

Timing Guidelines for Girl's High School Lacrosse 2022

25 minute halves

Running clock- stops only for goals and timeouts until the last 2 minutes of each half

Last 2 minutes of each half are “modified stop clock”- clock stops on any foul in the Critical Scoring Area. (Critical Scoring Area is the area inside the 12 meter fan and extending to the end line.)

Please alert referees when 2 minutes are left on clock at the end of each half.

10 goal rule: If one team gets ahead by 10 goals the clock will run continuously, except for timeouts, until the goal differential becomes less than 10. This includes the last 2 minutes of each half.

Timeouts are 2 minutes long.

Half time is 5-10 minutes, determined by coaches at coach and captain meeting before game.

Yellow cards are 2 minutes, red cards are 4 minutes. Record start time of penalty and subtract 2 or 4 minutes to determine release time.