



USATM
LACROSSE

2025 Girls' Lacrosse Three-Person Pre-Game Checklist

Key Rule Changes in 2025

- The free position for one player drawing illegally will be administered at the spot of the ball.
- The clock will stop on fouls inside the CSA in the last minute of each quarter.
- Eliminate the "Indirect" Free Position. Penalty administration for minor foul remains the same, the official will clear a penalty lane and whistle start.
- Illegal pick foul has added the language requiring the player setting the pick to hold their stick in a vertical position and set the pick no wider than shoulder width.

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



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

2025 Points of Emphasis

- **Delay of Game: Using the Green Card**
- **Managing Safe Play in the 8-meter arc**
- **Offensive Fouls inside the Critical Scoring Area**

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

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

<p><u>Lead (A or B) - Primarily on ball</u></p> <ul style="list-style-type: none"> • 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 	<p><u>C - On or off ball, depends on ball location</u></p> <ul style="list-style-type: none"> • 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 	<p><u>Deep Trail (A or B) - Primarily off ball</u></p> <ul style="list-style-type: none"> • 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
<p><u>Coaches’ And Captains’ Meeting</u></p> <ul style="list-style-type: none"> • Coaches must certify players are legally equipped and equipment is NOCSAE- and ASTM-certified • 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