TRILOGY LACROSSE®

Ocean State Showdown: Game Play & Rules: 2026

2027 – 2029 Divisions

Base Rules: 10v10 Divisions (All) = NFHS with the following modifications and points of clarification:

1. **Game Times:** 19 minutes halves with a three (3) minute halftime.
2. **Timeouts:** One 45-second timeout per game which can be called anywhere on the field with possession. Game clock does not stop, but penalty time does stop. Timeouts cannot be called in last four (4) minutes of the game.
    a. **No Timeouts in Overtime**
3. **Clearing Counts:** Team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box.
4. **Keep It In:** Team that leads by 3 or less must keep it in the offensive box in the final 2-minutes of the game.
5. **Own Goals Do Count**
6. **Goalies**: Goalies are no longer granted the five (5) second grace period to get back in goal on a dead ball & no player other than the goalie may get in front of the goal within the crease in an effort to block a shot.
7. **Overtime Rules (OT): NO Overtime in Pool Play**
    - 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 unless a player stays back. Play will begin with a faceoff 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 2nd penalty would result in a 4v2.
    - Championship: Regular 10v10 game play in 5-minute periods until a goal is scored beginning with a faceoff unless possession with a time serving penalty is applicable.
8. **Body Checking:** Will be called tightly in the interest of player safety. A one to three-minute non-releasable penalty will be called for a body check to the head or neck area, on a defenseless player, a blindside hit, or deemed excessive. An egregious offense or repeated penalties may result in the ejection from a game/tournament. One-handed checks are allowed.
9. **Crease Diving:** Not Allowed
10. **Man-up/Man Down:** Will be played on time serving penalties in all divisions. **Time and a half on all penalties**. All penalties will be running time, but time does stop during a timeout. Penalty clock will run when the official blows whistle to restart play.
11. **Mercy Rule:** Teams trailing by eight (8) or more goals will be awarded the ball at midfield following a goal by the leading team until the goal differential drops below eight (8). This rule can be waived by the trailing coach.
12. **Alternate Possession (AP):** will be awarded to the team that is listed first on the field marshal clipboard.
13. **Stick Checks:** There will be no stick checks unless requested by opposing coach, and none in final 4-minutes of regulation game time or overtime. If stick is found to be legal, the challenging team will be assessed a 90-second releasable penalty. If found illegal, a 90 second non-releasable penalty will be assessed & the goal just scored using that stick will not count.
14. 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.

TIE-BREAKERS (ALL DIVISIONS)

• Head-to-Head** • Fewest Goals Against • Most Goals For • Coin Flip	***If there is 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 will win the first tiebreaker and the other teams tie-break will be determined by fewest goals allowed and then most goals for*

Ocean State Showdown Policies: 2026

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 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 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 field/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.