

# TRILOGY LACROSSE®

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## Midwest Moxie Game Play + Rules: 2026

### 2027 – 2033 Divisions

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

**Format:** 12v12

**Game Time:** Two 20-minute running halves. 3-minute halftime. Kept on central horn.

**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:**

- **High School + 2030/2031 Divisions** = NFHS/USAL Full Checking
- **2032/33** = USAL Modified Checking
- **All Divisions:** A major foul will be issued when a player checks an opponent's crosse and hits their hand.

**Self-Start:** 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 running clock.

**8-meter/ End of Period Play** – will be played out if horn blows for end of game or half. If the ball is released as a shot prior to horn, the shot counts.

**Penalties:** All carded fouls will be non-releasable 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 is running and will be kept by the field marshal. All yellow cards will be 2 minutes and all red cards will be 4 minutes.

- 2<sup>nd</sup> Yellow Card: 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.

**Illegal Pick:** The crosse must be in a vertical position (between 10 o'clock and 2 o'clock) and players body shall be in a vertical plane with a stance not wider than shoulder width and the pick must be set within the visual field of the opponent allowing enough time and space to stop or change direction.

**Illegal Stick Contact:** It is illegal to hold a stick in a horizontal position (not between 10 o'clock and 2 o'clock) and make contact with an opponent's body or crosse.

**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 at 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

**Overtime Rules (OT):**

- Pool Play: No Overtime
- Playoff Games (non-championship): Tie Games at the end of regulation will immediately go into a 4v4 Modified Braveheart (3 field + 1 goalie) until a goal is scored. Goalie cannot go over the midline. Play will begin with a draw and then continue until a goal is scored. Substitutions are allowed. If there is a penalty carrying over into OT, at the end of regulation, or in OT, the offending team will play down (3v2 Field players). A 2<sup>nd</sup> penalty would result in a 4v2.
- Championship: Regular 12v12 game play in 5-minute periods until a goal is scored beginning with a draw unless the time serving penalty scenario from Braveheart section above is applicable.

**Goal Differential:** Teams may accumulate a maximum goal differential of 10 goals per game toward tournament standings and tie-breaker calculations. For example: a game result of 14-2 will be officially recorded as 12-2.



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## Midwest Moxie Policies: 2026

### TIE-BREAKERS

- Head-to-Head\*
- Fewest Goals Against
- Most Goals For
- Coin Flip

*\*In the event of a tie between more than two teams, head-to-head amongst the tied teams will serve as the first tiebreaker. If there was only 1 matchup between the tied teams, the team that won that matchup would win the first tie-breaker and the other teams tie-break will be determined by fewest goals allowed and then most goals for*

### 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 graduation 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

**All attendees are expected to adhere to the following policies.**

- Team tents should be in designated areas only and never on the endline of a playing field regardless of netting.
- Pets are not permitted except for service animals with proper identification.
- No alcohol on the premises.
- Attendees should adhere to parking signage and follow instructions of the parking staff.

### WEATHER POLICY & SCHEDULE ADJUSTMENTS

**All schedule changes will be messaged through Tourney Machine**

- In the event there is a lightning strike within eight (8) 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.
- 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.
  - Revise the schedule.
  - Interrupt and suspend games.
  - 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.

### SPORTSMANSHIP POLICY

- Poor sportsmanship, taunting, trash talking, fighting or other unbecoming behavior on the part of the players, coaches, parents or spectators will not be tolerated. Unsportsmanlike conduct will minimally result in a 1-minute non-releasable penalty, but officials are authorized to handle such conduct in their reasonable judgement based on the circumstances, including player, coach, parent or spectator ejection from the facility, or ending the game.
- Trilogy Lacrosse prohibits and will not tolerate acts of harassment, discrimination and bullying. Harassment, discrimination or bullying of any gesture, any written, or physical act, or any electronic communication may result in ejection from the field/facility.

