



# 2023 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.

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**2023 NFHS Girls Lacrosse Rules Book Corrections:** (Underlining shows additions; ~~strikethrough~~ shows deletions.)

**Page 39, 5-4-2:** ~~The offender is not required to go 4 meters behind the player taking the free position;~~

**Page 54, 9-1 PENALTIES 3 for Violation of 9-1a, b and e-r:** ~~The offender is not required to go 4 meters behind the player taking the free position;~~

**Page 60, 10-1 PENALTIES 3:** ~~The offender is not required to go 4 meters behind the player taking the free position;~~

**Page 63, 10.1 PEN SITUATION E:** The ball is outside the critical scoring area and below goal line extended.

**SITUATION 1:** A Red attack player checks the empty stick of a Blue opponent who is in the 8-meter arc in Blue's defensive end of the field. The official awards a free position for a minor foul to the Blue player at the spot of the foul. The Blue player self-starts, and the offending player is directed to move 4 meters away. **RULING:** Correct procedure. **COMMENT:** A defender may self-start in the critical scoring area in the team's defensive end of the field unless the game clock is stopped. (5-4-2, 5-4-6c, 9-1 PENALTIES 3 for Violation of 9-1a, b and e-r)

**SITUATION 2:** A Blue attack player enters the 8-meter arc to shoot with five minutes left in the first half. When doing so, the Blue attack player charges into the Red defender. The official blows the whistle and awards a free position for a major foul to the Red defender. The Red defender self-starts from the spot of the foul and the offender is directed to move 4 meters behind. If the free position is closer than 4 meters to the goal circle, the offender shall move 4 meters behind and to the side of the free position. **RULING:** Correct procedure. **COMMENT:** The Red defender may self-start in the critical scoring area at the Red Team's defensive end of the field if the game clock is not stopped. (5-4-2, 5-4-6c, 10-1 PENALTIES 3)

