



GIRLS
LACROSSE
POSSESSION
CLOCK



For New York State Varsity Girls' Lacrosse contests, a 90-second possession clock will be piloted for the 2025 season.

Possession Clock

Two visible 90-second possession clocks shall be located at each end of the field visible to players, coaches, and game officials.

If one clock is available, then it shall be located at midfield opposite the table.

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.
- Sound horn at the expiration of the shot clock.



Possession Clock Operators

The home team shall provide two trained clock operators: one for the possession clock and one for the game clock.

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.



Possession Clock

After a team gains possession of the ball, the visible 90-second possession clock will start.

At the expiration of the 90-seconds:

- Possession will be awarded 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.



Possession Clock Stops

The possession clock STOPS:

- Any time the game clock is stopped
- Any defensive foul in the Critical Scoring Area
- Offsides
- Team timeouts (no reset)
- Officials' timeouts



Possession Clock Resets

The possession clock will RESET to 90-seconds when:

- Shot on goal that hits the goalkeeper, inside or outside of the goal circle, and whether goalkeeper possesses or not.
- Shot on goal that hits a goal pipe.
- Any green, yellow or red card issued.
- Offside violation.
- Change of possession.

RESET and HOLD:

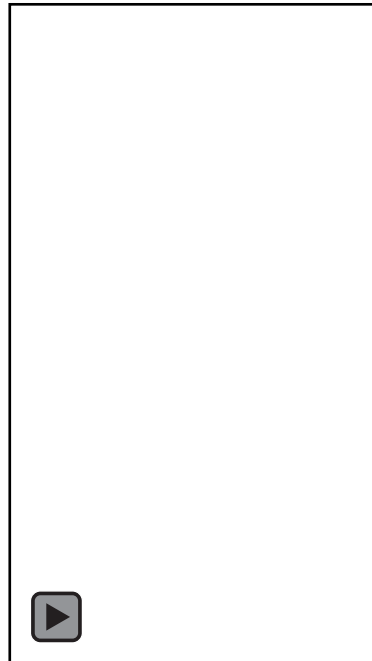
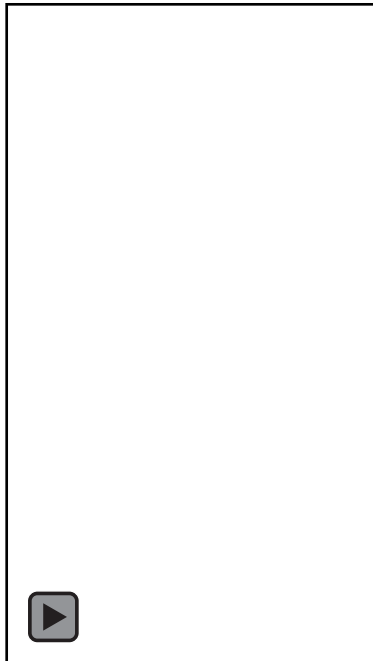
- Loose ball after a shot. Wait for CLEAR possession
- Ball out of bounds after a shot or a change of possession



Officials' Reset Signal

Officials will signal all possession clock resets with one arm raised above their head in a circular motion.

Clock operator must only reset on a shot when the officials have clearly signaled reset. Do not rush to reset.



Shot on Goal

The ball must be released from the shooter's stick:

- PRIOR to the expiration of the possession clock.
- From above the Goal Line Extended.

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).

If officials signal reset and the ball is loose, clock operators shall reset and hold the possession clock at 90-seconds and restart possession clock when a team gains clear possession.



Offsides

Stop game clock. Reset possession clock. Restart both clocks on the official's restart whistle.

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.

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.



Data Survey

NYSPHSAA will collect the following data:

- During State Tournament - Regionals through Finals
- Total # of goals
- Goal differential
- # of times possession clock expires

Direct any questions or comments regarding the possession clock to your Section's rule interpreter throughout the season.





Have a great season!