



**USA**  
**LACROSSE**

# 2026 Girls Lacrosse Three-Person Pre-Game Checklist

## Key Rule Changes in 2026

- Stick check requests may be made during a quarter break, halftime, a team time-out, prior to the start of overtime, prior to the start of a draw and immediately following goals in regulation or overtime.
- Eye shade (black or any other color) must be one solid stroke with not words, numbers, logos or other symbols.
- Goal circle violations by the defense shall be administered at the closest dot, and the offender shall move 4 meters away.
- Goal circle violations by the attack shall be administered in the goal circle and the offender shall move 4 meters away.

## Delay of Game Card Progression

- 1<sup>st</sup> **Green**: Change of possession
- 2<sup>nd</sup>. **Green/Yellow**: 2-minute penalty  
No substitution
- 3<sup>rd</sup> + **Yellow**: 2-minute penalty  
No substitution  
Card included in team card count



## 2026 Points of Emphasis

- **Managing fouls during a scoring play**
- **Efficient Draw Administration**
- **Delay of Game**

## 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             |

## 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

## 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

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| <p><b><u>Lead (A or B) - Primarily on ball</u></b></p> <ul style="list-style-type: none"> <li>• Position: Open to receive play</li> <li>• Transition: Move to stay ahead of play</li> <li>• In CSA: Whistles all restarts</li> <li>• CSA Movement: Adjusts to the ball</li> <li>• Goals: Confirm with partners, whistle/signal</li> <li>• Top of Mind: On-ball fouls OR 3 Seconds, Illegal Picks, Holding when ball on C side</li> </ul>                                                                                                                                                                                                                                                                             | <p><b><u>C - On or off ball, depends on ball location</u></b></p> <ul style="list-style-type: none"> <li>• Position: Second Lead and Second Trail</li> <li>• Transition: Escorts play</li> <li>• In CSA: on/off-ball as ball moves</li> <li>• CSA Movement: Adjusts relative to ball and DT</li> <li>• “Releases” new Lead at RL in transition</li> <li>• 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</li> </ul> | <p><b><u>Deep Trail (A or B) - Primarily off ball</u></b></p> <ul style="list-style-type: none"> <li>• Position: Follows play</li> <li>• Transition: Follows play up field</li> <li>• In CSA: Manages goalie clear</li> <li>• CSA Movement: Adjusts relative to ball and C</li> <li>• Top of Mind: Shooting Space, off-ball holds/detains, illegal picks, 3 seconds, RL, Shooting Space, fouls after shot</li> </ul> |
| <p><b><u>Coaches’ And Captains’ Meeting</u></b></p> <ul style="list-style-type: none"> <li>• Coaches must certify players are legally equipped and equipment is NOCSAE- and ASTM-certified: Goggles ASTM 3077, Headgear ASTM 3137</li> <li>• Coin toss for first Alternate Possession or choice of end to defend. Make sure AP indicator is correctly set after coin toss.</li> <li>• Conduct stick checks in accordance with most recent procedures and consistently among all partners. Allow time for quick fixes.</li> <li>• 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.</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                      |

### 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