

**USA<sup>TM</sup>**  
**LACROSSE**



# **WEBINAR - 2026 GIRLS' HIGH SCHOOL LACROSSE RULES INTERPRETATION**

**JEFFREY GROSE – NATIONAL RULES INTERPRETER | JANUARY 2026**

# POINTS OF EMPHASIS

## IDENTIFYING AND MANAGING FOULS DURING SCORING PLAYS

- Important POE because of risk of illegal and unsafe play
- Officials need to see and call fouls by both defense and offensive players



# POINTS OF EMPHASIS

## EFFICIENT DRAW ADMINISTRATION

- Important POE to keep game moving
- Efficient draw administration requires:
  - Move promptly to draw position after goals
  - Substitute and exchange sticks quickly after the goals
  - Set up draw efficiently
  - Penalize uncooperative players who slow down the draw set up and delay the game





# POINTS OF EMPHASIS

## DELAY OF GAME AND USE OF GREEN CARD

- Important to minimize delay of game and deter fouls
- Common violations:
  - Defenders failing to promptly move 4 meters from a free position
  - Players who commit a foul and continue to run downfield instead of moving 4 meters away or behind when the ball carrier pauses
  - Players slows to clear the penalty zone
  - Teams not returning promptly to the field after a timeout or end of a quarter



# RULE CHANGE

## CROSSE INSPECTION

### 2-4-5 - SUMMARY

- Stick checks allowed during 5 game situations
- Stick checks allowed:
  - Prior to the draw
  - Following goals
  - During quarter breaks and halftime
  - During a team time-out
  - Prior to the start of overtime



# RULE CHANGE

## CROSSE INSPECTION

### 2.4.5 SITUATION B

- Blue team awarded an 8-meter free position
- Less than one minute left in the second quarter
- Red team coach requests a stick check
- Improper request

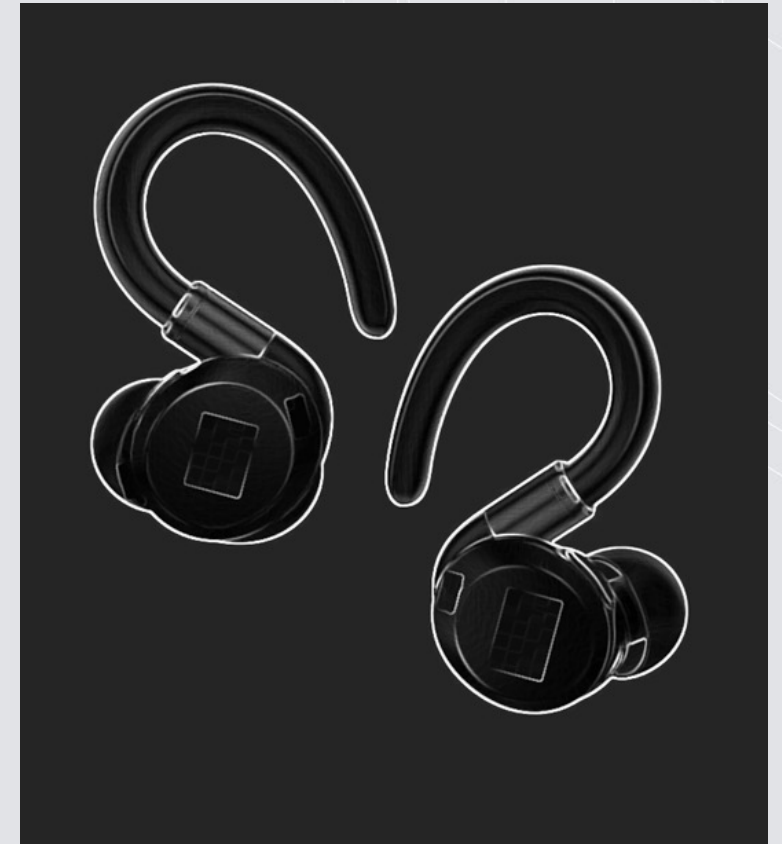


# RULE CHANGE

## ELECTRONIC EQUIPMENT

### 2-8-3 – SUMMARY

- Illegal for a field player to wear audio or video devices during the game
- Exception for medical accommodations approved by state association
- Coach misconduct penalty



# RULE CHANGE

## ELECTRONIC EQUIPMENT

### 2.8.3 SITUATION

- A) A field player is wearing earbuds to receive communication from a coach on the sideline
  - Illegal
- B) A field player is wearing a microphone to record audio for social media
  - Illegal





# RULE CHANGE

## TEAM TIMEOUTS

### 4-3-3d – SUMMARY

- If a possession time-out is called when ball is in goal circle,
  - Play resumes at the closest dot unless play restarts with a free position
  - Any player may restart when play resumes at the dot



# RULE CHANGE

## TEAM TIMEOUTS

### 4.3.3 SITUATION B

- Blue team goalkeeper blocks shot and has the ball in the goal circle
- Official begins 10-second count
- Blue team calls time-out
- After time-out, play resumes at the closest dot
  - Correct procedure
  - Any player may restart play



# RULE CHANGE

## STARTING PLAY – DRAW

### 5-2 PENALTY 1 - Summary

- When a player draws illegally,
  - Free position will be at the spot of the ball
  - Any player may take the free position
- Self-start is permitted unless the clock is stopped





# RULE CHANGE

## STARTING PLAY – DRAW

### 5-2 PENALTY 1 - EXAMPLE

- Blue team player draws illegally
- White team gains possession near boundary line
- Official requires the White team player who took the draw to restart play
  - Incorrect procedure
  - Any White team player may restart play





# RULE CHANGE

## GOAL CIRCLE

### 7-3 PENALTIES 1A, 3A – SUMMARY

- When a goal circle foul is committed,
  - Offending player moves 4 meters away from the free position
  - Offender is no longer placed 4 meters behind the free position



# RULE CHANGE

## GOAL CIRCLE

### 7.1.1 SITUATION

- A Red team defender reaches into the goal circle, picks up the ball and takes off
  - Illegal. Goal circle foul by defense
  - A free position is awarded at the closest dot
  - The offending Red player moves 4 meters away from the free position



# RULE CHANGE

## GOAL CIRCLE

### 7.1.2 SITUATION B

- An attack player with ball steps on the goal circle line when running around the back of the goal circle
  - Illegal. Goal circle foul by attack player
  - Free position awarded to goalkeeper in goal circle
  - The offending player moves 4 meters away from the goal circle



# NOTABLE EDITORIAL CHANGE

## EYE SHADE

### 2-7-6 SUMMARY

- Eye shade:
  - May include grease, no-glare strips, and stickers
  - Must be one solid stroke with no words, numbers, logos or other symbols
  - Shall not extend beyond width of eye socket or below cheekbone





# NOTABLE EDITORIAL CHANGE

## ADMINISTRATION OF YELLOW AND RED CARDS

### 10-1 PENALTIES

### 12-8 MISCONDUCT PENALTIES 3e

### COACH MISCONDUCT PENALTIES 2

- If a player receives an additional card during the same stoppage of play,
  - Head coach removes an additional player from the field
- If a coach receives two cards during the same stoppage of play,
  - Head coach designates two players to leave the field



# RULES RESOURCES

## NFHS 2026 LACROSSE RULES BOOK

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

## USAL 2026 WOMEN'S GAME OFFICIALS TRAINING MANUAL

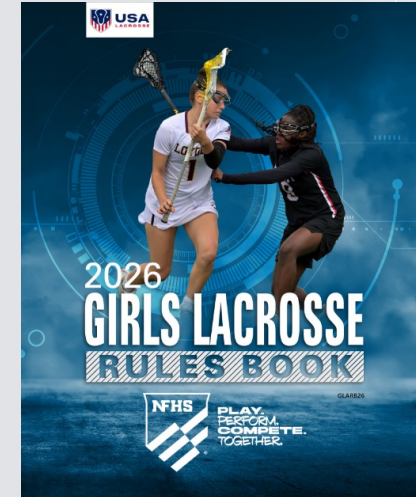
- Available to officials in their Annual Officials Certification Transcript

## USAL 2026 GIRLS HIGH SCHOOL LACROSSE RULES INTERPRETATION

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

## USAL RULE QUESTIONS AND INTERPRETATION REQUESTS

- [girlsrules@usalacrosse.com](mailto:girlsrules@usalacrosse.com)



2026 GIRLS' HIGH SCHOOL LACROSSE RULES



# QUESTIONS



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[usalacrosse.org](http://usalacrosse.org)

THANK YOU



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