

2022 Girls’ Lacrosse

Three-Person Pre-Game Checklist

**Pre-Game Responsibilities**

* Park near each other and walk into game site as a crew
* If a partner is delayed, communicate ETA and discuss next steps
* Only enter the site without your partner if it compromises your ability to be ready by game time
* Walk the field: check the nets for holes, check the field for correct markings; cones/flags at corners
* Meet with the scorer and timer to ensure they understand their responsibilities and that all needed equipment is in place and working
* Confirm presence and location of site manager and healthcare worker
* Confirm that game balls are NOCSAE-certified

**Key Rule Changes in 2024**

* Be sure the ball rolls freely in all areas of the pocket when conducting a stick check.
* The game will consist of four 12-minute quarters, with up to a 10-minute halftime and 2 minutes between Q1 and Q2 as well as Q3 and Q4
* When the whistle blows for a foul outside the CSA the ball carrier does not need to come to a stop or settled stance before self-starting.
* Defensive player awarded a free position in the CSA may self-start unless the game clock is stopped.

A false start foul is no longer a foul unless it is in the Critical Scoring Area.



**Delay of Game Card Progression**

1st Green: Change of possession

2nd. Green/Yellow: 2-minute penalty

 No substitution

3rd + Yellow: 2-minute penalty

 No substitution

 Card included in

 team card count

**Suggested Pregame Protocol**

 (Officials arrive 30 minutes before game time)

**Real Time Clock Time Activity**

4:20 30:00 Field Open

4:45 05:00 Captains’ Meeting

4:50 00:00 Clear field/stick checks

4:55 00:00 Lineups Announced

4:57 00:00 National Anthem

5:00 00:00 Opening Draw

**2023 Points of Emphasis**

* **Sportsmanship**
* **Knowledge of the Rules**
* **Dangerous Use of the Stick**

**Communication**

* With coaches during pre-game, halftime, timeouts
* Before draw, after goals, if players

are on the ground

* Throughout game with eye contact, signals, direction
* Always supportive, never challenging

**Deep Trail (A or B) -** *Primarily off ball*

* Position: Follows play
* Transition: Follows play up field
* In CSA: Manages goalie clear
* CSA Movement: Adjusts relative to ball and C
* Top of Mind: Shooting Space, off-ball holds/detains, illegal picks, 3 seconds, RL, Shooting Space, fouls after shot

**C -** *On or off ball, depends on ball location*

* Position: Second Lead and Second Trail
* Transition: Escorts play
* In CSA: on/off-ball as ball moves
* CSA Movement: Adjusts relative to ball and DT
* “Releases” new Lead at RL in transition
* Top of mind: Goal Circle fouls, Holding, Illegal

Picks, 3 Seconds, offside, Shooting Space, fouls after shot OR on-ball fouls when ball on C side

**Lead (A or B) -** *Primarily on ball*

* Position: Open to receive play
* Transition: Move to stay ahead of play
* In CSA: Whistles all restarts
* CSA Movement: Adjusts to the ball
* Goals: Confirm with partners, whistle/signal
* Top of Mind: On-ball fouls OR 3 Seconds, Illegal Picks, Holding when ball on C side

**Coaches’ And Captains’ Meeting**

* Coaches must certify players are legally equipped and equipment is NOCSAE- and ASTM-certified: Goggles ASTM 3077, Headgear ASTM 3137
* Coin toss for first Alternate Possession or choice of end to defend. Make sure AP indicator is correctly set after coin toss.
* Conduct stick checks in accordance with most recent procedures and consistently among all partners. Allow time for quick fixes.
* Do a visual check on all players to ensure they have no jewelry (cannot be covered by tape or bandages) and that mouthguards and other protective equipment are visible.

**Suggested Pre-Game Topics**

Coverage on the Draw

Off-Ball Responsibilities

Trail and C support around the arc

Goal Circle foul Penalty Administration

3 Seconds Penalty Administration

False Starts: How to Avoid

Setting up RL Fouls

RL as an Offsetting Foul

RL Coverage in Transition

Managing Midfield Play

Managing Restarts Efficiently

Warnings/Cards

Clock Awareness

Stick Check Requests

Fouls After the Shot

Overtime Procedures

Communication/Signals

Alternate Possession

Contentious play

Coach decorum