



USATM
LACROSSE



OFFICIALS EDUCATION

RULES 1-3: GAME, FIELD & EQUIPMENT,
PERSONAL & TIMING FACTORS

MENS OFFICIALS DEVELOPMENT | 2026 SEASON

WELCOME

- Congratulations on taking the first step to becoming a men's lacrosse official
- Instructor Introductions
- Let's get to know you and your classmates
- PAIR/SHARE
- Present to Class



LEARNER OBJECTIVES

- Gain an understanding of the “basics” of a lacrosse game.
- Knowing the minimum requirements for teams/players to participate in the game safely.
- Learn your responsibilities as an official for facilitating a game.



RULE 1- THE GAME, FIELD AND EQUIPMENT

A	A	A	M	M	M	D	D	D	G
A	A	A	M	M	M	D	D	D	G

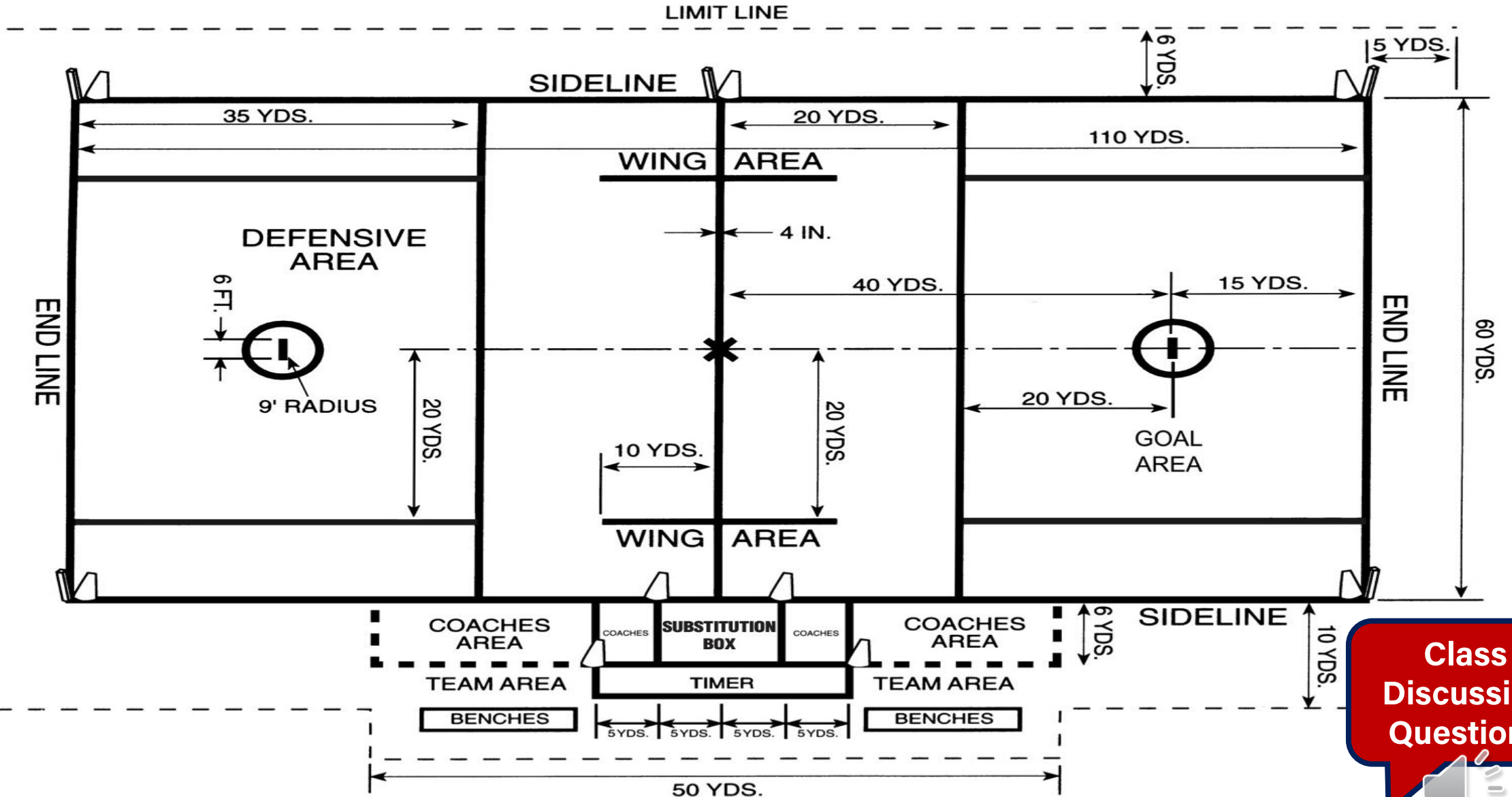
2 teams of 10
Legally equipped GK



Class
Discussion
Questions



STANDARD FIELD

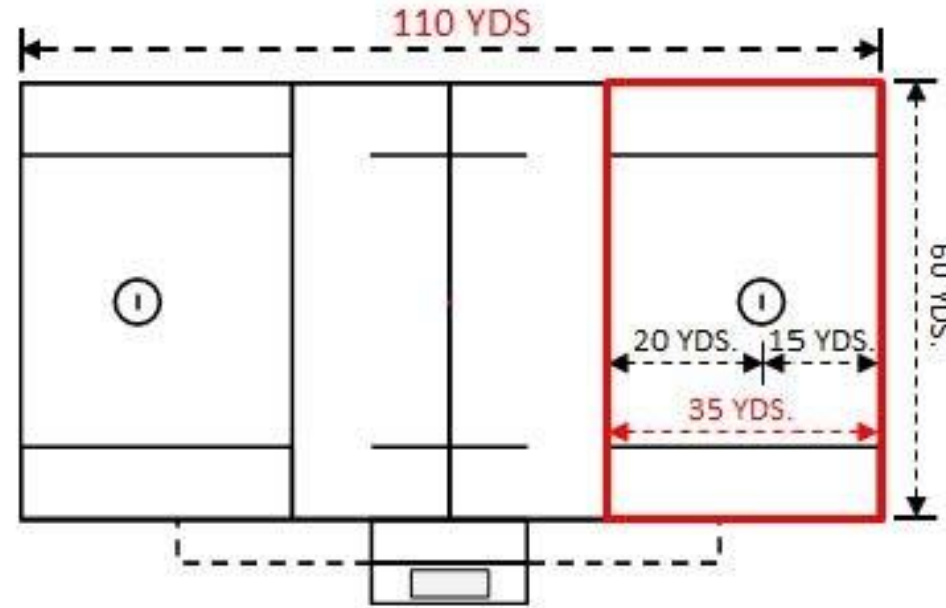


Class
Discussion
Questions



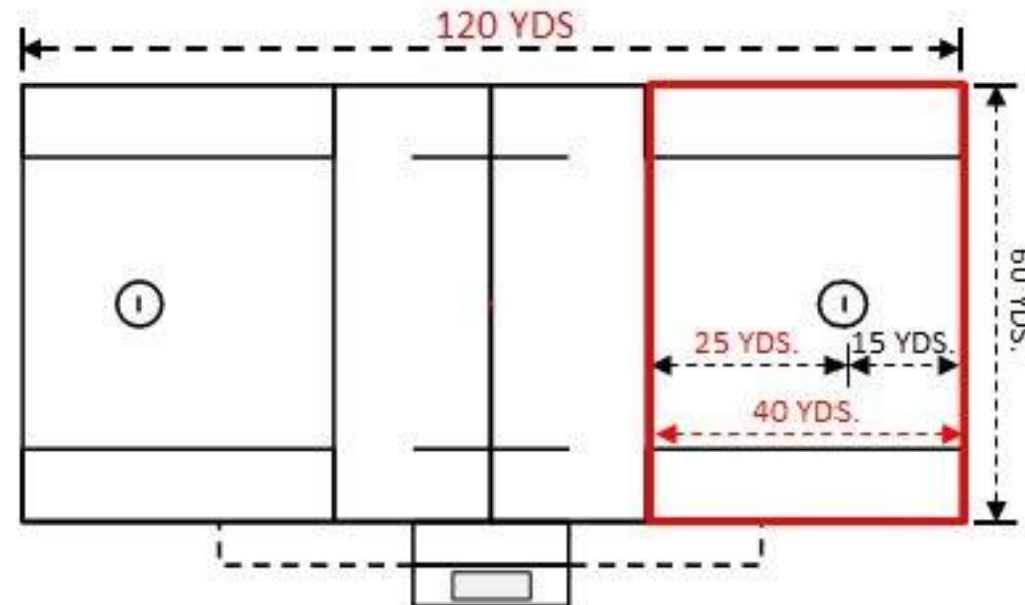
UNIFIED FIELD

- Created to minimize the need for additional lines
- 120y field is used for international



Normal field size:
Restraining Boxes
= 35 x 60 yds

**Class
Discussion
Questions**



Unified field size:
Restraining Boxes
= 40 x 60 yds



THE STICK (CROSSE)



REQUIRED PLAYER EQUIPMENT



Class
Discussion
Questions



REQUIRED EQUIPMENT— RECENT CHANGES

- Added requirement for protective cup or pelvic protector



ACTIVITY ALERT



- Added Chest Protector Requirement that adds protection for comio-cordis



UNIFORMS



Jersey
covers the shoulder pads



NO Tinted Visors



Sweatpants
one solid color

**Class
Discussion
Questions**

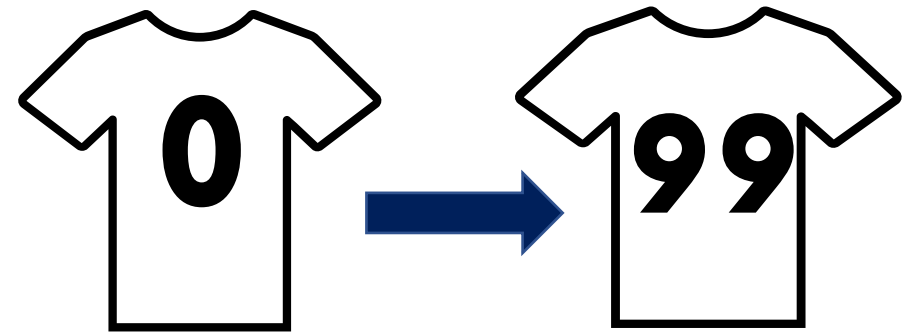


UNIFORMS— RECENT CHANGES

Jersey Color
Home wears WHITE



Number Restrictions
0-99 ONLY



EQUIPMENT— PROHIBITED & ALLOWED

Prohibited



Allowed



Class
Discussion
Questions

RULE 2 – GAME PERSONNEL

- Officials
- Timekeeper
- Scorekeeper
- Players
- Captains
- In-Home
- Coaches
- Sideline Manager



GAME OFFICIALS

- Minimum 2
 - Referee
 - Umpire
 - Recommended 3
 - Referee
 - Umpire
 - Field Judge
- } EQUAL

Referee
final say on all disputes



**Class
Discussion
Questions**



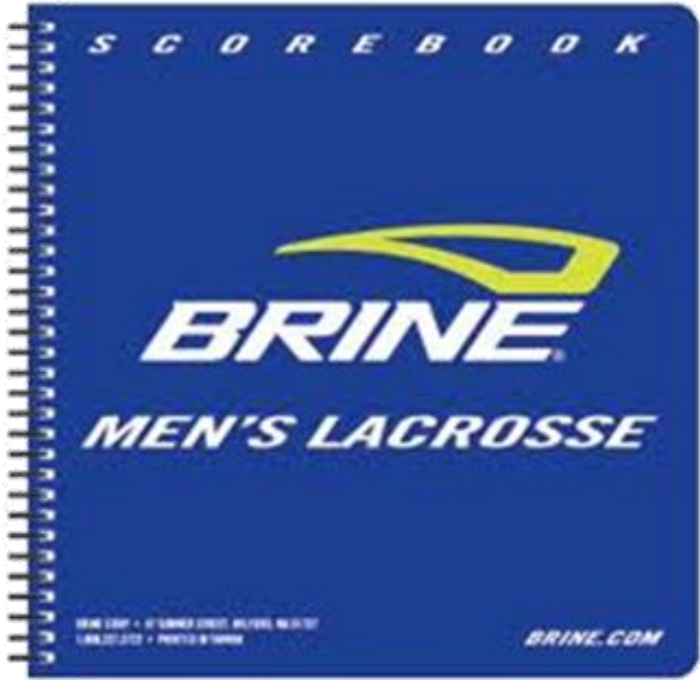
TIMEKEEPER



Class
Discussion
Questions



SCOREKEEPER



PLAYERS

STANDARD

- 1 Goalie
- 3 Defensemen
- 3 Midfielders
- 3 Attackmen

SPECIALISTS

- Faceoff (FOGO)
- LSM (Long Stick Midfielder)



COACHES

- Head Coach
 - Certifies
 - Responsible for everyone
 - Acts in courteous manner
- Other coaches
 - Answer questions if asked respectfully



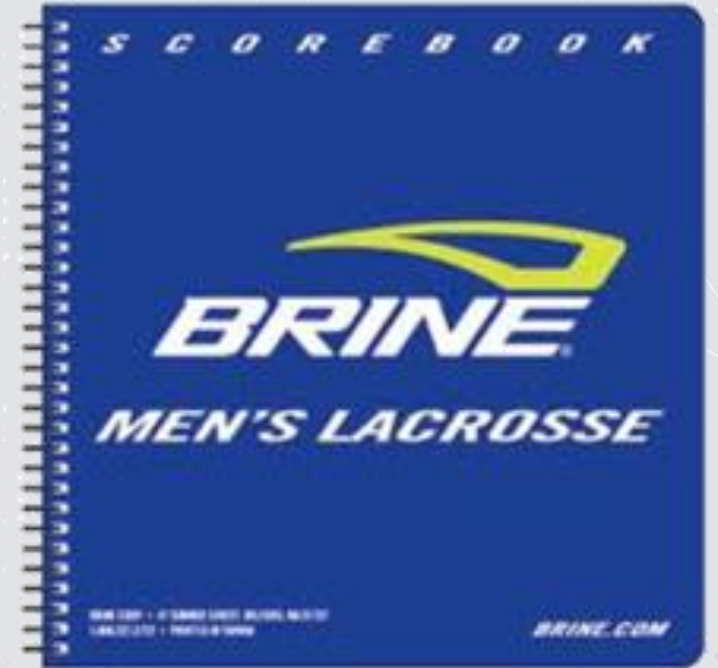
IN-HOME

- Starting Attackman
- In pre-game lineup

ACTIVITY ALERT



Class
Discussion
Questions



CAPTAINS

- At least one per Team
- If more than one, designated speaking captain
- Closest to Referee
- Visitor calls the coin toss before the toss



**Class
Discussion
Questions**



BALL RETRIEVERS

- Must wear:
 - Helmet
 - Contrasting uniform



**Not Permitted
Behind Goal!**

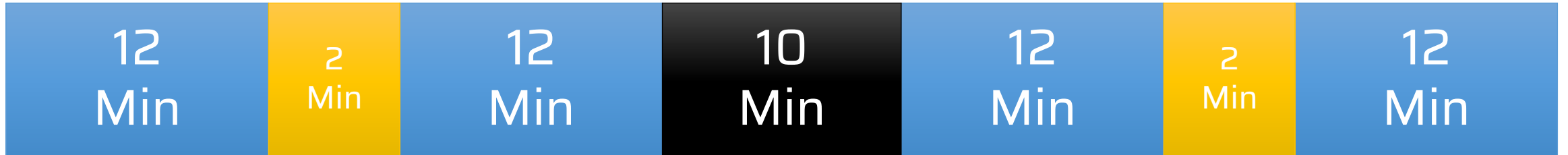


**Class
Discussion
Questions**



GAME LENGTH

- FOUR, 12-minute, stop-time Quarters for NFHS high school Varsity games
- JV games can vary from location to location
- Youth Games vary by league
- 2-minute breaks
- 10-minute half



**Class
Discussion
Questions**

Last 2 min. - Stall rules for leading team if 4 or fewer goals



STOPPING THE CLOCK

- **Out of Bounds**

1. 1 long whistle blast
2. Hand in the air for dead ball
3. Point direction of play
4. Hand back in the air



- **In-bounds or Unusual Play**

1. Several short blasts
2. "ta-tweet, ta-tweet, ta-tweet"
3. "Cicada" Whistle
4. Hand in the air for dead ball
5. Explain the call
6. Point direction
7. Hand back in the air

**Class
Discussion
Questions**



Dead Ball



Point Direction



Dead Ball



STARTING THE CLOCK

- Hand in the air
- Solid whistle blast for 2-count
- 1.5 winds backwards (no half winds)
- Hand finishes at side



Class
Discussion
Questions

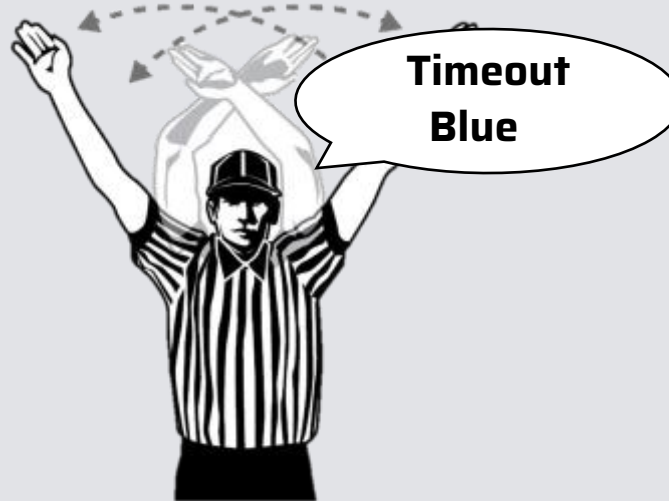


SIGNALING A TIMEOUT

- **Dead Ball:** on-field player or head coach
- **Live Ball:** on-field player or head coach with possession
 1. Several short blasts
 2. "ta-tweet, ta-tweet, ta-tweet"
 3. "Cicada" Whistle



**Class
Discussion
Questions**



1:40



TEAM TIMEOUTS

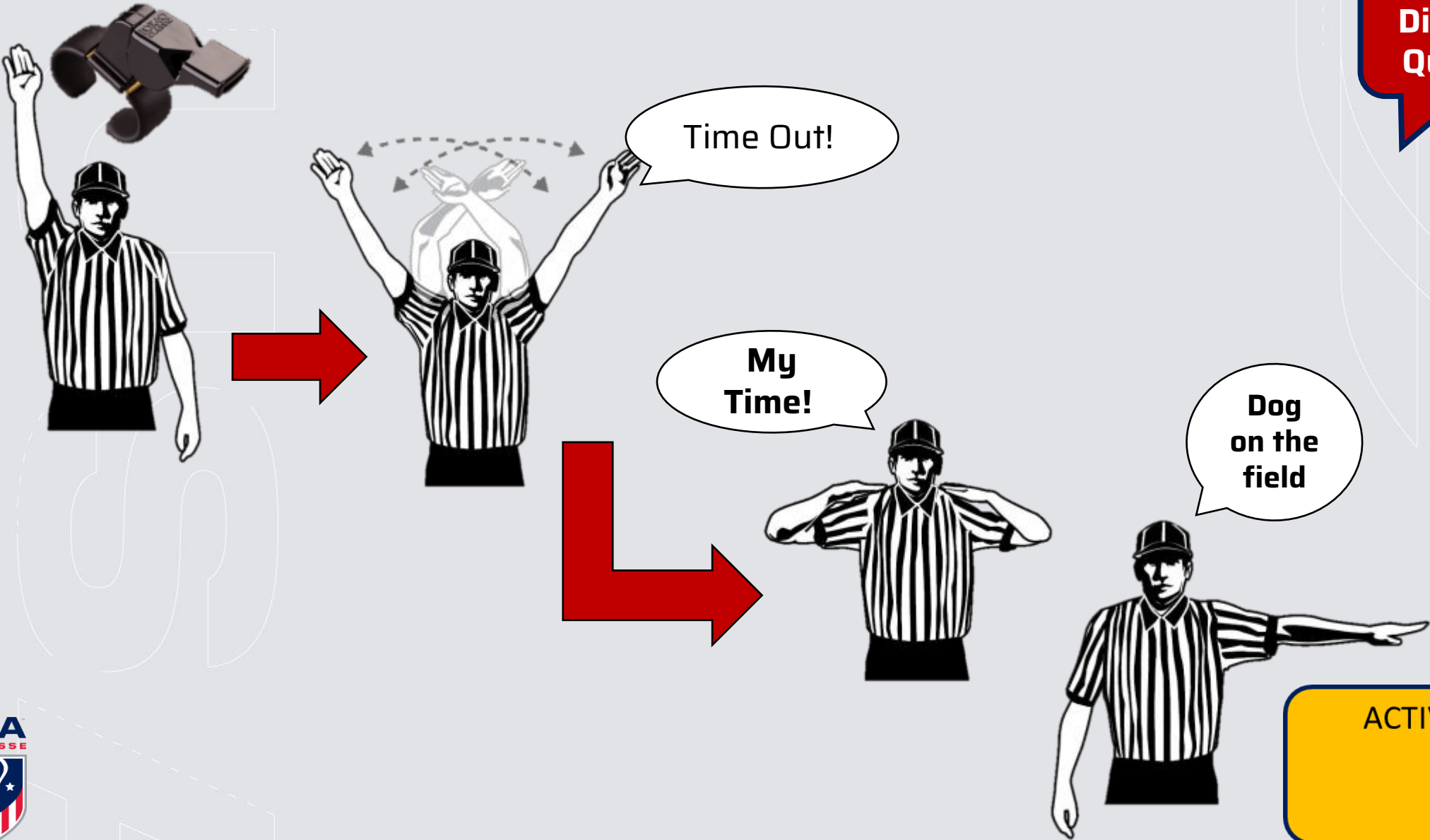
- Two per half for each team
- 1:40 + 20 seconds

Class
Discussion
Questions



OFFICIALS TIMEOUTS

Class Discussion Questions



ACTIVITY ALERT



INJURIES

1. Stop play
2. Call trainer
3. Report unconscious players/major injuries*

DO NOT rush an
injured player off
the field



MERCY RULE

- 2nd half only
- 12-goal difference
- Running Clock
- Continues through end of game
- Starts on next whistle
- Clock does NOT stop if differential becomes less than 12 goals



Penalty time is NOT
time-and-a-half!

1 minute = 1 minute
2 minutes = 2 minutes
3 minutes = 3 minutes



OVERTIME

- 4-minute periods
- Call one captain from each team.
- Visitor calls coin toss for choice of goal only
- 1st goal wins (sudden-victory, golden goal)
- One Timeout per overtime period per team

**Class
Discussion
Questions**

Flip coin for goal



Alternate
Possession stays
the same

1 Timeout Each



INTERRUPTION OF PLAY



THANK YOU TO THE MEMBERS OF THE
MENS OFFICIAL'S EDUCATION
DEVELOPMENT TEAM

TAKE CARE OF YOUR CREW



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