



JANUARY 2021

2021 GIRLS' HIGH SCHOOL RULES INTERPRETATION

JEFFREY
GROSE



2020-21 NFHS / USL Rules Committee

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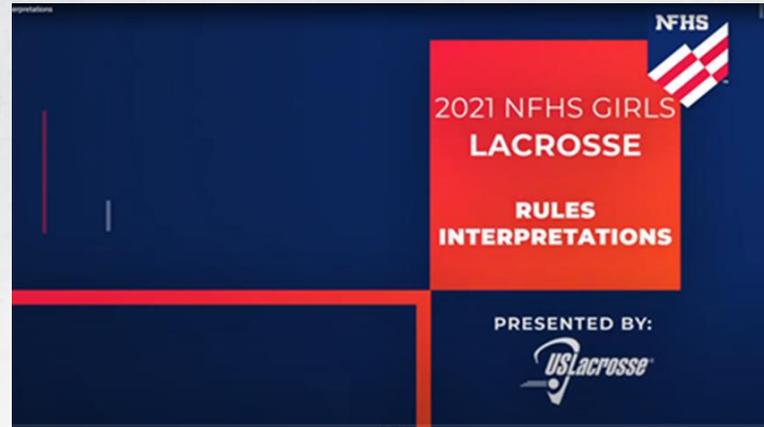
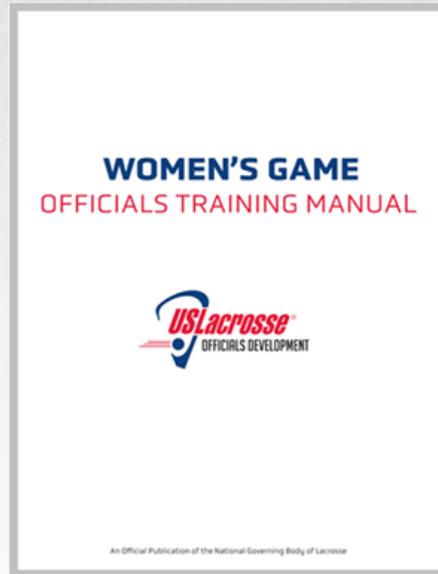
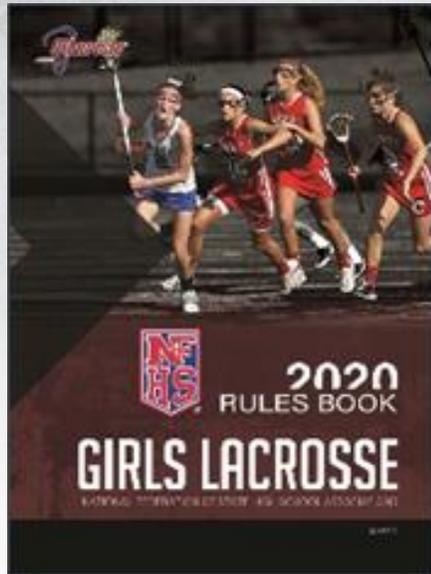
Kristen Murray

RULES RESOURCES



LAXCON.USLACROSSE.ORG

RULE RESOURCES



Rules Information:

<https://www.uslacrosse.org/officials/officials-resources>

NFHS/USL Rules Interpretations:

<https://www.nfhs.org/sports-resource-content/girls-lacrosse-rules-interpretations-2020/>

Rules Interpretation Video:

<https://vimeo.com/478169705>

Training Manual:

<https://www.uslacrosse.org/rules/girls-rules>

2020 NFHS RULES BOOK

2020 Girls Lacrosse Rules Book available from:

- **US Lacrosse**

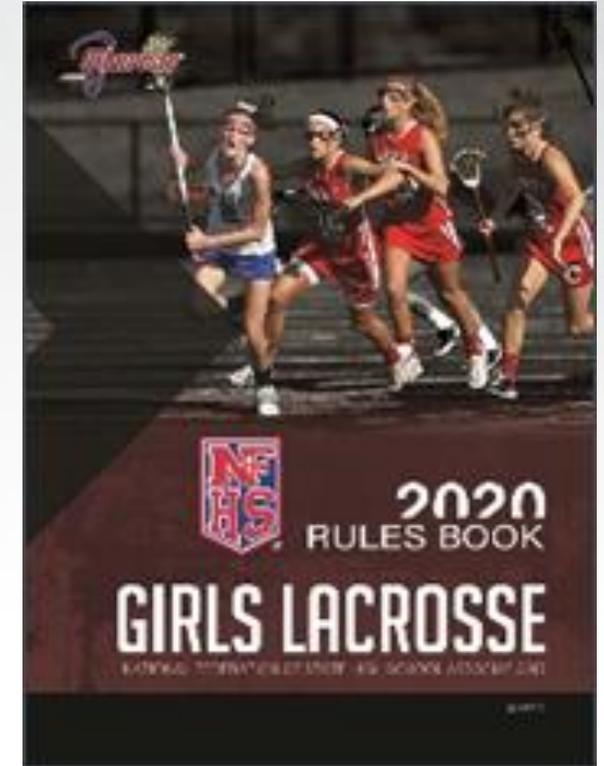
- <https://shop.uslacrosse.org/collections/rule-books>

- **NFHS Print Copies**

- <http://www.nfhs.com/p-1182-2020-girls-lacrosse-rule-book.aspx>

- **NFHS E-books:**

- <https://www.nfhs.org/articles/rules-books-and-case-books-available-as-e-books/>



POINTS OF EMPHASIS



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POINT OF EMPHASIS

Starts and Restarts

- POE focuses on starts and restarts during this third season of self-starts.
 - Officials should not disadvantage the ball carrier when resetting play on a self-start.
 - Players must recognize the call being made and self-start within playing distance of the foul.
 - If a whistle start is required and a player self-starts, a false start penalty will be administered.

POINT OF EMPHASIS

Delay of Game – Self-Start

- POE focuses on delay of game outside the CSA.
 - Players shall be penalized when they repeatedly:
 - Attempt to self-start beyond a playing distance.
 - Fail to stand when required.
 - Fail to move when directed.
 - Encroach on ball carrier prior to play commencing.
 - Officials are encouraged to manage delays with a warning and use of delay of game cards.

POINT OF EMPHASIS

Repeated Fouls

- POE focuses on limiting repetitive fouls and managing illegal play especially with the introduction of free movement.
 - Repeated fouls:
 - Disrupt flow of play.
 - May result in dangerous play.
 - Place players at risk.
 - Officials should:
 - Be aware of situations when teams and players continually foul.
 - Utilize warnings to change players' behavior.
 - Administer cards when appropriate.

2020 RULE CHANGES



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RULE CHANGE

FIELD CROSSE INSPECTION

(2-2-5e; 2-4-3b, c)

- Check field crosse to confirm the ball rolls out of back of pocket when placed in upper third of the head at its widest part and the stick and head are tilted 90 degrees.



RULE CHANGE

GOALKEEPER EQUIPMENT

(2-6-1)

- Chest protectors shall meet the NOC-SAE ND200 lacrosse standard at time of manufacture beginning Jan. 1, 2021.
- Prior to the game, officials shall verify that:
 - "Coach, do you certify that all of your teams' equipment is legal under the rules, including a legal goalkeeper chest protector as required for the 2021 season?"
- Link to SEI certified chest (commotio cordis) protectors:

https://www.seinet.org/search.htm#§ion=hidden-us_lacrosse



RULE CHANGE

PERSONAL EQUIPMENT

(2-6-1, 2-7-4)

- Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.
- No adornments or accessories allowed such as:
 - Face shields
 - Mohawks
 - Go Pro Cameras
- Paint, decals and tape are permitted.

Non-compliant



RULE CHANGE

PERSONAL EQUIPMENT

(2-7-2)

- All eyewear on the playing field must be SEI certified and will be listed on the SEI website.
- Link to SEI certified eye protection:

https://www.seinet.org/search.htm#§ion=hidden-us_lacrosse_hidden-eye_and_face_protect_sports



RULE CHANGE

ELECTRONIC EQUIPMENT

(2-8-4)

- Electronic devices, video replay or television monitoring equipment shall not be used for any review of an official's decision.



RULE CHANGE

POSSESSION TIME-OUT

(4-3-3, 7-2-1 SITUATION C)

- When a possession time out is called, play will resume at the spot of the ball.
 - Unless the ball is in the CSA.
- When the ball is in the CSA, play will resume at the closest dot.
 - Unless time out has been called prior to administration of a free position, then play will resume with administration of the free position.
 - If the goalkeeper has possession in the goal circle when time-out is called, possession will resume with the goalkeeper in the goal circle.



RULE CHANGE

SUBSTITUTIONS

(4-3-3C, 4-7-4 SITUATION)

- 4-3-3c: Substitutions are permitted during a possession time-out except for the player being awarded the ball and the offender.
- 4-7-4 Situation: A player running toward the substitution area when the whistle blows does not have to stop. She may continue to complete the substitution.



RULE CHANGE

STARTING AND RESTARTING PLAY (RULE 5)

- Rules have changed so the ball is no longer “dead” when the official blows whistle and all players are no longer required to “stand”.
- New rules allow free movement of players.



RULE CHANGE

STARTING PLAY - DRAW

(5-2-2, 5-2-2 NOTE, 9-1d.2)

- Any number up to 12 players of each team may be on the field before the start of each draw.
- Players may not enter the field after the official's hand is on the sticks for the draw until:
 - a player has gained possession of the ball,
 - the ball goes out of bounds or crosses the restraining line,
 - a whistle stops play for a foul.
- Violation for entering field is an Early Entry on the Draw minor foul.



RULE CHANGE

RESTARTING PLAY – FREE POSITION

(5-3, 10-1 PENALTIES 4.c, d)

- Players not involved in a free position may move freely on the field and within the CSA during a whistle or stoppage of play except they shall:
 - Move 4M away from player taking a free position.
 - Clear the penalty zone or penalty lane for fouls within the CSA.
 - A defensive player is entitled to each hash mark adjacent to 8M free positions.
- Goalkeeper may move back to goal circle if she is not involved in a free position, there is not an illegal deputy foul, or she is not bringing a ball in from out of bounds from a position at the boundary line.

RULE CHANGE

BOUNDARIES

(6-3-1, 6-3-2)

- On a boundary ball:
 - Opponent nearest the ball shall bring ball inbounds.
 - Ball carrier shall bring ball inbounds relative to the spot where the ball went out of bounds.
 - Opponents must give the ball carrier at least 2M of free space (stick and feet) from the spot where the ball went out of bounds.
 - Player bringing ball inbounds:
 - May self-start from out of bounds.
 - May step in bounds and self-start from a settled stance within 2M of where she entered the field.
 - May step in bounds and wait for a whistle start within 2M of where she entered the field.

RULE CHANGE

BOUNDARIES (6-3-1 SITUATION B)

- Resuming Play – Early Engagement by Defense:
 - On a boundary ball, if the defense immediately engages the ball carrier within 2 meters of the sideline:
 - Official shall whistle and direct or reset player positioning.
 - Ball carrier may self-start, if self-start is allowed, or wait for a whistle start.
 - A delay of game card may be given for repeated violations.



RULE CHANGE

BOUNDARIES

(6-3-2)

- When a shot or deflected shot goes out of bounds the player whose body or crosse is inbounds and nearest the ball when it crosses the boundary will gain possession.
- Ball carrier shall bring ball inbounds according to the boundary rules.



RULE CHANGE

MINOR FOUL - COVERING

(9-1b)

- Cover a ground ball with her foot, body or crosse preventing an opponent from playing the ball.



RULE CHANGE

MINOR FOUL – DELAY OF GAME (9-1c.1)

- Failure to stand when a player is required to stand, excluding the false start penalty for an illegal self-start.



RULE CHANGE

MINOR FOUL – EARLY ENTRY ON THE DRAW (9-1d.2)

- Enter the field after the official's hand is on the sticks for the draw.



RULE CHANGE

MINOR FOUL – IMPROPER EQUIPMENT

(9-11.5)

- If worn, failure to properly wear headgear.



RULE CHANGE

MAJOR FOUL – CHECK TO THE HEAD (MANDATORY CARD) (10-1c)

- No player's crosse may hit or cause her opponent's crosse to hit the opponent's head or neck.



RULE CHANGE

MAJOR FOUL – FALSE START (10-1j.1)

- Self-start when self-start is not an option.
- Per Rule 5-4-4, a self-start is not an option when:
 - Game clock is stopped;
 - Offside foul;
 - Foul in the CSA;
 - Alternating possession;
 - Inadvertent whistle; or
 - Goal is scored.



RULE CHANGE

MAJOR FOUL – PENALTIES

(10-1 PENALTIES 4e)

- For major foul by a defense player within 8M of the goal circle above the goal line extended:
 - Defending players are entitled the adjacent hash marks.

(11-2 PENALTIES 5)

- For major foul by a defense player between the 8-meter arc and 12-meter fan, the free position will be taken on the 12-meter fan closest to the spot of the foul.
 - All players' bodies and crosses must clear the penalty lane.

RULE CHANGE

EDITORIAL CHANGES

- Editorial changes have been made to the 2020 Rules Book that modify terminology but do not change the rules.
- Two most noticeable editorial changes:
 - Rule 8: “Restraining Line” foul changed to “Offside” foul.
 - Rule 10-1w: “Obstruction of the Free Space to Goal” foul changed to “Shooting Space” foul.



2020 NFHS / US LACROSSE RULES INTERPRETATIONS

- NFHS and USL issued Rules Interpretations in February 2020.
 - This corrected errors and provided clarification of rules in the 2020 Rules Book.
- This identifies:
 - 5 Rules Book corrections.
 - 9 Rule situations.
- This is available at:

<https://www.uslacrosse.org/sites/default/files/public/documents/rules/2020-NFHS-Girls-Lacrosse-Rules-Interpretations.pdf>

<https://www.nfhs.org/sports-resource-content/girls-lacrosse-rules-interpretations-2020/>



2020 NFHS GIRLS LACROSSE RULES INTERPRETATIONS

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2020

RULES BOOK CORRECTIONS: (Underlining shows additions; ~~strike-through~~ shows deletions.)
Page 3, 2020 Girls Lacrosse Editorial Changes: 2-7-3d; **Page 42, RESTARTING PLAY – SELF-START:** 5.4.2 **SITUATION:** A Blue player...~~The White Blue player engages the Blue White player after the self-start...~~ **Page 57, 10-1y(2):** A defensive player... is responsible to simultaneously abide by Rule 10-1xx; **Page 61, 10.1 PEN SITUATION A:** (10-1xx); **Page 61, 10.1 PEN SITUATION D:** (10-1xx).

SITUATION 1: A Blue player is awarded a boundary ball when there is under two minutes left in the first half during stop-clock play. She commences play with a self-start from out of bounds. The official stops play and indicates a false start. **RULING:** Correct procedure. **COMMENT:** Self-start is not an option when the game clock is stopped. The game clock stops on every whistle, including boundary balls during stop-clock play when there is under two minutes left in a half. [3-7-2f, 4-1-2, 5-4-4a, 10j(1)]

SITUATION 2: An 8-meter free position has been awarded at a hash mark to a Blue player and the Blue team calls a possession time-out. At the end of the time-out, the Blue team resumes play at the closest dot. **RULING:** Incorrect procedure. **COMMENT:** Play will resume at the location of the free position at the 8-meter hash mark, the player who was fouled shall take the free position and the offender shall take a position 4 meters behind. (4-3-3b, 4-3-3c)

SITUATION 3: A Blue player has the ball in the 12-meter fan and a possession time-out is called. At the end of

the time-out, the Blue team resumes play at the closest dot and all players move 4 meters away. **RULING:** Correct procedure. **COMMENT:** Play will resume at the closest dot when a possession time-out is called in the critical scoring area unless a free position is being administered at another location in the critical scoring area or the goalkeeper has possession of the ball in the goal circle. (4-3-3b, 4-3-3d)

SITUATION 4: The Blue goalkeeper gains possession of the ball in the goal circle and a possession time-out is called. At the end of the time-out, the Blue team's goalkeeper maintains possession in the goal circle and the official continues his/her count from where he/she left off before the time-out was called. **RULING:** Correct procedure. **COMMENT:** If the goalkeeper has possession in the goal circle when the time-out is called, possession will resume with the goalkeeper in the goal circle. (4-3-3d, 7-2-1)

SITUATION 5: A Red player is awarded a boundary ball and self-starts relative to where the ball went out of bounds without coming to a stop. **RULING:** Correct procedure. **COMMENT:** A player may self-start from out of bounds without coming to a stop as long as she enters the field of play relative to where the ball went out of bounds. (6-3-1a)

SITUATION 6: A Blue player is awarded a boundary ball and steps in bounds. From a settled stance, she self-starts within 2 meters of where she entered the field. **RULING:** Correct procedure. **COMMENT:** A player may come to a settled stance and initiate a self-start as long as she enters the field

of play relative to where the ball went out of bounds. (6-3-1a, 6-3-1c)

SITUATION 7: A Red player is awarded a boundary ball, steps inbounds and waits for a whistle start within 2 meters of where she entered the field. **RULING:** Correct procedure. **COMMENT:** A player may wait for a whistle to resume play when the ball has gone out of bounds. (6-3-1c)

SITUATION 8: The official is setting up an 8-meter free position and the penalty zone has been cleared. A player runs through the penalty zone. The official blows the whistle and indicates a false start. **RULING:** Incorrect procedure. **COMMENT:** Preventative officiating may be used to reset the free position without penalty. The official should clear the penalty zone and continue administration of the 8-meter free position. Repeated attempts by players to run through the penalty zone after it has been cleared may result in a delay of game. Once the free position is set and the official's hand is up for a restart, all attempts to run through the penalty zone shall result in a false start. [9-1c(4), 10-1j]

SITUATION 9: A Blue defender takes a hash mark adjacent to an 8-meter free position and an offensive player stands next to the defender on the 8-meter arc. Another Blue defender tries to stand next to the defender on the adjacent hash and force the offensive player to move. **RULING:** Incorrect procedure. **COMMENT:** One defensive player is entitled to each adjacent hash. Players next to them may be from either team and are entitled to an open position in the order in which they arrive. (10-1 PENALTIES 4c)

2020 RULES BOOK CORRECTIONS

- Page 3, 2020 Girls Lacrosse Editorial Changes: 2-7-34
- Page 42, Restarting Play – Self-Start 5.4.2 Situation: A Blue player...The Blue ~~White~~ player engages the White ~~Blue~~ player after the self-start...
- Page 57 – 10-1y(2): A defensive player... is responsible to simultaneously abide by Rule 10-1sw.
- Page 61 – 10.1 PEN SITUATION A: (10-~~u~~t)
- Page 61 – 10.1 PEN SITUATION D: (10-~~u~~t)

NFHS / US LACROSSE RULES INTERPRETATIONS

SITUATION 1:

- A Blue player is awarded a boundary ball when there is under two minutes left in the first half during stop-clock play.
- She commences play with a self-start from out of bounds.
- The official stops play and indicates a false start.

RULING: Correct procedure.

COMMENT:

- Self-start is not an option when the game clock is stopped.
- The game clock stops on every whistle, including boundary balls during stop-clock play when there is under two-minutes left in a half.
- [3-7-2f, 4-1-2, 5-4-4a, 10j(1)]

NFHS / US LACROSSE RULES INTERPRETATIONS

SITUATION 2:

- An 8-meter free position has been awarded at a hash mark to a Blue player and the Blue team calls a possession time-out.
- At the end of the time-out, the Blue team resumes play at the closest dot.

RULING: Incorrect procedure.

COMMENT:

- Play will resume at the location of the free position at the 8-meter hash mark.
- The player who was fouled shall take the free position 4 meters behind.
- (4-3-3b, 4-3-3d)

NFHS / US LACROSSE RULES INTERPRETATIONS

SITUATION 3:

- A Blue player has the ball in the 12-meter fan and a possession time-out is called.
- At the end of the time-out, the Blue team resumes play at the closest dot and all players move 4 meters away.

RULING: Correct procedure.

COMMENT:

- Play will resume at the closest dot when a possession time-out is called in the critical scoring area
 - unless a free position is being administered at another location in the critical scoring area
 - or the goalkeeper has possession of the ball in the goal circle.
- (4-3-3b, 4-3-3d)

NFHS / US LACROSSE RULES INTERPRETATIONS

SITUATION 4:

- The Blue goalkeeper gains possession of the ball in the goal circle and a possession time-out is called.
- At the end of the time-out, the Blue team's goalkeeper maintains possession in the goal circle and official continues their count from where they left off before the time out was called.

RULING: Correct procedure.

COMMENT:

- If the goalkeeper has possession in the goal circle when time-out is called, possession will resume with the goalkeeper in the goal circle.
- (4-3-3d, 7-2-1 **Situation C**)

NFHS / US LACROSSE RULES INTERPRETATIONS

SITUATION 5:

- A Red player is awarded a boundary ball and self-starts relative to where the ball went out of bounds without coming to a stop.

RULING: Correct procedure.

COMMENT:

- A player may self-start from out of bounds without coming to a stop as long as she enters the field of play where the ball went out of bounds.
- (6-3-1a)

NFHS / US LACROSSE RULES INTERPRETATIONS

SITUATION 6:

- A Blue player is awarded a boundary ball and steps in bounds.
- From a settled stance, she starts within 2 meters of where she entered the field.

RULING: Correct procedure.

COMMENT:

- A player may come to a settled stance and initiate a self-start as long as she enters the field relative to where the ball went out of bounds.
- (6-3-1a, 6-3-1c)

NFHS / US LACROSSE RULES INTERPRETATIONS

SITUATION 7:

- A Red player is awarded a boundary ball, steps inbounds and waits for a whistle start within 2 meters from where she entered the field.

RULING: Correct procedure.

COMMENT:

- A player may wait for a whistle to resume play when the ball has gone out of bounds.
- (6-3-1c)

NFHS / US LACROSSE RULES INTERPRETATIONS

SITUATION 8:

- The official is setting up an 8-meter free position and the penalty zone has been cleared.
- A player runs through the penalty zone.
- The official blows the whistle and indicates a false start.

RULING: Incorrect procedure.

COMMENT:

- Preventive officiating may be used to reset the free position without penalty.
- The official should clear the penalty zone and continue administration of the free position.
- Repeated attempts by players to run through the penalty zone after it has been cleared may result in a delay of game.
- Once the free position is set and the official's hand is up for a restart, all attempts to run through the penalty zone shall result in a false start.
- [9-1c(4), 10-1j]

NFHS / US LACROSSE RULES INTERPRETATIONS

SITUATION 9:

- A Blue defender takes a hash mark adjacent to an 8-meter free position and an offensive player stands next to the defender at the 8-meter arc.
- Another Blue defender tries to stand next to the defender on the adjacent hash and force the offensive player to move.

RULING: Incorrect procedure.

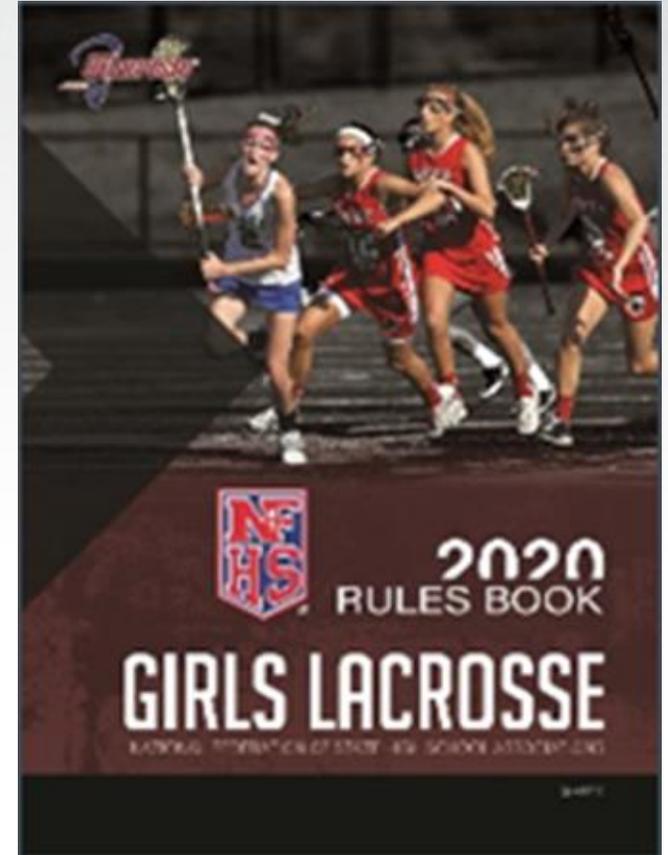
COMMENT:

- One defensive player is entitled to each adjacent hash.
- Players next to them may be from either team and are entitled to an open position in the order in which they arrive.
- (10-1 PENALTIES 4e)

RULE INTERPRETATIONS

RULE QUESTIONS AND INTERPRETATION REQUESTS

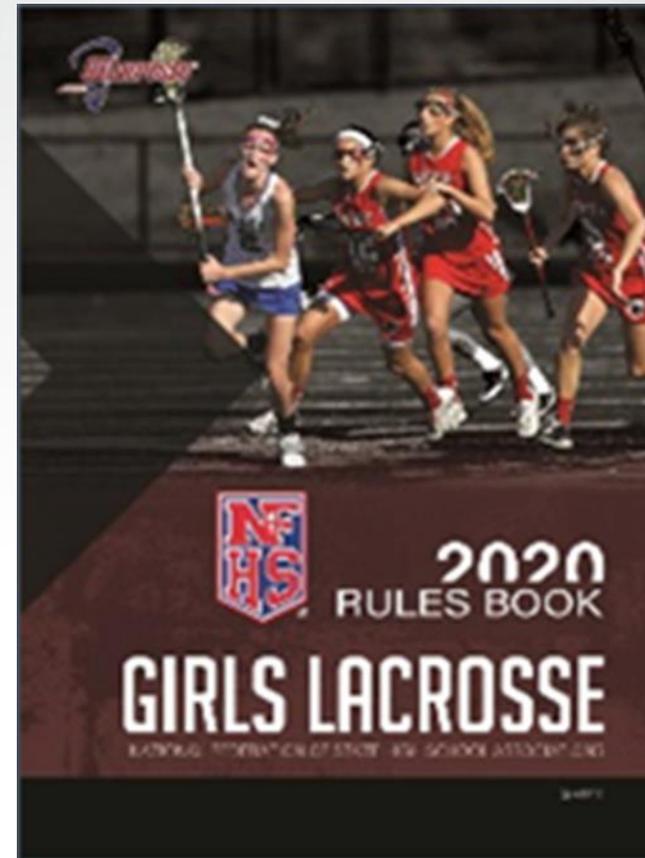
- Individuals may submit rule questions and interpretation requests to US Lacrosse at:
girlsrules@uslacrosse.org
- Indicate:
 - Level of play (8U, 10U, 12U, 14U, HS)
 - Applicable Rules Book page number.
 - Applicable Rule number.



RULE CHANGE PROPOSALS

INTRODUCING RULE CHANGES

- Rules Book Appendix D:
 - Rule change proposals shall be submitted by May 1.
 - Proposals shall be made to:
 - US Lacrosse:**
<https://www.uslacrosse.org/rules/submit-a-rule-change>
 - or,
NFHS:
<https://www.nfhs.org/RuleChangeProposal>



RETURN TO PLAY



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RETURN TO PLAY

NFHS / US LACROSSE

- NFHS has published sports medicine positions statements and guidelines pertaining to COVID-19 at:

<https://www.nfhs.org/sports-resource-content/nfhs-sports-medicine-position-statements-and-guidelines/>

- USL issued “Return-to-Play Recommendations for Lacrosse” and “Recommended Game Modifications for Women’s Game” at:

<https://www.uslacrosse.org/sites/default/files/public/documents/safety/us-lacrosse-return-to-play-july-1-final.pdf>

<https://www.uslacrosse.org/sites/default/files/public/documents/rules/rtp-womens-game-modifications.pdf>

RETURN TO PLAY

NFHS AND US Lacrosse

- NFHS and US Lacrosse COVID-19 reference materials and guidelines are:
 - Recommendations and guidelines for consideration by lacrosse programs and organizations.
 - Not mandates from NFHS or US Lacrosse.
 - Not rule changes.
- Coaches and officials should refer to their governing organizations to determine if game modifications or return to play guidelines apply to their games or events.
- Officials are not prohibited from enforcing rule modifications adopted by their governing organizations.

QUESTIONS



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THANK YOU



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