

Official Game Timing

This diagram describes the timing of games according to the Official US Lacrosse rules. These are the rules used for league games unless variations are agreed by coaches before the game.

FIRST HALF		HALFTIME	SECOND HALF	
25 MINUTES TOTAL		10 min.	25 MINUTES TOTAL	
First 23 minutes	Last 2 min.	10 min.	First 23 minutes	Last 2 min.
Start clock on center draws at whistle.	Stop clock on EVERY whistle – no exception.	Notify ump when 2 min remain.	Start clock on center draws at whistle.	Stop clock on EVERY whistle – no exception.
Stop clock after goals (long whistle & arm signal).	Re-start on whistle/arm signal.	<i>Note: halftime may be less than 10 min if agreed upon by both teams in pre-game meeting.</i>	Stop clock after goals (long whistle & arm signal).	Re-start on whistle/arm signal.
Stop clock on timeouts or umpire's signal (arms crossed above head).	Notify ump of time remaining at 2 min and again at 30 sec.		Stop clock on timeouts or umpire's signal (arms crossed above head).	Notify ump of time remaining at 2 min and again 30 sec.
Start clock after timeouts at whistle.	Countdown to ump last 10 sec (optional).		Start clock after timeouts at whistle.	Countdown to ump last 10 sec (optional).
If 10 goal differential exists, then <u>let clock run after goals</u> .	Sound end of half with horn/buzzer.		If 10 goal differential exists, then <u>let clock run after goals</u> .	Sound end of half with horn/buzzer.

Timeouts – Two per team per game (OT included). Only after goals. 2 min long. No back-to-back TO's permitted.
Yellow Cards - Record time on game clock for 3 min non-releasable penalty. If timing penalty with a separate clock, then start & stop penalty clock simultaneously with the game clock. On a player's 2nd yellow card, she is ejected for remainder of game and her next game.
Red Cards – Record time on game clock. Player is ejected for remainder of game and her next 2 games.
 Any combination of 3 yellow and/or red cards results is the offending team playing man-down for the remainder of the game. Subsequent yellow or red cards result in 2-man-down, 3-man-down, etc.
Green/Red Card Combo (Delay of game) – Note time on clock for 3 minute non-releasable penalty. Time penalty.



Official's Timeout Signal

Common Game Timing Variations

Common variations of the timing rules can be applied :

- **Shortened halves** – halves may be shortened (for example to 20 minutes) by agreement of the coaches before the game. This is often done if game time is limited (for example: due to daylight limitations or subsequent games must start at a specific time).
- **“Running clock”** – Clock does not stop after goals. Only stops for timeouts called by coaches or officials . This is often used if a game time is limited (for example: due to daylight limitations or subsequent games). Coaches may agree to a running clock for the whole half or exclude the last 2 minutes which would stop at every whistle per the normal rules.
- **“Central clock”** -- often used for tournaments and play days where many games are played simultaneously and timed against a central clock. All games play according to a central clock that does not stop for any situation on any field of play. In this situation:
 - one long horn blast typically indicates start and end of a half
 - Two short horn blasts indicate 2 minutes left to play or two minutes until start of a half.