



**April 22, 2026**

## **NFHS Girls Lacrosse Weekly Rule Interpretations**

### **Overtime Procedures**

When the score is tied at the end of regular playing time and overtime is to be played, the following procedures apply:

- A five-minute intermission is provided between the end of regulation and the start of the overtime period.
- Each team is permitted on time-out during the entire duration of overtime.
- During intermission a coin toss is conducted (visiting captain calls) for choice of ends.
- The game will be restarted with a center draw.
- The alternate possession shall continue from regulation.
- The winner will be decided by “sudden victory” (first team to score, wins).
- Each overtime period shall be two three-minute halves.
- The clock stops on official time-outs and fouls in the critical scoring area during the entire overtime period.
- After the first half of the overtime period, teams shall change ends with no delay for coaching.
- The game will be restarted with a center draw.
- If the teams are still tied after six minutes have elapsed, the teams will have a three-minute rest and change ends.
- Play will continue with “sudden victory” until a winning goal is scored.

**SITUATION 1:** Team A’s head coach calls a time-out with 45 seconds remaining in the first period of overtime. During the second overtime period Team A’s head coach calls another time-out. A minor foul is called for a second team time-out during overtime. **RULING:** Correct procedure. **COMMENT:** Each team is permitted one time-out during the entire duration of overtime and unused time-outs from regulation do not carry over. (4-3-1)

**SITUATION 2:** During the first minute of overtime A1 fouls B1 in the critical scoring area. The timer does not stop the clock since it is not the last minute of the period. **RULING:** Incorrect

procedure. **COMMENT:** During overtime periods the clock stops whenever there is a foul in the critical scoring area. (4-6)

**SITUATION 3:** Team A receives its fourth card of the game during the fourth quarter of the game and finishes regulation a player short. The game ends in a tie. Team A must play short below the restraining line for the entirety of overtime. **RULING:** Correct procedure. **COMMENT:** When a team receives its fourth card (yellow or red) of the game, it will play short below the restraining lines for the remainder of that game, including overtime. (10-1 PENALTIES 13c, 12-8-MISCONDUCT PENALTIES 3c, 12-8 TEAM CARD PENALTIES)

**SITUATION 4:** The game is tied and the fourth quarter ends prior to the administration of a free position for a misconduct penalty. The overtime period begins with a free position at center for the non-offending team. **RULING:** Correct procedure. **COMMENT:** Player positioning for the draw does not apply. No player or crosse is permitted within 4 meters of the player taking the free position and play shall commence on the official's whistle. (12-8 MISCONDUCT PENALTIES 4e)