

NYSPHSAA Girls Lacrosse Possession “Shot” Clock Rules

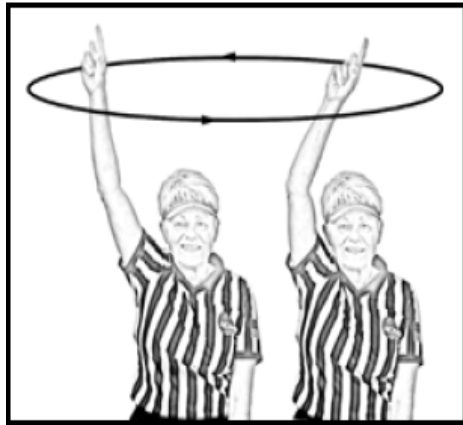
The possession clock is being piloted for the 2025 season on Varsity contests only.

1. Two visible 90-second possession clocks shall be located at each end of the field visible to players, coaches, and game officials.
 - a. If one clock is available, then it shall be located at midfield opposite the table.
 - b. If the possession clock malfunctions:
 - Possession clock and operator must be at the table.
 - Digital handheld countdown timer is recommended.
 - Refer to game clock if handheld timer is not available.
 - Verbally countdown final 10-seconds to officials and coaches.
 - Horn should sound the expiration of the shot clock.
2. The home team shall provide a trained possession clock operator.
 - a. If the possession clock is not operated at field level, the home team must ensure that direct two-way communication is available at all times between the table and the clock operators.
3. 90 Second Possession Clock Operation
 - a. After a team has gained possession of the ball following the draw or change of possession, a visible 90 second possession clock will start.
 - b. The possession clock STOPS:
 - For any defensive foul in the Critical Scoring Area.
 - Any time the game clock is stopped.
 - Team timeouts (does not reset PC).
 - Officials' timeouts.
 - c. The possession clock RESETS on the following:
 - Shot on goal that is saved by the goalkeeper/crosse, in or out of the goal circle, and whether possessed or deflected off the goalkeeper/crosse.
 - Shot on goal that hits a goal pipe (hitting outer goal net does not reset)
 - Any green, yellow or red card issued.
 - Offside violation.
 - Change of possession.
 - d. At the EXPIRATION of the 90-seconds:
 - Whistle, Signal Illegal Procedure, and award possession to the opposing team at the spot of the ball.
 - No player may be closer than 4 meters to the free position.
 - The player taking the free position may self-start.
 - If the ball is in the air at the time of the violation, the free position is administered relative to where the ball lands.

4. Officials' Possession Clock Signals

- a. Officials will signal RESET possession clock with one arm raised above their head in a circular motion. Clock operator must not reset on a shot unless the officials have clearly signaled reset.
- b. Officials will signal STOP possession clock on defensive fouls in the CSA with a tapping motion to the top of the head. Possession clock stops any time the game clock is stopped.

RESET



STOP



5. Shot on goal requirements and situations:

- a. The ball must be released from the shooter's stick:
 - Prior to the expiration of the possession clock.
 - Above the Goal Line Extended.
- b. If a shot occurs during a flag situation and the officials judge the foul affected the shot and administer a free position, then the possession clock STOPS and DOES NOT RESET (even if the shot hits the goalkeeper or a goal pipe).
- c. If officials signal reset and ball is loose, clock operators shall reset and hold possession clock at 90-seconds and restart when a team gains possession.

6. Alternate Possession

- a. If offense maintains possession as a result of alternating possession, then the possession clock DOES NOT RESET.

7. Offsides (Rule 8)

- a. Offsides by the defense MAY be a held whistle. Officials must evaluate if the attack is on a scoring play/maintaining advantage. A goal scored while the defense is offside shall count and play is resumed with a draw (Notes Pg 52).
- b. Offsides by the offense and the defense gains possession of the ball before the foul can be called, the official may hold the whistle and not penalize the offside (Notes Pg 51).