



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/SERVE
- Present to Class

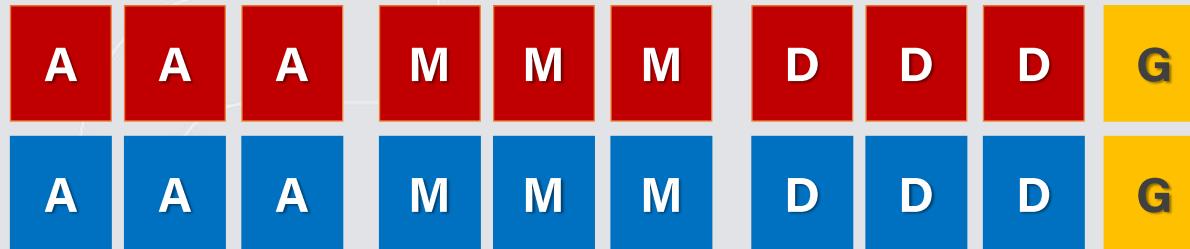


LEARNER OBJECTIVES

- 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



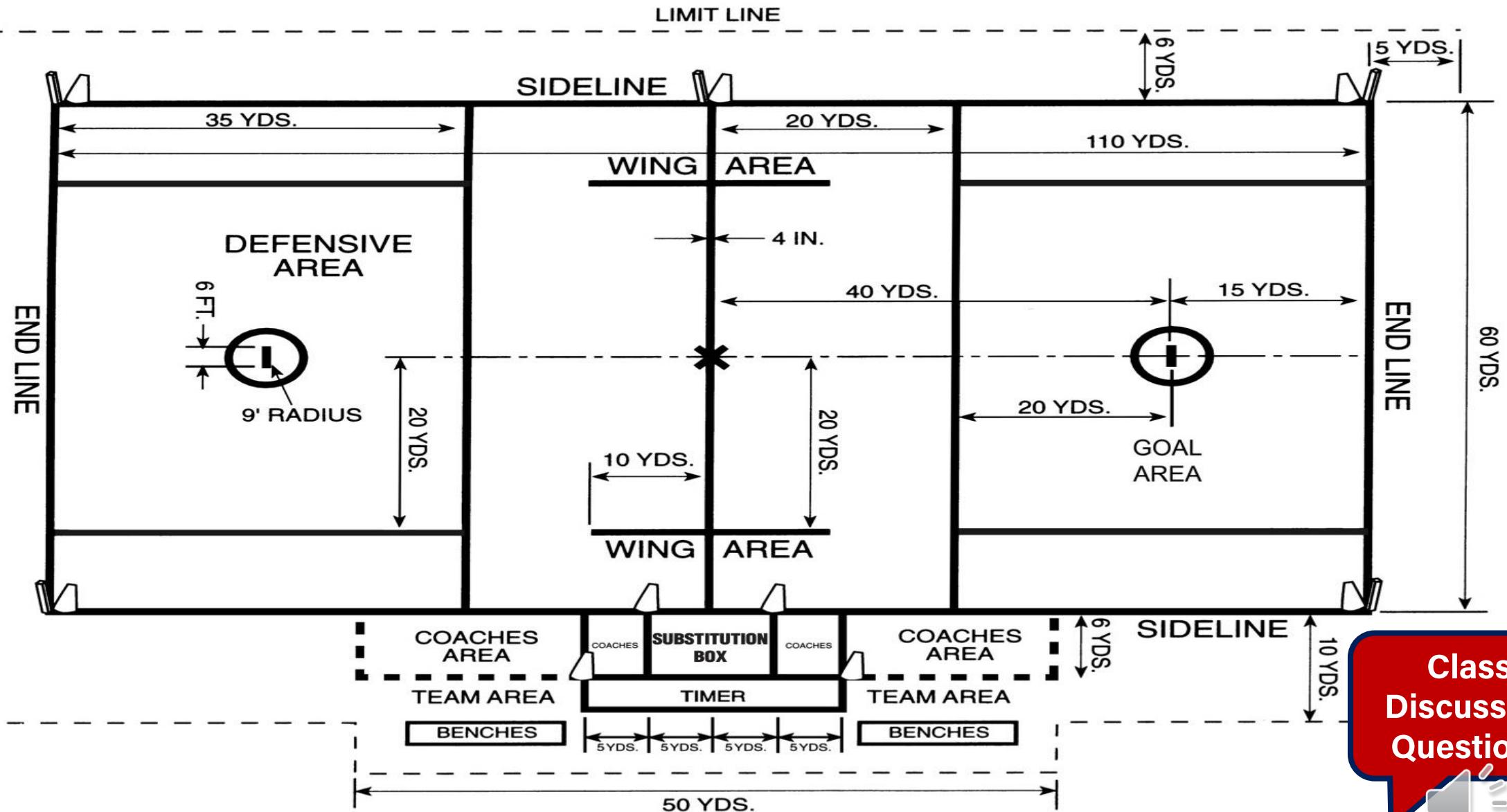
2 teams of 10
Legally equipped GK



Class
Discussion
Questions



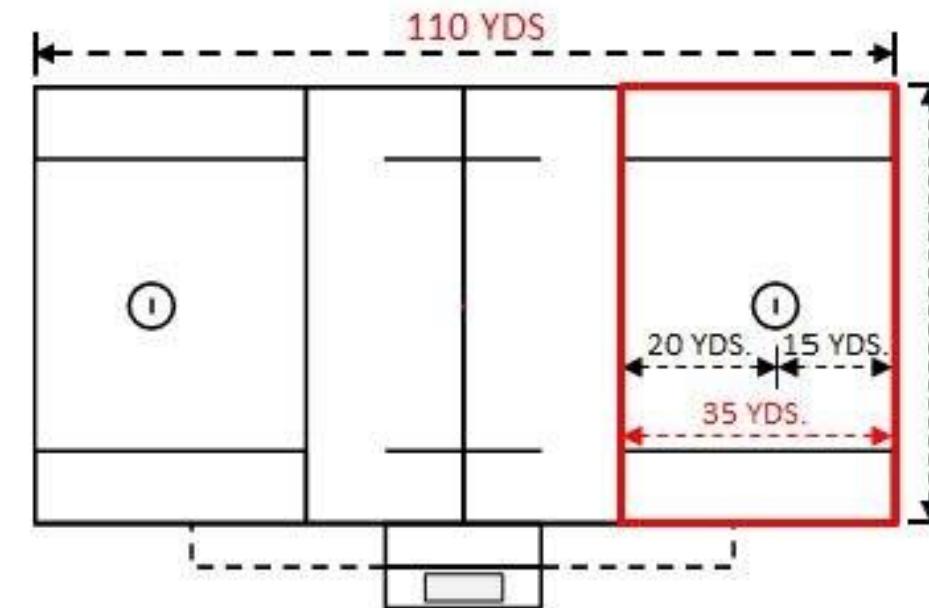
STANDARD FIELD



Class
Discussion
Questions

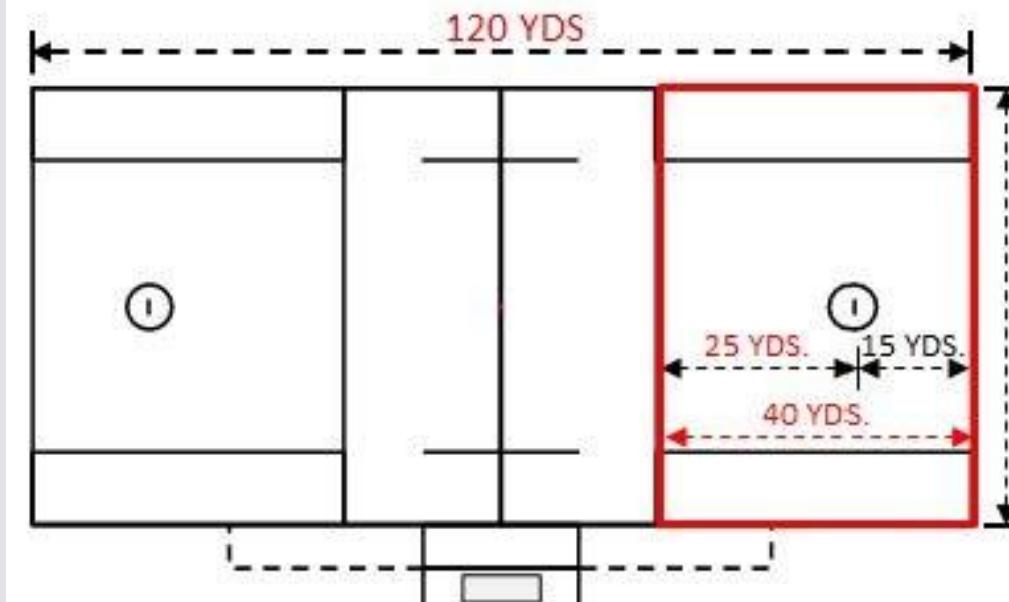
UNIFIED FIELD

- 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



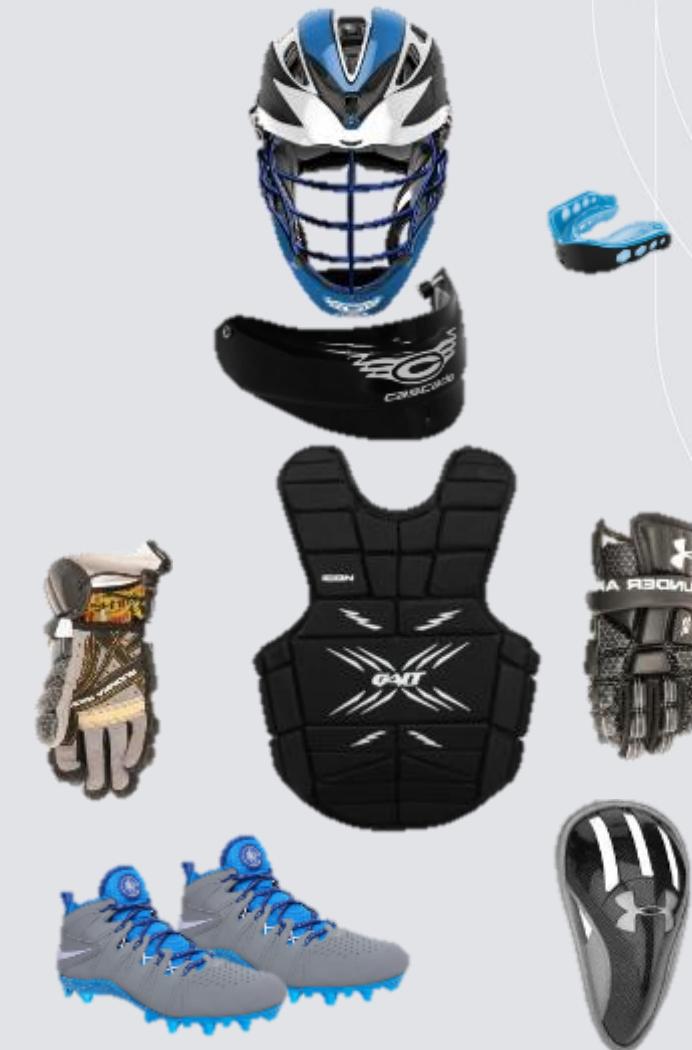
**Unified field size:
Restraining Boxes
= 40 x 60 yds**



THE STICK (CROSSE)



REQUIRED PLAYER EQUIPMENT



Class
Discussion
Questions



REQUIRED EQUIPMENT- RECENT CHANGES

- Added requirement for protective cup or pelvic protector



- 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**



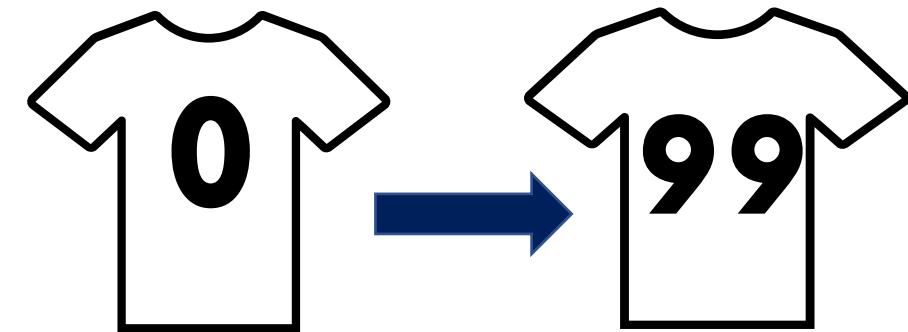
UNIFORMS- RECENT CHANGES

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



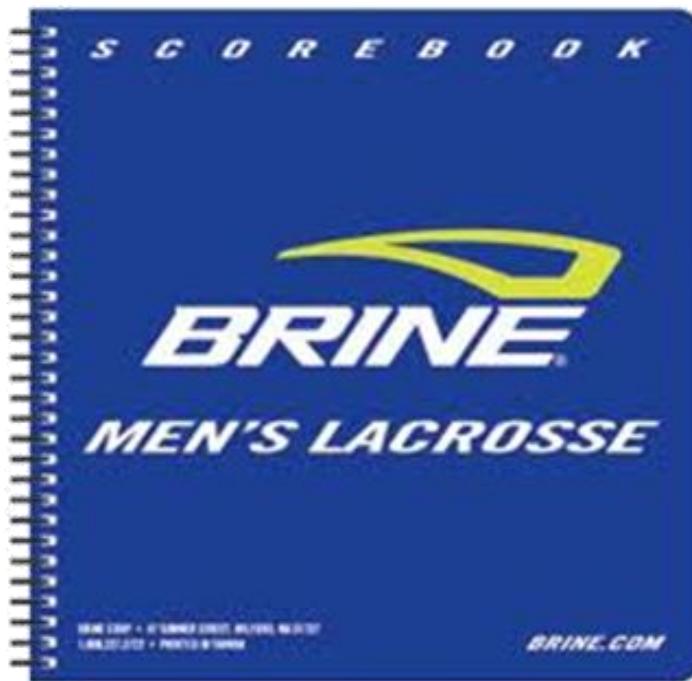
TIMEKEEPER



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

SCOREBOOK



MEN'S LACROSSE

BRINE.COM



CAPTAINS

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



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

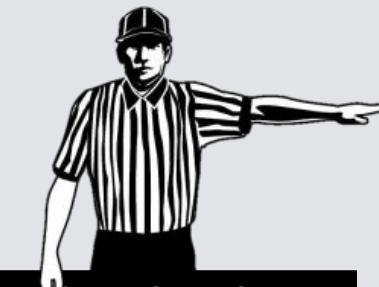


Dead Ball

- **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



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

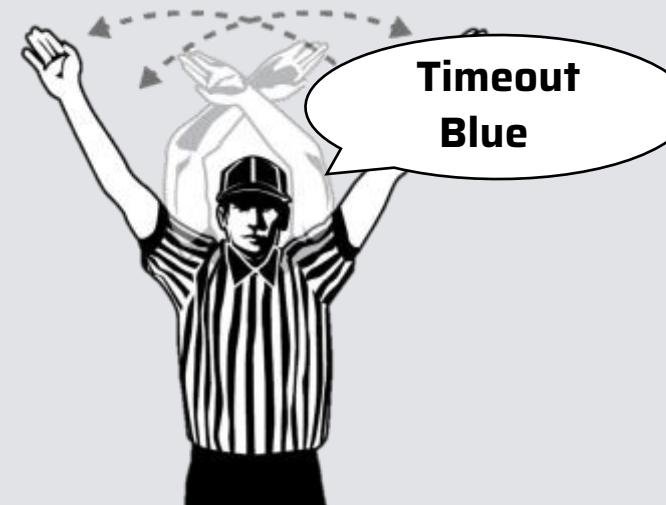


SIGNALING A TIMEOUT

- **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

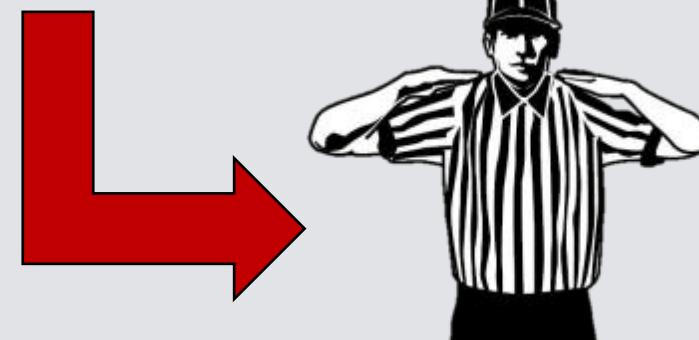
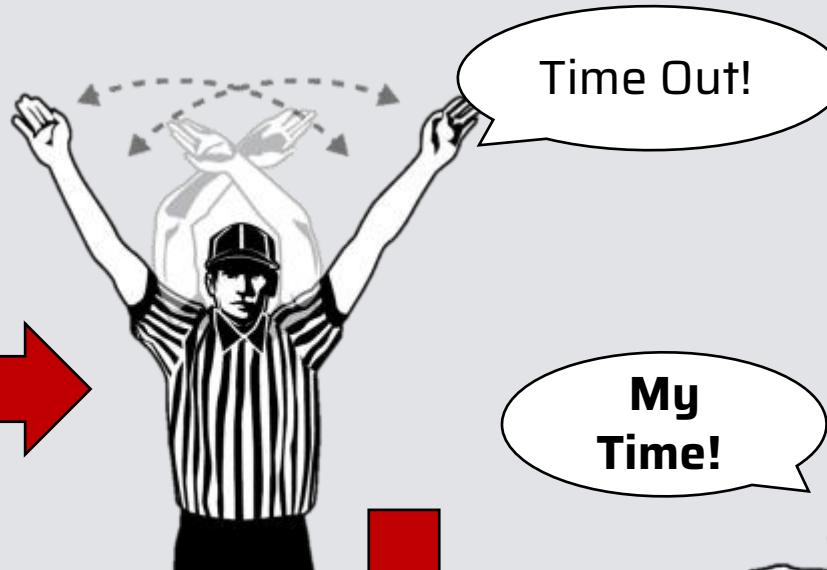
TEAM TIMEOUTS

- 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*



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!

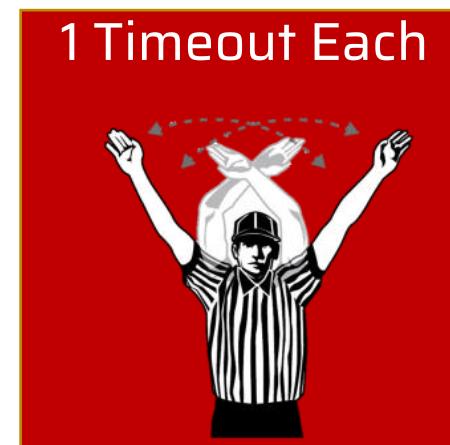
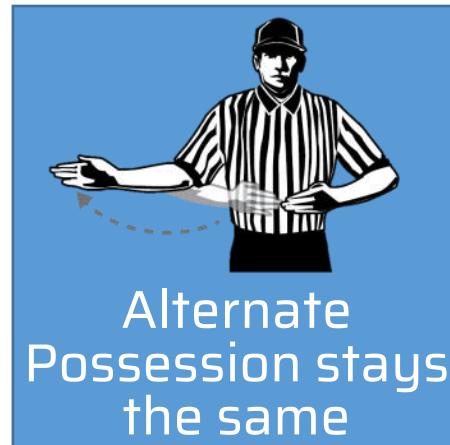
1 minute = 1 minute
2 minutes = 2 minutes
3 minutes = 3 minutes



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



INTERUPTION OF PLAY



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

TAKE CARE OF YOUR CREW



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