



2024 GIRLS LACROSSE OVERTIME PROCEDURES

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Overtime procedures are in place and should be used in all levels of high school competition (varsity and subvarsity) unless prescribed by the league and conference.

When the score is tied at the end of regular playing time, both teams will have a 5-minute rest and toss a coin for choice of ends. The alternative possession shall continue from regulation and is continuous through any overtime period. Each team will receive one team timeout for the entire duration of overtime. Six minutes (two 3-minute halves) of overtime will be played. The clock stops on official time-outs or fouls in the critical scoring area. After the first half of the overtime period, teams shall change ends with no delay for coaching. The game will be restarted by a center draw. The team which is ahead at the end of six minutes wins the game.

If the teams are still tied after six minutes have elapsed, the teams will have a 3-minute rest and change ends. Play will continue with "sudden victory" overtime periods of six minutes in length (two 3 minute halves) with 3 minutes in between and change of ends until a winning goal is scored.