

2024 GIRLS' YOUTH LACROSSE – STICK TO BODY CONTACT

ILLEGAL STICK TO BODY CONTACT:

- **New Youth Rule (10-1r.2):** Stick to body contact initiated by the defense is prohibited.
- **Rule Intent:** To promote safe play and develop proper defensive skills.
- **Point of Emphasis:** Legal and safe stick to body contact is identified as a point of emphasis for 2024 in the USA Lacrosse Youth Guidebook and NFHS Girls Lacrosse Rules Book.

RULE SITUATIONS:

SITUATION A: A defender uses their stick to make contact with an opponent's body.

RULING: Major foul by the defender. Illegal stick to body contact.

COMMENT: Defensive players may not initiate stick to body contact.

SITUATION B: A defender's opponent moves their body into the defender's stick which is held in a horizontal position.

RULING: Major foul by the defender.

COMMENT: Defensive players may not contact an opponent's body with a stick held in a horizontal position. A horizontal position occurs when the head of the stick drops below the 10 o'clock and 2 o'clock position.

SITUATION C: A defender makes contact with an opponent's body with their hand or forearm which is holding their stick.

RULING: Legal if the stick does not contact the opponent's body and the defender does not use their hand or forearm to hit, push, or displace the opponent.

COMMENT: A hand or forearm holding a stick is not considered part of the stick and may contact an opponent's body.

SITUATION D: A defender who has made legal contact with an opponent's body with their hand and forearm on their stick, moves the stick such that the stick is now in contact with the opponent's body.

RULING: Major foul by the defender. Illegal stick to body contact.

COMMENT: The defender has changed the position of the stick which initiates contact with the opponent's body.

SITUATION E: After a defender makes legal contact with an opponent's body with their hand or forearm on their stick, the opponent rolls their body causing the defender's stick to contact the opponent's body.

RULING: No call unless either player pushes or displaces the other player.

COMMENT: The defender did not initiate stick to body contact. Instead, their opponent changed position which caused the contact.

- After the stick to body contact occurs, the defender shall move their stick so their hand or forearm – not the stick - are in contact with the opponent's body or move their stick so it is not touching the opponent's body.
- Officials should allow a reasonable amount of time for the defender to reposition their stick to avoid illegal contact.
- A major foul occurs for illegal stick to body contact if the defender fails to move their stick from contact with their opponent's body.

SITUATION F: An offensive player moves into a defender's stick which is held in a vertical position (between 10 o'clock and 2 o'clock) causing stick to body contact.

RULING: Legal unless the offensive player uses their body to push or displace the defender.

COMMENT: This is considered incidental contact. A rule violation has not occurred in this "meet and greet" situation because the defender did not initiate stick to body contact. When this occurs, the defender shall move their stick so it is no longer touching the opponent's body. Officials should allow a reasonable amount of time for the defender to move their stick.

SITUATION G: A defender, guarding an opponent without the ball, uses their stick to make contact with the opponent's body.

RULING: Major foul by the defender. Illegal stick to body contact.

COMMENT: Defensive players may not initiate stick to body contact with an opponent whether or not the opponent has the ball.

SITUATION H: A defensive and offensive player bump into each other causing the defender's stick to touch the body of the offensive player.

RULING: No call unless either player pushes or displaces the other player.

COMMENT: This is considered incidental contact. When this occurs, the defender shall move their stick so it is no longer touching the opponent's body. Officials should allow a reasonable amount of time for the defender to move their stick.

SITUATION I: A defender holds their stick against an opponent's body in a legal vertical position as the opponent is running.

RULING: Illegal stick to body contact.

COMMENT: A defender may not "ride" an opponent by holding their stick against the opponent's body as they are running.

- Illegal stick to body contact has occurred if the defender initiated the contact.
- Illegal stick to body contact has occurred if the initial contact was incidental but the defender failed to remove their stick from body contact within a reasonable amount of time.

SITUATION J: An offensive player uses their stick to make contact with a defender's body.

RULING:

- Legal if the offensive player's stick is in a vertical position (between 10 o'clock and 2 o'clock) and the stick is not used to hit, push, or displace an opponent.
- Illegal stick to body contact occurs if the offensive player's stick is in a horizontal position (between 10 o'clock and 2 o'clock).
- Illegal stick to body contact occurs if the offensive player's stick is used to hit, push, or displace the opponent.