



WEBINAR - 2026 GIRLS' HIGH SCHOOL LACROSSE RULES INTERPRETATION

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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 carries 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

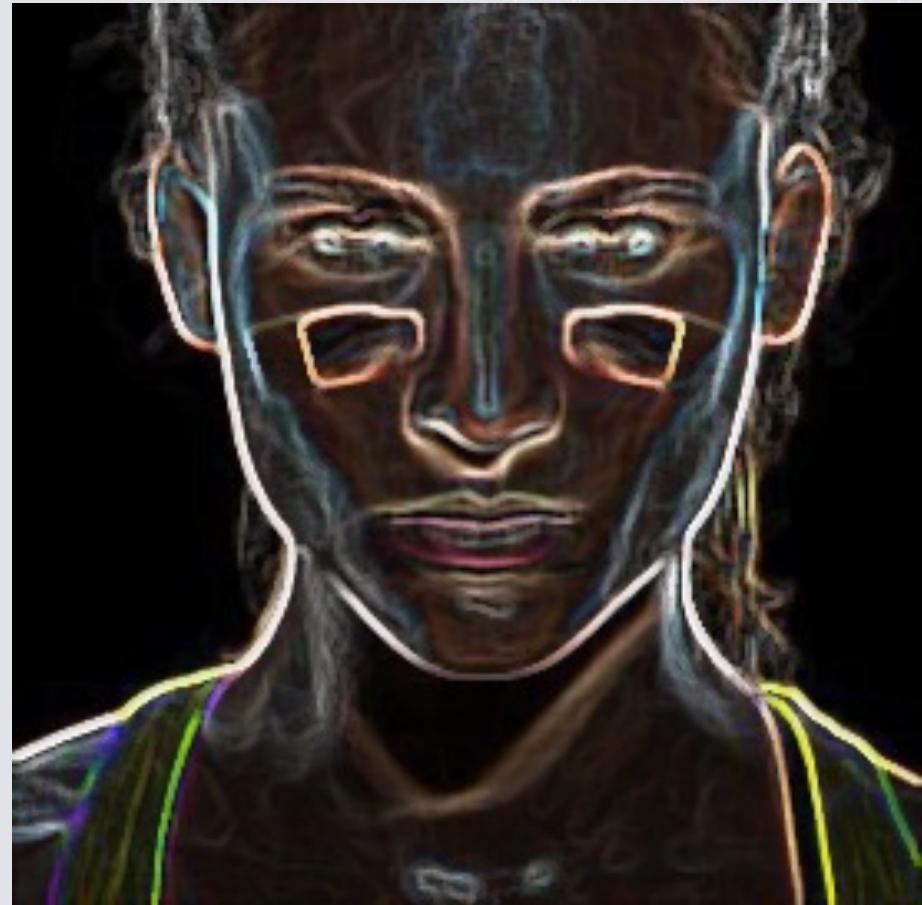


NOTABLE EDITORIAL CHANGE

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

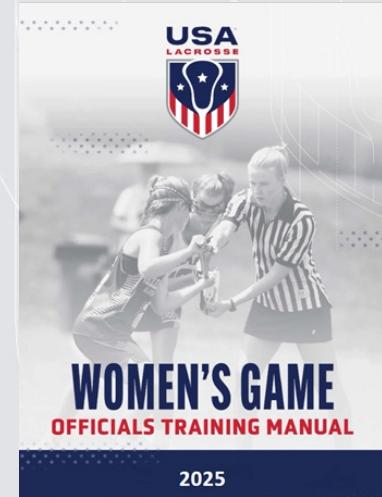
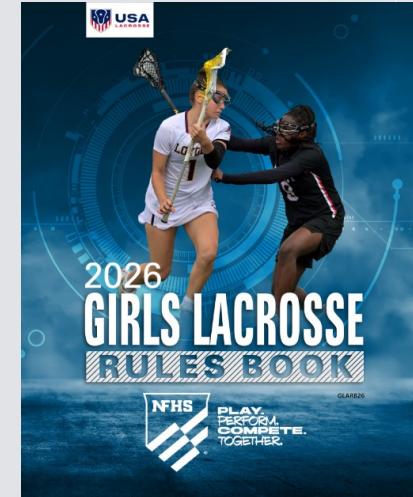
- If a player receives an additional card during the same stoppage of play,
 - Head coach removes an additional player from the field
- If a coach receives two cards during the same stoppage of play,
 - Head coach designates two players to leave the field



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



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QUESTIONS



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THANK YOU



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