

High School Girls Lacrosse Overtime Procedures (Updated 2016)

5-minute rest and coin toss (visitor calls) for choice of ends. Alternate possession is carried over from regulation.

The winner is decided on a “sudden victory” stop-clock overtime that is six minutes in length.

6 minutes (two 3-minute periods) of overtime will be played.

- The clock is to stop on every whistle stopping play and restart on the whistle to restart play.
- After 3 minutes of play, the clock will be stopped for teams to change ends with no delay for coaching.
- The game is restarted by a center draw.
- The team which is ahead at the end of six minutes wins the game.

If teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends.

A second stop-clock overtime of no more than six minutes will be played. The winner will still be decided on a “sudden victory.”

- The second stop-clock overtime period will be restarted by a center draw.

Play will continue with “sudden victory” stop-clock overtime periods of six minutes in length with 3 minutes in between and change of ends until a winning goal is scored.

Each team is permitted one during entire duration of overtime. Unused game time outs do not carry into overtime (Rule 4, Section 4, Pg 24).