



## Student Notes

**OFFICIALS  
EDUCATION**



**USA  
LACROSSE**

RULES 1-3: GAME, FIELD & EQUIPMENT,  
PERSONAL & TIMING FACTORS

MENS OFFICIALS DEVELOPMENT | 2025 SEASON

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**WELCOME**

- Congratulations on taking the first step to becoming a men's lacrosse official
- Instructor Introductions
- Let's get to know you and your classmates
- PAIR/SHARE
- Present to Class


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**LEARNER OBJECTIVES**

- Gain an understanding of the "basics" of a lacrosse game.
- Knowing the minimum requirements for teams/players to participate in the game safely.
- Learn your responsibilities as an official for facilitating a game.





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## Student Notes

### RULE 1- THE GAME, FIELD AND EQUIPMENT

A	A	A	M	M	M	D	D	D	G
A	A	A	M	M	M	D	D	D	G

2 teams of 10  
Legally equipped GK



Class Discussion Questions

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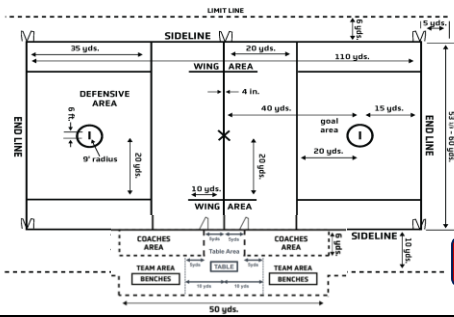
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### STANDARD FIELD



Class Discussion Questions

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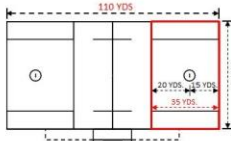
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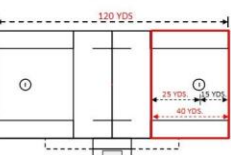
### UNIFIED FIELD

- Created to minimize the need for additional lines
- 120y field is used for international



Normal field size:  
Restraining Boxes  
= 35 x 60 yds

Class Discussion Questions



Unified field size:  
Restraining Boxes  
= 40 x 60 yds

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## Student Notes

### THE STICK (CROSSE)




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### REQUIRED PLAYER EQUIPMENT




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### REQUIRED EQUIPMENT- RECENT CHANGES

- Added requirement for protective cup or pelvic protector



- Added Chest Protector Requirement that adds protection for comio-cordis




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## Student Notes

### UNIFORMS



**Jersey**  
covers the shoulder pads



**NO Tinted Visors**



**Sweatpants**  
one solid color

Class Discussion Questions



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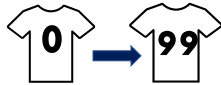
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### UNIFORMS- RECENT CHANGES

**Jersey Color**  
Home wears **WHITE**



**Number Restrictions**  
0-99 ONLY



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### EQUIPMENT- PROHIBITED & ALLOWED

**Prohibited**



**Allowed**



Class Discussion Questions



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## Student Notes

### RULE 2 – GAME PERSONNEL

- Officials
- Timekeeper
- Scorekeeper
- Players
- Captains
- In-Home
- Coaches
- Sideline Manager




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### GAME OFFICIALS

- Minimum 2
    - Referee
    - Umpire
  - Recommended 3
    - Referee
    - Umpire
    - Field Judge
- } EQUAL




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### TIMEKEEPER




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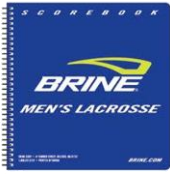
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## Student Notes

### SCOREKEEPER




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### PLAYERS

#### STANDARD

- 1 Goalie
- 3 Defensemen
- 3 Midfielders
- 3 Attackmen

#### SPECIALISTS

- Face off (FOGO)
- LSM




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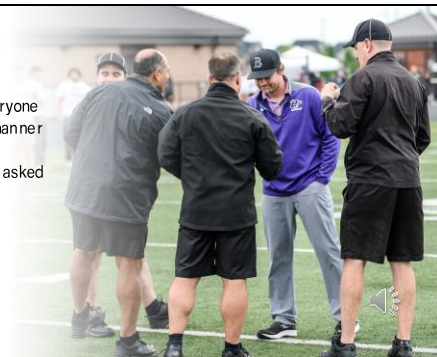
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### COACHES

- Head Coach
  - Certifies
  - Responsible for everyone
  - Acts in courteous manner
- Other coaches
  - Answer questions if asked respectfully




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## Student Notes



### IN-HOME

- Starting Attackman
- In pre-game lineup

ACTIVITY ALERT

Class Discussion Questions

SCOREBOOK


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### CAPTAINS

- At least one per Team
- If more than one, designated speaking captain
- Closest to Referee
- Visitor calls the coin toss before the toss



Class Discussion Questions




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### BALL RETRIEVERS

- Must wear:
  - Helmet
  - Contrasting uniform



**Not Permitted Behind Goal!**



Class Discussion Questions




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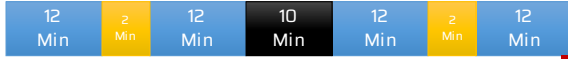
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## Student Notes

### GAME LENGTH

- FOUR, 12-minute, stop-time Quarters for NFHS high school Varsity games
- JV games can vary from location to location
- Youth Games vary by league
- 2-minute breaks
- 10-minute half



Class Discussion Questions

Last 2 min. - Stall rules for leading team if 4 or fewer goals

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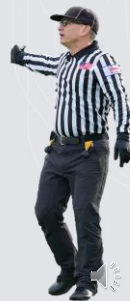
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### STOPPING THE CLOCK

- **Out of Bounds**
  1. 1 long whistle blast
  2. Hand in the air for dead ball
  3. Point direction of play
  4. Hand back in the air
- **In-bounds or Unusual Play**
  1. Several short blasts
  2. "ta-tweet, ta-tweet, ta-tweet"
  3. "Cicada" Whistle
  4. Hand in the air for dead ball
  5. Explain the call
  6. Point direction
  7. Hand back in the air



Class Discussion Questions

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### STARTING THE CLOCK

- Hand in the air
- Solid whistle blast for 2-count
- 1.5 winds backwards (no half winds)
- Hand finishes at side



Class Discussion Questions




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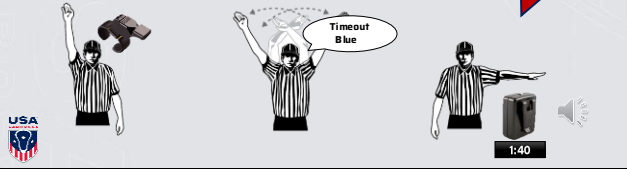




## Student Notes

### SIGNALING A TIMEOUT

- **Dead Ball:** on-field player or head coach
  - **Live Ball:** on-field player or head coach with possession
1. Several short blasts
  2. "ta-tweet, ta-tweet, ta-tweet"
  3. "Cicada" Whistle



Class Discussion Questions

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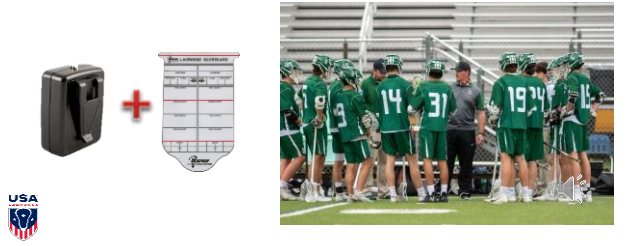
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### TEAM TIMEOUTS

- Two per half for each team
- 1:40 + 20 seconds



Class Discussion Questions

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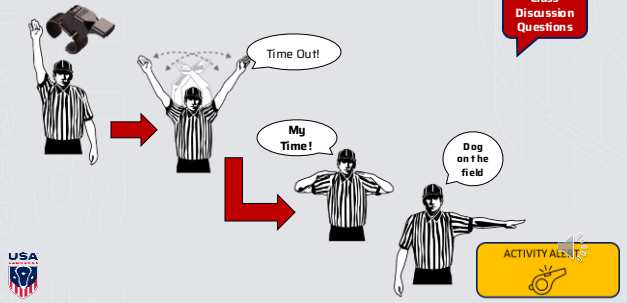
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### OFFICIALS TIMEOUTS



Class Discussion Questions




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## Student Notes

### INJURIES

1. Stop play
2. Call trainer
3. Report unconscious players/major injuries\*

**DO NOT** rush an injured player off the field




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### MERCY RULE

- 2<sup>nd</sup> half only
- 12-goal difference
- Running Clock
- Continues through end of game
- Starts on next whistle
- Clock does NOT stop if differential becomes less than 12 goals



Penalty time is NOT time-and-a-half!

1 minute = 1 minute  
2 minutes = 2 minutes  
3 minutes = 3 minutes




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### OVERTIME

- 4-minute periods
- Call one captain from each team.
- Visitor calls coin toss for choice of goal only
- 1<sup>st</sup> goal wins (sudden-victory, golden goal)
- One Timeout per overtime period per team

Class Discussion Questions




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## Student Notes

### INTERRUPTION OF PLAY




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### KAHOOT!

#### GAME-STYLE LEARNING

Kahoot! is a digital learning platform that uses quiz-style games to help students learn by making the information engaging in a fun way.

As one of the biggest names in quiz-based learning, it's impressive that Kahoot! still offers a free-to-use platform, which makes it highly accessible for teachers and students alike. It's also a helpful tool for a hybrid class that uses both digital and classroom-based learning.

The cloud-based service will work on most devices via a web browser. That means this is accessible for students in class or at home using laptops, tablets and smartphones.




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### KAHOOT INSTRUCTIONS

#### PLAYERS

- On your smartphone, tablet or laptop, go to [www.kahoot.it](http://www.kahoot.it)
- Wait for the instructor to give you the **Game Pin**
- Enter your first name and last initial **ONLY**



#### INSTRUCTOR S

- A Kahoot account can keep track of results, otherwise, you can play without an account
- <https://create.kahoot.it/auth/login>
- Create a free BASIC account (up to 50 users) or paid PRO account (up to 100 users)
- Click on the link below
- Game will open in an internet browser window



[USA Lacrosse Officials Development Program - RULES 1-3](#)

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**USA LACROSSE**

## Student Notes



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