

OSLA Overtime Procedures (2012)

Regular Season Overtime Procedures

- Game ends in a tie
- 5 minute rest/break
- Captains meet with umpires; flip coin --- visitors call coin toss; winner chooses end to defend/attack
- 1 – 3 minute, stop clock, sudden victory period of OT
- When a team scores, the Sudden Victory OT is over.

There is one timeout per team during OT. If neither team scores during the 3 minute, stop clock period, the regular season game ends in a tie.

OSLA Tournament Overtime Procedures

Per USL Rules for Girls and Women's Lacrosse ---- rulebook p. 25-26

- 2 – 3 minute periods of stop clock play
- If still tied, 2 – 3 minute periods of stop clock play.....repeated until a team scores.

Thank you.

Laurette Payette, OSLA Rules Interpreter