, a 4v4 Braveheart will immediately follow until a winner is determined.
5. **Braveheart Rules:** Each team will send four (4) 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. No substitutions are allowed during the Braveheart.
6. **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.
7. **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-starts, when normally permitted by rule, will be allowed in the final two (2) minutes of game play due to the running clock.
 - a. Self start is now within 4 meters of the foul after settled stance and no longer "playing distance". If less than 4 meters to the CSA, players can't go into the CSA before they self start.
 - b. Self start by defense within CSA - if attack fouls inside the CSA, the defense receiving possession no longer has to wait for whistle and can self start.

Game Rules

All games will be played under 2023 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. **DRAWS:** Each half will begin with a draw. **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. Penalties will be kept under running time
7. 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.
8. All Substitutions must be done on the fly
9. There is no shotclock or failure to advance infractions
10. Mouth guard and goggles/helmets must be worn at all times
11. **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.



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Sportsmanship Policy

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

1. **FIGHTING** - player(s) will be ejected immediately and subject to dismissal from the league following review.
2. Any player who leaves the sideline 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.

Coaching Policy

1. Each program is allowed 1 adult team supervisor (coach/parent) to manage the team at every game, but this is not a requirement.

Venue & General Policies

1. No gum allowed on the field or sidelines.
2. No food on the field or sidelines.
3. Please take all garbage with you from the field area to keep the venue clean.
4. Players are allowed to wear cleats or turf shoes.



WINTER LEAGUE

