



# 2026 Boy's NFHS Rules Interp

| 1-13-26



# Disclaimer

**This PowerPoint presentation is intended solely for educational purposes and serves as a supplementary resource to facilitate understanding of the 2026 boys high school lacrosse 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 NFHS/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 for 2026
- Clarifications for 2026
  - 1-2-12D Coaches Area Marking Updates
  - 1-9-1B (4 & 5) Updates to Mouthguards
  - 1-12 Horn Accessibility at the Table Area
  - 3-5-1 & 2 Game Interruption Procedures
  - 4-3-3e Clarifications for Players Facing Off
  - 4-8 Clarifications for Goals Scored
  - 4-18-4 and 5-6-2 – Goal Crease Privileges and Updated Player Penalties
  - 4-22-1c Elimination of Goalie 5-second Rule on Restarts
  - 6-3-2c Clarifications to Holding Penalties
  - 6-5-2y Loss of Helmets Resulting in Technical Foul for Illegal Procedure
  - 7-3 Ball Location for Restarts when Fouls Occur in Attacking Area
- Editorial Changes for 2026
- Loss of Helmet FAQ

# 2026 Points of Emphasis

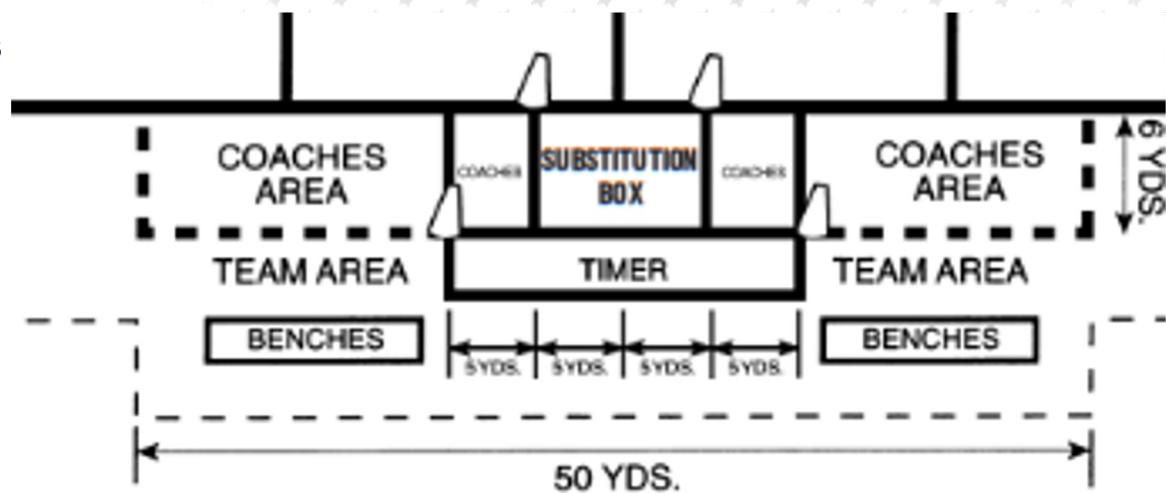
## Page 5

- Properly Wearing Equipment
- Personal Foul – Contact to Head or Neck
- Sportsmanship and the Role of a Coach
- Pregame Responsibilities

# 1-2-12D Coaches and Team Area Marking

## Page 12

- Soft, flexible cones or pylons should be positioned at the corners of the Coaches Area and Team Area to mark the boundaries of each zone clearly.



## 1-9-1B (4 & 5) Mouthguards

### Page 18

- There are no longer any color restrictions for mouthguards or a lack of color (White and Clear).
- However, mouth attachments that serve no protective purpose or are purely decorative are prohibited.
- Reminder: The penalty for an illegal mouthguard is a technical foul. This is an exception to Use of Illegal Equipment penalties.



# 1-12 Horn Accessibility at Table Area

## Page 23

- At the beginning of the game, the home team is required to provide a scorebook, a timing device, a table, and a working horn (hand-held or as part of the scoreboard) that can be operated from the table at the sideline.
- Reminder: Failing to provide any of these items is penalized by an illegal procedure before the start of the game, and the away team will be awarded the ball.



# 3-5-1 & 2 Game Interruption Procedures

## Page 31

- If a game is interrupted and cannot resume on the same day, it is considered complete once three-quarters (75%) of playing time has been finished.
- State associations and governing bodies may establish their own policies or modifications regarding how games are officially concluded.
- In the event of an interrupted game, officials should confirm the following details before leaving the site:
  - Game Time Elapsed
  - Game Score at the time of interruption
  - Possession and Ball Location when the game was stopped
  - Any Penalties Being Served
  - Any Other Relevant Circumstances



## 4-3-3e Clarifications for Players Facing Off

### Page 34

- If faceoff players are not positioned properly during a faceoff, the official may adjust the players' positioning or their crosses to ensure a fair faceoff.
- If players must be repeatedly adjusted, the official may assess a delay-of-game penalty and award the ball to their opponent.
- This is at the discretion of the officials and should be discussed with faceoff players and the coach before and during the game.



## 4-8 Clarifications for Goals Scored

### Page 41

- A goal is defined as a loose ball that completely crosses the goal line
- If a ball were to be in possession of the goalie or a defender while in their own crease and the stick was brought over the goal line and then dropped it would be a goal.



640 x 360

10

## 4-18-4 and 5-6-2 – Goal Crease Privileges

### Page 48 & 64

- In all cases, it is now a personal foul for illegal equipment when a defensive player, other than a properly equipped goalkeeper, enters their own crease with the perceived intent of blocking a shot or acting as a goalkeeper.



## 4-22-1c Elimination of Goalie 5-second Rule on Restarts

### Page 54

- Rule 4-22-1c was eliminated – The goalkeeper is no longer allowed up to 5 seconds to re-enter the goal crease to resume their position after leaving for a legitimate purpose.
- If a goalie leaves the crease, they are a field player.
- However, if a goalie leaves the crease and officials notice a goalie equipment issue during a dead ball, then by rule, we need a properly equipped goalie to resume play.



## 6-3-2c Clarifications to Holding Penalties

### Page 71

- The penalty for holding has not changed
- The added terms “hook,” “lift,” and “pin” further define holding and provide clearer guidance on illegal actions that have become more common in games.
- This helps officials to officiate plays like the “Crowbar”.



## 6-5-2y Loss of Helmets -Illegal Procedure

### Page 75

- Loss of a helmet is an illegal procedure, unless the official determines that the helmet was dislodged due to direct contact with the player's head.
- In any case, if a player's helmet comes off as a part of play, that player must leave the field and may return after the next dead ball.



## 7-3 Ball Location for Restarts in Attacking Area

### Page 86

- If the ball has crossed the end line before or after the penalty occurring, the ball shall be restarted laterally outside the goal area.
- The only time a ball will be restarted in the attack area is on an out-of-bounds play.



# 2026 Notable Editorial Changes

- Page 101 – New Signal 24 for Direct Contact to Head or Neck and a Defenseless
- Page 50 - 4-19-1 – Clarifies that a goal will be disallowed if a player jumps without possession, catches a pass, shoots, and lands in the crease

# 2026 Helmet FAQ

- Rule 6-5 Illegal Procedure
  - Page 75 6-5-2y – Loss of helmet, unless the official determines that the helmet was dislodged due to illegal contact.
- Rule 7-6 Simultaneous Fouls
  - Page 89
    - ART. 2 . . . An immediate whistle shall occur when a foul is committed by the team in possession (or entitled to possession) during a flag-down slow whistle
    - ART. 3 . . . Penalty Time:
      - A. No penalty time is served if there is no play-on or flag down in effect, and all fouls are technical.
      - b. No penalty time will be served by the team in possession (or entitled to possession) if that team commits only technical fouls.

# What Does That Mean?

## In All Cases

- A player who loses a helmet during live play must leave the field and may not return until after the next dead ball.

## During a Flag-Down Slow Whistle

- If Team A commits a foul causing a flag-down, slow-whistle situation, and that foul causes a Team B player's helmet to come off, immediately whistle, Team A serves their penalty time.
- The Team B player whose helmet came off does not serve penalty time but must leave the field until and may return after the next dead ball.

## Loose-Ball Personal Fouls

- If a Team A player commits a personal foul during a loose ball situation, causing a Team B player's helmet to come off, immediately whistle, Team A serves their penalty time.
- The Team B player whose helmet came off does not serve penalty time but must leave the field until and may return after the next dead ball.

## Loose-Ball Technical Fouls

- If a Team A player commits a loose-ball technical foul, causing a Team B player's helmet to come off, the official will blow the whistle immediately.
- Team B is awarded the ball, and the Team B player whose helmet came off must leave the field until the next dead ball. 18

# Questions?

- Email: [boysrules@usalacrosse.com](mailto:boysrules@usalacrosse.com)





[USALACROSSE.COM](http://USALACROSSE.COM)