



NorCal Ascent Game Play + Rules: 2023

2024 – 2030/31 Divisions

Games will be played under Girls NFHS rules with the following modifications and points of clarification.

Format: 12v12

Game Time: Two 21-minute running halves. 3-minute halftime. Kept on central horn. **(NO Overtime)**

Timeouts: One 45-second timeout per game. Game clock does not stop, but penalty time does stop. Cannot be called in last 4-minutes of the game.

Checking:

- **All High School Divisions** = Full Checking
- **2028/29 Divisions** = Transitional Checking
- **2030/31 Division** = Modified Checking

Self-Start: Improper self-starts will be re-set without penalty. False starts by offense on 8M free positions will be penalized. Because the games have a running clock, if the attack fouls in the CSA within the last two minutes of each half and in overtime, the offended team may self start.

8-meter/ End of Period Play – Direct Free Positions in the CSA will be played out if time expires in the half or game. It is the official's discretion to determine when the free position has been played out. In all other situations the goal will stand if it is released prior to the horn.

Penalties: All major fouls will be time serving penalties and the offending team will play short. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by the field marshal and will stop if a team uses a time-out. All yellow cards will be 2 minutes and all red cards will be 4 minutes.

- 1 Yellow Card: Player sits 2-minutes, field marshal keeps time.
- 2 Yellow Cards: Player sits the remainder of game and can play in next game.
- Red Card (Player): Player must sit remainder of game AND must sit out for the next game.
- Red Card (Coach): The coach must leave the game and remain away from the game until finished. They will not be able to coach the rest of the day at the event.
- The offending player that receives a card must serve the penalty time unless it is the goalie, and no substitute is available. If the goalie receives a red card, then they will be ejected from that game and the next. Their team may add an extra field player to the game to play in the field while a replacement goalie is dressed and enters the field through the sub area. No field player may enter the goal circle unless instructed by the officials.
- If a team receives 4 Cards, they will play down the remainder of the game.

Offsides: 4 players must remain behind the restraining line when their team is on defense. 5 players must remain behind the restraining line when their team is on offense (the goalie counts as 1 player).

Stick Checks: No Stick Checks unless requested by the opposing coach before the next draw. No stick checks are permitted in the last 4 minutes of a game.

Alternate Possession: First AP is awarded to the team listed first on the Field Marshal clipboard.

Deputies: Not Permitted in 2028 (14U) and Below Divisions

TRILOGY LACROSSE®

NorCal Ascent Policies: 2023

SPORTSMANSHIP POLICY

Trilogy Lacrosse has a zero-tolerance policy for the following actions, and they may result in ejection from the tournament at the discretion of the tournament director:

- Fighting, verbal abuse or antagonization of officials or event staff by a player or spectator
- Any player who leaves the sideline, or runs from the opposite end of the field, to participate in an altercation.
- ANY actions deemed excessively unsportsmanlike by a player, coach or fan including but not limited to any discrimination based on gender, religion, race or sexual orientation.

AGE & ROSTER POLICY

- Every participant must submit an online waiver prior to the tournament in order to participate.
- Players cannot play for more than one club program during the same tournament.
- Players may move up to play in an older age division team within their own club.
- Players cannot play in a division younger than their High School grad year/ USA Lacrosse age designation.
- Any exemption to this policy must be submitted in writing to the tournament director prior to the tournament. Violation of these regulations may result in forfeiture of games at the discretion of the tournament director.
- The tournament director makes the final decision on any roster issues.

ATTENDEE POLICY/FACILITY RULES

All attendees are expected to adhere to the following policies.

Visit <https://mhosc.org/policies> for additional details.

- **Pets are not permitted except for service animals with proper identification. (STRICTLY ENFORCED)**
- **No alcohol or smoking** on the premises.
- **No glass including bottles permitted on the premises.**
- Attendees should adhere to parking signage and follow instructions of the parking staff.
- Parking on-site is managed by the facility staff, there is a \$10/day entrance fee to enter the lots. Please adhere to no parking areas on the map. Cars parked in no-parking areas will be towed by the city at owner's expense.
- **Team Tents:** Only set up in designated areas and never on the end line of a playing field regardless of netting.
- **Turf Field Policies:** No food or drinks allowed on field other than water.
 - No spectators on turf, only Teams and Team Officials • No chairs on turf, use bleachers

WEATHER POLICY & SCHEDULE ADJUSTMENTS

All schedule changes will be messaged through Tourney Machine

- In the event fields become unplayable or unsafe weather conditions occur such as rain, wind, lightning, or excess heat tournament organizers reserve the absolute and unfettered right to:
 - Cancel and/or postpone play.
 - Reduce game times or revise the schedule.
 - Interrupt, suspend, finish or end games early.
 - The field and facility owners, not tournament organizers, have final say whether the tournament will take place in whole or in part.
- In the event there is a lightning strike within 10 miles of the facility, five (5) air horn blasts will signal **families to take shelter in their cars** and await further instruction. Updates will be available through the Tourney Machine App. Standard lightning delays are 30 minutes from the last strike. In the event another strike occurs during the initial delay that 30-minute clock resets.

COVID-19 POLICY

- Attendees are expected to adhere to all federal, state & local guidelines on attending large outdoor gatherings. If you or any member of your family are sick, please stay home.