



2024 NCAA WOMEN'S LACROSSE TABLE REFERENCE SHEET

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****This year's rules changes are highlighted.**

GAME CLOCK TIMER

Four 15-minute quarters

- Players will change ends after each quarter.
- 2-minute time period between quarters **should be visible** on the clock.
- 10-minute halftime

STOP the game clock:

1. After each goal (at the whistle and arm signal)
 - a. EXCEPTION: When a team is leading by 10 or more goals. The clock shall start running immediately following the official's signal for the goal that results in the 10-goal differential.
2. **ALL defensive** fouls within 8 meters of the goal circle and **above** goal line extended
 - a. EXCEPTION: When a team is leading by 10 or more goals.
3. Issuance of any card
4. Offside foul
 - a. EXCEPTION: When a team is leading by 10 or more goals.
5. Upon a "Timeout" signal and whistle from the official



IMMEDIATELY SOUND THE AIR HORN ONCE:

1. When the team in possession requests a timeout.
 - a. Time 2 minutes w/separate clock, sound horn when 15 seconds and zero seconds remaining.
2. To notify the officials of the expiration of the possession clock.
3. If either the game clock or possession clock has malfunctioned.
4. To indicate the end of each quarter and overtime period.
5. To notify the officials of an illegal substitute.
 - a. Substitutions are permitted during the following time periods:
 - i. During the issuance of a card (red, yellow, or green)
 - ii. During the penalty administration for offensive and defensive fouls in the critical scoring area (except for the player awarded the free position and the offender)
 - iii. During the administration of a possession clock violation
 - iv. During the administration of an alternate possession
 - v. During the penalty administration for an offside foul
 - vi. During a stick check
 - vii. Immediately following a goal and before the completion of the official's mandatory pocket depth check
 - viii. Following the first three-minute half of any sudden-victory overtime period (when teams change ends)
 - ix. During team, media, and injury timeouts
 - x. Other times when the game clock is stopped unless specifically outlined in Rule 5-43.a – h.

OTHER:

1. **START** the game clock on the whistle at each draw or an official's "Time In" signal.



2. **START** the clock upon the self-start of a player awarded possession for a foul that occurred during the administration of a draw prior to the whistle. This includes the administration of alternate possession.

3. Note the time on the game clock when a player has been issued a card and notify the player when the penalty time has ended.
 - a. Green Card = 1 minute
 - b. Yellow = 2 minutes
 - c. Red Card = 5 minutes
4. **Notify** the nearest official when there is 30 seconds remaining in each quarter and overtime period.

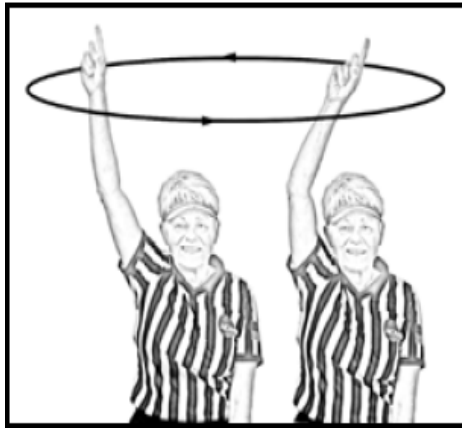
POSSESSION CLOCK TIMER

The possession clock **STOPS anytime** the game clock stops and during the following times when the **game clock does NOT STOP**:

1. Foul committed by the defense in the critical scoring area and below goal line extended;
2. Goal circle fouls;
3. Foul committed by the defense in the critical scoring, above goal line extended, and more than 8 meters from goal circle; and
4. Alternate possession.

NOTE: The officials still have discretion to call timeout in the scenarios listed above.

RESET the possession clock to 90 **ONLY** when an official signals a reset with the following "Possession Clock Reset" signal:

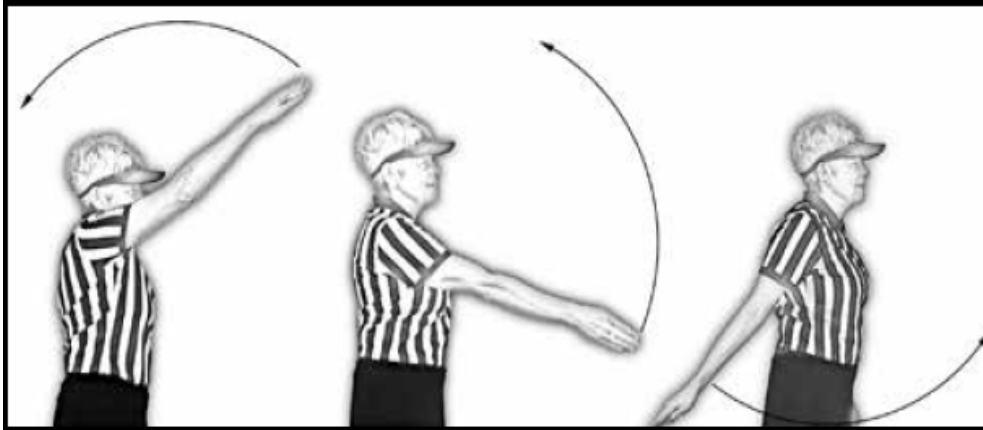


Possession clock resets to 90 after:

1. A shot on goal that is saved (inside or outside the goal circle and possessed by the goalkeeper);
2. Issuance of any card;
3. Offside foul; and
4. Change of possession.

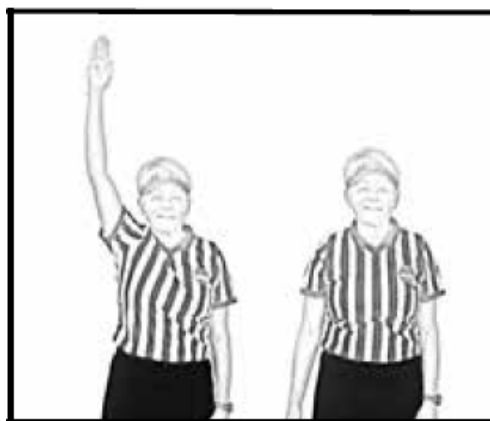
START the possession clock:

1. When the game clock starts.
 - a. EXCEPTION: The whistle on the draw.
2. When an official **signals to start the possession clock** with the following “Possession Clock Start” signal (winding of one arm):



*The “Possession Clock Start” signal will be used primarily to indicate possession after the draw (focus eyes on the official closest to the ball), following a shot that hits the pipe or is deflected off of the goalkeeper (focus eyes on the lead official positioned closest to the goal circle), when the ball goes out of bounds and results in a change of possession, and following a 90-second possession clock violation upon the self-start.

3. The official signals “Time Out” to stop the game clock and possession clock, and then restarts play with a whistle and signals the following “Time In” signal:



STOP the possession clock:

1. Any time the game clock stops and the exceptions listed above.
 - a. NOTE: The possession clock **still stops** if there is a 10 or more goal differential.

2. When an official **signals to stop the possession clock** with the following “Possession Clock Stop” signal (tapping of the head):



IMMEDIATELY SOUND THE AIR HORN ONCE:

1. When the 90 seconds on the possession clock has **EXPIRED**. Do **NOT** wait for a signal.

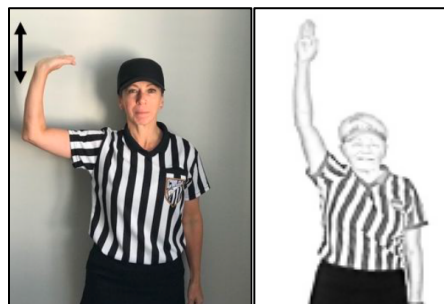
TURN OFF the possession clock when there is a reset situation and there are fewer than 60 seconds remaining on the game clock at the end of each quarter and overtime period.

SHOT DEFLECTION

If there are 59 or fewer seconds remaining on the possession clock at the time of the deflection, the possession clock resets to 60 after:

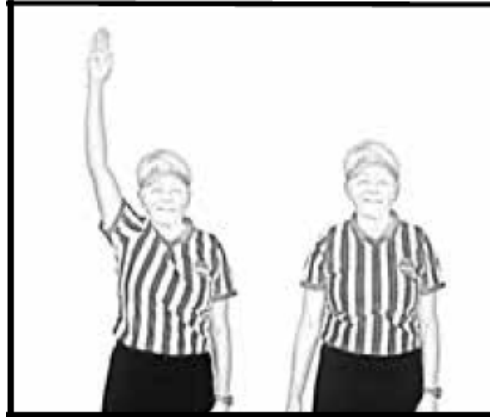
1. A shot on goal that is saved inside or outside the goal circle and deflected off of the goalkeeper; or
2. A shot on goal that hits the posts/pipes or crossbar.

Officials use the “Pump” signal followed by the “Hold” signal for a deflection.



The possession clock is reset to 60 seconds BUT will not start while the official maintains “Hold” signal (official keeps arm in the air).

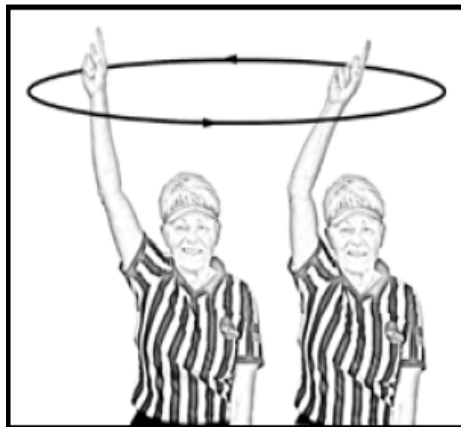
If attack gains possession, the official will drop their arm to signal a start of the possession clock.



IMMEDIATELY SOUND THE AIR HORN ONCE:

1. When the 60 seconds on the possession clock has **EXPIRED**. Do **NOT** wait for a signal.

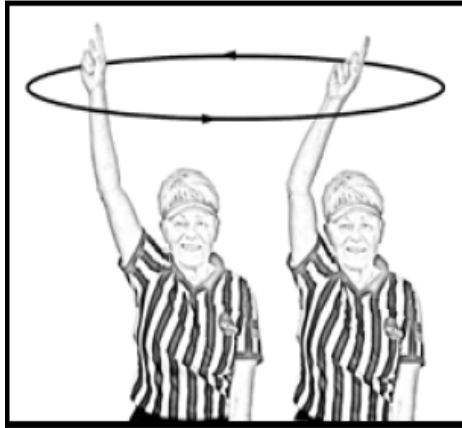
If defense gains possession, the official will give the “Possession Clock Reset” signal to reset the possession clock to 90 seconds **and start the possession clock**.



If there are 60 or more seconds remaining on the possession clock at the time of the deflection, wait to see who gets possession.

If attack gains possession, play simply continues. There is no stoppage or reset of the possession clock.

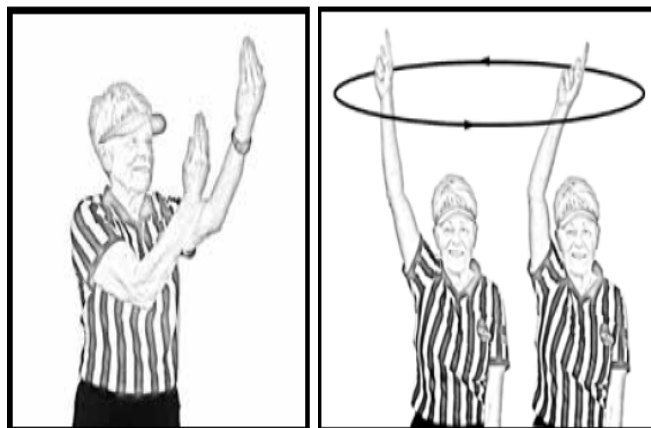
If defense gains possession, the official will give the “Possession Clock Reset” signal to reset the possession clock to 90 seconds **and start the possession clock**.



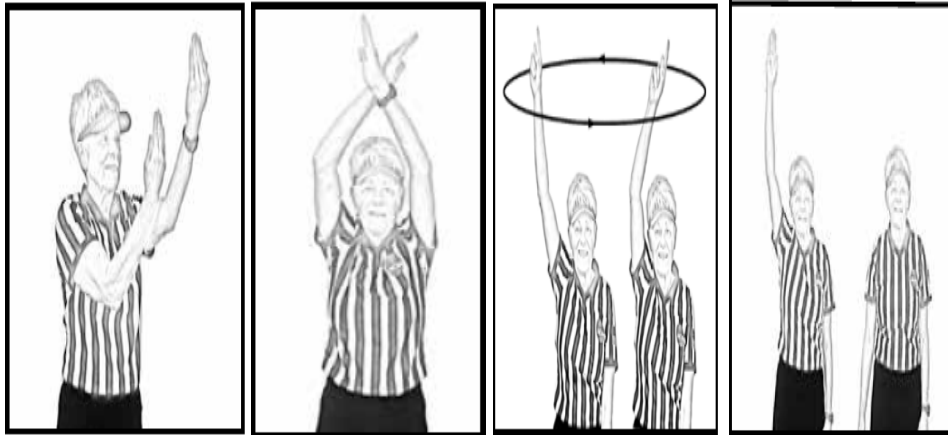
Special Situation for Simultaneous Whistle (Rule 6-44):

When the official signals “Shooting Space” and then “Possession Clock Reset,” **the possession clock should start immediately if the goalkeeper maintains possession of the ball**. If the goalkeeper does not maintain possession of the ball, the game and possession clocks shall **only** stop on the official’s “Timeout” signal, and the game and possession clocks shall start upon the official’s “Time In” signal.

Goalkeeper maintains possession of the ball:



Additional signals when goalkeeper does NOT maintain possession of the ball:



Two noteworthy situations for simultaneous whistle where the possession clock does NOT reset:

1. When there is a simultaneous whistle for shooting space and the ball hits the posts/pipes or crossbar, neither clock shall stop unless an official signals the stoppage of a clock. **No reset of possession clock unless the official signals a reset.** A free position is not administered and play shall continue **unless** the foul was a cardable foul or the foul was on the shooter and affected the shot.
2. When there is a flag and a simultaneous whistle for a foul that affects a shot that hits the posts/pipes or crossbar, both clocks stop. **There is no reset of possession clock.** A free position is administered.

Power Play

- If a team retains possession during a Power Play at the expiration of a quarter or overtime period, they will be awarded possession at the start of the subsequent quarter or overtime period.
- **The time on the possession clock will not reset, but rather start from the time remaining on the clock at the expiration of the prior quarter or overtime period.**
- For this rule to apply, the team's numerical advantage must still exist at the start of the subsequent quarter, overtime half or period.

ALTERNATING-POSSESSION ARROW

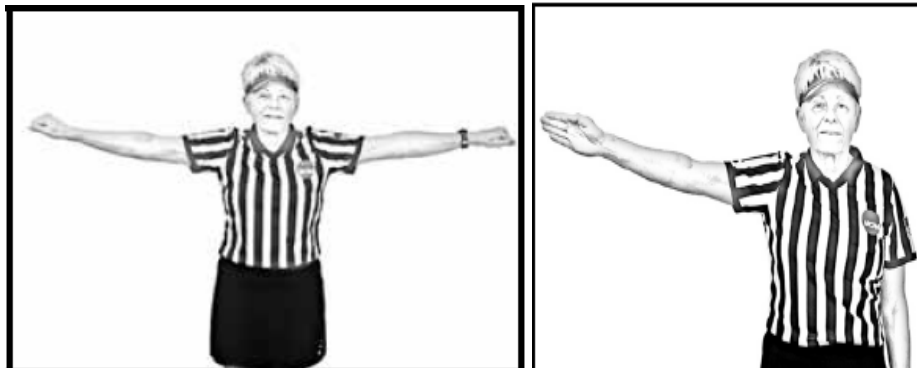
SET the arrow to start the game upon an official's instruction following the pregame meeting with the captains. The arrow should point to the team who will be awarded the next alternate possession.

SWITCH the arrow:

1. **AFTER** the **self-start or whistle that restarts play** as a result of offsetting fouls indicated by the following “Offsetting Fouls” signal:



2. If there are no offsetting fouls but the **official indicates Alternate Possession by using the “Offsetting Fouls” signal followed by the “Direction of Possession” signal:**



The Official Scorer/table personnel **must maintain an accurate record for alternate possession** (see Rule 3-10.j). **If there is a discrepancy between the head official and table personnel, the head official’s record governs.**

If a **visible possession indicator is utilized in lieu of an arrow**, the indicator should be placed on the side of the table that is closest to the bench of the team who will be awarded the next alternate possession.

MEDIA TIMEOUTS

For all games, timeouts are two minutes in length (on-field timeout length not the commercial time).

Media timeouts should occur at the first natural break (goal, team timeout, injury, etc.) below 10:00 in each quarter unless a television agreement requires a different format.