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LACROSSE



2024 NFHS BOYS' RULES PRESENTATION

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DISCLAIMER

This PowerPoint presentation is intended solely for educational purposes and serves as a supplementary resource to facilitate understanding of the 2024 youth rules. It is not a substitute for reading and studying the official rulebook.

Please be aware that the information presented here is subject to monthly updates, and revisions may occur. For the most accurate and current information, it is strongly recommended to consult the official rulebook and refer to any published memos provided by USA Lacrosse.

Individuals seeking clarification or interpretation of rules are encouraged to reach out to their state or local rule interpreter for guidance. The content herein is not exhaustive, and any discrepancies should be resolved through reference to the official rulebook and relevant communications from the governing lacrosse authorities.



AGENDA



- Points of Emphasis
 - Crosse Prohibitions
 - Properly Worn Equipment
 - Checks Involving the Head/Neck
- Major Rule Changes and Clarifications for 2024
 - 1-6-2 Field and Goalkeeper Crosses
 - 1-9-1 Player Equipment and Uniforms
 - 4-3-1 Faceoff Clarifications & Alternate Possession Situations
 - 4-8 Situation D - Team Possession Clarification
 - 4-24-11 Loss of Helmet Rules and Situations
 - 5-4-7 Slashing
- FAQs



CROSSE PROHIBITIONS

- Due to current innovations in the construction of crosse design, along with stringing at the bottom of the crosse, which is designed to withhold the ball from play, the NFHS Boys Lacrosse Committee felt it necessary to emphasize Rule 1-8 (Crosse Prohibitions)
- Rule 1-8 prohibits:
 - Crosse stringing that obstructs ball dislodgement.
 - Pocket sagging below the sidewall's bottom edge, excluding goalkeepers.
 - Altered crosses that create an unfair advantage.
 - Adjustable-length handles.
 - Altered handles (except for taping or grip enhancements).
 - Use of pull strings to modify the pocket depth.
 - Only one sidewall string on each side is allowed.
 - A broken crosse is treated as no crosse.



PROPERLY WORN EQUIPMENT

- NFHS and USA Lacrosse Boys Lacrosse Rules Committee prioritizes safety.
- Wear mandatory equipment correctly: helmets, arm pads, shoulder pads, and mouthpieces as the manufacturer intended.
- NEW for 2024: To prevent removal, a chinstrap must be worn on the chin, securely attached at all helmet attachment points.
- Rule 5-6: Use of non-conforming equipment is prohibited and penalties for illegal equipment or improper wear are a non-releasable foul.



CHECKS TO THE HEAD/NECK

- USA Lacrosse Boys Lacrosse Rules Committee prioritizes player head and neck safety.
- (Not Adopted) Indirect Contact: Initial contact through the opponent's body sliding up to the head/neck results in a 1-minute non-releasable penalty.
- Direct Contact: Players making direct contact to an opponent's head/neck receive a 2-minute non-releasable penalty.
- Excessive/Flagrant Contact: Players with excessive or flagrant head/neck contact receive a 3-minute non-releasable penalty and potential ejection.



FIELD & GOALKEEPER CROSSES

- The crosse shall have an overall fixed length of 40 to 42 inches (short crosse) or 52 to 72 inches (long crosse). The circumference of the crosse handle shall be no more than 3½ inches. The head of the crosse at its widest point shall measure between 6 and 10 inches, inside measurement, at the top and the bottom of the wall (Figure 2). The walls of any crosse shall not be more than 2 inches high.
- Goalkeeper's Crosse: The measurements of the goalkeeper's crosse shall be: length 40-72 inches, head 10-12 inches wide, maximum 16½ inches long. Additionally, there are no restrictions on stringing, (other than a hanging length no longer than 2 inches) and no restrictions on pocket depth.



PLAYER EQUIPMENT & UNIFORMS

- ART. 1 . . . Mandatory equipment. Each player shall wear the following pieces of equipment which shall be professionally manufactured, not altered, and **shall be worn as the manufacturer intended**
- Chinstraps on Helmets - **The chinstrap shall be worn under the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chinstrap from the attachment point(s)**



FACEOFFS

- i. Upon the whistle-starting play, **players shall not initiate a body check against their opponent; a body check against a crouched player is an illegal body check.**
- j. A violation will be called if a player picks up and carries the ball on the back of the stick. It is legal to clamp the ball with the back of the stick, but it must be moved, raked, or directed **within one step.**
- **4.3.2 SITUATION D: After the faceoff and before possession has been declared, the official inadvertently blows the whistle, stopping play. RULING: Reface if the whistle is blown while the ball is in the area between the defensive area lines. Award the ball by alternate possession rule if the ball crosses the defensive area line.**



GOAL SCORED

- 4.8 SITUATION D: Goalkeeper **A1** or any player in possession of the ball (a) brings the crosse back through the plane of the goal, or (b) brings the crosse back through the plane of the goal and the ball drops to the ground across the goal line.
- RULING: (a) Legal play, no goal scored. (b) **No goal. Award to ball to Team B (not the goalkeeper team)**



OFFICIALS TIMEOUT

- ART. 11. . . If a player has the helmet come off during play, play shall be suspended immediately, and the player shall leave the field until after the next dead ball following the resumption of play.



SLASHING

- **USAL Youth Rules passed an allowance of one-handed stick checks for 12U and 14U youth play. The committee felt that the penalties around slashes were in place to ensure safe play and that the allowance of one-handed checks at this 14U and 12U level was an important part of the safe progression of skills for the player.**
- **14U and 12U Stick Checks are equivalent to NFHS Rules**
- **One Handed Stick Checks are STILL a slash at 10U and below**



FAQs

Question: What happens when the goalie leaves the crease during live play? How is the goalie treated once the whistle is blown to stop play and we have a dead ball?

Answer:

- **Live Ball**
 - **When the goalie leaves the crease during live ball play, they assume the role of a field player.**
- **Dead Ball - Once play is stopped with a whistle, while anywhere on the field, the goalkeeper privileges apply again. The following situation may occur.**
 - 1. If the crosse was lost in a legal way, the goalie may retrieve their crosse and officials should then give the goalkeeper up to five seconds to return to their crease.**
 - 2. If the goalie's stick is broken, they can get a replacement from the sideline – officials should initiate a 20-second countdown.**



FAQs

Question: What is the consequence if the goalie, while outside the crease, breaks or loses their stick and continues to participate in live ball play without it?

Answer: This is a technical foul. (Rule 4.24.1 situation B and Rule 6.5.2 situation K)



FAQs

Question: Is it permissible for faceoff players to initiate a body check against their opponents immediately upon the whistle starting play? And what changed since last year?

Answer:

- **If the officials deem contact after the whistle to be a body check to a crouched opponent, throw the flag for an illegal body check.**
- **Players are still subject to being called for technical or personal fouls.**
- **The faceoff rule no longer requires the FO players to play the ball first.**
- **The rest of the face-off contact and checking rules remain the same.**



FAQs

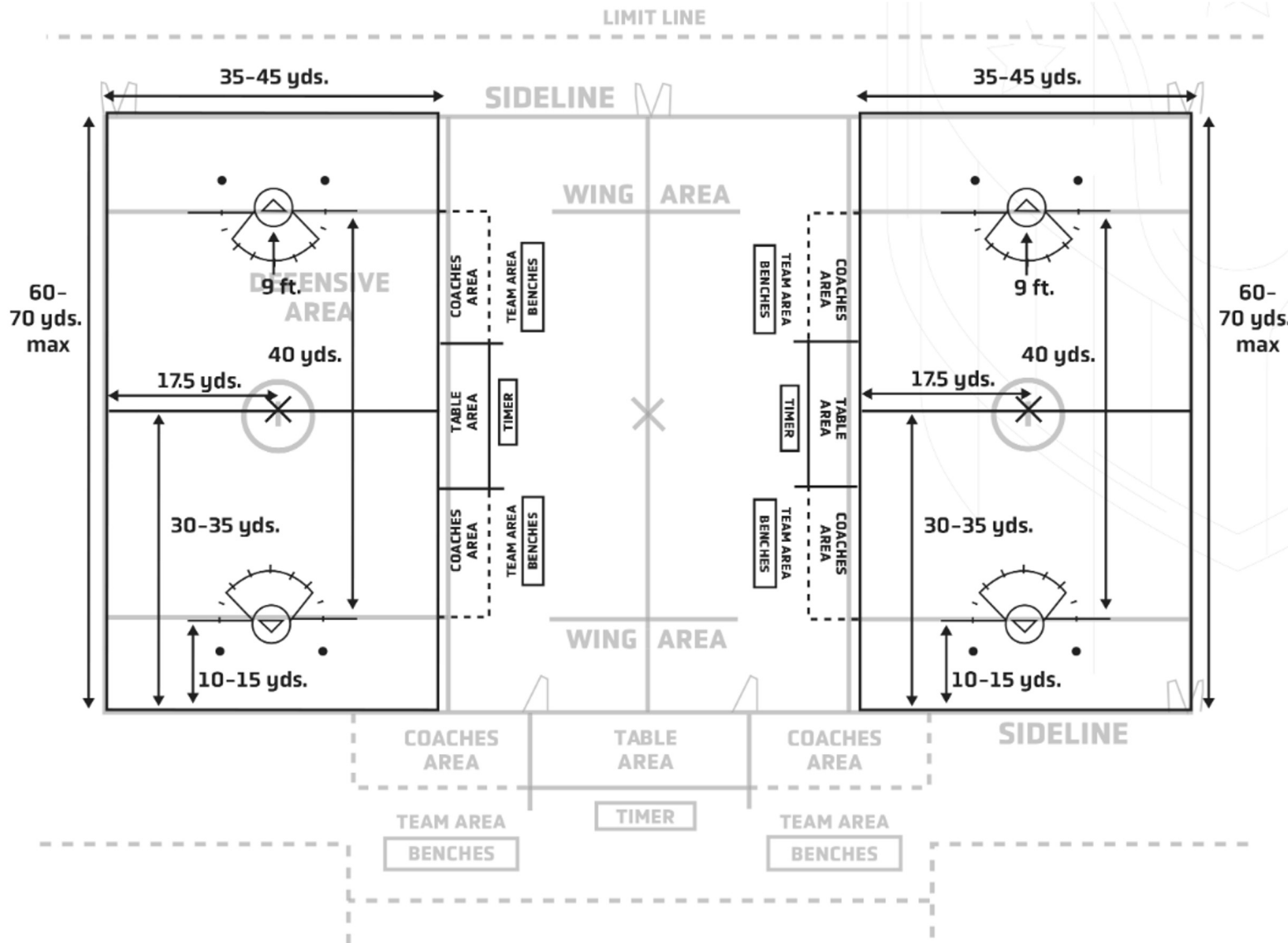
Question: What happens if a helmet comes off during live play? Is the play stopped immediately, must the player leave the field, and can they return before the next dead ball?

Answer: Ensuring player safety is the primary concern with this rule. The objective of this new rule/procedure is to encourage proper equipment usage, and there are no exceptions to this rule.

- **If a helmet comes off during live play, the game is stopped immediately.**
 - **If Team A had possession, Team A maintains possession.**
 - **If Team B had possession, Team B maintains possession.**
 - **If the ball is loose, officials will use Alternate Possession (AP) to determine possession.**
- **Helmets coming deliberately to stop play, like preventing a goal, are subject to a 1, 2, or 3- minute non releasable unsportsmanlike conduct penalty at the officials discretion.**
- **A timeout called during a dead ball does not permit a player whose helmet came off to remain in the game. However, as soon as play is resumed, a team may call a timeout, allowing that player to return to the game.**



FULL FIELD vs SMALL SIDED



YOUTH VS HIGH SCHOOL RULES

- No “Take Out’ Body Checks
- Targeting Fouls Are An Automatic Ejection
- Fouling Out = 3 Personal Fouls or 5 Minutes of Personal Foul Time
- 3-Yard Rule
- One-handed checks are a penalty at 10U and below
- Ball Hitting the Ground (not on a shot) Stops a Slow Whistles Situation



AGE APPROPRIATE CONTACT

- Stick Checks
- Body Contact and Body Checking
- High School Contact vs Youth Lacrosse Contact
- Youth Lacrosse Contact vs Small Sided Lacrosse

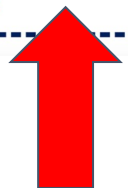
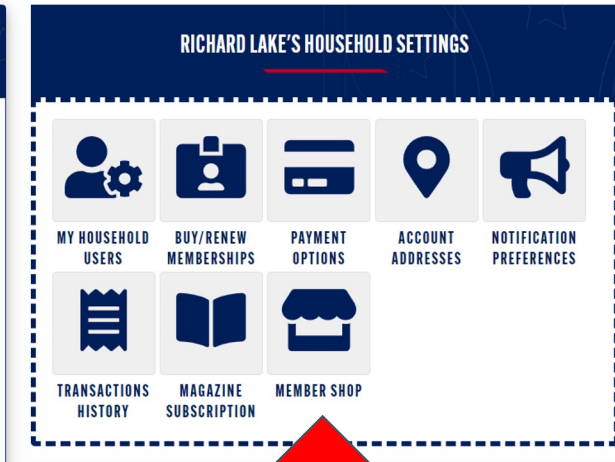
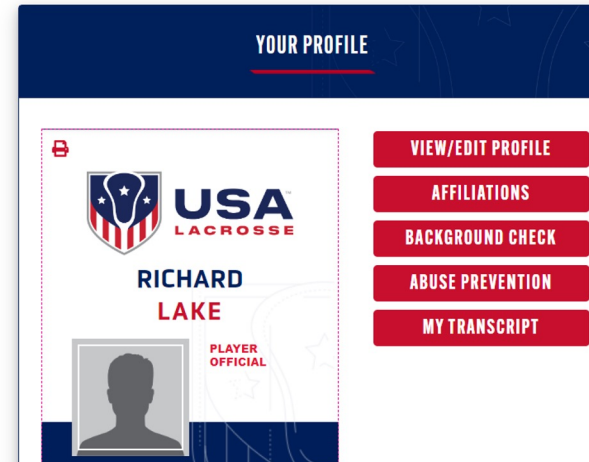


NFHS Rulebook For Purchase



USA Lacrosse Members

- <https://account.usalacrosse.com/login/>
- Go to Member Shop
 - \$6 Print
 - \$3 Digital



USA Lacrosse Guidebooks

The screenshot shows the USA Lacrosse website's navigation bar with links for USA Lacrosse, Magazine, Shop, and Donate. Below the navigation bar, there are links for OFFICIALS, WHERE TO PLAY, and ABOUT. The main content area is titled "RULES RESOURCES" and features eight blue tiles with white icons and text:

- YOUTH AND HIGH SCHOOL RULES INTERPRETATION (book icon with cursor)
- BOYS' YOUTH GUIDEBOOK (book icon with cursor)
- PURCHASE HIGH SCHOOL RULEBOOK (shopping cart icon)
- NFHS UNIFORM GUIDELINES (jersey icon)
- NCAA - DIGITAL RULEBOOK (book icon with cursor)
- SUBMIT A RULE CHANGE (hand holding document icon)
- FLEX 6 RULES (book icon with cursor)
- SIXES RULES (book icon with cursor)

- <https://www.usalacrosse.com/rules>



QUESTIONS?

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