

Hand Signals



ALTERNATE
POSSESSION



BLOCKING



CHECK TO THE HEAD



COVER



CROSSE INTO/
THROUGH SPHERE



DANGEROUS FOLLOW THROUGH
& DANGEROUS PROPELLING



DANGEROUS CONTACT



DANGEROUS PLAY



DANGEROUS SHOT
ON GOALKEEPER



DETAINING



EARLY ENTRY ON DRAW



EMPTY CROSSE CHECK



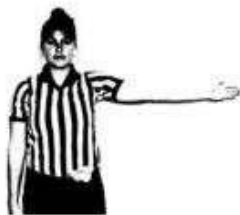
FORCING THROUGH



GOAL



GOAL CIRCLE FOUL



HELD WHISTLE



HOLDING



ILLEGAL BALL OFF
THE BODY




ILLEGAL CRADLE
IN SPHERE

Two-Person Pregame Checklist

Girls' Lacrosse Pre-game Checklist

<p><u>Officials' Attire and Equipment</u></p> <ul style="list-style-type: none"> Striped shirt in good condition. Black shorts/kilt/pants, black shoes (in good condition/fit properly) Whistle, yellow flag, cards, NFHS Rule Book, tape measure, pen or pencil, watch, golf ball, coin Black Accessories: hat/visor, jacket, gloves, turtleneck, etc. Be neat/presentable (shirt tucked in, clean uniform, on time, etc.) 	<p><u>Key Rule Changes in 2024</u></p> <ul style="list-style-type: none"> Be sure the ball rolls freely in all areas of the pocket during a stick check. The game will consist of four 12-minute quarters, with up to a 10-minute halftime and 2-minutes between Q1 and Q2, and Q3 and Q4 When the whistle blows for a foul outside the CSA the ball carrier does not need to come to a stop or settled stance before self-starting. Defensive player awarded a free position in the CSA may self-start unless the game clock is stopped. A false start foul is no longer a foul unless it is in the Critical scoring area.
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<p><u>Walk the Field Together</u></p> <ul style="list-style-type: none"> Note the color of all lines check the nets for holes; ensure the goal is lined up correctly (back of goal posts on back on goal line) check the field for correct markings (pace off 8m Arc and 12m fan) Flags at corners of field and cones defining substitution area Note any hazards on the field (holes, protruding sprinkler heads, etc.) Have a thorough discussion with partner(s) (suggested topics on back) 		<p><u>Table Personnel Discussion</u></p> <ul style="list-style-type: none"> Confirm table personnel are aware of responsibilities (provide Timer Responsibility sheet) and scorer will record all cards Confirm 2-way communication from table when clock administer is located elsewhere (Press box, etc.) Make sure all needed equipment is in place/working Identify site manager and where they are located Identify trainer/health care provider, if available, and where they are located Confirm that balls to be used for the contest are NOCSAE-certified Identify Alternate Possession indicator. Confirm it is pointing in correct direction after coin toss.
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<p><u>Suggested Pregame Protocol</u></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Real Time</th> <th style="text-align: left;">Clock Time</th> <th style="text-align: left;">Activity</th> </tr> </thead> <tbody> <tr> <td>4:20</td> <td>30:00</td> <td>Field Open</td> </tr> <tr> <td>4:45</td> <td>05:00</td> <td>Captains' Meeting</td> </tr> <tr> <td>4:50</td> <td>00:00</td> <td>Clear field/stick checks</td> </tr> <tr> <td>4:55</td> <td>00:00</td> <td>Lineups Announced</td> </tr> <tr> <td>4:57</td> <td>00:00</td> <td>National Anthem</td> </tr> <tr> <td>5:00</td> <td>00:00</td> <td>Opening Draw</td> </tr> </tbody> </table>	Real Time	Clock Time	Activity	4:20	30:00	Field Open	4:45	05:00	Captains' Meeting	4:50	00:00	Clear field/stick checks	4:55	00:00	Lineups Announced	4:57	00:00	National Anthem	5:00	00:00	Opening Draw	<p><u>Coaches' and Captains' Meeting</u></p> <ul style="list-style-type: none"> Introduce self to coaches and players. Ask players to introduce themselves to other team. Coaches must certify that all players are legally equipped, and that equipment is NOCSAE- and ASTM-certified: Goggles ASTM 3077; Headgear ASTM 3137 Identify all lines/boundaries for visiting team. Conduct coin toss. Winning team chooses first Alternate Possession OR end of field they want to defend for first quarter. Ask if coaches/players have any questions.
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<p><u>Stick Checks</u></p> <p>Bring the stick to eye level to check if the pocket is legal (both front and back.) Do NOT apply pressure to the ball.</p> <p>Confirm players have goggles and are not wearing jewelry (cannot be covered with tape/band-aids). Non-abrasive head coverings/hair adornments OK, hair ties on wrists OK.</p> <p>Mouthguards cannot be clear/white or have graphics of (white) teeth</p> <p>Players' helmets must have properly secured chinstrap</p> <p>Goalie: Check length of stick; must have mouthguard, helmet with separate throat protector; chest protector (jersey worn over pads); thigh pads, gloves. Bottoms are correct color. Shin guards are no longer required for NFHS play. Clear eye shields and tinted or clear glasses are allowed.</p>	<p><u>Delay of Game Card Progression</u></p> <p>1st Green: Change of possession only</p> <p>2nd Green/Yellow: 2-minute penalty No substitution Card <u>not</u> included in team card count</p> <p>3rd + Yellow: 2-minute penalty No substitution Card <u>included</u> in team card count</p>
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Pre-Game Topics		
<ul style="list-style-type: none"> Field Coverage Shared Areas/Double Whistles Goal and RL "confirmation" signals Boundary Restarts vs. Foul near Boundary Goal Circle foul set-ups 3 Seconds: Penalty Administration Slow Whistle/Flag Self-Starts: When Permitted Self Start: When Not Permitted False Starts: How to Avoid 	<ul style="list-style-type: none"> Clearing the Penalty Zone Eye Contact False Starts in 8m, Midfield Clock Issues Incorrect PA by partner Off ball contact Warnings/Cards Minor Fouls in CSA: Indirect Stick Check Requests Fouls after the shot Offside: Information Needed 	<ul style="list-style-type: none"> Unusual Situations Alternate Possession Contentious play Injuries Coach decorum _____ _____ _____ _____

Three-Person Pregame Checklist



USA[™]

LACROSSE

2024 Girls' Lacrosse Three-Person Pre-Game Checklist

Key Rule Changes in 2024

- Be sure the ball rolls freely in all areas of the pocket when conducting a stick check.
- The game will consist of four 12-minute quarters, with up to a 10-minute halftime and 2 minutes between Q1 and Q2 as well as Q3 and Q4
- When the whistle blows for a foul outside the CSA the ball carrier does not need to come to a stop or settled stance before self-starting.
- Defensive player awarded a free position in the CSA may self-start unless the game clock is stopped. A false start foul is no longer a foul unless it is in the Critical Scoring Area.

Delay of Game Card Progression

- 1st **Green:** Change of possession
- 2nd **Green/Yellow:** 2-minute penalty
No substitution
- 3rd + **Yellow:** 2-minute penalty
No substitution
Card included in team card count



Pre-Game Responsibilities

- Park near each other and walk into game site as a crew
- If a partner is delayed, communicate ETA and discuss next steps
- Only enter the site without your partner if it compromises your ability to be ready by game time
- Walk the field: check the nets for holes, check the field for correct markings; cones/flags at corners
- Meet with the scorer and timer to ensure they understand their responsibilities and that all needed equipment is in place and working
- Confirm presence and location of site manager and healthcare worker
- Confirm that game balls are NOCSAE-certified

2023 Points of Emphasis

- **Sportsmanship**
- **Knowledge of the Rules**
- **Dangerous Use of the Stick**

Suggested Pregame Protocol

(Officials arrive 30 minutes before game time)

Real Time	Clock Time	Activity
4:20	30:00	Field Open
4:45	05:00	Captains' Meeting
4:50	00:00	Clear field/stick checks
4:55	00:00	Lineups Announced
4:57	00:00	National Anthem
5:00	00:00	Opening Draw

Communication

- With coaches during pre-game, halftime, timeouts
- Before draw, after goals, if players are on the ground
- Throughout game with eye contact, signals, direction
- Always supportive, never challenging

Lead (A or B) - Primarily on ball

- Position: Open to receive play
- Transition: Move to stay ahead of play
- In CSA: Whistles all restarts
- CSA Movement: Adjusts to the ball
- Goals: Confirm with partners, whistle/signal
- Top of Mind: On-ball fouls OR 3 Seconds, Illegal Picks, Holding when ball on C side

C - On or off ball, depends on ball location

- Position: Second Lead and Second Trail
- Transition: Escorts play
- In CSA: on/off-ball as ball moves
- CSA Movement: Adjusts relative to ball and DT
- "Releases" new Lead at RL in transition
- Top of mind: Goal Circle fouls, Holding, Illegal Picks, 3 Seconds, offside, Shooting Space, fouls after shot OR on-ball fouls when ball on C side

Deep Trail (A or B) - Primarily off ball

- Position: Follows play
- Transition: Follows play up field
- In CSA: Manages goalie clear
- CSA Movement: Adjusts relative to ball and C
- Top of Mind: Shooting Space, off-ball holds/detains, illegal picks, 3 seconds, RL, Shooting Space, fouls after shot

Coaches' And Captains' Meeting

- Coaches must certify players are legally equipped and equipment is NOCSAE- and ASTM-certified: Goggles ASTM 3077, Headgear ASTM 3137
- Coin toss for first Alternate Possession or choice of end to defend. Make sure AP indicator is correctly set after coin toss.
- Conduct stick checks in accordance with most recent procedures and consistently among all partners. Allow time for quick fixes.
- Do a visual check on all players to ensure they have no jewelry (cannot be covered by tape or bandages) and that mouthguards and other protective equipment are visible.



ACTIVITY: Officials in Transition

During any game, play goes up and down the field, changing from one attacking end to the other. As the goalie clears the ball, or play changes hands, both officials will “transition” from Lead to Trail, and from Trail to Lead. Here are some thoughts that you may consider while in transition, and when you arrive in the attacking end.

New Lead

- Stay ahead of play and move to receive play as Lead
- Pause above the Restraining Line to be sure play is changing ends. You don't want to be all the way down field only to discover the game is at the other end!
- Hand Off Restarts to your partner, when appropriate. They will manage and you can maintain movement to get ahead of play.
- Be “Ball Aware” or “Ball Focused” -- depending on location of ball
 - Watch Off-Ball if the ball is on your partner's 1/3rd (lane) of the field
 - Watch On-Ball if the ball is on your 1/3rd (lane) or if the ball is in “shared” space (middle 1/3rd lane) while in transition
- When play reaches the CSA, position yourself to be on tangent with the ball.

New Trail

- Stay with the goalkeeper as she attempts the “clear”
 - Staying with goalkeeper does NOT mean you cannot be moving up field towards restraining line as you keep an eye on goalie clear and give a 10 count
- Escort the ball down field, while staying outside of play
- Be “Ball Aware” or “Ball Focused” -- depending on location of ball
 - Watch Off-Ball if the ball is on your partner's 1/3rd (lane) of the field
 - Watch On-Ball if the ball is on your 1/3rd (lane), or if the ball is in “shared” space (middle 1/3rd lane) while in transition
- Look THROUGH play – further down field – to monitor for 3 Seconds, Offside, Shooting Space
- Help to Manage Restarts. Your partner may “hand off” so he/she can continue down field to receive play
- Run through the restraining line and begin to move left and right in relation to the movement of the ball. You are never stationary!



2024 HANDOUT: Game Timer Responsibilities

Timer's Duties:

1. Find out the length of halftime from the officials prior to the start of the game. Halftime is 10 minutes unless the officials tell you otherwise.
2. Time of quarters:
 - Four, 12-minute quarters.
 - **Under 2 minutes** each half (2nd and 4th quarters)
 - **Stop** the clock on every whistle **in the CSA**
 - **Restart** the clock on the subsequent whistle
 - Exception – clock does not stop with a 10 or more goal differential
3. **Stop** the clock at the **official's** whistle and arm signal after a goal.
4. **Stop** the clock at the **official's** whistle and arm signal for timeout.
5. **Start** the clock on the whistle for the first draw, and each subsequent draw throughout the game.
6. **Start** the clock on the whistle after a timeout.
7. Notify the table-side official when there are 2 minutes remaining in each half (2nd and 4th quarters) of the game.

Overtime Procedures*:

1. Set the clock for 5 minutes (rest/intermission.)
2. Set the game clock for 3 minutes.
 - **Start** the clock on the whistle for the draw
 - **Stop** the clock on every whistle **in the CSA**
 - **Restart** the clock on the subsequent whistle
 - **Golden goal** – team scoring the first goal wins
3. If still tied after 3 minutes, teams switch sides and game clock is set for another 3 minutes.
 - Same start/stop procedures
4. If still tied, set the clock for 3 minutes rest/intermission.
5. Set the game clock for 3 minutes – continue timing procedures until a goal is scored and the game ends.

*State associations may adopt over-time procedures that vary from those noted. Be sure to confirm correct procedures with game officials.

3 Second Foul Administration

Reminders: 3 Seconds P. A. : Above and Below the GLE

“Always in the CSA”... “12m, 8m, or Dot”

It's ALL about the BALL!!

Ball Outside CSA

ABOVE GLE

.... 12M

BELOW GLE

.... Dot!

Ball Inside the CSA?

ABOVE GLE

.... 12m or 8m hash

BELOW GLE

.... Dot!



Offsides Foul Administration

Reminders: Offsides P. A.: Inside and outside the CSA

“Spot, Center of 12, or Dot”

Ball Outside CSA: “SPOT”



Ball Inside CSA Above GLE: “12”



Ball Inside CSA, Below GLE: “DOT”

