



## **2026 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 coin toss for choice of ends. Six minutes (two 3-minute halves) of overtime will be played. The clock stops on official timeouts or fouls in the critical scoring area. The clock will be stopped after 3 minutes of play in order for teams to 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. The winner will then be decided on a "sudden victory" overtime of no more than six minutes in length (two 3 minute halves) with 3 minutes in between and change of ends until a winning goal is scored.