

TRILOGY LACROSSE®

MetLife Stadium Fall Classic: 9/26/20

Tournament Game Play & Rules: Version 1

COVID-19 On-Field Adjustments

1. **No Face-offs:** Possession to start the game will be determined by a coin toss.
2. **Handshakes & Celebrations:** Participants should refrain from unnecessary physical contact with teammates, opposing coaches/players, officials, staff and fans 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. **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.

Game Play

1. Games will consist of one (1) twenty-five (25) minute running period.
2. Teams will have one forty-five (45) second time-out per game. Timeouts cannot be used in the last 5 minutes of the game.
3. There is No Overtime. Tie games will be recorded as ties.

Game Rules — US Lacrosse Base Rules with Following Modifications and Points of Emphasis:

1. **Players:** 7v7; 6 Field Players and 1 Goalie.
2. **No Long Sticks** are permitted on the field at any time.
3. **Field Size** will be approximately 55-60 yards long by 30 yards wide.
4. **No Face-offs:** Possession to start the game will be awarded on a coin flip. After a goal is scored any player from the team that was just scored on can pick up the ball from the goal and referees will blow the whistle to restart play.
5. **No off-sides**, all players can use entire field with the exception of the goalie who must remain behind the midline unless another player stays back.
6. **Man-up** on time served penalties. All penalties will be running time; penalty time starts on next whistle and will be kept by field marshal on the field.
7. **Substitutions** will be on the fly through the box only.
8. 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



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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 a game. Sticks must meet US Lacrosse Youth standards.

9. **Body checking** will be called tightly in the interest of player safety. Limited body contact is allowed - appropriate physical play to stop offensive players from advancing to the cage using sound defensive principles, athletic positioning and equal pressure are permitted. A one to three-minute non-releasable penalty will be called for a body check that is to the head and/or neck area, on a defenseless player, a blindside hit, or deemed excessive by the referee. These penalties are unnecessary roughness and not in the spirit of fun tournament play. Repeated unnecessary roughness offenses may result in ejection from the tournament. **NO big body hits are allowed in any division.**
 - **No body checking at all in the 3rd/4th grade division**
10. **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)
11. No diving into the crease.
12. There will be **no Clearing Counts** and **no “Over and Back” Rule**.
13. **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.
14. Every player on the field must wear a **mouth guard** completely in their mouth at all times while on the field of play. Players caught not properly wearing a mouth guard will be assessed a sixty (60) second releasable penalty.
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. Team B has the option to decline implementation of the mercy rule.
16. **Alternate Possession:** is awarded to the team that loses the opening coin toss.

COVID-19 Safety Protocol Points of Emphasis

1. **Face Coverings:** Per MetLife Stadium Policy all attendees are required to wear face coverings at all times while in the stadium. The only exception to this policy is that players may remove their face coverings during game play.
2. **Social Distancing:** Spectators should maintain social distancing of at least 6’ while in the stands.
3. **Entrance Screening:** Attendees will be temperature screened and answer COVID-19 screening questions prior to entering the stadium.
4. **Waivers:** All attendees must complete a waiver prior to entering the stadium.
5. **Arrival Time:** Teams should arrive **no more than 30-minutes prior** to the start of their first game.



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Spectator Policy

Families are allowed no more than 1 non-coach parent/guardian per family to attend the event with each player. Adherence to this policy will help ensure that the event is in compliance with the maximum outdoor gathering limit of 500 as set forth by the New Jersey Governor's Executive Order No. 161 and strictly enforced by MetLife Stadium.

We have scheduled this event in order to comply with these guidelines and will have no more than 10 teams on-site at a time. During transition periods, of groups of teams leaving and arriving, spectators may be asked to remain outside the gate until the prior group of teams leaves.

Spectators are only permitted in the stadium seating of Section 137, 139 and 140. Spectators are required to wear masks at all times while in the venue. Only players and 3 coaches per team are allowed on the playing surface.

Sportsmanship Policy

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

1. Fighting.
2. Any player or coach 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.

Age and Roster Regulations

1. Every participant must submit an online waiver prior to the tournament in order to participate.
2. Players cannot play for more than one program during the tournament.
3. Players may move up to play in a higher age division team within their own program.
4. Players cannot play on a team younger than the team that they are rostered.
5. Any exemption to this policy must be submitted for consideration in writing to the tournament director prior to the tournament. Violation of these regulations without pre-approval may result in forfeiture of games at the discretion of the tournament director.

Venue & General Policies

1. No tents can be set up within the stadium.
2. Absolutely no gum allowed on the field or sidelines.
3. No outside food allowed in the stadium. Participants can and should bring personal water, there will be no shared water coolers at fields.
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.

