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2023 GIRLS HIGH SCHOOL RULES INTERPRETATION

JEFFREY GROSE – NATIONAL RULES INTERPRETER | JANUARY 2023



2022-23 NFHS GIRLS LACROSSE RULES COMMITTEE

Chris Robinson – Chair

Katie Moynihan – Coaches

David Dunham – Officials

Mary Lou Thimas – Section 1

Feffie Barnhill – Section 2

Susan Gale – Section 3

Courtney Middleton – Section 4

Julie Carlson – Section 5

Laura Sandbloom – Section 6

Jon Oglesby – Sections 7 and 8

Barb Martinichio – USA Lacrosse



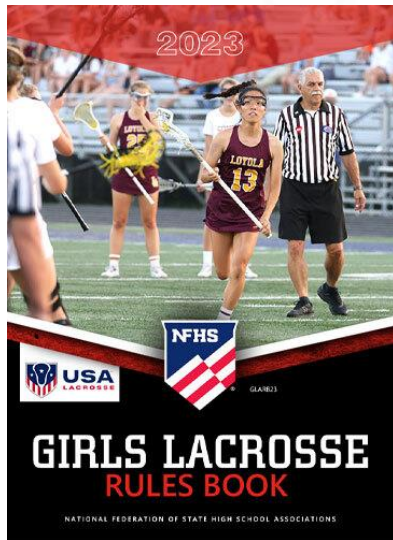
RULE RESOURCES



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RULE RESOURCES





RULE RESOURCES

2023 GIRLS LACROSSE RULES BOOK

- NFHS: <https://www.nfhs.org/activities-sports/lacrosse-girls/>
- USA Lacrosse: <https://shop.usalacrosse.com/collections/rule-books>

2023 GIRLS HIGH SCHOOL LACROSSE RULES INTERPRETATION PRESENTATION

- <https://www.usalacrosse.com/girls-and-womens-rules>

2023 GIRLS LACROSSE RULES INTERPRETATION VIDEO

- <https://www.usalacrosse.com/girls-and-womens-rules>

2023 NFHS GIRLS LACROSE RULE INPRETATIONS

- <https://www.nfhs.org/activities-sports/lacrosse-girls/>

2023 WOMEN'S GAME OFFICIALS TRAINING MANUAL

- <https://www.usalacrosse.com/sites/default/files/documents/Officials/Womens-Officials-Manual-2023.pdf>



POINTS OF EMPHASIS



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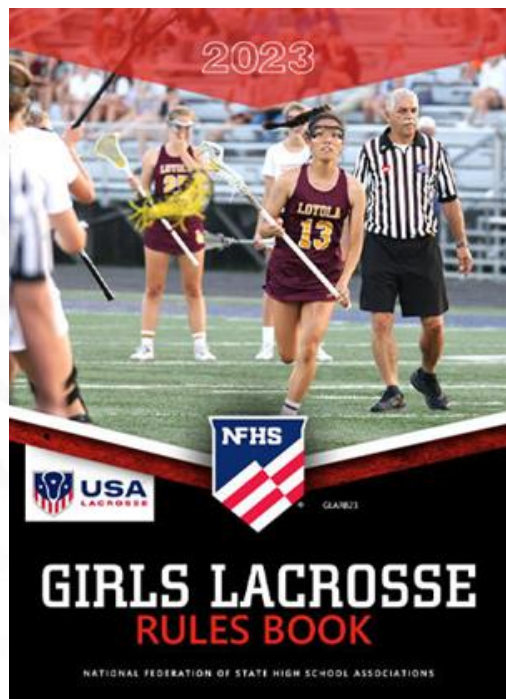


POINTS OF EMPHASIS

SPORTSMANSHIP



KNOWLEDGE OF THE RULES



DANGEROUS USE OF THE STICK



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POINTS OF EMPHASIS

SPORTSMANSHIP

- Sportsmanship is a fundamental ingredient to the success and enjoyment of high school sports.
- NFHS playing rules are written to encourage sportsmanship.
- Coaches set the tone for players, spectators, and others at games.
- Officials must work collaboratively with game administrators and focus on the actions of players, coaches, and sideline personnel to create a positive and sportsmanlike atmosphere.
- School administrators need to be proactive in monitoring and addressing the behavior of spectators.
- The goal is for everyone to treat each other fairly and with respect.
- It takes the efforts of everyone, every day to ensure that sportsmanship remains one of the top priorities in education-based sports.

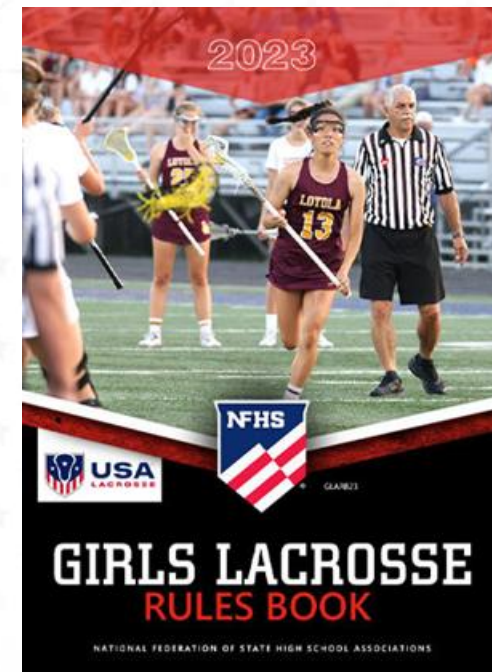




POINTS OF EMPHASIS

KNOWLEDGE OF THE RULES

- Knowledge of the rules by officials helps:
 - ensure proper rule enforcement and fair play,
 - minimize conflicts, and
 - reduces the risk of injuries.
- Knowing the rules allows coaches to teach their players how to properly play lacrosse and model good behavior.
- Knowing the rules as an athlete allows players to maximize performance and compete in a safe manner.
- Knowing the rules as a parent or spectator allows them to:
 - better understand the game,
 - support the athletes, and
 - encourage good sportsmanship.





POINTS OF EMPHASIS

DANGEROUS USE OF THE STICK

- Using the stick in a dangerous manner jeopardizes the safety of players.
- Officials must immediately stop play when this occurs and issue a card when a cardable offense occurs.
- Safe and legal use of the stick will:
 - prevent injuries,
 - improve game management,
 - maintain the pace of play, and
 - uphold integrity of the game.



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RULE CHANGES



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RULE CHANGE

FIELD CROSSE AND CROSSE INSPECTION

(2-2-5c; 2-4-4a)

- Officials shall no longer apply pressure to the ball in the pocket during crosse inspection.
- New rule states - the official will inspect crosses...to observe the top of the ball remains above the top of the ...sidewall after the ball has been dropped into the front and back of the pocket of a horizontally held crosse.
- The official should not apply pressure to the ball or roll the ball in the pocket with their hand.



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RULE CHANGE

FIELD CROSSE AND CROSSE INSPECTION

(2.4.4 SITUATION)

- During crosse inspection, the official drops ball into the pocket of the crosse then applies pressure to ensure the ball remains visible above the top wall of the crosse.
 - Incorrect procedure.
 - The official shall not apply pressure or roll the ball with their hand after the ball is dropped into the pocket for crosse inspection.





RULE CHANGE

STARTING PLAY - DRAW

(5-2-5d; 9-1d(1))

- Players below the restraining line may no longer step on or over the line once the official's hand is in contact with both sticks at the draw.
- New rule states - once the official's hand is in contact with both centers' sticks at the draw, players below the restraining lines must not step on or over the restraining lines until...release of the restraining line.
- This new rule applies even if a team has less than 3 players between the restraining lines.
- This violation is a minor foul for early entry on the draw.



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RULE CHANGE

STARTING PLAY - DRAW

(5.2.5 SITUATION B)

- Team A has 12 players on the field with two players between restraining lines at the start of the draw.
- A player from Team A, below the restraining line, crosses the restraining line after the official's hand is on the sticks.
- Illegal.



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RULE CHANGE

RESTARTING PLAY – SELF-START – OUTSIDE CRITICAL SCORING AREA

(5-4-1)

- Players fouled outside the critical scoring area may self-start within 4-meters of the spot of the foul.
- New rule states - following a whistle for a foul outside the critical scoring area...the player who is awarded the free position...must take the free position and commence play within 4 meters of the spot of the foul but not within the critical scoring area.



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RULE CHANGE

RESTARTING PLAY – SELF-START – OUTSIDE CRITICAL SCORING AREA

(5.4.1 SITUATION)

- A Red player is fouled outside the critical scoring area.
- After stopping with both feet stationary on the ground, within 4 meters of the spot of the foul, the player runs down the field.
- Correct procedure.
- Comment: The Red player may self-start after momentarily pausing with both feet stationary on the ground. The player's full body is not required to be motionless before self-starting.





RULE CHANGE

RESTARTING PLAY – SELF-START – IN DEFENSIVE END OF FIELD

(5-4-2; 5-4-6c; 9-1a, b and e-r PENALTIES 2, 3; 10-1 PENALTIES 2, 3)

- Defensive players may self-start in the critical scoring area in their defensive end of the field.
- New rule states:
 - Following a whistle...for an offensive foul inside the critical scoring area, a player awarded the free position in the player's defensive end shall take the free position at the spot of the foul and the player may self-start unless the game clock is stopped.
 - No player may be within 4 meters of the player awarded the free position.
 - The offender goes 4 meters away for a minor foul and 4 meters behind for a major foul. (Correction of 2023 Rules Book)



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RULE CHANGE

RESTARTING PLAY – SELF-START – IN DEFENSIVE END OF FIELD

(10.1 PEN SITUATION I)

- Blue attack player enters the 8-meter arc to shoot with 5-minutes left in the first half and charges into a Red defender.
- Official blows whistle and awards a free position to the Red defender.
- Red defender self-starts from the spot of the foul. Legal.
- Comment - The Red defender may self-start in the critical scoring area in their defensive end of the field if the game clock is not stopped.



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RULE CHANGE

RESTARTING PLAY – SELF-START – IN DEFENSIVE END OF FIELD

(10.1 PEN SITUATION J)

- Blue attack player enters the 8-meter arc to shoot with 1-minute left in the first half during stop clock play and charges into a Red defender.
- Official blows the whistle and signals time-out.
- Official awards a free position to the Red defender at closest spot on the 8-meter arc.
- The Red defender resumes play from this position on the official's whistle. Legal.
- Comment - The Red defender resumes play on the official's whistle in the critical scoring area when the game clock is stopped.



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RULE CHANGE

RESTARTING PLAY – ALTERNATE POSSESSION

(5-5-1f EXCEPTION)

- Alternate possession is no longer awarded to a team for offsetting fouls when one of the fouls requires issuance of card.
- New rule states - for offsetting fouls, if one of the fouls requires issuance of a card, alternate possession will not apply. The team not issued the card will be awarded possession.
- The alternate possession indicator does not change because the alternate possession rule does not apply.





RULE CHANGE

RESTARTING PLAY – ALTERNATE POSSESSION

(5.5.1 SITUATION C)

- A Blue defender steps into shooting space as a player from the Red team is preparing to shoot on goal.
- The Red player shoots and hits the Blue defender.
- Official blows the whistle, signals time-out, calls a shooting space foul by the Blue defender, and issues a card to the Red player for dangerous propelling.
- The official awards a free position to the Blue defender at the closest spot on the 8-meter arc.
- Play resumes on the official's whistle. Correct procedure.





RULE CHANGE

GOAL CIRCLE – GOAL CIRCLE RULES

(7-1-2c)

- The goalkeeper or deputy may propel or carry the ball into the goal circle.
- New rule states – players are permitted to enter...the goal circle if...the goalkeeper or deputy propel the ball into the goal circle then follow it in or allow the goalkeeper or deputy to carry the ball into the goal circle.
- The new rule does not change the criteria for when a goalkeeper or deputy may bring the ball into their goal circle.





RULE CHANGE

MAJOR FOULS – THREE SECONDS - PENALTY

(10-1Y PENALTIES)

- When a three-seconds violation occurs and the ball is outside the critical scoring area, above the goal line extended, the free position is awarded at the 12-meter fan.
- New rule states:
 - When the defense is called for a three-second violation (and) the ball is outside the critical scoring area...above the goal line extended...the free position will be awarded on the 12-meter fan closest to the spot of the ball.
 - The offender shall go 4 meters behind the player with the ball.
 - Play will commence on the official's whistle.



MAJOR EDITORIAL CHANGES



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EDITORIAL CHANGE

COACHING AREA

(1-1-4I)

- Definition of coaching area has been revised to confirm a coach may enter the Substitution Area to exchange a crosse with a player on the field.
- Edited rule states – Coaches must remain within their own coaching area except when entering the Substitution Area to exchange a crosse with a player on the field.



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EDITORIAL CHANGE

FLAG

(11-1-1)

- The term “slow whistle” has been removed from the Rules Book and replaced with the term “flag” or “held whistle”.



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RULE INTERPRETATIONS AND RULE CHANGE PROPOSALS



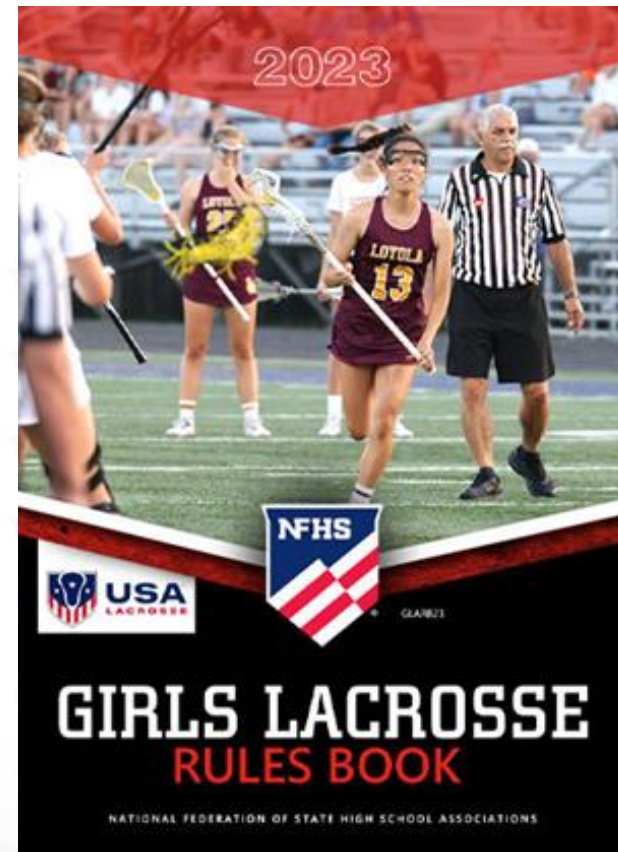
[USALACROSSE.COM/LAXCON](https://uslacrosse.com/laxcon)



RULE INTERPRETATIONS

RULE QUESTIONS AND INTERPRETATION REQUESTS

- Individuals may submit rule questions and interpretation requests to USA Lacrosse at:
<https://www.usalacrosse.com/girls-and-womens-rules>
- Indicate:
 - Level of play (8U,10U,12U, 14U, HS)
 - Applicable Rules Book page number.
 - Applicable Rule number.

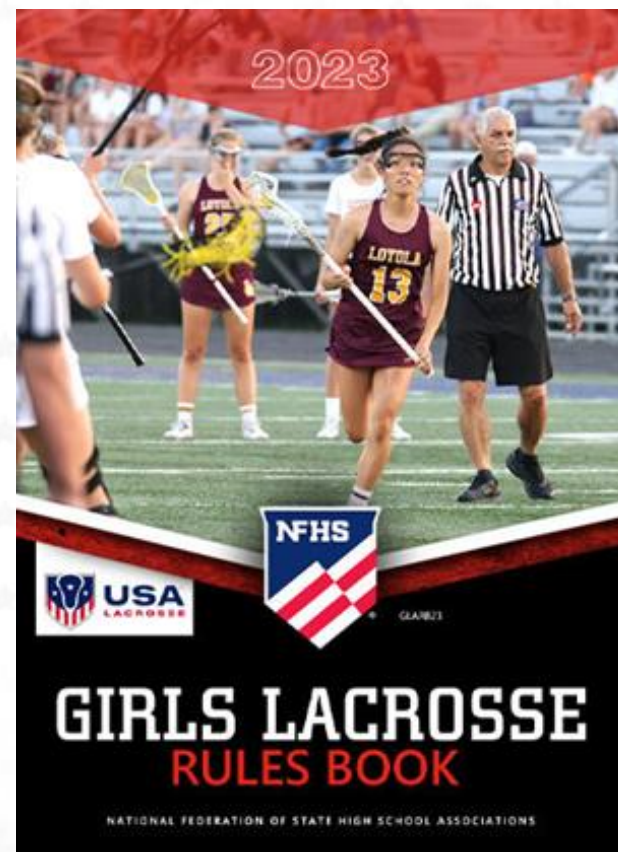




RULE CHANGE PROPOSALS

SUBMITTING RULE CHANGE PROPOSALS

- Proposals may be submitted to:
US Lacrosse:
<https://www.usalacrosse.com/submit-rule-change>
NFHS:
<https://www.nfhs.org/RuleChangeProposal>
- Rule change proposals must be submitted by May 1.



THANK YOU



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