

# TRILOGY LACROSSE®

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## 2025 Girls High School Winter Indoor League Rules

### Game Play

1. Playing time will consist of two (2) twenty (20) minute running halves with a two (2) minute halftime.
2. Teams will have zero (0) timeouts.
3. **Shot Clock:** A forty-five (45) second shot clock will begin when a team gains possession of the ball.
  - a. **Shot Clock** will reset if a shot hits part of the goal or goalkeeper.
  - b. **Shot Clock** will reset on issuance of any penalty cards and alternate possession (AP) calls.
  - c. **Shot Clock** DOES stop during a dead ball or stoppage of play.
  - d. **Shot Clock** will be kept on the sideline.
  - e. **Violation:** Failure to take a shot in the allotted amount of time results in a turnover. The ball should be dropped where it is for the opposing team to pick up.
4. **Alternate Possession (AP):** 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. No foul = the first AP is awarded to the first team listed on the schedule
5. **Overtime:** Tie games at the end of regulation will immediately go into a 4v4 Braveheart 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.
6. **Braveheart Rules:** Each team will send four (4) players, one of whom HAS to be a goalie. The goalie must always remain on the defensive half of the field. No substitutions are allowed during the Braveheart.
7. **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.
8. **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.
  - a. Players awarded a free position after being fouled outside the CSA no longer need to stop completely before continuing the course of play.
  - 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 2025 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:** 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. All yellow cards will be 2 minutes and all red cards will be 4 minutes.
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.



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8. All Substitutions must be done on the fly
9. There is no failure to advance infraction
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.

## 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

