



OFFICIAL EDUCATION

2026

Game and Timing Procedures

USA[®]
LACROSSE



RECOGNIZED SPORT
ORGANIZATION

Time Factors

Playing Time

48 minutes, divided into four 12-minute quarters.

Halftime and Quarter Breaks

- Halftime is up to 10 minutes; may be less if agreed upon by the coaches prior to the game.
- There is a 2-minute break between Quarter 1 and 2 & Quarter 3 and 4. Players must change ends to begin each quarter.

Clock Stops

- When official signals timeout
- After each goal signal
- On every whistle in the CSA: during the last minute of each quarter (unless there is a 10-goal differential)
- During overtime



Team Time Outs



- 2 per team; they do not carry into overtime. (1 per team during overtime.)
- Head coach or any player on the field may request a time out to the on-field official or to the table.
- Allowed after a goal is scored or when requesting team has clear possession of the ball.

Restarting Play after a Team Time Out

Restart with a whistle

If a foul has occurred, **administer the penalty.**

- The player that was fouled and the offender will return for the free position restart, substitutions for other players may occur.

If no foul was involved, **any player** may take the restart

- If the ball was in the CSA, play will start at the dot.



Official's Time Outs During Play

Officials must stop the clock for:

- Foul in the CSA during the last 1 minute of each quarter
- Redraw
- Offside
- Alternate possession
- Inadvertent whistle
- Illegal Substitute

UNLESS THERE IS A 10 GOAL DIFFERENTIAL



REGARDLESS OF THE SCORE...A Time-Out must be called for:

Illness, Accident or Injury
Issuance of a card
Team Timeout



Stopping the Clock for Unusual Situations



Unsafe Weather
Situation



Issues with the
Clock



Animal, Spectator,
or other non-player
comes onto the
field



Any other situation
that is unsafe or
could cause delay
to the game



Restarting Play in Unusual Situations

Restart with a whistle

If a foul has occurred, **administer the penalty.**



Restart with a whistle

If no foul was involved:

Give the **ball to the player in possession** of the ball or closest to the ball at the time of the stoppage



If **2 players are equidistance** from the ball **ALTERNATE POSSESSION** is awarded



Suspended or Interrupted Game

A game is considered legal and complete when 75% of playing time has elapsed.

Whether a game is interrupted and continues the same day
OR
a game is suspended and continues another day,
the game restarts at the point of interruption.



Suspension for Thunder and Lightning

When thunder is heard
or lightning is seen,
suspend play and
take shelter immediately!



Each time thunder is heard
or lightning is seen, the
30-minute clock is reset.

After the last thunder is
heard or strike of lightning
is seen teams may return
to the field.

Overtime Procedures

After end of regulation play

- **5-minute** rest
- Coin toss (visiting captain calls) for choice of ends
- AP continues from regulation
- Winner decided by “**Sudden Victory**”

Two 3-minute Overtime Periods

- Clock stops **for all fouls in the CSA.**
- If no score, clock stopped at **3 minutes** for teams to change ends.
No delay for coaching.
- The second **3-minute** period restarts with **draw.**
- If no goal is scored, teams get a **3-minute rest.**

****This procedure repeats until a winning goal is scored.****
(Individual state guidelines take precedence and may vary.)

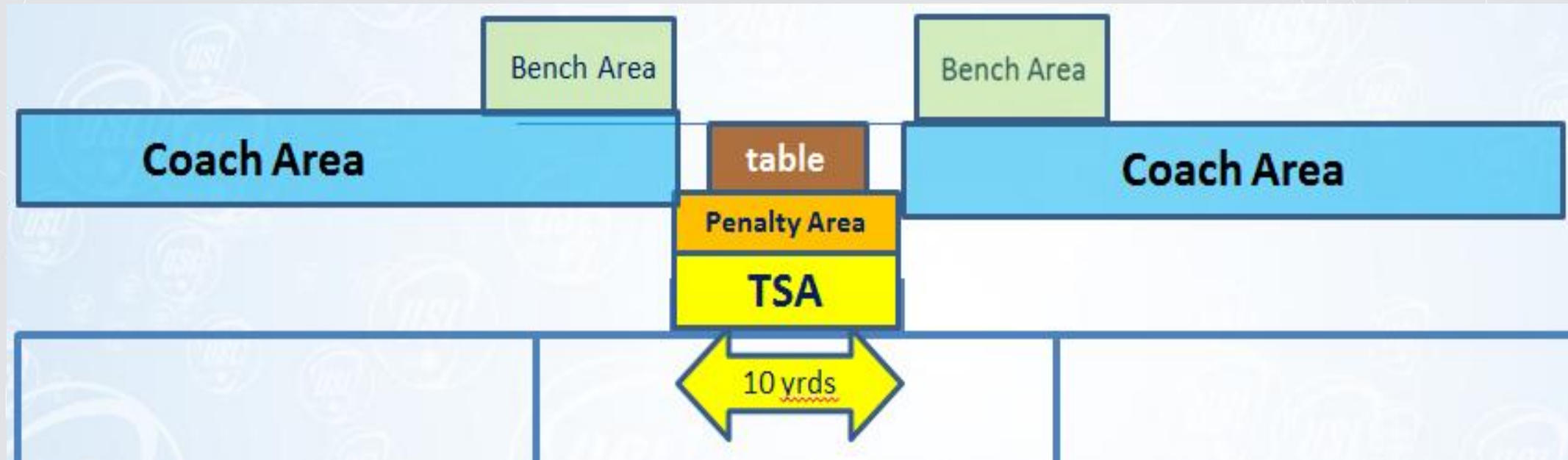


Substitutions

Players may sub freely throughout the game during play or after a goal

ALL Subbing must take place in the Team Substitution Area (TSA)

Players subbing in during play must wait until their teammate is completely in the TSA



Substitutions during a Free Position: Offended player and offender may not substitute.

Illegal Substitution



A player who enters without going through the substitution area

An extra player on the field

A player who enters prior to the teammate leaving the field

A player not listed or incorrectly listed on the roster or in the scorebook at the start of the game

Procedure for Minor Foul: Illegal Substitution

The official calls a timeout



Removes the illegal substitute

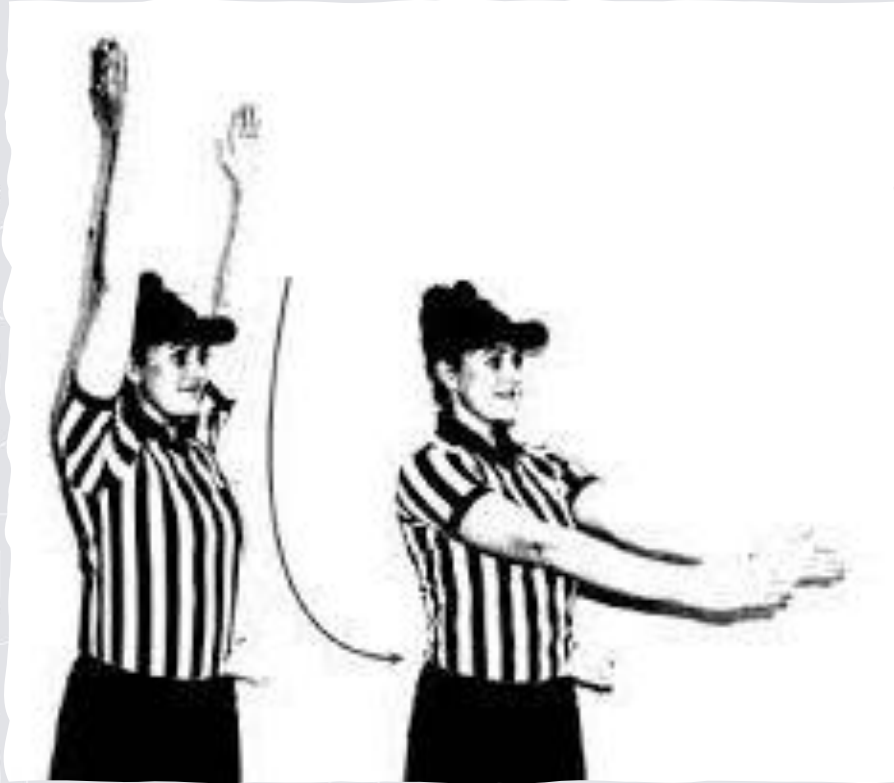


Awards a free position for the opposing team

Exception

When a Suspended or Ejected player returns to the game, a misconduct card (yellow) shall be given to the coach.

Scoring



A goal
is
scored
when:

- The whole ball passes completely over the goal line, between the goal posts
- The ball has been shot with the legal crosse of an attack player
- The ball goes off the crosse or body of a defender
- The ball is released from the crosse before time expires

Scoring

A goal
is NOT
scored
when:

- The ball is put through the goal by a non-player (official)
- The ball comes off the body of an attacker
- The attack player steps on or over the goal circle
- A foul by the attack occurs on the shot (dangerous follow through, dangerous propel, goal circle violation, offsides, attacking team has an illegal player on the field)
- The goal is scored with an illegal crosse
- The ball enters the goal from the attacking team's goalkeeper



Starting and Restarting Play



The Draw is used to start the game, each quarter and overtime.

The Draw is used to restart play after goals.

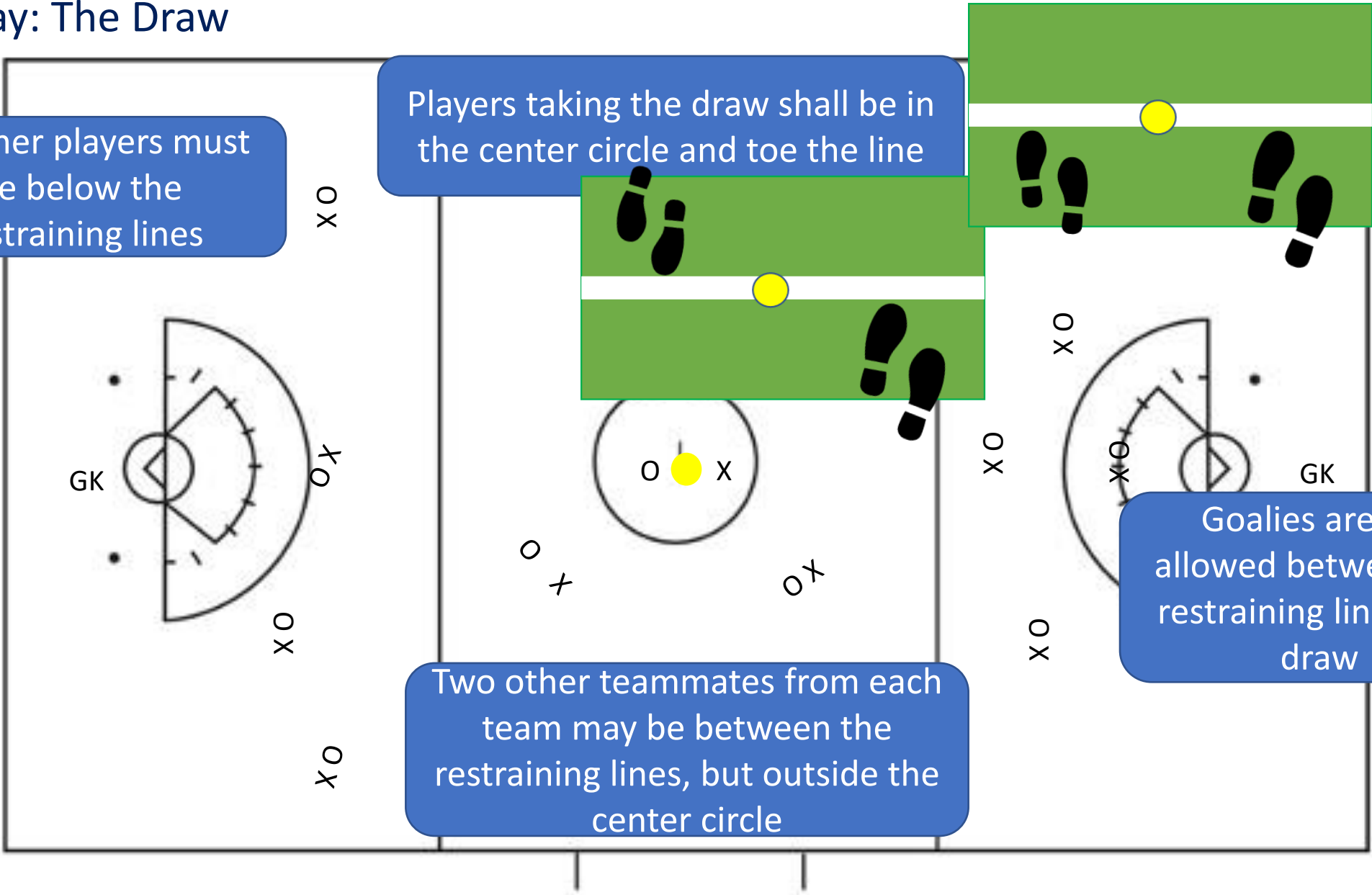
Starting Play: The Draw

All other players must be below the restraining lines

Players taking the draw shall be in the center circle and toe the line

Goalies are not allowed between the restraining lines on a draw

Two other teammates from each team may be between the restraining lines, but outside the center circle



For Both Players on the Draw



Draw: Both Players Right Hands



- Note: Head position of both crosses
- Ball is placed in the upper third of each head
- Crosses **MUST** be horizontal and parallel to the line



Draw: One Left Hand, One Right Hand



So Red goal keeper would be here

Red pocket facing her goalie

Note: Body moved, but
stick/crosse position
has not changed

Is this Draw properly Set Up?



Draw Rules



Crosses are held in the air, parallel to and above the center line

Players taking the draw must remain motionless, except for head movement, until the whistle after the official says "ready"

The first motion of the draw must be UP

No players may step on or over the center circle until the whistle

No players may step on or over the restraining line before the official signals "possession"

Players may reach over the restraining line to play the ball, as long as the player's foot is NOT on or over the line

Restarting Play



The whistle is used to stop and start play except for self-starts.

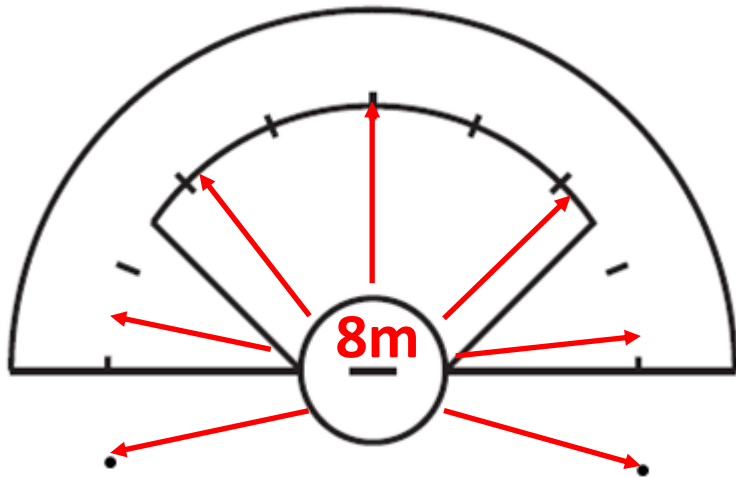


When starting play, the official will give a visual arm signal by raising the arm above the head.



Restarting Play: Free Position (a foul has occurred)

No FP may be taken closer than 8m to the goal circle.
(except an attack foul in the CSA!)



Free positions below the goal line extended in the CSA shall be taken at the closest dot.

The violation of any rule is a foul.

The penalty for a foul is a
Free Position.

Player committing the foul moves:
4m behind (Major Foul)
4m away (Minor Foul)

All other players must be 4m AWAY

EXCEPTION: Attack foul in the CSA and the clock is not stopped.



Restarting Play: Self-Start

Following a whistle blown for a foul outside of the critical scoring area, or for an attack foul in the CSA*, the player who is awarded the free position can self-start.

*not in the last min of each quarter



To self-start, a player **DOES NOT have to come** to a momentary pause before commencing play.



Criteria for Self-Start

- **Ball is outside of the CSA**
- **An Attack foul in the CSA (not under 1-min in each quarter)**
- **Game clock is running**
- **Ball is within 4 meters of the spot of the foul**

Ball more than 4 meters away?

- Offensive player initiating self-start may pick up the ball, bring it back to the spot of foul and self-start.
- Teammate may also pick up ball and return it to the ball carrier so that the player may self-start from a legal position.



Self-Start when a Foul Occurs

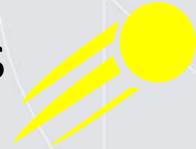
Fouled Player options:

1. Restart play immediately
2. Wait for other players to move 4m away
3. Wait for whistle

Play will commence once the ball carrier steps



or passes



Repeatedly **self-starting beyond 4m** of the spot of the foul may result in a **warning** and/or Delay of Game penalty.

Note: Proactive officiating may prevent need for whistle!

Self-Start- Offender and Defenders Responsibilities

- After foul is called, defenders must **initiate movement** 4m behind or away, as directed by official.
- Defenders may not engage ball carrier until play has commenced.

These motions do **NOT** commence play:

Pivoting or rocking motions

Cradling the ball

Pumping the crosse

Repeated failure **to move away** from the free position or move behind the ball carrier may result in a **warning** and/or Delay of Game penalty.



When is Self-Start NOT an Option?

- When the game clock is stopped
- Defensive foul in the CSA
- A goal is scored
- Offside*
- Alternate Possession*
- Inadvertent Whistles*

In the last minute of each quarter and all of overtime, all fouls (attack and defense) in the CSA require a whistle start.*



Alternate Possession

1. Off-setting fouls occur.
2. A shot or deflected shot goes out of bounds, and two opposing players are equidistant from the ball.
3. Don't know which team caused the ball to go out of bounds.
4. Ball lodges in the clothing of a field player/official.
5. A "score" off a non-player.
6. Play is stopped, no player had possession and opposing players are equidistant from the ball.

The first AP of the game is determined at the captain's meeting

AP in the CSA (above or below GLE) is awarded at the nearest DOT!

AP designation is continuous through any overtime period



Boundaries

The ball is out of bounds when a player carrying the ball...

- ✓ A player steps on or over the boundary line.
- ✓ A player's body or crosse touches the ground on or outside the line.
- ✓ A loose ball touches the ground on or outside the line.



Boundary Situations

- If an in-bounds opponent legally checks a ball-carrier's stick, causing the ball to fall to the ground, out of bounds, possession will be awarded to the opponent.
- If foot/feet are out of bounds, you may not take an active part in the game. Penalty = **minor foul**.
- Players may not run out of bounds and re-enter to a more advantageous position. Penalty = **minor foul**.



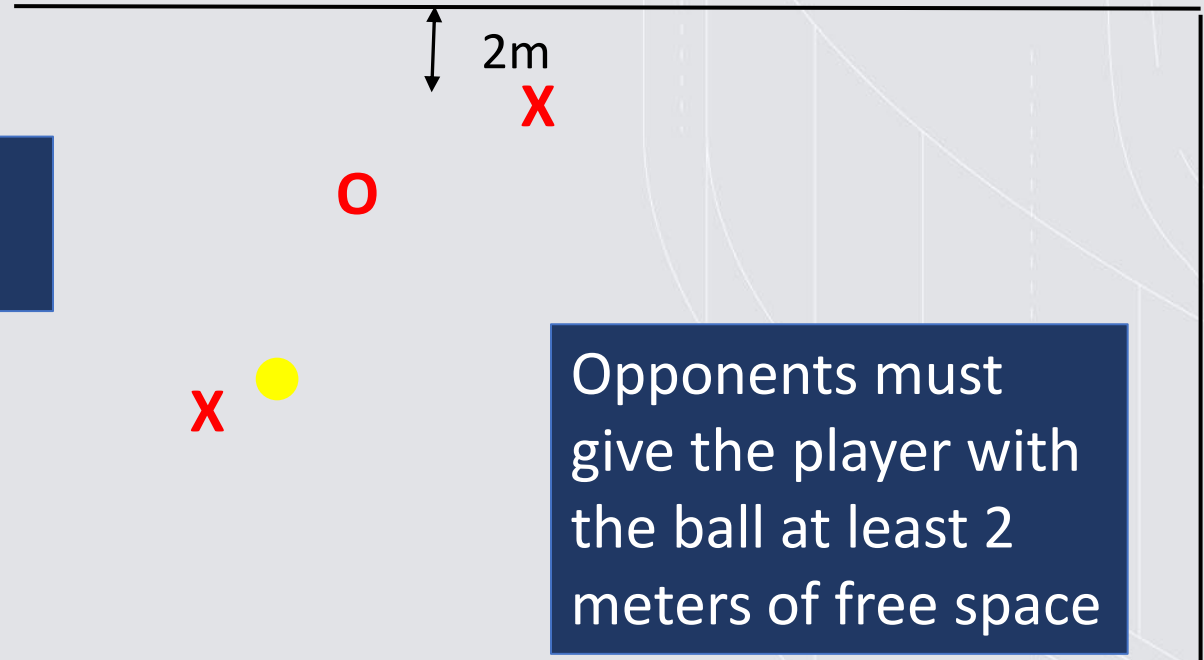
If a player deliberately pushes /flicks/bats the ball into an opponent's feet/body to cause the ball to go out of bounds; penalty = **major foul**.

If an opponent illegally causes a ball carrier to go out of bounds, ball carrier will maintain possession of the ball when play resumes. The opponent's penalty = **major foul**.

Boundary Restarts

Play may not start with a pass from out of bounds!

Any player from the team awarded possession may run onto the field with the ball to restart play.



Opponents must give the player with the ball at least 2 meters of free space

If the goalkeeper, while within the goal circle, is the nearest to the ball when it crosses the boundary, any player from that team (including the goalie) may retrieve the ball and play will commence with a self-start relative to where the ball went out of bounds.



Restarting Play when a foul occurs near the boundary

If the ball goes out of bounds as the result of a foul. The fouled player is positioned, with the ball, at the spot of the foul, 4m from the boundary.

The player being awarded the ball may self-start just inside the boundary if she chooses to.



Restarting Play after a shot



Player/crosse closest to ball (and in bounds) where ball crosses line determines possession!

When is a Shot over?



A shot or deflected shot remains a shot until:

- ✓ the ball goes out of bounds
- ✓ the ball comes to rest on the field of play
- ✓ a player gains possession of the ball
- ✓ or a player otherwise causes the ball to go out of bounds

Note: A shot is considered deflected until it is controlled by a player on either team. Merely touching the ball does not constitute “control.”

