



National Federation of State
High School Associations



2015

BOYS LACROSSE RULES BOOK

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2015 NFHS BOYS LACROSSE RULES BOOK

ROBERT B. GARDNER, Publisher

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NFHS Publications

To maintain the sound traditions of this sport, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for athletes, coaches and officials with disabilities.

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2015 Lacrosse Rules Changes

1-6-2: Adds an additional stick check procedure to ensure that the ball will roll out of the top end of the head.

1-7-3: Specifies that any hanging strings or leathers cannot be more than 2 inches in length and, beginning in 2016, that shooting strings and V channels must be within 4 inches of the top of the crosse.

2-1-3: Stipulates that a game cannot continue if a team has fewer than seven on-field players.

2-7-1 & 2: Revises the duties of the Chief Bench Official.

2-10-1: Specifies that a minimum of four game balls should be placed at the scorer's table on the bench side of the field.

3-1-2: Stipulates that if the score differential reaches 12 goals, the running clock will begin when the whistle is blown to resume play.

4-22-1, 2 & 3: Revises the restart procedure to specify that the ball may be restarted in the goal area or in the crease on a turnover to the defense. However, no restart shall take place with any player within 5 yards of the ball carrier.

5-5: Clarifies that an illegal stick will result in a penalty for not meeting specifications, even if unaltered.

6-4: Stipulates that a player setting a screen cannot have his feet wider than shoulder-width apart.

6-5-2e: Specifies that if a player leaves the penalty area before authorized to do so and if a goal is scored by the opposing team, that player will not be required to serve the 30-second penalty for illegal entry into the game.

6-5-2w: Stipulates that a player taking a dive or feigning a slash to the head or body in order to deceive the official will be penalized for illegal procedure.

Points of Emphasis

1. Contact
2. Equipment Inspection
3. Lacrosse Helmet Fitting

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NFHS Disclaimers

Note: Situations and Rulings immediately follow the corresponding rule/section. New or revised Situations and Rulings are preceded by an asterisk (*).

New rules changes are indicated by **highlights**.

A **(Y)** is included in numerous places throughout the book to indicate where the youth rules (Rules for Boys Youth Lacrosse are located at the end of this eBook) differ from NFHS rules.

For games played by younger age groups, age-specific rules should be utilized. US Lacrosse has established such age-specific rules for youth play, which are contained at the end of this eBook

Requests for lacrosse rule interpretations or explanations should be directed to the state association responsible for the high school lacrosse program in your state. The NFHS will assist in answering rules questions from state associations whenever called upon.

DISCLAIMER – NFHS Position Statements and Guidelines The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time. Please see pages 111-114 for these position statements.

Each state high school association adopting these rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS rules should contact the rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS rules. State rules interpreters may contact the NFHS for model rules interpretations. No other model rules interpretations should be considered.

U.S. Lacrosse has developed 2- and 3-man mechanics manuals for lacrosse officials. To access those manuals online, use the following link:

<http://www.uslacrosse.org/participants/officials/mens-officials-information/resources.aspx>

Rule 1 The Game, Field and Equipment

SECTION 1 THE GAME

(Y) Lacrosse is played by two teams of 10 players each. The purpose of each team is to score by causing the ball to enter the goal of its opponent and to prevent the other team from securing the ball and scoring. A goal counts one point. The winning team is the team that has scored the most goals during the game. The ball is kept in play by being carried, thrown or batted with the crosse, or rolled or kicked in any direction, subject to the restrictions described in the following rules.

SECTION 2 THE FIELD

(Y) ART. 1 . . . The playing field shall be rectangular, 110 yards in length and between 53 1/3 and 60 yards in width to accommodate play on existing fields. The boundaries of the field shall be marked with white or contrasting-colored lines. The long sides of the field shall be designated sidelines; the short sides shall be designated end lines. A bold white line shall be marked through the center of the field perpendicular to the sidelines. This line shall be known as the center line.

All lines shall be no less than 2 inches wide nor more than 4 inches wide. Exceptions are the goal line, which shall be 2 inches wide, and the center line, which shall be 4 inches wide.

NOTE: If the field of play has a logo in the center or at any other part of the field of play, that logo should not obstruct the visibility of the required marks. A solid or shadow-bordered line is permissible. A shadow line is a line that designates the continuation of the required line by use of a border or outline lines, at least 1/4-inch wide.

PENALTY: Failure to have a clearly marked center line that runs the entire width of the field is illegal procedure assessed against the home team.

ART. 2 . . . Lines shall be marked with a noncaustic material. Neither lime, hydrated lime or other chemical derivatives of lime, nor caustic material of any kind may be used.

NOTE: Powdered gypsum, calcium carbonate and liquid aerosol paint designed for marking playing fields and containing only nontoxic material, meet the specifications or qualifications for marking fields.

ART. 3 . . . Goal areas shall have a line 40 yards long at each end of the field, centered on goal and parallel to and 20 yards from the goal line. Lines shall be drawn at right angles to the terminal points of these lines to connect them with the end lines.

ART. 4 . . . Defensive area lines shall be parallel to the end line and marked on each side of the field 20 yards from the goal line and extend from sideline to sideline. The defensive-area line shall coincide with the 40-yard portion of the goal-area line.

ART. 5 . . . Wing area lines parallel to the sidelines shall be marked on each side of the field 20 yards from the center of the field and extending 10 yards on each side of the center line. The areas between these line segments and the sidelines and confined within the extremities of those line segments shall be designated as wing areas.

ART. 6 . . . A point on the center line, equidistant from each side, shall be marked with an "X" or a 4-inch square that is a contrasting color and shall be designated the Center.

ART. 7 . . . Where physically possible, the scorer's table should be placed at least 6 yards from the sideline at the center line. Two lines shall be drawn on either side of the center line 10 yards from the center line and extending past the scorer's table. The area bounded by the sideline, the two lines perpendicular to the sideline and the scorer's table shall be referred to as the table area.

Only players serving penalty time, players ready to substitute on the fly, the chief bench official, and official scorers and timers are allowed in the table area.

ART. 8 . . . The coaches' areas shall be located on either side of the table area. Each coaches' area shall extend from the table area 15 yards parallel to the sideline. It shall be bounded by the sideline, the table area, a dotted line 6 yards from and parallel to the sideline, and a dotted line extending from the sideline, parallel to and 15 yards from the table-area line.

ART. 9 . . . The bench areas shall be on either side of the table area. Each bench area shall extend from the table area 15 yards parallel to the sideline. Each bench area shall be bounded on the field side by the coaches area. Benches for the competing teams shall be placed on either side of the scorer's table at least 10 yards from the table and, where physically possible, at least 10 yards from the sideline, parallel to the sideline.

ART. 10 . . . The penalty area shall be located within the table area immediately in front of the scorer's table.

(Y) ART. 11 . . . Spectator and media areas shall be restricted as follows:

a. Spectators and media (including photographers) are not allowed behind the end lines except in stadium structures where permanent seats exist.

b. Spectators and media (including photographers) are not allowed immediately behind the bench area, or within or immediately behind the table area.

c. Spectators and media (including photographers) are not allowed within the limit lines at any time during a contest.

ART. 12 . . . Soft flexible cones or pylons of red or orange color should be placed at the outside edge of each of the four corners of the field and at the outside edge of the intersection of the center line and the sideline opposite the table area. Only cones should be placed at the intersections of the table-area line and sideline, directly in front of the table area.

RULE 1, SECTION 2 – PLAY RULINGS

1.2 SITUATION: Officials arrive at game site and notice that the field markings (a) do not conform to the “Lacrosse Field of Play” diagram or (b) do not meet requirements as specified in the rules i.e. lines missing or are of incorrect dimensions. **RULING:** Officials notify the home team’s head coach. If unable to make corrections to markings or add missing lines, the game is played and the official shall notify the sponsoring authority. **NOTE:** If the center line does not run the entire width of the field, an illegal procedure penalty is assessed.

1.2.9 SITUATION: With the obstruction caused by a track long-jump runway, the head coach of Team A requests that both teams’ benches be moved to the opposite side of the field. **RULING:** Proper, if deemed acceptable by the referee.

1.2.11 SITUATION: A spectator crosses into the roped-off limits area. **RULING:** Officials warn the home team’s head coach that spectators shall be relocated behind the limit area. If home management fails to correct the situation, the head coach will be issued a technical foul (Delay of Game). Should the situation continue, a personal foul for unsportsmanlike conduct would be issued.

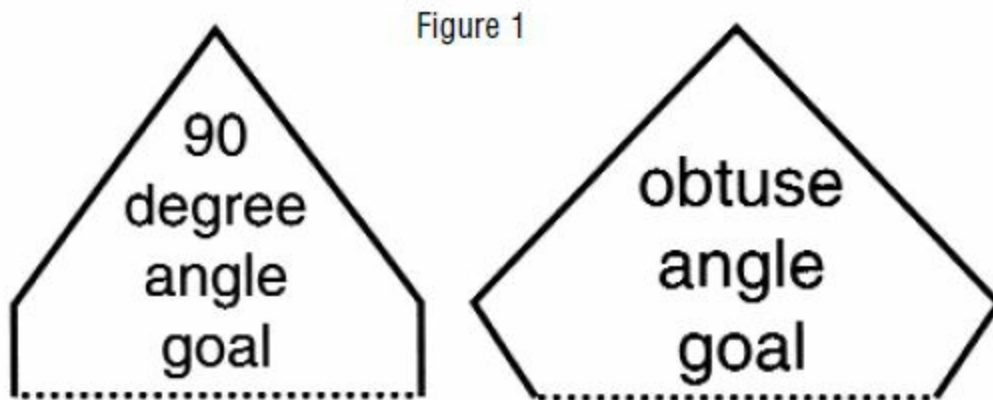
SECTION 3 GOALS AND GOAL LINES

ART. 1 . . . Goals shall form an opening or goal mouth that is 6 feet wide and 6 feet high (inside measurements). Goals shall be constructed of 1½-inch inside diameter metal pipe and shall be painted orange. All goals shall consist of two vertical posts joined by a rigid top crossbar. These posts shall be 6 feet apart and the top crossbar shall be 6 feet from the ground.

ART. 2 . . . Goals should be constructed in a manner such that when a ball enters the goal mouth and is a goal, it shall not re-enter the field of play. The recommended goal for natural-surface fields is an in-ground goal. The vertical posts shall be 7½ feet in overall length and shall be inserted into 1½-foot by 2-inch vertical sleeves that are inserted into the ground, exposing 6 feet of vertical post above the ground. The sleeves shall be capped at the bottom, and the top of the sleeves shall be at ground level. On fields where an in-ground goal cannot be used or on artificial-surface fields, the following goals are acceptable:

a. Flat-iron goal (recommended for use on artificial-surface fields). Each vertical post shall be 6 feet long and shall be attached to a piece of flat iron at the bottom. The two flat irons, each attached to a vertical post, shall meet at a point 7 feet back from the center of the goal. The maximum thickness of the flat iron shall be ½ inch, with no part of the flat iron extending into the goal line. If a flat-iron goal is used on a grass field, it shall be attached to the ground with ground anchors.

b. Obtuse-angle goal and 90-degree angle goal. Each vertical post shall be 6 feet long and shall be attached to a ground pipe at the bottom. The ground pipe shall form an obtuse angle or a 90-degree angle with the goal line immediately behind the vertical post and then bend to extend to a point 7 feet back from the center of the goal. (See Figure 1 below)



ART. 3 . . . The home team is responsible for having legal goals. If, before the start of the game, either goal is found to be illegal, a reasonable length of time shall be granted to make it legal. Failure to make the goals legal shall result in a three minute non-releasable penalty against the home team.

a. A line shall be drawn between the goal posts to indicate the plane of the goal, and it shall be designated the goal line. The goals shall be centered between the sidelines and placed 15 yards from each end line.

b. Goal creases around each goal shall be a plainly marked circle. The area within the crease shall not be painted. This circle shall be marked by using the midpoint of the goal line as the center and drawing a circle with a radius of 9 feet. The goal-crease area is the circular surface about each goal within and including the goal-crease line itself.

SECTION 4 GOAL NETS

Each goal shall be fitted with a pyramidal-shaped cord netting that shall extend and be fastened on the ground at a point 7 feet back of the center of the goal line. The net shall be considered part of the goal. The mesh of the net shall not exceed 1½ inches, and the net shall be fastened to the goal posts, crossbar and the ground so as to prevent the passage of the ball. Nets shall be adjusted so the ball may pass completely through the imaginary plane of the goal at any place. It is recommended that the net be attached to the ground with ground anchors. Goal nets may be of any solid color.

SECTION 5 THE BALL

(Y) The ball shall be white, yellow, orange or lime green and meet the current NOCSAE lacrosse ball standard at the time of manufacture. White balls shall be used unless both coaches agree prior to or during the game to use a yellow, orange or lime green ball.



Figure 2

Game balls shall be supplied by the home team. The ball shall include the NFHS Authenticating Mark. **NOTE:** All game balls must include labeling which states “Meets NOCSAE Standard. NFHS.”

RULE 1, SECTION 5 – PLAY RULING

1.5 SITUATION A: Prior to the start of the game, it is determined that the balls the home team has provided for the game do not include the labeling “Meets NOCSAE Standard.” They advise they do not have such balls available. **RULING:** (a) If the visiting team has such balls which may be used, or such balls are otherwise available, the home team is assessed a Technical Foul (award the ball to the visiting team on the opening face-off) and the game is played. The matter shall be reported to the sponsoring authority. (b) If the visiting team does not have such balls which may be used, and such balls are not otherwise available, the game cannot be played and the matter shall be referred to the sponsoring authority. The standards are established to minimize risk and if no such balls are available, the game cannot be played.

1.5 SITUATION B: During the course of the game, it is determined that a ball in play, or which has been used or is about to be used, does not include the labeling “Meets NOCSAE Standard.” **RULING:** The ball shall be removed from the game and no penalty assessed. If a goal has been scored using the ball, the goal is allowed, but the ball is removed from the game. **NOTE:** Repeated violations of this provision will be penalized as Delay of Game.

***1.5 SITUATION C:** The officials arrive at a game and find that the balls supplied by the home team include labeling that says “Meets NOCSAE Standard” but the balls do not have the NFHS mark. **RULING:** The officials begin the game using the balls supplied by the home team with no penalty to the home team and inform the state association or sponsoring authority after the conclusion of the game.

***1.5 SITUATION D:** At some point after the start of the game, the officials determine that there are no balls available with the label “Meets NOCSAE Standard.” **RULING:** The game is suspended and the officials shall notify the sponsoring authority. The sponsoring authority shall determine the result of the game or, if the game will be continued.

SECTION 6 CROSSE DIMENSIONS

(Y) ART. 1 . . . The crosse shall be an overall fixed length of either 40 to 42 inches (short crosse) or 52 to 72 inches (long crosse), except for the goalkeeper's crosse, which may be 40 to 72 inches long. 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 6½ and 10 inches, inside measurement, at the top and the bottom of the wall. (See [Figure 3](#)) There shall be one crosse 10 to 12 inches, inside measurement at its widest point, at the top and bottom of the wall. This crosse shall be used by the required designated goalkeeper. The walls of any crosse shall not be more than 2 inches high.

EXCEPTION: The gut wall.

ART. 2 . . . A ball stop is not required. If a ball stop is used, only one may be used, and the dimensions shall be a maximum of 2 inches in length, 1½ inches in width and ¼ inch in thickness. The length of the head shall be a minimum of 10 inches from the outside edge of the head to the beginning of the throat of the crosse, regardless of whether a ball stop is used. The goalkeeper's crosse shall have a maximum of 16½ inches measured in the same way. If a ball stop is used, it shall be perpendicular to the handle of the crosse and wide enough to permit the ball to rest loosely on the stop. (See [Figures 3 & 4](#) below.) **With the ball in the crosse at the deepest point of the pocket, horizontal to the ground, tip the crosse forward 90 degrees to ensure that the ball rolls out of the top end of the head.** (See [Figure 5](#) below)

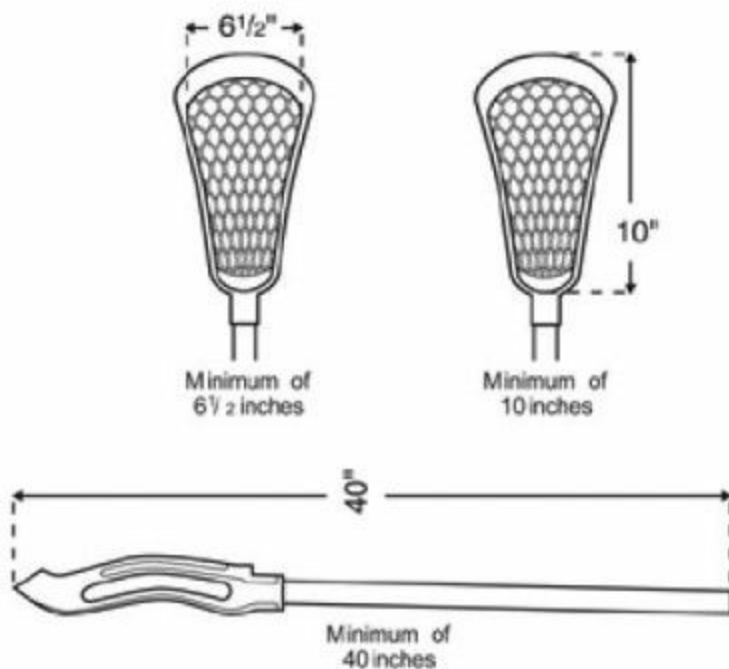


Figure 3

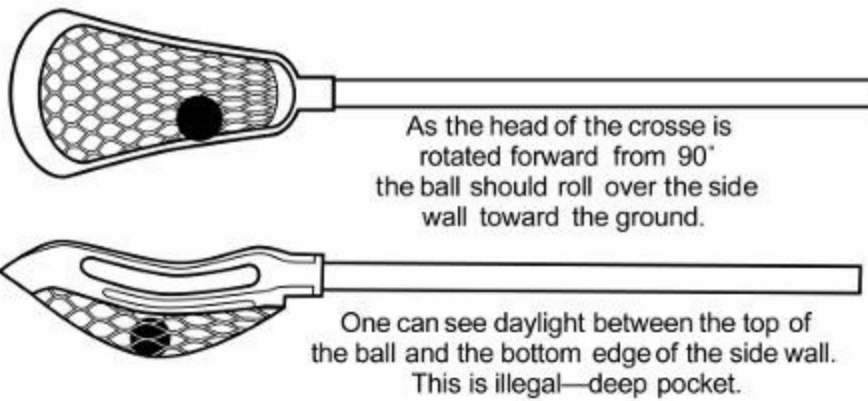
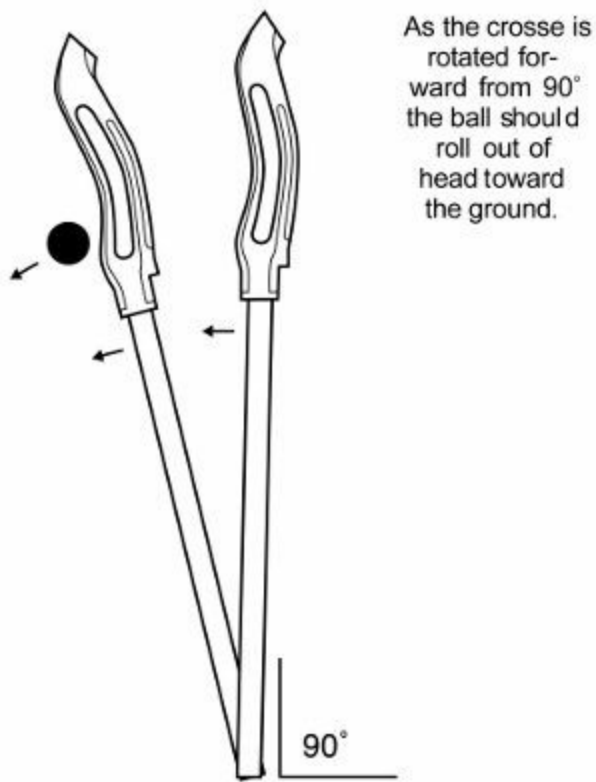


Figure 4



Figure 5

NOTE: The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers. See [Equipment Guidelines](#).

RULE 1, SECTION 6 – PLAY RULING

1.6.1 SITUATION: During an equipment inspection, A1's handle has a tape ring measuring more than 3.5 inches in circumference that is (a) within 3 inches or (b) more than 3 inches from the butt end of the handle. **RULING:** (a) Legal (b) The stick is not considered illegal. The tape ring, which is more than 3 inches from the butt end of the handle, must be removed before the stick is returned to play. There is no penalty assessed.

SECTION 7 CROSSE CONSTRUCTION

ART. 1 . . . The crosse shall be made of wood, laminated wood or synthetic material, with the head approximately perpendicular to the handle. The side wall opposite the wood wall may be made by weaving gut lacing from the tip of the head to the handle, strung in such a manner as to prevent the tip from catching on an opponent's crosse; or both walls may be of wood, laminated wood or synthetic material. The stop shall be constructed so that the ball shall rest on the stop. The net of the crosse shall be constructed of gut, rawhide, linen or synthetic material and shall be roughly triangular in shape. The longitudinal weaving shall be attached at the back of the throat of the crosse.

ART. 2 . . . Any crosse in which the net is woven to the head in such a manner that a lip or hook is formed that might ensnare the ball is illegal.

ART. 3 . . . Any strings or leathers are limited to a hanging length of 2 inches. All hollow crosse handles must have their open end covered with an end cap manufactured for a lacrosse stick. In both cases, the crosse shall not be considered illegal; however, it shall be removed from the game until corrected. Beginning in 2016, any additional strings or laces (e.g., shooting strings, V channels) must be located within 4 inches of the top of the crosse. No more than one sidewall string on each side is allowed. (See [Figure 6](#))



Figure 6

ART. 4 . . . The crosse shall be relatively straight from the butt end to the end of the head. A “relatively straight” crosse shall be defined as one that may be laid flat on a tabletop on the side opposite the netting so that a substantial portion of the crosse rests on the table and such that there is a distance from the tabletop to the bottom edge of the head that at no point exceeds $2\frac{3}{4}$ inches. (See Figure 7, below)



Figure 7

ART. 5 . . . Any crosse used on a faceoff may not have tape on the plastic throat of the head.

SECTION 8 CROSSE PROHIBITIONS

No player shall use a crosse that does not meet the specifications of Sections 6 and 7.

Furthermore, crosses in which the pocket has sagged to such a depth that it has become difficult for an opponent to dislodge the ball and crosses in which the construction or stringing at the bottom is designed to withhold the ball from play also are prohibited. Additionally, no player may use a crosse that has stringing that retards the normal and free dislodgment of the ball by an opponent. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when placed therein, is below the bottom edge of the side wall (this prohibition does not apply to the goalkeeper's crosse). (See [Figure 4](#)) A crosse that has been altered in such a way as to give an advantage to an individual is illegal. Adjustable-length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal. A broken crosse is considered as no crosse.

RULE 1, SECTION 8 – PLAY RULING

1.8 SITUATION: During an equipment inspection, the following conditions are discovered: (a) A1's crosse pocket does not meet depth requirements. (b) A2's crosse is measured to be 39¾ inches long. (c) Strings on A3's crosse hang longer than 2 inches. (d) A4's shaft has been cambered. **RULING:** In (a), personal foul; one-minute nonreleasable penalty; crosse removed from game until it meets specifications. In (b), personal foul; three-minute nonreleasable penalty; illegal crosse will remain at the table area for remainder of game. In (c), A3 is instructed by official to cut strings to proper length. If A3 fails to comply, a one-minute nonreleasable penalty shall be issued. In (d), personal foul; three-minute nonreleasable penalty; illegal crosse will remain at the table area.

SECTION 9 PLAYER EQUIPMENT

ART. 1 . . . Mandatory equipment. Each player shall wear the following pieces of equipment which shall be professionally manufactured and not altered:

a. A protective helmet, designed for lacrosse, which met the NOCSAE test at the time of manufacture and has a visible, exterior warning label regarding the risk of injury. Both the chin pad and chin strap shall be firmly attached to the mask as designed. All helmet decals and external markings shall be school-issued. All players of a team shall wear helmets of the same color or colors.

b. A face mask with a center bar from top to bottom and the lateral (horizontal) openings shall not exceed 1½ inches. No foreign material may extend below the base of the helmet.

c. While participating, each player shall properly wear a professionally manufactured (not altered) tooth and mouth protector (intraoral) which shall:

1. include an occlusal (protecting and separating the biting surfaces) portion;

2. include a labial (protecting the teeth and supporting structures) portion;

3. cover the posterior teeth with adequate thickness;

4. be made of any readily visible color;

5. not be completely white; and

6. not be completely clear.

It is recommended that the protector be properly-fitted, protecting the anterior (leading) dental arch and:

1. be constructed from a model made from an impression of the individual's teeth, or

2. be constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.

NOTE: The phrase “leading dental arch” refers to over-bite/under-bite and the tooth and mouth protector should protect the “leading dental arch.” A player who has an over-bite should wear a tooth and mouth protector on his upper teeth and a player who has an under-bite should wear one on his lower teeth.

d. Protective gloves.

e. Shoulder pads (optional for goalkeeper).

f. Shoes shall be made of a material which covers the foot (canvas, leather or synthetic)

attached to a firm sole of leather, rubber or composition material which may have cleats or which may be cleatless. Among the items which do not meet these requirements are gymnastic slippers, tennis shoes cut so protection is reduced, ski and logger boots and other apparel not intended for lacrosse use:

1. Removable cleats shall conform to the following specifications:

(a) Constructed of a material which does not chip or develop a cutting edge. Legal material includes leather, nylon, certain plastics and rubber. Cleats may be tipped with low carbon steel of 1006 material, case-hardened to .005-.008 depth and drawn to Rockwell hardness of approximately C55; the use of aluminum or ceramics is not permissible.

(b) The base and the tip of the cleat shall be parallel. The free end may be rounded in an arc with a radius of not less than $\frac{7}{16}$ inch provided the overall length is not more than $\frac{1}{2}$ inch measured from the tip of the cleat to the shoe. The cleat may be attached to a raised platform which is molded to the shoe. The platform may be no more than $\frac{5}{32}$ inch in height and shall be wider than the base of the cleat. The widest part of the cleat shall be in direct contact with the platform.

The $\frac{5}{32}$ -inch raised platform shall be wider than the base of the cleat and shall extend across the width of the sole to within $\frac{1}{4}$ inch or less of the outer edges of the sole. A single toe cleat does not require a raised platform that extends across the width of the sole. The raised platform of the toe cleat is limited to $\frac{5}{32}$ inch or less. The $\frac{5}{32}$ -inch platform is measured from the lowest part of the shoe's sole.

(c) An effective locking device which prevents the exposure of metal posts shall be incorporated.

(d) The cleat wall shall be at least $\frac{3}{16}$ inch in diameter.

(e) The sides of the cleat shall taper uniformly from a minimum base of $\frac{3}{4}$ inch in diameter to a minimum tip of $\frac{3}{16}$ inch in diameter.

2. Nonremovable cleats are limited to studs or projections which do not exceed $\frac{1}{2}$ inch in length and which are made with nonabrasive rubber or rubber-type synthetic material which does not have and will not develop a cutting edge.

g. **(Y)** Jerseys shall be of a single, solid color with the following trim specifications permitted:

1. Collar, cuffs and waistband may be of contrasting colors, but not more than 2 inches wide.

2. Side inserts may be of contrasting color(s), but no more than 3 inches wide, and extending vertically no more than the armpit to waistband.

3. Numbers shall be centered vertically and horizontally and at least 8 inches tall on the front and at least 12 inches tall on the back.
4. Numbers may contain contrasting color trim(s) not to exceed 2 inches (the number shall contrast with the body of the jersey).
5. The jersey shall completely cover the shoulder pads.
6. Duplicate numbers on jerseys shall not be permitted on the same team. Legal numbers are 0-99.

NOTE: Beginning in the 2017-18 school year, double-zero, 01, 02, 03, etc. are not legal numbers.

7. Contrasting colored piping not to exceed 1/8-inch wide is allowed.
8. Jerseys shall be of contrasting colors for opposing teams. The home team shall wear light jerseys and the visiting team shall wear its dark-color jerseys. The visiting team is responsible for avoidance of similarity of colors, but, if there is doubt, the referee may require the home team to change jerseys.

h. Uniforms shorts: All players on the same team shall wear uniform shorts of the same dominant color.

i. A visible manufacturer's logo/trademark may not exceed 2¼ square inches and 2¼ inches in any direction on the jersey and/or pant/short. No more than one manufacturer's logo/trademark or reference on the outside of each item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).

NOTE: An American flag, not to exceed 2 by 3 inches, and either a commemorative or a memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag, nor the patch, interferes with the visibility of the number.

j. **(Y)** Arm pads (optional for goalkeeper).

k. Goalkeepers shall wear:

1. Throat protection.
2. Chest protection.

l. Goalkeepers may wear:

1. Shin guards.
2. Football pants with or without pads.

ART. 2 . . . Optional items

a. Under-jerseys, if visible, shall:

1. Be a solid color which is white, gray or one of the team's official colors.
2. Be the same color for those who choose to wear them.
3. Be tucked into the pants if longer than belt length.

b. Compression shorts, if visible, shall be the same color for all those team members who choose to wear them.

c. Sweatpants may be worn and if worn, teammates are required to wear the same solid color.

d. A player may wear a clear, molded and non-rigid helmet eye shield. A player may wear eye glasses, either tinted or clear. A player may not wear both a clear, molded and non-rigid helmet eye shield and tinted eye glasses.

e. **(Y)** A protective cup is recommended for all players.

ART. 3 . . . Play shall be suspended immediately if a player loses any of the mandatory equipment in a scrimmage area. Otherwise, the official shall delay the whistle but not drop a flag, in the same manner as set forth in [Rule 7-8](#).

RULE 1, SECTION 9 – PLAY RULINGS

1.9.1 SITUATION A: B1 is not wearing shoulder pads, arm pads, mouthpiece or other mandatory protective equipment. **RULING:** One-minute nonreleasable personal foul, even if multiple equipment violations are found.

1.9.1 SITUATION B: A1, while driving to the goal, has no mouthpiece, the mouthpiece is hanging from his face mask or it is in his mouth but not worn properly. **RULING:** Stop play, one-minute nonreleasable foul unless the official knows the mouthpiece came out as a result of the play.

1.9.1 SITUATION C: A6 is discovered wearing shoes that have cleats longer than one-half inch or cleats with metal spikes. The official calls an official's time-out and assesses a one-minute non-releasable penalty on A6. **RULING:** This is the correct procedure. The safety of all participants is paramount.

1.9.1 SITUATION D: Team A is wearing jerseys that include the team name, mascot and/or individual players' names. **RULING:** Legal. The uniform may include the school name, school mascot and individual players' names.

1.9.1 SITUATION E: A1 scores a goal. Before the next faceoff, it is noticed that (a) A1 is not wearing a legal uniform; (b) A1 is not wearing one or more mandatory pieces of protective equipment. **RULING:** (a) Goal counts with no penalty. (b) Goal counts and A1 serves a 1-minute non-releasable penalty for illegal equipment. The game restarts with the ball awarded to Team B in its offensive half of the field at the Center.

1.9.1 SITUATION F: Team A purchased new shoulder pads for the team. Parts of the shoulder pads came from the manufacturer with parts attached with Velcro. In addition to the parts attached with Velcro, there were two additional parts in the box that could be added to the pads with Velcro. Is it a requirement that all parts of the pad be worn to be in compliance with the rules? **RULING:** Players are not required to wear pieces of the pads and other protective equipment that the manufacturer intended to be optional. Thus, pieces that came with the pads that are attached with Velcro or loose in the box and could be added with Velcro attachment are considered optional and players are not required to wear them.

1.9.1 SITUATION G: During the game, A1 is wearing a jersey with the number 2 and A2 is wearing a jersey with the number 02. **RULING:** Illegal as 2 and 02 are considered to be the same number. Either A1 or A2 must leave the field at the next dead ball and may not return wearing that same number jersey. The official shall warn the coach about jersey numbers and subsequent violations shall be a conduct foul on Team A's head coach.

1.9.2 SITUATION A: Prior to the beginning of the game (a) Team A is wearing jerseys that do not meet specifications; (b) A2 is wearing multicolored sweatpants. **RULING:** Illegal in both (a) and (b). In (a), the official should instruct Team A to correct the problem prior to the beginning of the game. If it cannot, the team would be penalized for illegal procedure and the ball would be

awarded to the opposing team in its offensive half of the field at the Center. In (b), the official would instruct the player to remove the multicolored sweatpants prior to the beginning of the game. Sweatpants worn by teammates shall be of a single, solid color.

1.9.2 SITUATION B: During the pregame visit, the referee notices that some squad members have helmet eye shields, which are (a) dark, or (b) clear. The coach of Team A has a letter from a physician indicating that the dark shield is a necessity for the player. **RULING:** In (a), the referee indicates to the coach only helmet eye shields which permit 100% light transmission may be worn. A physician's statement cannot supersede this rule. In (b), the helmet eye shield is legal if, in addition to being clear, it is also molded and non-rigid, and attached firmly to the helmet.

1.9.2 SITUATION C: During the game: (a) A1 is discovered to be wearing a helmet eye shield, which is reflective, or (b) an entering substitute of Team B has a dark helmet eye shield. **RULING:** In (a), A1 is assessed a one-minute non-releasable foul for illegal equipment. He may not re-enter the game until he is legally equipped. In (b), the Team B substitute will not be allowed to become a player, and he will be ordered to leave the field and not re-enter until he is legally equipped.

1.9.2 SITUATION D: During the game, A1 is discovered to be wearing a helmet eye shield which is clear and eye glasses which are (a) tinted or (b) clear. **RULING:** In (a), A1 is assessed a one-minute non-releasable foul for illegal equipment. In (b), no penalty. Wearing a clear, molded and non-rigid helmet eye shield and clear eyeglasses is legal.

SECTION 10 PROHIBITED EQUIPMENT AND RELATED ITEMS

ART. 1 . . . No player shall participate while wearing illegal equipment. Such equipment shall always include but is not limited to:

a. Jewelry

NOTE: Medical-alert medals are not considered jewelry. The alert shall be taped to the body and may be visible. Religious medals are not considered jewelry. They shall be worn under the uniform and taped to the body.

b. Items that, in the opinion of the officials, endanger that individual or other players. Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow or upper arm are prohibited unless they are necessary to protect an injury. If worn, they must be padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

c. Electronic communication equipment worn during play by any of the 10 on-field players.

d. Equipment worn by the goalkeeper that exceeds the normal equipment worn by field players except for a chest protector, throat protector or shin guards.

e. Ice hockey goalkeeper's gloves.

f. Football shoulder pads or football helmets.

g. Any item that obscures the view of the uniform numbers on the front or back.

h. **(Y)** Eye shade (grease or non-glare strips or stickers) that is not a solid stroke or includes words, numbers, logos or other symbols within the eye shade.

ART. 2 . . . Electronic equipment may be used during play by coaches, non-playing team members, athletic trainers and/or other individuals officially connected to the team; however, electronic audio equipment shall not be used to communicate with the 10 on-field players.

RULE 1, SECTION 10 – PLAY RULINGS

1.10.1 SITUATION A: Prior to the game, the Team B coach requests the referee to examine a cast/splint on the forearm of one of his players. The protective item has "hard" material, but is covered with at least ½-inch thick, closed-cell, slow-recovery foam padding. The coach: (a) provides; or (b) does not provide, written authorization from an appropriate health-care professional directing the use of the cast/splint as necessary to protect an injury. **RULING:** In both (a) and (b), the cast/splint may be worn during the game. A letter from an appropriate health-care professional is not required.

1.10.1 SITUATION B: A2 is wearing a leather choker. Does this constitute jewelry? **RULING:** Yes. This would be a non-releasable foul.

1.10.1 SITUATION C: A9 is wearing a medical/religious bracelet. Should he be permitted to continue wearing it? **RULING:** Yes, provided the medal is taped to the body in such a fashion that it is not dangerous to the wearer or opponent. Medical medals may be visible; however, religious medals may not be visible.

1.10.1 SITUATION D: A1 is wearing football shoulder pads. **RULING:** Personal foul; one-minute nonreleasable foul.

1.10.1 SITUATION E: A1 has eye shade (grease or non-glare strips or stickers) that is (a) a solid stroke; (b) includes words, numbers, logos or other symbols; or (c) extends outside the eye socket or below the cheek bone. **RULING:** (a) legal; (b) and (c) illegal. In (b) and (c), A1 must adjust the eye shade before returning to play.

***1.10.1 SITUATION F:** Player A has: (a) a small video camera attached to his helmet. (b) an electronic sensor on his arm which controls an off-field camera causing it to follow his movement on the field. **RULING:** Both (a) and (b) are illegal. **COMMENT:** Electronic devices attached to the helmet or worn by any of the 10 on-field players could cause injury to other players and are not allowed.

SECTION 11 EQUIPMENT CERTIFICATION

ART. 1 . . . The pregame equipment certification by the head coach shall act as the team warning. The head coach shall certify to the referee before the game that all players are properly equipped and that all mandatory equipment will be worn properly, including:

- a. Having been informed what equipment is mandatory and what constitutes illegal equipment.
- b. Having been provided the equipment mandated by rule.
- c. Having been instructed to wear and how to wear mandatory equipment during the game.
- d. Having been instructed to notify the coaching staff when equipment becomes illegal through play during the game.
- e. Having had their crosses, uniforms and all other equipment inspected by the head coach for meeting specifications.

NOTE: “a” through “e” can be covered by the referee asking the head coach: “Coach, are all your players legally equipped by rule?”

ART 2. . . Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

SECTION 12 GAME ADMINISTRATION

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). Failing to provide any of these items is penalized by illegal procedure.

School bands or other organized groups that use artificial means to create noise shall be situated in the stands on their respective team's half of the field.

Rule 2 Game Personnel

SECTION 1 NUMBER AND DESIGNATION OF PLAYERS

ART. 1 . . . Ten players shall constitute a full team. They shall be designated as follows: Goalkeeper, Defense, Midfield, Attack. A team shall begin the game with at least 10 players, and must have a legally equipped goalkeeper on the field at all times, or it forfeits the game.

ART. 2 . . . A team may have a maximum of four players using long crosses (52-72 inches in length), not counting the goalkeeper's crosse, in the game at any time.

(Y) ART. 3 . . . If, because of injuries or players out on ejection fouls, a team cannot keep 10 players in the game, that team may continue the game with fewer than 10 players, with onside and stalling rules remaining in effect. However, a game shall not continue if a team has fewer than seven on-field players. The result of the game shall be determined by the state association or appropriate sponsoring authority.

ART. 4 . . . In the official scorebook lineups, the players shall be listed from top to bottom as "Attack," "Midfield," "Defense" and "Goalkeeper." The first attack player listed is officially the in-home. All players shall be listed by name, position and number in the official scorebook and shall be listed before the start of the game.

The In-Home shall be a starter in the game.

RULE 2, SECTION 1 – PLAY RULINGS

2.1.1 SITUATION: Goalkeeper B1 must leave the game due to an injury, expulsion or penalty. Team B refuses to send in another player to play that position. **RULING:** Team B must put a legally equipped goalkeeper on the field or it forfeits the game. The official will allow a full one-minute delay for replacing the goalie on the field beginning with his warm-up.

***2.1.3 SITUATION:** Team B has fewer than seven players remaining due to penalties, injuries, ejections, etc. **RULING:** Because Team B has fewer than seven players on the field, the game may not continue and it shall be reported to the sponsoring authority.

2.1.4 SITUATION: Team A coach adds (a) an additional player to the team roster after the game has begun. (b) The coach adds several additional players to the roster after the game has begun. **RULING:** Illegal. In both cases, Team A will be assessed a technical foul when the first player enters the game. Team A will not be penalized for subsequent substitutions.

SECTION 2 CAPTAINS

Each team shall designate a captain, who shall act as that team's sole representative on the field of play during the game. The captain's privilege does not grant a captain the right to enter into an argument with or criticize any decision of an official. Should the captain leave the field of play, either he or his coach shall designate to an official the name and number of the replacing captain. If a team is without a designated captain at any time during the play of the game, an official may designate an acting captain. When a team has co-captains, before the game one of them shall be designated as the official representative of that team on the field.

SECTION 3 COACHES

ART. 1 . . . One of a team's coaches shall be designated the head coach. The head coach shall be responsible for making all decisions for that team not delegated specifically to the team's game captain. Additionally, it shall be the head coach's responsibility to see that players and substitutes are properly equipped to play. Only the head coach will communicate with the officials.

ART. 2 . . . The head coach shall act in a courteous manner and also shall endeavor in every way to achieve the same from players and substitutes. Head coaches also shall be in control of and responsible for the actions of all non-playing members of their squad, and any and all persons officially connected with their school.

ART. 3 . . . Coaches shall assist the officials in keeping the game under control at all times. It shall be their duty, upon the request of an official, to control effectively actions of spectators not in conformity with standards of proper conduct.

RULE 2, SECTION 3 – PLAY RULING

2.3.2 SITUATION: An assistant coach for Team A commits an unsportsmanlike act. The official calls a) a penalty for unsportsmanlike conduct on the head coach or b) a penalty for unsportsmanlike conduct on the assistant coach who committed the unsportsmanlike act.

RULING: a) incorrect call by the official; b) correct call by the official. **COMMENT:** Although the head coach is responsible for the actions of all non-playing members of the squad, penalties shall be called on the individual(s) who commit the infractions.

SECTION 4 HOME COACH'S RESPONSIBILITY

ART. 1 . . . It shall be the responsibility of the home coach to see that the playing field is in proper condition for play; that a timekeeper and scorer are on hand with all equipment required by these rules to carry out their respective functions; that balls and ball retrievers are provided; and that the assigning authority has received timely, accurate and adequate information so that officials will be on hand for the game.

ART. 2 . . . When a contest is played at a neutral site, one team shall be designated as the home team. The sponsoring authority will assume all the responsibilities of the home team as outlined in the rules.

SECTION 5 GAME OFFICIALS

ART. 1 . . . It is recommended that a minimum of three officials be used to control the game (a referee, an umpire and a field judge). A fourth official, chief bench official (CBO), may be used.

ART. 2 . . . The recommended uniform for officials shall include: (a) a black baseball-style cap with white piping; (b) a black-and-white 1 inch vertically striped long- or short-sleeved shirt with Byron collar (any undergarments, if visible, should be black); (c) black or white shorts (minimum 6-inch inseam) or full-length solid black pants; (d) a black belt (1¼ — 2 inches in width); (e) black stirrup socks with white over-the-calf crew socks on top, knee-length one-piece white with 4-inch black-top socks or short black socks that cover the ankle; (f) solid black shoes with black laces; (g) jacket (if worn) black-and-white 1 inch vertically striped; (h) gloves, if worn, shall be solid black. The uniform should fit properly and be clean and neat. All officials working the game are to be dressed the same.

ART. 3 . . . Officials shall have the proper equipment; essentials are whistle (2), penalty marker (2), scorecard and pencil, coin, tape measure, and 20-second timing device. The penalty marker shall be a light yellow gold flag (15 inches x 15 inches) weighted with sand or beans.

SECTION 6 Duties of Game Officials

ART. 1 . . . The officials' authority begins when they arrive on the field and ends when they leave the immediate playing facility. It is recommended that officials be on the field at least 20 minutes before the scheduled starting time. The duties of the officials, other than the chief bench official, shall be equal in all respects, except that, in the settlement of all disputes, the decision of the referee shall supersede that of the umpire or the field judge and shall be final.

NOTE: The game officials maintain administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction. State associations may intercede in the event of unusual incidents that occur before, during or after the officials' jurisdiction has ended or in the event that a game is interrupted, suspended or terminated prior to the conclusion of regulation play.

ART. 2 . . . The officials shall have authority over the play of the game, with control and jurisdiction over the timekeeper, scorer, players, substitutes, coaches and anyone officially connected with either team, and spectators.

ART. 3 . . . An official may suspend the play of the game for any reason deemed necessary for the proper enforcement of the rules or conduct of the game.

ART. 4 . . . The officials shall keep a record of the number of goals scored by each team, the number of the player scoring each goal and the number of team time-outs. They shall check with the official scorer at the end of each period, and the officials' score shall be the official score of the game. Before the game, the name of each official shall be printed by that individual in both teams' scorebooks.

ART. 5 . . . The officials shall ensure that each team has 10 players, including those in the penalty area, at the beginning of the game.

ART. 6 . . . When any required player equipment is missing or when illegal equipment is found, correction shall be made before participation. An official's time-out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use.

ART. 7 . . . At the end of each half, the referee shall check and approve the score. When the officials leave the immediate playing facility at the end of the game, the officials' jurisdiction has ended; and the score has been approved.

ART. 8 . . . Jurisdiction includes the periods when the game may be stopped momentarily for any reason.

RULE 2, SECTION 6 – PLAY RULING

2.6.1 SITUATION A: Officials are present on the edge of the field during the post-game handshake. A1 and B1 begin an altercation, with each exchanging blows. May A1 and B1 be ejected? **RULING:** Yes. The officials' authority is still in effect as they have not left the immediate playing facility.

***2.6.1 SITUATION B:** The game officials arrive on the field 20 minutes prior to start of the game. (a) The officials have concerns whether the field is in playable condition; or (b) the head coach of the home or visiting team expresses concerns over whether the field is in playable condition and expresses these concerns to the officials. **RULING:** In both (a) and (b), the referee approaches the home team's game administration and expresses these concerns. The home team's game administration, in consultation with the officials and both teams' head coaches, makes the decision as to whether the field is in playable condition. **COMMENT:** Prior to the start of the game, the home team's game administration has the authority to determine if the field conditions are adequate to play the game. After the game begins, the officials have the authority to determine if the game should be delayed, suspended or terminated.

SECTION 7 CHIEF BENCH OFFICIAL

ART. 1 . . . When assigned by an assigning authority, an official acting as the chief bench official shall have supervision over the timer's table and complete jurisdiction over the timer, scorer, coaches area and both benches. The chief bench official (CBO) shall wear the same uniform as the other officials and shall have a whistle, flag and horn. The horn shall be provided by the home team.

ART. 2 . . . The CBO shall supervise and have complete jurisdiction over the timekeeper, penalty timekeepers, scorers, coaches, substitutes and any other persons within the bench areas, the substitution area and the penalty box.

The assigned chief bench official also shall be empowered to count crosses when requested and call the following:

- a. Violations of the coaches-, bench- and table-area rules.
- b. Any unsportsmanlike acts that occur within the coaches, bench and table areas.
- c. Any illegal-crosse exchange.
- d. A player who has been substituted for not leaving the field of play at the table area or bench area.
- e. Offsides.
- f. Too many or too few players on the field.
- g. Delayed substitutions.
- h. Time-outs.
- i. Count crosses when requested.
- j. Violations related to substitution.

If the CBO becomes aware of any of the above infringements, he shall, depending on the circumstances, either throw a signal flag or blow his whistle, and apply the appropriate penalty. Additionally, when the CBO becomes aware of a player committing an act of flagrant misconduct, then, if the act is away from the current area of play and is unlikely to have been seen by the on-field officials, the CBO shall either throw a signal flag or blow his whistle, as appropriate. When a whistle has stopped the play, the CBO shall inform the referee of what has happened and the CBO shall make the appropriate call.

SECTION 8 TIMEKEEPER

ART. 1 . . . In the absence of a chief bench official, the official timekeeper will assume all timing duties.

ART. 2 . . . The duties of the official timekeeper shall include:

- a. Keep an accurate account of the time of each period; keep an accurate account of penalty time and inform the penalized player(s) when the penalty time has expired. Where there is an accurate visible game clock with an automatic horn, the sounding of that horn will mark the end of each period.
- b. At sites where there is no accurate visible game clock with an automatic horn, the timekeeper shall notify the nearest official 20 seconds before the end of all periods and sound an air horn at the end of each period. For the fourth period, the timekeeper shall notify the nearest official two minutes and 10 seconds before the end of the period and follow the same procedure.
- c. Start and stop the time clock when an official sounds the whistle and at the end of each period. When available and functioning, an electronic clock shall be the official timepiece.
- d. Keep an accurate record of the time of intermission between halves and notify each team four minutes before the start of the second half.
- e. Sound a horn, which shall be provided by the home team. A horn may be sounded during a dead-ball situation or stoppage of play only. When alleged violations occur, the timekeeper shall wait to sound the horn until play is suspended by the game officials. When alleged violations occur, the timer and scorer shall confirm the status of the ball when the alleged - violation took place. The timekeeper will sound the horn twice at the next dead ball when:
 1. A player enters the field of play from the penalty area before being permitted by the rules.
 2. A player not legally in the game enters the field of play.
 3. A player legally in the game leaves the field of play and does not make an immediate effort to return.
 4. A player substituting for another deliberately delays his entry onto the field.
 5. A player entering the game as a substitute under the conditions of [Rule 4-21](#) fails to comply with the rules for entering the field of play.
 6. The head coach requests a count of long crosses.
 7. A player illegally exchanges his crosse.

SECTION 9 SCORER

ART. 1 . . . Unless otherwise designated by the referee, the home-team scorer shall be the official scorer.

ART. 2 . . . The scorer will assume the following duties:

- a. Keep a record of the number of goals scored and assists made by each team, the name and number of the player making the score or the assist, and check the score with the referee at the end of each period.
- b. Keep an accurate record of the number of time-outs taken by each team and notify the nearest official immediately if either team exceeds the number allowed during each half or during a sudden-victory period.
- c. Keep a record of the name and number of each player to whom a penalty is assessed, the type of the violation, the time of the period when the foul occurred and the duration of the penalty.
- d. Notify the nearest official immediately should any player accumulate five minutes of personal fouls.
- e. Notify the timekeeper to sound the horn at any time when, under [Rule 2-8](#), it is the duty of the timekeeper to sound the horn.
- f. Assume full duties of the timekeeper if the timekeeper is on the sideline.

SECTION 10 BALL RETRIEVAL

ART. 1 . . . The home team shall supply an adequate number of balls on each end line. At the start of each period a minimum of four balls should be spaced equidistant from each other five yards beyond the end lines and on the sideline opposite the benches. On the bench side, a minimum of four balls should be placed at the scorer's table.

ART. 2 . . . If the home team chooses to provide ball retrievers on the end line, the ball retrievers shall: 1) wear a lacrosse helmet, 2) be dressed so their uniform colors do not blend with those of participating teams and 3) not be permitted to stand directly behind the goal. In addition, the home school is required to train, protect, and provide for the safety of the ball retrievers.

RULE 2, SECTION 10 – PLAY RULING

2.10.2 SITUATION: The home management does not have someone to be a ball retriever on the end line. **RULING:** The home management is only required to supply an adequate number of game balls placed five yards beyond each end line and sideline at the beginning of each period.

Rule 3 Time Factors

SECTION 1 LENGTH OF GAME

(Y) ART. 1 . . . The regulation playing time of a high school varsity game shall be four periods of 12 minutes.

ART. 2 . . . After the first half, any time the score differential reaches 12 goals or more, starting with the whistle resuming play, the clock will only be stopped for a team time-out, official's time-out or an injury time-out. Should the score differential be reduced to fewer than 12 goals, then normal play will resume. All penalties that occur during a score differential situation will be running time. **In this situation, running penalty time begins with the next whistle resuming play.**

RULE 3, SECTION 1 – PLAY RULINGS

3.1.1 SITUATION A: In a junior varsity or youth game, may both coaches agree to play: (a) 10-minute quarters (b) 12-minute running-time quarters? **RULING:** Legal in both cases.

3.1.1 SITUATION B: Team B requests that the game time be reduced to 10-minute periods to accommodate a lengthy return trip home on a school night. **RULING:** The rules do not provide authority to agree to play anything other than 12-minute periods prior to or during the game. (Exception: [3.5 Situation](#))

3.1.2 SITUATION A: After four minutes have elapsed in the third period, Team B scores a goal to go ahead by 12 goals. The referee invokes the point differential rule. **RULING:** Correct. The clock will only be stopped for a team time-out, an officials' time-out or an injury time-out. If the score falls below the 12-goal differential, normal time would again take place.

3.1.2 SITUATION B: With three minutes remaining in the second period, Team A scores a goal, which causes a 12-point differential. The referee invokes the running-clock procedure. **RULING:** Incorrect. The running clock does not apply until the second half. If the 12-point differential exists at the start of the second half, then the running-clock procedure would be in effect at the start.

SECTION 2 INTERVALS

There shall be two-minute intervals between the first and second periods and between the third and fourth periods of a game. During these intermissions, all rules governing play of the game remain in force. The intermission between the second and third periods shall be 10 minutes, unless another time is mutually agreed upon by the coaches, conference, league or state association. The teams may leave the field, and all rules governing play of the game remain in force.

SECTION 3 FINAL TWO MINUTES OF REGULATION PLAY

(Y) During the final two minutes of regulation play, stalling rules will be in effect. The team that is ahead will be warned to “keep it in” once the ball has been brought into its respective goal area.

RULE 3, SECTION 3 – PLAY RULING

3.3 SITUATION: Team A is leading by one goal and has a player serving a nonreleasable foul during the last two minutes of the game. Is A required to “keep it in” the goal area? **RULING:** Yes.

SECTION 4 SUDDEN-VICTORY OVERTIME

ART. 1 . . . In the event of a tie at the end of the regulation game, play shall be continued, after a two-minute intermission, with sudden-victory overtime.

ART. 2 . . . In sudden-victory overtime, the teams shall play periods of four minutes each until a goal is scored. The game ends upon the scoring of the first goal. There will be a two-minute intermission between sudden-victory periods.

SECTION 5 INTERRUPTION OF GAME

If a game is interrupted because of events beyond the control of the responsible authorities, it shall be continued from the point of interruption unless there are conference, league or state association rules to cover the situation. Both teams are permitted to make roster changes. By mutual agreement of the opposing coaches and approval of the referee, any period may be shortened or the game terminated.

RULE 3, SECTION 5 – PLAY RULING

3.5 SITUATION: Because of a situation beyond the control of the responsible authorities (weather, etc.), a game is interrupted. Prior to resuming play, the head coach of Team A requests that the remainder of the game be played with 10-minute quarters. **RULING:** Provided both head coaches and the referee agree, this would be allowed due to the unusual circumstances.

SECTION 6 FORFEITS

If the offended team is ahead the score stands; if the offended team is behind or tied, the official score shall be Offended Team 1, Opponent 0.

Rule 4 Play of the Game

SECTION 1 COIN TOSS

ART. 1 . . . The captains of each team shall be called together at the center of the field by the officials approximately five minutes before game time. A coin shall be tossed by the referee, with a visiting-team representative making the call. The team that wins the toss shall receive choice of goals or control of the first alternate possession. The losing team shall receive the option not selected. Any special ground rules shall be explained as part of the coin-toss procedure.

ART. 2 . . . The referee shall address coaches and captains, prior to the contest, concerning the expectations of good sportsmanship.

SECTION 2 LINEUP

(Y) Before the opening faceoff, the referee shall draw up the players in lines facing each other at the center of the field, with their left sides toward the goal they are defending, and explain any special ground rules.

RULE 4, SECTION 2 – PLAY RULING

4.2 SITUATION: At the center lineup, at the beginning of the game, should officials inspect equipment? **RULING:** No. Before the lineup, officials should make themselves available to inspect equipment.

SECTION 3 FACING OFF

(Y) ART. 1 . . . Play shall be started at the beginning of each period and after each goal by facing the ball at the Center.

EXCEPTIONS:

1. In the event of an extra-man situation or a flag-down creating an extra-man situation at the conclusion of any period, the next period shall be commenced by awarding possession of the ball in the same relative position on the field to the team that had possession of the ball (or is entitled to possession by a play-on) at the conclusion of the prior period. However, if the period ends with no team in possession, except in the previously mentioned flag-down situation, the ball shall be faced with all the normal restrictions.

2. If a player or team commits a foul before or during any faceoff, the ball will be awarded to the offended team in its offensive side of the field at the Center.

3. If a player at any faceoff delays resumption of play by any action or maneuver, such as backing out or standing up after the crosses are placed on the ground, the ball will be awarded to the offended team in its offensive side of the field at the Center.

4. If a player moves his crosse or any part of his body after “set” is said and thereby gains an advantage, the ball shall be awarded to the offended team. All previous restrictions behind the defensive-area lines are still in force. This applies to all periods, including sudden-victory periods.

ART. 2 . . . The faceoff is considered to have ended when the ball crosses the defensive-area line or it has gone out of bounds in the center-field area and the officials cannot determine who was responsible. If the officials cannot determine who was responsible for the ball going out of bounds, the ball shall be awarded by alternate possession if it has crossed the defensive area line or refaced if it went out of bounds in the center-field area.

ART. 3 . . . The official first shall place the ball on the ground at the Center. The players shall stand on the same side of the field as the goal each is defending. The official shall indicate to both players to assume their respective positions at the same time. The crosses and gloves shall rest on the ground along the center line parallel to each other, up to, but not touching, the center line. Players may not back out and reset their positions once the official has initiated the faceoff positioning.

ART. 4 . . . The official shall make certain that the reverse surfaces of the crosses match evenly, and are perpendicular to the ground. Each player shall have both hands and the fingers wrapped around the handle of his own crosse, touching the ground but not touching any strings of the crosse. The right hand may not touch any part of the head of the crosse. The player’s feet may not touch his crosse. Both hands and both feet of each player shall be to the left of the throat of his crosse. The feet shall be behind the line and not touching it. No portion of either crosse may touch, and each player shall be positioned so that his entire body is to the left of the throat of his

crosse. It is legal to lean over the center line.

ART. 5 . . . Once the players facing have assumed their positions, the official shall say “set.” For hearing-impaired players, a reasonable accommodation for the “set” command and whistle sound will be provided. Once this signal is given, both players shall remain motionless until the official sounds the whistle to start play. The official will sound the whistle after readying the ball for play and stating the word “set.” The official shall vary the cadence of sounding the whistle for each faceoff. At the sound of the whistle, each player may attempt to direct the course of the ball by the movement of his crosse in any manner he desires. It is illegal to kick, step on or intentionally place any other body part on his crosse or the opponent’s crosse. It is illegal for a faceoff player to use his crosse to hold or pin down the crosse of his opponent.

ART 6 . . . It is illegal for a player to deliberately use his hand or fingers to play the ball. This shall be enforced immediately as an unsportsmanlike conduct penalty. It is illegal for a player to grab an opponent’s crosse with the open hand or fingers. This shall be enforced immediately as an unsportsmanlike conduct penalty.

NOTE: Inadvertent touching of the ball when the hand is grasping the stick should not be called as an unsportsmanlike conduct foul.

RULE 4, SECTION 3 – PLAY RULINGS

4.3.1 SITUATION A: Before the start of the game or while time is out between periods, including sudden-victory periods, B1 commits a personal foul. The official awards the ball to Team A in its offensive half of the field at the Center to start next period. **RULING:** Legal.

4.3.1 SITUATION B: A1 has possession of ball and B1 commits a personal foul as the period ends. The next period starts with Team A in possession of ball. **RULING:** Legal. However, if the foul occurs between periods, the ball is awarded to A in its offensive half of the field at the Center.

4.3.1 SITUATION C: A1 has possession of the ball in his defensive half of the field and B1 commits a technical foul as the third period ends. The fourth period shall begin with A in possession of the ball and B1 serving a 30-second penalty. However, between periods A2 commits (a) a technical foul or (b) a personal foul. **RULING:** In (a), award the ball to Team B in its offensive half of the field at the Center. In (b), award the ball to Team B in its offensive half of the field at the Center. (B1 and A2 in penalty box with first 30 seconds of penalty time treated as nonreleasable).

4.3.1 SITUATION D: Team A has possession of the ball, B1 is in penalty area with 25 seconds remaining on his penalty time as period ends. Next period starts with Team A in possession of the ball. However, between periods, A1 commits a technical foul or a personal foul. **RULING:** Next period starts with Team B in possession of ball. Locate ball according to [7-3](#). A1 does not serve any penalty time. If A1 commits a personal foul, A1 serves penalty time.

4.3.1 SITUATION E: (a) Team A has a one man advantage or (b) both teams are even strength. B1 has possession and A1 commits a penalty; a flag is down, ball becomes loose as period ends. **RULING:** (a) Next period begins with a faceoff as both teams are down one man, (b) Team B retains possession to begin the next period.

4.3.1 SITUATION F: If an injury occurs on a faceoff, before possession is gained, what procedure would be implemented? **RULING:** Reface with original restrictions in force, except when the ball has crossed the defensive-area line. In that case, the ball is awarded according to the alternate-possession rule.

4.3.1 SITUATION G: A1 and B1 have assumed legal faceoff positions. After the official blows the whistle to initiate play, (a) A1 strikes B1 on the head or above the shoulders or (b) A1 and B1 strike each other on the head or above the shoulders. **RULING:** In (a), illegal body check. If the player speared the opponent, the penalty time is nonreleasable. In (b), simultaneous fouls.

4.3.2 SITUATION A: On a faceoff, A2 clamps the ball, pivots and rakes the ball, which goes out of bounds. **RULING:** B's ball. When A "controls" the faceoff and causes the ball to go out of bounds, it is ruled a turnover.

4.3.2 SITUATION B: After a faceoff and before possession has been declared, a player loses

any of the mandatory equipment in the scrimmage area. **RULING:** Reface if the whistle is blown while the ball is in the area between the defensive-area lines. Award the ball according to the alternate-possession rule if the ball crosses the defensive-area line.

4.3.2 SITUATION C: After a faceoff, ball touches a player or players and goes out of bounds in the area between the defensive-area lines. Officials do not know who touched it last. **RULING:** Faceoff.

4.3.2 SITUATION C: On a faceoff, the ball crosses the defensive-area line when the official inadvertently blows the whistle. **RULING:** Award the ball according to alternate possession.

4.3.3 SITUATION: Upon the “DOWN” call, A1 takes his down position with his stick and/or gloves on the center line. **RULING:** Illegal procedure. Award the ball to Team B.

4.3.4 SITUATION A: On a faceoff, A1 has his thumb around the handle of his crosse and his fingertips resting on the ground. **RULING:** Illegal faceoff position. All fingers of both hands shall be gloved and wrapped around the crosse and shall be resting on the ground. Award ball to Team B.

4.3.4 SITUATION B: On a faceoff, A1 meets all requirements of faceoff. However, he has one or both of his elbows braced against thighs or legs. **RULING:** Legal position.

4.3.4 SITUATION C: On a faceoff, the Team A faceoff player has tape on the plastic part of the stick near the handle. **RULING:** The player must remove the tape, change sticks or Team A may send out a new faceoff player. If this process delays the game, it is a technical foul on Team A and the ball is awarded to Team B. There is no stick penalty on Team A.

4.3.5 SITUATION A: On a faceoff, A1 meets all requirements. However, when the official blows the whistle, A1 “kicks” through the crosse rather than drawing his crosse. **RULING:** Illegal faceoff. Ball awarded to Team B.

4.3.5 SITUATION B: On a faceoff, A1 makes an audible comment meant to cause B1 to move before whistle is blown to initiate play. **RULING:** Unsportsmanlike conduct, one minute, nonreleasable penalty.

4.3.5 SITUATION C: On a faceoff, a Team A faceoff player moves as the official blows the whistle. Wing player A2 or B2 is across the restraining line as the whistle blows. **RULING:** Because Team A had a faceoff violation, the faceoff has not taken place. Award the ball to Team B. Ignore the wing-area violation.

4.3.5 SITUATION D: During a faceoff, A1 covers the ball to draw it back. B1 clamps on top of A1’s sticks disallowing him from playing the ball. **RULING:** Holding by B1. Award the ball to team A.

4.3.5 SITUATION E: During a faceoff, A1 clamps on the ball and withholds the ball from play.

He does not have a teammate to direct the ball to and continues to clamp the ball. **RULING:** Withholding the ball by A1. Award the ball to Team B.

4.3.5 SITUATION F: After the whistle, A1 intentionally places his elbow (or any body part) on his crosse or B1's crosse. **RULING:** Holding. Award ball to Team B.

SECTION 4 POSITIONING OF OTHER PLAYERS BEFORE A FACEOFF

ART. 1 . . . When a team has all of its players on the field, it shall confine its goalkeeper and three other players behind the defensive-area line, three players behind the defensive-area line in their offensive half of the field area and one player in each of the wing areas.

ART. 2 . . . When the whistle sounds to start play, the players in the wing areas shall be released. All other players are confined to their areas until a player of either team has gained possession of the ball, the ball goes out of bounds, the ball crosses the defensive-area line, a whistle stops play for a time-serving foul or a whistle restarts play after a non-time-serving foul; when any of these events occur, the faceoff has ended. Players designated in the midfield area and players designated within the defensive area may not interchange positions before possession has been called and the faceoff has ended, but midfielders may substitute.

ART. 3 . . . During the faceoff in all penalty situations, there must be four players in the defensive area and three players in the offensive area. **EXCEPTION:** When a team has three players in the penalty area, a player may come out of his defensive area to take the faceoff but must remain onside. (See 4.10 Situation K).

RULE 4, SECTION 4 – PLAY RULINGS

4.4.2 SITUATION A: After a faceoff and before possession has been declared or the ball crosses the defensive-area line, A1 wing player runs across his defensive-area line and A2, who was behind the defensive-area line at the beginning of the faceoff, comes across the defensive-area line to play the loose ball. **RULING:** Technical foul against A2. Ball awarded to Team B. If the ball was in team B's defensive half of the field, restart play at the center of the field just over the midfield line in Team B's offensive half of the field. All players confined behind the defensive area line on the faceoff are released only upon the restart of play.

4.4.2 SITUATION B: Before or after the whistle, faceoff player A1 commits a violation of the faceoff rules. Faceoff player B1 runs off the field and (a) wing player B2 runs to the center of the field to pick up the ball to restart play or (b) B3 runs out of the defensive area to the center of the field to pick up the ball to restart play. **RULING:** (a) Legal play by Team B. (b) Technical foul against B3. Ball awarded to Team A in their offensive half of the field. If a non-time-serving foul is committed before or during a faceoff (before possession is gained and before the ball crosses the defensive-area line), wing players will be released immediately, but players behind the defensive-area line will not be released until the whistle blows to resume play.

4.4.2 SITUATION C: On a faceoff and before possession has been declared, B1 touches or crosses the defensive-area line. **RULING:** Play on in accordance with [7-10-1](#). If no advantage to be gained, technical foul. Ball awarded to Team A. Repeated abuse of this rule can be a personal foul. ([5-10-1e](#))

4.4.3 SITUATION A: Team A goalkeeper goes to center of field for faceoff. (a) Team A has player in penalty area or (b) Team B has player in penalty area. **RULING:** Illegal in both (a) and (b).

4.4.3 SITUATION B: If both A and B have a player in the penalty box, can the opposing goalkeepers faceoff? **RULING:** No.

SECTION 5 PLAY OF THE BALL DEFINITIONS

ART. 1 . . . Restart – Whenever a player has been awarded the ball for any reason. Under such conditions, no player may take a position closer to him than five yards.

ART. 2 . . . Player possession – A player who can perform any of the normal functions of control, such as carrying, cradling, passing or shooting.

ART. 3 . . . Team possession – When a player of that team meets the definition in paragraph Art. 2 or Art. 7 of this rule.

ART. 4 . . . Loose ball – A ball not in the possession of a player.

ART. 5 . . . Pass – Movement of the ball caused by a player in possession throwing or bouncing the ball to a teammate.

ART. 6 . . . Completed pass – When a pass is caught by a teammate.

ART. 7 . . . Ball in flight – A ball in flight from one teammate to another is a ball in possession if the ball is caught by a teammate.

NOTE: When a pass is in flight as the period ends during an extra-man situation, the team that threw the pass is ruled to have not been in possession during the flight of the ball, regardless of whether the ball is caught by a teammate.

ART. 8 . . . Clear – An attempt by a team to move the ball from its defensive half of the field to its offensive half.

Art. 9 . . . Shot – A shot is considered a ball propelled toward the goal by an offensive player, either by being thrown from a crosse, kicked or otherwise physically directed.

NOTE: A shot or deflected shot remains a shot until the ball comes to rest on the field of play, a player gains possession of the ball, the ball goes out of bounds or a player causes the ball to go out of bounds.

ART. 10 . . . Airborne player – The location of an airborne player is the same as at the time such player was last in contact with the field or an extension of the field.

RULE 4, SECTION 5 – PLAY RULINGS

4.5.5 SITUATION: A1 throws ball to teammate A2. When is the pass considered completed?

RULING: When A2 gains possession of the ball.

4.5.7 SITUATION A: During normal play, A1 makes a pass to A2. While the ball is in flight, B1 commits a) a technical foul or b) a personal foul. **RULING:** In a), the official calls out “play on” and the “play on” is over if the pass is completed. If the pass is not completed, award the ball to Team A. In b), Flag down, slow whistle.

4.5.7 SITUATION B: Team A has the man-advantage with time running out at the end of the period. A1 passes the ball to A2 as time is running out. A2 catches the ball after time expires.

RULING: No possession as the ball is in flight.

4.5.10 SITUATION A: A1 pushes B1 out of bounds. B2 passes to B1 who is airborne while jumping back into the field of play. B1 catches the pass before landing in bounds. **RULING:** B1 is considered to be out of bounds. Award the ball to Team A.

4.5.10 SITUATION B: Team A has been warned to “keep it in” the goal area. A1 passes to airborne A2, who last touched the field outside the goal area. **RULING:** A2 is considered to be out of the goal area. Change of possession to Team B.

SECTION 6 OUT OF BOUNDS

ART. 1 . . . Play shall be suspended at any time when the ball is out of bounds.

ART. 2 . . . Player in possession – When a player with the ball in his possession steps on or beyond a boundary line, or any part of his body or crosse touches the ground on or beyond a boundary line, the ball is out of bounds, and the player shall lose possession. The ball shall be awarded to any player of the opposing team who is ready immediately to resume at the point where the ball was declared out of bounds. On any restart, no player may be within five yards of the player with the ball.

ART. 3 . . . Loose ball – When a loose ball touches a boundary line or the ground outside a boundary line, or when it touches anything on the boundary line or outside a boundary line, it is out of bounds, and the following rules apply:

a. Except on a shot or deflected shot at the goal, the ball shall be awarded at the point where it was declared out of bounds to any player on the team opposing that of the player who last touched the ball, who is ready immediately to make the restart. In the case of a loose ball declared out of bounds, the location of the restart is determined by the point where the ball broke the plane of the boundary line.

b. Should a ball that has not crossed the defensive-area line go directly out of bounds on a faceoff, it shall be refaced under the following conditions:

1. It is not known which team caused the ball to go out of bounds.

2. It is not known who last touched the ball prior to going out of bounds.

c. When a loose ball goes out of bounds as a result of a shot or deflected shot at the goal, it shall be awarded to the team that had an inbounds player's body nearest to the ball when it became an out-of-bounds ball, at the point where it was declared out of bounds. If two inbound players of opposite teams are equidistant from the ball when it goes out of bounds, play shall resume according to the alternate-possession rule. In determining which player is nearest, the ball is considered out of bounds when it crosses the plane of the end line or sideline.

NOTE: For the purpose of this rule, the stick is not considered a part of a player's body.

d. The goalkeeper shall be given a maximum of five seconds to re-enter the crease on any restart.

RULE 4, SECTION 6 – PLAY RULINGS

4.6.2 SITUATION A: The ball is out of bounds on the sideline area within the confines of the table area or five yards on either side of the table area and awarded to A1. **RULING:** The official should move the ball off the sideline and into the field of play five yards before play is resumed.

4.6.2 SITUATION B: A1, in possession of the ball, is forced out of bounds illegally by B1. **RULING:** Technical foul. B1 serves 30 seconds (if violent or excessive-personal foul).

4.6.3 SITUATION A: A shot misses the goal, and the ball comes to rest on the ground behind the goal. A2 tries to scoop the ball, but it goes out of bounds. **RULING:** Ball awarded to Team B.

4.6.3 SITUATION B: A player throws the ball the length of the field, from midfield or from any place on the field, and yells, “I am taking a shot,” and the ball goes out of bounds. **RULING:** The official has the responsibility of determining if a thrown ball is a shot.

4.6.3 SITUATION C: There is a deflected shot at goal that rolls toward the boundary line. A1, in trying to pick up the ball, does not gain possession, and the ball goes out of bounds. A1 is nearest to the out-of-bounds spot. **RULING:** Ball awarded to Team A.

4.6.3 SITUATION D: A1 shoots at goal, and the ball goes over the goal toward the end line. A2 tries to catch the ball in flight, and the ball hits his crosse and goes out of bounds. A2 is nearest to the out-of-bounds spot. **RULING:** Ball awarded to Team A.

4.6.3 SITUATION E: A1 throws the ball far downfield where it is declared out of bounds. **RULING:** Team B awarded the ball at the spot where the ball broke the plane of the boundary line.

4.6.3 SITUATION F: Team A shoots at goal. The ball hits the pipe and goes out of bounds near the center line in Team A’s offensive side of the field. B1, in his defensive half of the field, is nearer to the out-of-bounds spot than any Team A player. Who gets the ball? **RULING:** Team B.

SECTION 7 BALL CAUGHT IN CROSSE OR EQUIPMENT

ART. 1 . . . If at any point the ball becomes stuck in the front or back of the crosse, there shall be an immediate whistle and the ball awarded to the opposing team. This rule also applies when a player loses his crosse and the ball remains in or under the head of the crosse.

ART. 2 . . . If the ball is caught in a player's uniform or equipment other than his crosse, play shall be suspended immediately, and the ball shall be awarded according to the alternate-possession rule.

NOTE: Neither situation above applies to a designated goalkeeper if he is within his goal-crease area at the time the ball becomes stuck. In this case, a defensive player shall be awarded the ball laterally outside the goal area.

RULE 4, SECTION 7 – PLAY RULING

***4.7.1 SITUATION A:** Player A1 has the ball in the back of his crosse. (a) A1 attempts to pass, shoot or flip the ball out of the crosse and the ball stays in the crosse head when it should come out; (b) the back of A1's crosse faces the ground, but the ball defies gravity and does not fall out; (c) A1 hits his own stick with his hand or arm in order to dislodge the ball; (d) A1 kicks his own stick in order to dislodge the ball; (e) A1 hits the ground with the stick in order to dislodge the ball. **RULING:** In all five cases, officials will rule that the ball is stuck in the head of the crosse because it is not coming out of the head with a normal lacrosse move. Immediate whistle, with possession awarded to the opponent (withholding the ball from play).

4.7.1 SITUATION B: A1's crosse is dropped or checked out of his hands and onto the ground with the ball in or under it. **RULING:** Withholding the ball from play. Award the ball to Team B.

SECTION 8 GOAL SCORED

A goal is scored when a loose ball passes from the front, completely through the imaginary plane formed by the rear edges of the goal line, the goal posts and the crossbar of the goal, regardless of who supplied the impetus.

RULE 4, SECTION 8 – PLAY RULINGS

4.8 SITUATION A: A1 takes a shot. When the ball is within five yards of B2, A2 legally body checks B2 into goalkeeper. Ball enters goal. **RULING:** Legal goal.

4.8 SITUATION B: A1, in his attack half of the field, is fouled by B1, whereupon the official blows the whistle and A1 shoots, scoring a goal. **RULING:** No goal. Sounding of whistle terminates play. The official should have employed a slow whistle.

4.8 SITUATION C: Ball goes off the foot or any other part of the body of a player and into the goal. **RULING:** Goal counts.

***4.8 SITUATION D:** Goalkeeper or any player in possession of the ball (a) brings his crosse back through the plane of his goal, or (b) brings his crosse back through the plane of his goal and the ball drops to the ground across the goal line. **RULING:** (a) Legal play, no goal scored. (b) A goal is awarded to the opposing team. **COMMENT:** When the player drops the ball in the goal, it is a loose ball beyond the plane of the goal.

4.8 SITUATION E: A1 throws his crosse with the ball in it, deliberately or accidentally, into the goal. **RULING:** No goal.

SECTION 9 GOAL NOT COUNTED

ART. 1 . . . Under specified conditions, a goal shall be disallowed when the ball passes through the plane of the goal.

ART. 2 . . . A goal shall be disallowed:

- a. After the game horn sounds to indicate the end of a period.
- b. After the period has ended, regardless of whether the official's whistle may have sounded.
- c. When any part of the body of a player of the attacking team is in the goal-crease area at the time.
- d. When the attacking team has more than 10 players (including in the penalty area) on the field of play at the time.
- e. When the attacking team or both teams are offside at the time.
- f. After one of the officials has sounded the whistle for any reason, even if the sounding of the whistle was inadvertent.
- g. If the head comes off the stick on a successful shot, the goal shall be disallowed and the ball awarded to the defensive team.
- h. When there is a flag down for a foul by the scoring team.
- i. When there is a play on for a foul by the scoring team.
- j. After a player from the attacking team has released early from the penalty area.
- k. When the scoring player's crosse is found to be illegal, or if the scoring player adjusts the strings before the official requests it, or adjusts the crosse in any way after the official asks for it.
- l. After a player in the act of shooting or his teammate touches the goalkeeper in the crease or touches any part of the goal or netting prior to the ball entering the goal.
- m. If an official recognizes a request for a timeout from the team in possession or a foul by that team before the ball breaks the plane of the goal, regardless of whether the official has had time to blow the whistle.
- n. If an attacking player deliberately leaves his feet by jumping or diving and his momentum carries him into the crease area, regardless of where he lands in the crease, before or after the ball enters the goal.

RULE 4, SECTION 9 – PLAY RULINGS

4.9.2 SITUATION A: A1 shoots the ball. Before the ball enters the goal, A1's crosse makes contact with the goal post or net or the goalkeeper in the crease. **RULING:** No goal.

4.9.2 SITUATION B: A2 shoots on goal. The ball gets stuck on the outside of the net or is loose in the crease when the official blows his whistle, thinking that a goal was scored. **RULING:** Play shall be stopped and the ball awarded to the defense.

SECTION 10 OFFSIDE

ART. 1 . . . A team is considered offside when it has:

- a. more than six players in its offensive half of the field (between the centerline and the end line) including players in the penalty box, or
- b. more than seven players in its defensive half of the field (between the centerline and the end line) including players in the penalty box.

RULE 4, SECTION 10 – PLAY RULINGS

4.10 SITUATION A: B1, while chasing A1, goes offside, and B2 also goes offside. A1 takes a shot, and the goalkeeper makes the save. **RULING:** Slow whistle until goalkeeper makes the save. B1 and B2 get 30-second penalties. The ball is awarded to Team A, 20 yards laterally from the goal.

4.10 SITUATION B: B1, while chasing A1, goes offside, and B2 also goes offside. A1 takes a shot and scores a goal. **RULING:** Slow whistle. Goal counts. B1 and B2 technical fouls canceled by the goal.

4.10 SITUATION C: B1 and B2 are offside chasing A1, who has possession of the ball, flag down. A2 then commits a technical foul. **RULING:** A2's foul ends the slow whistle. B1 and B2 serve 30 seconds each, A2 stays in the game, and the ball is awarded to Team A.

4.10 SITUATION D: B1 and B2 are offside chasing A1, who has possession of the ball. A2 commits personal foul. **RULING:** Slow whistle until A2 commits foul. B1 and B2 serve 30 seconds each, and A2 serves one minute (or more). Penalty time is to be served in accordance with [7-2-1d](#) (all serve the first 30 seconds time). Team A gets possession of the ball unless Team A has more penalty time, in which case Team B would get possession.

4.10 SITUATION E: B1 is chasing A1. As A1 crosses center line, B1 stops with both of his feet in his defensive half of the field. However, he falls over center line with both his hands wrapped around his crosse and the crosse rests in the offensive side of center line. **RULING:** B1 is offside. (Also applies to crease.)

4.10 SITUATION F: B1 goes offside and returns to the proper half of the field and then goes offside again and continues to play during a slow whistle. **RULING:** The same player going offside twice is one technical foul.

4.10 SITUATION G: The ball is rolling toward center line. A1 is legally checked by B1, causing A1 to go offside. **RULING:** Ball awarded to Team B.

4.10 SITUATION H: The ball is rolling toward center line. A1 is pushed illegally over center line by B1, causing A1 to be offside. **RULING:** Ball is awarded to Team A. B1 remains in game, unless pushing was violent or excessive, in which case B1 would serve personal penalty.

***4.10 SITUATION I:** A1 is in the penalty box serving a penalty. Team A has either six players in its offensive half of the field or seven players in its defensive half of the field. **RULING:** Team A is offside. **NOTE:** For purposes of determining offside, player(s) serving penalties in the penalty box count as player(s) on the field.

***4.10 SITUATION J:** Team A has three players in the penalty box. During the faceoff, the glove, foot or body of Team A's faceoff player is on or over the center line. **RULING:** If the faceoff player is down in the faceoff position, he is considered to still be onside even though his glove,

foot or body is on or over the center line. Once the faceoff player is no longer down in the faceoff position, normal offside rules apply.

SECTION 11 OFFSIDE ENFORCEMENT

ART. 1 . . . If only one team is offside, a technical foul shall be called against the offending team.

ART. 2 . . . If both teams are offside and one of the teams has possession of the ball, the players shall be placed onside and play resumed with the team in possession of the ball retaining possession.

ART. 3 . . . If both teams are offside and neither team has possession of the ball, the players shall be placed onside, and the ball shall be awarded according to alternate-possession rule.

RULE 4, SECTION 11 – PLAY RULING

***4.11 SITUATION:** Team A has either started play or advanced the ball into its offensive half of the field when it is called for offside. **RULING:** The ball shall be awarded to the offended team at the spot where the ball was when play was suspended. If the ball was in the goal area when play was suspended, it shall be restarted laterally outside the goal area nearest to the spot of the ball at the time of the whistle. **NOTE:** This ruling is the result of the deletion of Rule 4-12 Articles 4 and 5 from the 2013 Rules Book.

SECTION 12 OFFSIDE, GOAL SCORED

When the attacking team is offside and a goal is scored, the goal shall not count, and the ball shall be awarded to the offended team laterally outside the goal area. If the defensive team is offside, the goal counts, and no penalty shall be assessed. If both teams are offside, the goal shall not count, and the ball shall be awarded according to the alternate-possession rule.

SECTION 13 ADVANCING THE BALL BEYOND CENTER LINE

(Y) Upon gaining possession of the ball inside the defensive half of the field, a team shall advance the ball beyond the center line within 20 seconds. Failure to do so will result in a turnover, and the ball will be awarded to the opposing team at the spot of the violation or 20 yards laterally from the goal. Once started, the 20-second count will continue until:

- a. The opposing team gains possession.
- b. A clearing team player in possession of the ball steps on or over the midfield line.
- c. A loose ball breaks the plane of the midfield.
- d. The officials sound the whistle to stop play for any reason.
- e. Play-on.

RULE 4, SECTION 13 – PLAY RULINGS

4.13 SITUATION A: Team A is in possession in its defensive half of the field and the 20-second count has started. Team A head coach calls a time-out. On the restart, does Team A have a new 20-second count to clear the ball? **RULING:** Yes. On any restart, ball location determines the count to be used and the team with the ball is allowed a full 20 (or 10 seconds if the restart is in its offensive half of the field).

4.13 SITUATION B: Team A is clearing the ball when the ball becomes loose in the defensive half of the field. Team B commits a technical violation. **RULING:** A play on situation. If Team A regains possession of the ball, the play on is over and a new 20-second count starts.

***4.13 SITUATION C:** Team A is under a clearing 20-second count in the defensive half of the field when the ball becomes loose. Team B commits a technical violation and a play-on is called. **RULING:** If Team A regains possession of the ball in the defensive end, the play-on is over and a new 20-second count starts.

***4.13 SITUATION D:** Team A goalkeeper is in his own crease while a 20-second count is underway, when Team B commits a crease violation OR interferes with the goalkeeper. **RULING:** A play-on situation. If Team A goalkeeper runs the ball out of the crease or completes an outlet pass, the play-on is over and a new 20-second count starts.

***4.13 SITUATION E:** Team A is clearing the ball in its defensive half of the field. The ball is loose when it crosses the center line. Before either team gains possession, the ball returns to Team A's defensive half of the field where Team A regains possession. **RULING:** Team A receives a new 20-second count.

SECTION 14 ADVANCING THE BALL INTO GOAL AREA

(Y) ART 1 . . . A team shall bring the ball into the goal area within 10 seconds in each of the following situations:

- a. After crossing the center line with possession.
- b. After initially gaining possession in the offensive half of the field.
- c. After regaining possession in the offensive half of the field following a defensive possession.

ART. 2 . . . The requirement for advancing the ball into the goal area is met when the ball touches anything within that area or a player in possession of the ball touches the line or is inside the goal area.

RULE 4, SECTION 14 – PLAY RULINGS

4.14.1 SITUATION A: A1 has possession in its offensive half of the field. A1's pass is intercepted by B1. During the clear, Team A regains possession outside the goal area in its offensive half of the field. **RULING:** 10-second count starts for Team A.

4.14.1 SITUATION B: Team A has possession of the ball in its offensive half of the field and (a) is or (b) is not under a 10-second count. A1 passes the ball to A2 who is in Team A's defensive half of the field or A1 carries the ball across midfield. **RULING:** In (a), the 10-second count continues. In (b), the official warns Team A to "get it in/keep it in" and starts a 10-second count.

4.14.1 SITUATION C: Team A has possession of the ball in its offensive half of the field and is not under a 10-second count or a stalling warning. The ball becomes loose and Team A regains possession in its defensive half of the field. **RULING:** Team A will have 20 seconds to advance the ball beyond the center line.

4.14.1 SITUATION D: Team A has complied with the requirement to bring the ball into the goal area within 10 seconds and is not under a stalling warning. Team B deflects A1's pass out-of-bounds in Team A's (a) offensive half of the field or (b) defensive half of the field. **RULING:** (a) There is no count. Team A may run its offense as long as, in the officials' judgment, it is fulfilling its responsibility to attack the goal. (b) Team A has 20 seconds to advance the ball beyond the center line.

***4.14.1 SITUATION E:** Team A is under a 10-second count when the ball becomes loose. Team B commits a technical violation and a play-on is called. **RULING:** If Team A regains possession of the ball in the offensive end, the playon is over and a new 10-second count starts.

SECTION 15 BODY CHECKING

(Y) Body checking of an opponent in possession of the ball or within five yards of a loose ball or when the ball in flight is within five yards of the player, from the front or side above the waist and below the neck, is legal. To be legal, a body check shall be below the neck, and both hands of the player applying the check shall remain in contact with the crosse.

RULE 4, SECTION 15 – PLAY RULING

4.15 SITUATION: A1 takes a shot from midfield. While the ball is within five yards of A2, B1 legally checks A2, causing him to be in the air above the crease area. Ball then enters goal, then A2 lands in the crease. **RULING:** Legal goal. If A2 lands in the crease before the ball enters goal, no goal would be allowed.

SECTION 16 CHECKING WITH CROSSE

(Y) Checking an opponent's crosse with his own crosse when that opponent has possession of the ball or is within five yards of a loose ball or when the ball in flight is within five yards of the player, is legal.

SECTION 17 OFFENSIVE SCREENING

Stationary and motionless offensive screening of an opponent is legal.

SECTION 18 GOAL-CREASE PRIVILEGES

ART. 1 . . . The goalkeeper may stop or block the ball in any manner with his crosse or body. He may block the ball or bat it away with his hand, but he may not catch the ball with his hand. However, if the ball is outside the crease, the goalkeeper may not touch it with his hand even if he is within his crease. He or any player of the defending team may receive a pass while in the crease area.

ART. 2 . . . No opposing player shall make contact with the goalkeeper or his crosse while the goalkeeper is within the goal-crease area, regardless of whether the goalkeeper has the ball in his possession. An attacking player may reach within the crease area to play a loose ball as long as he does not make contact with the goalkeeper or the goalkeeper's crosse.

ART. 3 . . . The crosse of the goalkeeper, not his body, when extended outside the cylinder above the crease area, is subject to being checked under the same circumstances as the crosse of any other player, except when the ball is in the crosse.

RULE 4, SECTION 18 – PLAY RULINGS

4.18.1 SITUATION A: A loose ball is resting in or is in the air above the crease. Team A goalkeeper who also is in the crease, uses his hand to bat the ball into his crosse or out of the crease. **RULING:** Legal.

4.18.1 SITUATION B: Loose ball in the crease. Team B goalkeeper picks up the ball with his hand and puts the ball in his crosse. **RULING:** Technical foul. Ball is awarded to Team A laterally outside the goal area.

4.18.1 SITUATION C: Goalkeeper B1, after making a save, passes the ball to B2, who is being ridden by A2. B2 passes back to B1 in crease. **RULING:** Legal.

4.18.1 SITUATION D: Can the goalkeeper be called for a personal foul if his crosse slashes an opposing player after an outlet pass? **RULING:** Yes. The privileges and protections of the goalkeeper do not permit him to gain an unfair advantage.

4.18.2 SITUATION A: There is a loose ball in the crease. A1 covers the ball to rake it back. Goalkeeper checks A1's crosse. **RULING:** No interference.

4.18.2 SITUATION B: There is a loose ball in the crease. Goalkeeper B1 has his crosse over the ball and is about to draw back for a tennis pickup. A1 checks through B1's crosse from the front, claiming he was playing a loose ball. **RULING:** Interference by A1, play-on. Play continues or ball is awarded to a defensive player laterally outside the goal area.

4.18.2 SITUATION C: There is a loose ball in the crease. Goalkeeper B1 has his crosse over the ball and is about to draw for tennis pickup. From the side of the crease, A1 pokes his crosse at the loose ball, and, as B1 draws the goalkeeper's crosse back, contact is made with A1's crosse. **RULING:** Interference by A1, play-on. Play continues or ball is awarded to a defensive player laterally outside the goal area.

4.18.2 SITUATION D: There is a loose ball in the crease. A1 bats the ball with his crosse, the ball enters goal and then contact is made with goalkeeper's crosse. **RULING:** Legal goal, no interference. Contact occurs after play has ended.

4.18.2 SITUATION E: There is a loose ball in the crease. A1 bats the ball with his crosse, but the ball is still loose in the crease. Contact is made with goalkeeper's crosse. **RULING:** Interference, play-on.

4.18.2 SITUATION F: A1 is in possession of the ball on the edge of the crease. A1 breaks the plane of the goal with his shot and then contact is made with goalkeeper's crosse. **RULING:** Legal goal. Contact occurs after play has ended.

4.18.2 SITUATION G: B1 (not the goalkeeper) makes a save in the crease. As he is coming out of crease, A1 checks B1's crosse, causing the ball to enter goal. **RULING:** Legal goal.

Interference may be called only when the designated goalkeeper is involved.

4.18.3 SITUATION A: Goalkeeper B1 with possession of the ball extends his crosse outside of the crease and still has one or both feet in the crease when A1 checks his crosse. **RULING:** Interference, play-on. Play continues or award ball to Team B at center of field.

4.18.3 SITUATION B: There is a loose ball in front of the crease. Goalkeeper B1 reaches out to pick up ball, and A1 checks B1's crosse. **RULING:** Legal. Goalkeeper does not have possession of the ball.

4.18.3 SITUATION C: There is a loose ball in front of the crease. B1 goalkeeper reaches out and gains possession of the ball. A1 checks B1's crosse while it is still outside of the crease. **RULING:** Interference, play-on. Play continues or award ball to Team B at center of field.

4.18.3 SITUATION D: The goalkeeper is in the crease, making a pass to begin his clear. Goalkeeper's crosse collides with crosse of A1, who is standing on the edge of the crease with his crosse in a covering position, thus causing the ball to drop to the ground. **RULING:** Interference by A1, play-on. Goalkeeper, while clearing from the crease, has protection on passes for clear, regardless of whether the attack player moves his crosse. Play continues or award ball to Team B in its offensive half of the field at the Center.

4.18.3 SITUATION E: The goalkeeper makes a save, but the ball bounces out of his crosse and is in the air in front of goal. A1 bats at ball while goalkeeper is making an attempt to gain possession of ball, and the two crosses collide. Is this interference with (a) ball within crease area? (b) ball outside crease area? **RULING:** In (a), interference by A1, play-on. Play continues or ball awarded to defense laterally outside the goal area. In (b), no interference.

SECTION 19 GOAL-CREASE PROHIBITIONS

ART. 1 . . . If an offensive player deliberately leaves his feet by diving or jumping and his own momentum carries him into the crease and the shot goes into the goal, the goal is disallowed.

ART. 2 . . . An attacking player may not be in the opponent's goal-crease area at any time.

ART. 3 . . . A defending player, including the goalkeeper, with the ball in his possession, may not enter the goal-crease area, nor may he remain within the goal-crease area in possession of the ball longer than four seconds.

ART. 4 . . . A player is considered to have entered the goal-crease area when any part of his body touches the goal-crease area.

ART. 5 . . . The goalkeeper is considered to be outside the goal-crease area when no part of his body touches the goal-crease area and part of his body is touching an area outside of the goal-crease area.

RULE 4, SECTION 19 – PLAY RULINGS

4.19.1 SITUATION A: A1 drives toward goal and dives into the crease and the ball goes into the goal. **RULING:** No goal, award ball to Team B.

4.19.1 SITUATION B: A1 dives or jumps into the crease and while in the air gets illegally pushed and (a) the ball goes into goal or (b) ball does not go into goal.. **RULING:** In (a), flag down, no goal, assess penalty. In (b), flag down, assess penalty.

4.19.1 SITUATION C: A1 dives or jumps into the crease and while in the air gets legally pushed or checked and (a) ball goes into the goal or (b) ball does not go into the goal. **RULING:** In (a), no goal, award ball to the defense. In (b), play-on or whistle.

4.19.1 SITUATION D: A1 dives or jumps through the air space of the crease with the potential to land outside the crease and (a) ball goes into the goal or (b) goalie contacts A1. **RULING:** In (a), goal counts. In (b), no goal, award ball to the defense.

4.19.1 SITUATION E: A1 dives or jumps outside the crease and the ball goes into the goal. **RULING:** Goal counts if the player lands outside the crease.

4.19.1 SITUATION F: A1 dives or jumps outside the crease and gets (a) legally pushed into the crease or (b) illegally pushed. **RULING:** In (a), no goal (providing contact inside the crease is prior to the ball going into the goal). In (b), flag down, goal counts if the ball goes into the goal prior to contact with the ground. No goal if contact with the ground inside the crease is prior to the ball going into the goal.

4.19.2 SITUATION A: A1 is playing loose ball in the crease. Neither of his feet is inside or touching the crease line. He subsequently falls over the crease line with both hands wrapped around his crosse which comes to rest inside the crease. **RULING:** A1 is in the crease.

4.19.2 SITUATION B: Defensive team with possession outside of crease area and offensive team steps into crease or interferes with goalkeeper who is in his crease. **RULING:** Flag-down, technical foul.

4.19.2 SITUATION C: The goalkeeper leaves the crease with possession of the ball and loses it as the 20-second count winds down. He inadvertently kicks the ball back in the crease. Does the goalkeeper get a new four-second count? **RULING:** Yes, but the 20-second count continues.

4.19.3 SITUATION A: B1 makes a save. As he is coming out of the crease, the ball drops out of his crosse and lands in the crease, where B1 picks it up again. **RULING:** A new four-second count is started, but the 20-second count continues uninterrupted.

***4.19.3 SITUATION B:** Goalkeeper B1, in the crease, makes a save. After three seconds, he deliberately (a) drops the ball, (b) flips the ball into the air and catches it again, or (c) flips the ball to B2 who is also in the crease. **RULING:** Original four-second count continues in (a), (b),

and (c).

4.19.3 SITUATION C: The goalkeeper sees A1 wide open coming toward goal with the ball in his possession. To avert a potential goal, B1 succeeds in pulling the goal over his head or swings the goal around, thus preventing a potential goal. **RULING:** Unsportsmanlike-conduct foul. (A three-minute nonreleasable penalty is recommended.)

***4.19.3 SITUATION D:** Goalkeeper B1 makes a save. After leaving the crease, B1 deliberately throws or tosses the ball back into the crease. **RULING:** Loss of the ball to Team A.

4.19.5 SITUATION A: The goalkeeper makes a save, takes one step out of the crease, raises his rear foot off the ground in the crease area and then places his rear foot down to the ground in the crease area. **RULING:** Ball is awarded to Team A laterally outside the goal area. Goalkeeper is considered to have left and re-entered the crease while ball was in his possession.

4.19.5 SITUATION B: The goalkeeper makes a save. When out of the crease, A1 legally checks B1 back into the crease, while he is still in possession of the ball. **RULING:** Ball awarded to Team A laterally outside the goal area.

SECTION 20 BALL OUT OF PLAY IN GOAL-CREASE AREA

ART. 1 . . . If the ball becomes mired in the mud within the goal-crease area or ensnared in the goal netting, time shall be suspended by the officials, and the ball shall be awarded to a defensive player laterally outside the goal area.

ART. 2 . . . If the goalkeeper loses his stick with the ball in it within his goal crease, the whistle shall be blown and the ball shall be awarded to the defensive team laterally outside the goal area.

SECTION 21 SUBSTITUTION PROCEDURES

ART. 1 . . . Substitution may take place without the necessity of waiting for suspension of play by an official. Players may enter the field of play from the substitution area under the following conditions:

- a. The player must be properly equipped.
- b. The player may not enter the substitution area until his substitution is imminent.
- c. The player leaving the field of play must exit via the substitution area.
- d. The substitute must wait until such player is off the field of play, and the substitute may not delay his entry onto the field.
- e. The substitute must always yield his position in the substitution area to any player exiting the field.
- f. Substitution may take place while play is suspended.

NOTE: Any delay of the game is to be enforced strictly. See Rule [6-5-f](#) for method of enforcement.

(Y) ART. 2 . . . Substitution may take place while play is suspended under the following conditions:

- a. End of a period.
- b. Scoring of a goal.
- c. Injury time-out.
- d. Equipment adjustment.
- e. After a time-serving penalty.
- f. Team time-outs.

The substitute(s) must enter the field of play immediately, equipped and ready to play. A player who has been substituted for shall leave the field of play at the table area or his bench area. This shall not apply to an injured player.

NOTE: Any delay of the game is to be enforced strictly. See Rule [6-5-f](#) for method of enforcement.

RULE 4, SECTION 21 – PLAY RULINGS

***4.21 SITUATION:** During a substitution, A1 delays his entrance onto the field. The trailing official sees the delay. **RULING:** Silent play-on, with an official's arm in the air. If Team A gains an advantage by delaying the substitution, technical foul on Team A.

4.21.2 SITUATION A: When is a player considered legally in the game? **RULING:** When the substituting player has complied with substitution requirements and when he has entered the field of play.

4.21.2 SITUATION B: Team A has been assessed a time-serving penalty and substitutions may occur. After 20 seconds, the official's beeper goes off and (a) Team A has either too few or too many players on the field or (b) Team B has either too few or too many players on the field.

RULING: Illegal procedure, delay of game. In (a), a flag is thrown before the start of play and Team A is assessed a technical foul. In (b), the ball is awarded to Team A. This procedure would be followed for any implementation of the 20-second timer by the official.

SECTION 22 RESTARTS

ART. 1 . . . Once the official has signaled the ball ready for play, the official shall resume play within five seconds. Play may be resumed immediately after the ball is signaled ready for play if a player of the team awarded the ball is in position (see Articles 2 and 3) and the officials are in position to officiate the restart. (See Rule [4-6-3a](#))

ART. 2 . . . Any violation on the defense that occurs while the ball is in the goal area will result in the ball being awarded to the offensive team laterally outside the goal area.

ART. 3 . . . Any violation on the offense that occurs while the ball is in the goal area will result in the ball being awarded to the defensive team. The defense may restart play with the ball in the goal area or in the crease.

ART. 4 . . . No restart shall take place with any player within 5 yards of the ball carrier.

ART. 5 . . . The goalkeeper shall be given a maximum of five seconds to reenter the crease on any restart.

RULE 4, SECTION 22 – PLAY RULINGS

4.22.3 SITUATION A: A7 shoots at the goal and goalkeeper B1 blocks the shot and forces the ball out of bounds. The ball is awarded to Team A. Should the official allow B1 a maximum of five seconds to resume his position? **RULING:** Yes.

4.22.3 SITUATION B: A6 takes a shot at the goal. Goalkeeper B1 makes the save and with possession, runs out of the goal crease toward midfield. B1 is checked by A8 who dislodges the ball. In B1's attempt to secure the ball, B1 commits a loose ball push. The official awards the ball to Team A and restarts immediately. Is this a correct restart? **RULING:** No. The official should have restricted play and given the goalkeeper a maximum of five seconds to re-enter the goal crease.

SECTION 23 CHANGE OF GOALS

At the conclusion of each period, the teams shall change goals, except for the first sudden-victory period.

SECTION 24 OFFICIAL'S TIME-OUTS

ART. 1 . . . An official may suspend play at his discretion. If a player loses any of his mandatory personal equipment in a scrimmage area or a player is apparently injured, play shall be suspended immediately. If the official discovers a player who is apparently bleeding, has an open wound, or has any blood on his uniform, such player shall be considered an injured player.

ART. 2 . . . The official shall delay the sounding of the whistle as follows:

- a. If the attacking team is in possession of the ball in the goal half of the field, until the play is completed.
- b. If the ball is not in the possession of either team, until possession is secured and the play is completed.

ART. 3 . . . Officials will restart play as soon as the injured player has been removed from the field. The injured player shall be replaced but can substitute back into the game after the next dead ball following the resumption of play.

ART. 4 . . . During an injury time-out, teams are permitted to go to the sideline to talk to their coaches, provided none of the coaches comes on the field. Free substitution is permitted.

ART. 5 . . . Play shall be suspended immediately if an official deems an injury to a player is severe or if the injured player is located in the scrimmage area.

(Y) ART. 6 . . . Play shall be suspended immediately if any player, in a legal way, loses any mandatory equipment in the scrimmage area. If there is possession of the ball, the team in possession will maintain possession on the restart. If the ball is loose outside the crease, the ball will be awarded using the alternate-possession rule. If the ball is loose inside the crease, award the ball to the defensive team laterally outside the goal area. If A1 loses mandatory equipment in a legal way and no other players are in the immediate vicinity, then the play may continue until A1 enters the scrimmage area or until the play is completed. A loss of equipment during the play of the game triggers an official's time-out and should not be confused with a player entering the game without some item(s) of mandatory equipment which is a personal foul.

ART. 7 . . . Play shall be suspended immediately if the goalie's stick or any other required goalie's equipment becomes broken.

ART. 8 . . . In the event of harsh weather conditions, officials may call for additional time-outs during a dead ball. These time-outs will not be charged to either team.

ART. 9 . . . The signal flag is not dropped for an official's time-out.

RULE 4, SECTION 24 – PLAY RULINGS

4.24.1 SITUATION A: In a scrimmage area, A1 is legally checked, falls to the ground and appears to be injured. Play is continuing around him. **RULING:** Whistle is blown immediately. Any time that an injured player may be subject to further injury if play continues, play shall be stopped immediately and the ball awarded to the team in possession at the time of the whistle. If the ball was loose at the time of the whistle, award the ball by alternate possession, unless it was in the crease. If so, the ball will be awarded to the defensive team laterally outside the goal area.

4.24.1 SITUATION B: In a scrimmage area, B1 (not the goalie) breaks his crosse and continues to play A1. **RULING:** Flag is dropped, slow whistle. However, if B1's play creates a dangerous situation, then play is stopped. Technical foul against B1.

4.24.1 SITUATION C: B1, chasing A1 downfield, falls and appears to be injured. A1 continues toward goal, and B1 is no longer in scrimmage area. **RULING:** Slow whistle.

4.24.3 SITUATION: Player A1 is apparently injured. The official sounds the whistle to stop play and beckons Coach A and/or medical personnel onto the field. The coach is advised by the official that player A1 shall leave the game until the next opportunity to substitute. Team A asks for a time-out in an attempt to leave A1 in the game. **RULING:** A1 shall wait to re-enter the game until the next dead ball situation following the resumption of play.

4.24.6 SITUATION: A1 is running down the field in his attack half of the field with no player from Team B near him; he loses any mandatory equipment and then shoots at goal, scoring a goal. **RULING:** Legal goal. Official should be ready to stop play to prevent a potential injury if any player of Team B is close enough to play A1.

4.24.8 SITUATION A: An electrical storm develops during the game. **RULING:** The official shall suspend play until such time as it is safe according to local or state association guidelines to resume play.

4.24.8 SITUATION B: The referee is aware of the possibility of high heat and humidity at the start of the game. He informs both coaches that he may call an officials' time-out to permit extra water and cooling down of players. **RULING:** This is the proper procedure anytime there are extreme weather conditions.

SECTION 25 TEAM TIME-OUTS

ART. 1 . . . When the ball is dead, only a member of either team who is on the field or a team's head coach may request an official time-out.

ART. 2 . . . During play, team time-outs may be called from anywhere on the field only by a member of a team in possession or by that team's head coach.

ART. 3 . . . During time-outs and between periods (except for half time), coaches shall remain in their respective coaching areas.

EXCEPTION: Rule [6-6-1](#)

(Y) ART. 4 . . . A team shall be limited to four team nonconsecutive time-outs per regulation game, with no more than two to be taken in any half.

ART. 5 . . . Each time-out may not exceed two minutes.

ART. 6 . . . If a team has requested a team time-out and is ready to play in less than one minute and 40 seconds, the official will so inform the opponents, and both teams shall then be ready to play in 20 seconds.

ART. 7 . . . Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional. This time-out, if not charged, is an official's time-out. (See [NFHS Suggested Guidelines for Management of Concussion](#).)

RULE 4, SECTION 25 – PLAY RULINGS

4.25.2 SITUATION: During a sudden victory, Team A is in possession of the ball in its defensive end of the field when Team A head coach calls for a time-out and the official blows his whistle, stopping play. **RULING:** Legal. Time-out is granted.

4.25.4 SITUATION A: Team A calls time-out. Referee informs the team that this is its third time-out in the half, and a time-out cannot be granted. Official scorer agrees with Team A and says it is the team's second time-out. **RULING:** Referee's decision shall stand. The referee keeps the official record of team time-outs. The referee shall charge the offending team with a technical foul and resume play immediately.

4.25.4 SITUATION B: When a team takes a time-out between periods or at half time, how is it charged? **RULING:** The time-out is charged to the preceding period.

4.25.4 SITUATION C: During play the coach of Team A yells urgently for a time-out. The official blows his whistle, stopping play when he realizes that Team A has no time-outs remaining. **RULING:** No time-out granted; technical foul assessed against Team A.

4.25.7 SITUATION: Play is suspended because of an injured player. The official determines that the player needs to be evaluated for that injury by an appropriate health-care professional. Can the player return to the game? **RULING:** Once the official determines that a player is in need of evaluation by an appropriate health-care professional, then the responsibility to have that evaluation done rests with the head coach if the injury was a possible concussion. Only an appropriate health-care professional can evaluate the player and determine if a concussion has occurred and, if so, when it is appropriate for the player to return to play. It is the responsibility of the head coach (not the official) to verify with the appropriate health-care professional that the player has been cleared to return to play. After returning to play, however, should it become apparent to the official that the player needs further evaluation, the official can and should remove the player from the game for further evaluation.

NOTE: Each individual state association determines and defines "appropriate health-care professional."

SECTION 26 RESTARTS FOLLOWING A TIME-OUT

Restarts following a time-out shall be nearest the spot where the ball was at the time the whistle was blown. If the ball was in the goal area when play was suspended, it shall be restarted laterally outside the goal area nearest to the spot of the ball at the time of the whistle. A ball that has crossed the end line shall be restarted at that spot.

RULE 4, SECTION 26 – PLAY RULING

4.26 SITUATION: (a) The ball goes out-of-bounds on the end line. (b) The ball goes out-of-bounds on the end line following a violation. Either team calls a timeout. **RULING:** In (a), the ball should be re-started at the spot where the ball crossed the end line. In (b), the ball should be re-started laterally outside the goal area.

SECTION 27 ILLEGAL EQUIPMENT – REQUEST FOR OFFICIAL’S INSPECTION

ART. 1 . . . Any player is subject to having his equipment inspected by an official upon request. Once the game has commenced, a head coach may request the inspection of the equipment of any player on the opposing team. All requests must take place during a dead-ball situation and must refer to a specific player on the opposing team.

- a. Only one player’s equipment may be inspected per team in a particular dead-ball situation. All aspects of the equipment construction and dimensions will be inspected.
- b. Assuming no violations were found in a previous request, if a head coach makes a subsequent equipment check request in which no violations are found, that head coach’s team will be penalized by the loss of a time-out or with a technical foul if no time-outs remain as stated in Rule [6-5-20](#).

ART. 2 . . . Each half, officials shall conduct at least one random inspection of a player’s equipment per team. These inspections shall take place in dead-ball situations. Players in violation will be penalized the same as if the equipment inspection were requested by the opposing head coach. The following procedures apply:

- a. Officials shall select players whom they suspect may be using illegal equipment, who are involved in the scoring or who frequently are involved in ball-handling situations.
- b. A player need not be on the field in order to have his equipment inspected.
- c. Players or coaches may not attempt to influence the officials decision to which player’s equipment shall be inspected.
- d. The official shall inspect all of the player’s equipment.

ART. 3 . . . A crosse found to be illegal shall be penalized according to Rule [5-5](#). Any other equipment found to be illegal shall be penalized according to Rule [5-6](#).

SECTION 28 ILLEGAL NUMBER OF LONG CROSSES – REQUEST FOR A COUNT

A head coach may request a count of the number of long crosses any time during the contest. The head coach may request a double horn at the next dead-ball whistle so that a count may be taken once play has been suspended. If a head coach makes a second or subsequent request and the correct number of long crosses are in the game, that team will be penalized as provided for in Rule [6-5-2-0](#), assuming no violations were found in the previous request.

SECTION 29 SUDDEN-VICTORY OVERTIME PLAY

ART. 1 . . . In the event of a tie at the end of the regulation game, a coin shall be flipped by the referee, with the captain who wins the toss selecting the goal his team wishes to defend. Play shall be continued after an intermission of two minutes.

ART. 2 . . . All sudden-victory overtime periods shall be started with a faceoff. (See Rule [4-3](#) for special situations.) Play will proceed for a four-minute period or until a goal is scored. At the end of the four-minute period, there will be a two-minute intermission, and the teams shall change goals. Four-minute periods shall be continued in this manner until a goal is scored. Each team is entitled to one time-out per sudden-victory period.

RULE 4, SECTION 29 – PLAY RULING

4.29.2 SITUATION: Team A scores the game-winning goal in sudden victory. The head coach of Team B requests an equipment inspection after the sudden-victory goal has been scored to determine the legality of the crosse. **RULING:** The game is over. No inspection is permitted.

SECTION 30 ALTERNATE POSSESSION

When the officials cannot determine which team should be awarded the ball, possession shall alternate. The referee shall keep track of the alternating possessions.

SECTION 31 GET IT IN/KEEP IT IN

(Y) In certain situations, a “get it in/keep it in” command will be administered by game officials.

a. “Get It In.” This warning is used when the ball is outside the goal area. An official signals and verbally announces “get it in.” The team in possession must advance the ball into the goal area within 10 seconds and keep it in the goal area.

b. “Keep It In.” This warning is used when the ball is inside the goal area. An official signals and verbally announces “keep it in.” The team in possession must keep the ball in the goal area.

c. “Get It In/Keep It In” situations are:

1. Under two minutes remaining in the game when the game is not tied (See Rule [3-3](#));

2. Stalling (See Rule [6-10](#)).

3. Once the ball has been successfully advanced into the goal area, a team is provided the opportunity to run its offense in its offensive half of the field. If the offensive team carries, intentionally passes or intentionally propels the ball to its defensive half of the field and the offensive team was last in possession, the official will signal and verbally announce "get it in/keep it in" if the offensive team gains possession. The offensive team has 10 seconds to return the ball to the goal area, at which point it must “keep it in.” Once the goal area is gained, the officials will signal and verbally say “keep it in.” (See [4.14 Situations and Rulings](#))

Rule 5 Personal and Ejection Fouls

SECTION 1 PERSONAL FOULS

Personal fouls are those of a serious nature: illegal body checking, slashing, cross-checking, tripping, unnecessary roughness, unsportsmanlike conduct, checks involving the head/neck, and the use of an illegal crosse and/or illegal equipment.

PENALTY: The penalty for a personal foul shall be suspension from the game of the offending player for one to three minutes, depending on the official's judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.

SECTION 2 CROSS-CHECK

A player may not check his opponent with his crosse in a cross-check position. That is, a check with that part of the handle of the crosse that is between the player's hands, either by thrusting away from the body or by holding it extended from the body.

SECTION 3 ILLEGAL BODY-CHECK

(Y) ART. 1 . . . Body-checking of an opponent who is not in possession of the ball or within five yards of a loose ball.

ART. 2 . . . Body-checking of an opponent from the rear or at or below the waist.

ART. 3 . . . Body-checking of an opponent who has any part of his body other than his feet on the ground.

ART. 4 . . . If a player who is about to be body-checked turns his back, jumps or moves in such a manner to make what started out to be a legal check appear illegal, no foul is committed by the player applying the body-check.

ART. 5 . . . A body check that targets a player in a defenseless position. This includes but is not limited to: (i) body checking a player from his “blind side”; (ii) body checking a player who has his head down in an attempt to play a loose ball; and (iii) body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

PENALTY: Penalty for violation of Article 5 is a two- or three-minute non-releasable foul, at the official’s discretion. An excessively violent violation of this rule may result in an ejection.

SECTION 4 CHECKS INVOLVING THE HEAD/NECK

(Y) ART. 1 . . . A player shall not initiate contact to an opponent's head or neck with a cross-check, or with any part of his body (head, elbow, shoulder, etc.). Any follow-through that contacts the head or neck shall also be considered a violation of this rule.

ART. 2 . . . A player shall not initiate an excessive, violent or uncontrolled slash to the head/neck.

ART. 3 . . . A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

PENALTY: Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

RULE 5, SECTION 4 – PLAY RULINGS

5.4.1 SITUATION A: A1 attempts to check B1's stick but instead A1's stick (a) makes slight contact with B1's head or neck or (b) strikes B1's head or neck area. **RULING:** In (a), no foul. This is a brush. In (b), slashing, a one-minute releasable foul. If the slash was excessive, violent or uncontrolled, at least a two-to-three minute non-releasable foul shall be called.

5.4.1 SITUATION B: A1 posts-up in front of the goalie with his back to the goalie. Before or as a pass arrives to the player, the goalie jumps out and illegally body-checks or cross-checks A1 in the back of the neck or head area. **RULING:** A two-to-three minute non-releasable penalty for a check to the head/neck area.

SECTION 5 ILLEGAL CROSSE

A player may not use a crosse that does not conform to required specifications. Use of an illegal crosse carries a one- or three-minute, non-releasable penalty. A crosse found illegal due to a deep pocket will carry a one-minute, non-releasable penalty. A player using a crosse found illegal for not meeting any required specification other than a deep pocket will receive a three-minute, non-releasable penalty (exception: hanging string length and end caps as in Rule 1-7-3). A player using a crosse found illegal because it was altered to gain an advantage will receive a three-minute, non-releasable penalty. Any crosse ruled illegal and resulting in a three-minute penalty will remain in the table area for the remainder of the game.

Every crosse on a team is subject to inspection, and the crosse need not have been in the game to be inspected.

RULE 5, SECTION 5 – PLAY RULINGS

5.5 SITUATION A: During the game, an official inspects a player’s equipment and finds that his crosse is of illegal length. **RULING:** Crosse is out of the game, and a three-minute non-releasable penalty shall be served.

5.5 SITUATION B: During the game, an official inspects the equipment of a player and finds the head of the player’s crosse is less than 6½ inches (inside measurement), and the pocket is deeper than allowed. **RULING:** Crosse is out of the game, and three-minute non-releasable penalty shall be served.

5.5 SITUATION C: During the game, an official inspects the equipment of a player and finds that the longitudinal weaving of the crosse is not firmly attached to bottom edge of the throat-stop construction. **RULING:** Crosse, if adjusted, may return to the game, and one-minute non-releasable penalty shall be served.

5.5 SITUATION D: During the game, an official asks a player for his crosse so the official can check it. Before the player hands the crosse to the official, he adjusts the strings or jams the crosse. **RULING:** A one-minute non-releasable unsportsmanlike conduct penalty shall be served. If the player with the adjusted crosse scored a goal just before the crosse inspection (“stick check”), the goal is disallowed. The crosse is then inspected and penalized an additional 1-3 minutes if violations are found.

5.5 SITUATION E: A1 scores a goal. The official sees him adjust the strings before the official is able to ask him for his stick. **RULING:** A one-minute non-releasable unsportsmanlike conduct penalty shall be served and the goal will be disallowed. The equipment check will continue.

5.5 SITUATION F: Team B is a man down and A1 scores. Before the next whistle, it is discovered A1 was playing with an illegal crosse. **RULING:** Goal does not count. A1 serves a one- or three-minute non-releasable penalty. Team B player returns to serve his remaining penalty time. The ball is awarded to Team B in its offensive half of the field at the Center.

5.5 SITUATION G: A3 scores a goal by kicking the ball into goal. Before the next whistle, the opposing head coach requests an equipment inspection on A3. **RULING:** If the crosse is found to be illegal, the goal will not count, and the player will serve a one- or three-minute non-releasable penalty.

5.5 SITUATION H: A1 scores. Before the next whistle, Team B head coach requests an equipment inspection on A2, the player who fed A1 for the score. **RULING:** Even if the crosse is found to be illegal, the goal counts. A2 serves a one- or three-minute non-releasable penalty.

5.5 SITUATION I: During the crosse inspection, the officials discover that the ball does not roll freely from the pocket, with the ball either remaining in the pocket when the head is rotated toward the ground or the ball sticking momentarily before rolling out. **RULING:** Three-minute non-releasable penalty and the stick is removed from the game whether the ball is being held by

the head or by the stringing. **COMMENT:** If the pocket is too deep and the officials feel that the pocket depth is the reason the ball will not release, a one-minute non-releasable penalty may be assessed and the crosse may return if adjusted.

5.5 SITUATION J: During an equipment check or at any other time, the officials discover that A1 has a hole in his mesh designed to snare the ball on a faceoff. **RULING:** Three-minute non-releasable penalty and the crosse is removed from the game.

SECTION 6 USE OF ILLEGAL EQUIPMENT

A player may not use equipment that does not conform to specifications. The fingers/palms of a player's hands must be completely covered by his gloves and the gloves may not be altered in a way that compromises their protective features. Use of illegal equipment or failure to properly wear mandatory equipment will be penalized as a non-releasable foul.

RULE 5, SECTION 6 – PLAY RULINGS

5.6 SITUATION A: Team A, which already has called for an equipment check that proved to be legal, calls for another equipment check. Team B equipment is found to be legal. **RULING:** If no time-outs remain, technical foul.

5.6 SITUATION B: B1 (not the goalie) is not wearing shoulder pads or arm pads. **RULING:** One-minute nonreleasable personal foul even if multiple equipment violations are found.

5.6 SITUATION C: B1's crosse is too short and he is not wearing arm pads. **RULING:** A player with both an illegal crosse and an equipment violation will only be penalized for the most severe of the violations. B1 will serve a 3-minute non-releasable penalty.

SECTION 7 SLASHING

(Y) ART. 1 . . . Swinging a crosse at an opponent's crosse or body with deliberate viciousness or reckless abandon, regardless of whether the opponent's crosse or body is struck.

(Y) ART. 2 . . . Striking an opponent in an attempt to dislodge the ball from his crosse, unless the player in possession, in an attempt to protect his crosse, uses some part of his body other than his head or neck to ward off the thrust of the defensive player's crosse and, as a result, the defensive player's crosse strikes some part of the attacking player's body other than his head or neck.

(Y) ART. 3 . . . Striking an opponent in any part of the body with the crosse (including its end cap), except when done by a player in the act of passing, shooting or attempting to scoop the ball. In all situations, the player's gloved hand shall be considered part of the crosse, except when in contact with a line marking.

RULE 5, SECTION 7 – PLAY RULINGS

5.7.1 SITUATION: B1, while playing A1, makes contact on A1's head with his crosse.

RULING: Contact itself does not constitute a foul. The contact shall be a definite blow or strike. Otherwise, it is considered a brush.

5.7.3 SITUATION A: A1, in the act of shooting or passing, strikes B1 on the head because of his legitimate follow-through motion. Has A1 committed a foul for striking an opponent on the head?

RULING: No. A1 was in the act of shooting or passing.

5.7.3 SITUATION B: Can a defensive player, who does not have reasonable access to an opponent's crosse and makes no apparent attempt to dislodge the ball or prevent a feeder's pass, choose to strike repeatedly the lower gloved hand on the crosse with undue force? **RULING:** No; slashing, personal foul.

5.7.3 SITUATION C: A1, advancing toward B1, holds his crosse back with one hand and protects his crosse with the other arm. B1 then swings his crosse and strikes A1's protecting arm.

RULING: Personal foul; slashing against B1.

5.7.3 SITUATION D: A3 has beaten B2, who swings his stick in a check and strikes A3 on the shoulder or across the back in an attempt to get at A3's stick. **RULING:** Slashing. This is an illegal back check.

SECTION 8 TRIPPING

A player may not trip an opponent with any part of his body or crosse.

Tripping is obstructing an opponent at or below the waist with the crosse, hands, arms, feet or legs, by any positive primary action if the obstructing player is on his feet or by any secondary action when the obstructing player is not on his feet. When a player legally checks the crosse of a opponent and the result is to cause the opponent to trip over his own crosse, no foul is committed. Similarly, if an opponent falls over a player's crosse when that player is attempting to scoop a loose ball, no foul has been committed.

RULE 5, SECTION 8 – PLAY RULINGS

5.8 SITUATION A: A1, while dodging B1, falls over B1's stationary leg. **RULING:** Legal; this is not tripping.

5.8 SITUATION B: B1, while playing A1, swings his leg around as A1 is dodging him, causing A1 to stumble or fall to the ground. **RULING:** Personal foul for tripping.

SECTION 9 UNNECESSARY ROUGHNESS

(Y) ART. 1 . . . An excessively violent infraction of the rules against holding and pushing.

(Y) ART. 2 . . . Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position.

(Y) ART. 3 . . . Any avoidable act on the part of a player that is deliberate and excessively violent, whether it be with the body or crosse. This may include a legal body check.

(Y) ART. 4 . . . A check delivered with the gloved hand or hands may not be delivered with a punching blow.

RULE 5, SECTION 9 – PLAY RULINGS

5.9.2 SITUATION: B1 is playing A1. A1, running at full speed, cuts around A2, who had set up a screening position. B1, while playing A1, contacts A2 violently. **RULING:** Legal, if B1 was concentrating on A1. Illegal, if B1 deliberately ran into A2, which would be a personal foul.

5.9.3 SITUATION A: B1 is playing A1. A1 dodges B1 while driving to the goal and takes a shot. B2 slides and body-checks A1 after the shot is taken. **RULING:** Legal, if the body-check is part of continuous motion or unnecessary roughness if the body-check is late or avoidable.

5.9.3 SITUATION B: A1 is receiving a pass and is in a vulnerable position, “Buddy Pass.” B1 body-checks A1. **RULING:** Unnecessary roughness if the check was avoidable. However, if in the official’s judgment, B1 was targeting a defenseless player, the penalty shall be a two-to-three minute non-releasable. (See Rule [5-3-5](#))

5.9.3 SITUATION C: A1 is playing. B1 is serving a penalty. B1’s penalty time is over, and B1 enters the field of play and immediately body-checks A1, who is vulnerable. **RULING:** Unnecessary roughness if the check was avoidable. However, if in the official’s judgment, B1 was targeting a defenseless player, the penalty shall be a two-to-three minute non-releasable. (See Rule [5-3-5](#))

5.9.3 SITUATION D: B1 is substituting on the fly. B2 enters the field of play correctly under the substitution procedures and immediately body-checks A1, who is vulnerable. **RULING:** Unnecessary roughness if the check was avoidable. However, if in the official’s judgment, B2 was targeting a defenseless player, the penalty shall be a two-to-three minute non-releasable. (See Rule [5-3-5](#))

5.9.3 SITUATION E: A1 with possession of the ball advances toward stationary defender B1 and with a bull-dodge runs over B1. **RULING:** Unnecessary roughness if A1’s actions were deliberate and excessively violent.

SECTION 10 UNSPORTSMANLIKE CONDUCT

(Y) No player, substitute, nonplaying member of a squad, coach or anyone officially connected with a competing team shall:

- a. Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
- b. Use threatening, profane or obscene language or gestures at any time during the game.
- c. Bait or call undue attention to oneself, or any other act considered unsportsmanlike by the officials.
- d. Deliberately use his hand or fingers to play the ball or grab an opponent's crosse with the open hand or fingers on a faceoff. **NOTE:** Inadvertent touching of the ball when the hand is grasping the stick on a faceoff should not be called as an unsportsmanlike conduct foul.

PENALTY: Items above are one- to three-minute non-releasable penalties in all cases.

- e. Repeatedly commit the same technical foul.
- f. As a player, deliberately fail to return immediately to the field after leaving the field of play while legally in the game.
- g. As a substitute, deliberately fail to comply with the rules for entering the field of play.

PENALTY: Items above are one- to three-minute releasable penalties in all cases.

RULE 5, SECTION 10 – PLAY RULINGS

5.10.1 SITUATION A: B1 fouls A1. The official assesses a one-minute penalty. B1 then maligns the official and receives an additional two-minute unsportsmanlike conduct penalty. Does a goal by A1 wipe out B1's personal foul (non-maligning)? **RULING:** No. B1's penalty time for the first two minutes is nonreleasable. The additional one-minute penalty is releasable.

5.10.1 SITUATION B: B1 slashes A1 and receives a two-minute personal foul. During the same play, B2 maligns the official and receives a one-minute unsportsmanlike penalty. **RULING:** The penalty on B1 is releasable at any time; B2's penalty is nonreleasable.

5.10.1 SITUATION C: A1 takes a position in front of crease area and as A2 takes a shot (a) A1 is facing toward A2 or (b) A1 is facing goalkeeper. A1 waves his hands and crosse back and forth. **RULING:** In (a), goal counts and in (b), goal does not count. Unsportsmanlike conduct on A1.

5.10.1 SITUATION D: B1 drops his crosse, then secures an opponent's crosse and continues to play. **RULING:** Personal foul, unsportsmanlike conduct.

SECTION 11 FOULING OUT

(Y) Any player who accumulates five minutes of personal fouls shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out. A player who accumulates five minutes of personal fouls has fouled out of the game but has not been ejected.

RULE 5, SECTION 11 – PLAY RULING

5.11 SITUATION: A1 receives a three-minute illegal crosse penalty during the first quarter. In the second half, A1 receives a two-minute non-releasable penalty. **RULING:** A1 has fouled out of the game, but has not been ejected.

SECTION 12 EJECTION

(Y) ART. 1 . . . A player, substitute, coach, nonplaying member of a team or anyone officially connected with the team shall be ejected for:

- a. Deliberately striking or attempting to strike anyone or leaving the bench area during an altercation.
- b. Use of tobacco or smokeless tobacco.
- c. Second non-releasable, unsportsmanlike foul.
- d. Any action deemed by the officials to be flagrant misconduct.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

PENALTY: Three-minute non-releasable penalty and ejection for the remainder of the game. The ejected coach shall be removed from the premises (bench and field area). The ejected player, substitute or non-playing team member shall be removed from the premises if there is authorized school personnel present to supervise the ejected student. If no authorized school personnel is available, the student shall be confined to the bench area. The officiating assigning authority is responsible for notifying the appropriate school of the ejection.

RULE 5, SECTION 12 – PLAY RULINGS

5.12.1 SITUATION A: A1 commits a flagrant unsportsmanlike act after the game has ended and the officials observe the violation. **RULING:** A1 is assessed a penalty by the officials as the jurisdiction of the officials includes the entire time that they are on the field of play and while they are in the immediate playing area. Even though the game has ended, any player, coach or game personnel can still be ejected and noted in the scorebook.

5.12.1 SITUATION B: After the final horn or with a few seconds left in the game, B1 deliberately and violently slashes A1 or commits any other act deemed by the officials to be flagrant misconduct. **RULING:** B1 is ejected from the game.

5.12.1 SITUATION C: A2 receives a second unsportsmanlike penalty for repeatedly committing the same technical foul. **RULING:** This is a one-minute releasable unsportsmanlike conduct penalty — no ejection involved.

Rule 6 Technical Fouls

SECTION 1 TECHNICAL FOULS

Technical fouls are those of a less serious nature than personal fouls and include all violations of the rules of the game except those specifically listed as personal or ejection fouls.

PENALTY: The penalty for a technical foul shall be either a 30-second suspension of the offending player from the game (if the team fouled had possession of the ball at the time the foul was committed) or simply the awarding of the ball to the team fouled (if the team fouled did not have possession of the ball at the time the foul was committed).

EXCEPTION: A loose-ball technical foul by Team B followed by a personal foul by Team A during the play-on will result in both players serving penalty time.

SECTION 2 CREASE VIOLATIONS/GOALKEEPER INTERFERENCE

ART. 1 . . . When the defensive team has possession of the ball, infringements of the rules involving the crease shall be penalized as follows (rather than under the general rules for technical fouls):

- a. Any crease violation or interference with the goalkeeper of a technical nature while the ball is in possession of the defensive team outside of the crease shall result in a slow-whistle, flag-down situation.
- b. Any crease violation or interference with the goalkeeper while he and the ball are in the crease, whether or not he has possession of the ball, shall be a play-on. If the goalkeeper has possession and fails to run the ball out of the crease or successfully complete an outlet pass, the ball is awarded to his team in its offensive side of the field at the Center. If the ball is loose in the crease and the goalkeeper gains possession, the play-on is over.

RULE 6, SECTION 2 – PLAY RULINGS

6.2.1 SITUATION A: B3 is clearing the ball between the defensive-area line and the midfield line when an attack player runs through the crease, hoping to stop play. **RULING:** Flag down, technical foul.

6.2.1 SITUATION B: Ball is loose outside the crease when an attack player falls in the crease. **RULING:** Play on. If the defense gains possession, allow them to maintain the advantage. If it does not gain possession, blow the whistle and award the ball as outlined in Rule 4. If the ball is outside the goal area, restart at that point. If the ball is inside the goal area, award to the offended team laterally outside the goal area.

6.2.1 SITUATION C: A1 has the ball in his goal area. B2 illegally checks A2, causing A2 to enter crease. **RULING:** The whistle is blown immediately when A2 is in crease, foul by B2, and B2 serves penalty time.

6.2.1 SITUATION D: B1 has possession of the ball outside the crease and starts to clear the ball up the field. Attack player A1 runs through the crease while chasing B1. **RULING:** Flag down, slow whistle, technical foul. This cannot be a play-on since ball is not loose. The flag down allows the clearing team to complete a fast break.

6.2.1 SITUATION E: A1 interferes with goalkeeper B1 who has possession of the ball in the crease. Is this a slow whistle or a play-on? **RULING:** Play on. If there is already a flag down for a Team A infraction, then a second flag is thrown and the slow whistle continues.

6.2.1 SITUATION F: A1 slashes the goalkeeper, who has possession of the ball. **RULING:** Slow whistle.

6.2.1 SITUATION G: During a slow whistle with the goalkeeper in possession of the ball in the crease, the pass is not complete and the goalkeeper maligns the official. Where is the ball put in play? **RULING:** The goalkeeper serves a one-minute nonreleasable penalty and the ball is put in play at the spot where it was when the whistle was blown unless that spot is less than 20 yards from the goal.

6.2.1 SITUATION H: While ball is loose in the crease, A1 interferes with the goalkeeper. **RULING:** Play-on. If goalkeeper fails to gain possession of the ball, ball is awarded to Team B, 20 yards lateral from the goal.

6.2.1 SITUATION I: While the goalkeeper is in the crease and is in possession of the ball, A1 interferes with goalkeeper. **RULING:** Play-on. If goalkeeper fails to run the ball out of the crease or successfully completes an outlet pass and the ball is awarded to Team B to be put in play in its offensive side of the field at the Center.

SECTION 3 HOLDING

ART. 1 . . . A player shall not impede the movement of an opponent or his crosse.

ART. 2 . . . A player may not:

- a. Use the portion of the handle that is between his hands to hold an opponent.
- b. Step on the crosse of an opponent.
- c. Hold an opponent with his crosse.
- d. Hold or pin an opponent's crosse against the body of the opponent with his crosse.
- e. Hold an opponent with his free hand that is off the crosse.
- f. Hold the crosse of the opponent using any part of his body.
- g. Use his crosse to hold or pin an opponent's crosse to the ground on a face-off.

(Y) ART. 3 . . . Holding is permitted under the following conditions:

- a. An opponent with possession of the ball or within 5 yards of a loose ball may be held from the front or side.
- b. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure. For (a) and (b), a hold check shall be done with either closed hand, shoulder or forearm; and both hands shall be on the crosse.
- c. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.
- d. **(Y)** A player within 5 yards of a loose ball may hold the crosse of his opponent with his own crosse.

RULE 6, SECTION 3 – PLAY RULINGS

6.3.1 SITUATION: On the faceoff, A1 clamps the ball to the ground with his stick. B1 then pins A1's stick to the ground with his stick. **RULING:** Illegal. The ball shall be awarded to Team A in its offensive half of the field at the Center.

6.3.2 SITUATION A: B1, with gloved hand over end of the crosse, is exerting pressure from the rear against A1, who has possession of the ball. B1 exerts enough pressure to force A1 to move away from goal. **RULING:** Technical foul against B1. Only equal pressure may be used.

6.3.2 SITUATION B: A1 has the ball in his possession. B1 holds A1's crosse against A1's body, restraining A1's movement. **RULING:** Holding by B1.

6.3.2 SITUATION C: A1, with the ball in his possession, locks down his free arm (or arm pit) over B1's crosse. **RULING:** Technical foul against A1.

6.3.3 SITUATION A: A1 is within five yards of a loose ball. B1 holds A1's crosse with his crosse, preventing A1 from participating in the play. **RULING:** Legal hold.

6.3.3 SITUATION B: A1, with the ball in his possession, has his crosse held by B1's crosse which prevents him from performing his normal function. **RULING:** Legal hold.

6.3.3 SITUATION C: B2, with gloved hand over end of the crosse, is exerting equal pressure from the rear against A1, who has possession of the ball, thus preventing A1 from advancing toward the goal. **RULING:** Legal play.

SECTION 4 ILLEGAL OFFENSIVE SCREENING

No offensive player shall move into and make contact with a defensive player with the purpose of blocking a defensive player from the man he is playing, nor shall the offensive player hold his crosse rigid or extend his crosse rigid to impede the normal movements of the defensive man. If contact is made between offensive and defensive players as a result of the offensive player's setting a screen, the offensive player shall be stationary before the contact occurs, with his feet no wider than shoulder-width apart.

RULE 6, SECTION 4 – PLAY RULINGS

6.4 SITUATION A: A1 takes a post position and holds his crosse in front of him with the head of the crosse resting on the ground. A2 cuts around A1, and B2, pursuing A2, falls over A1's crosse.

RULING: Technical foul against A1, illegal offensive screening.

NOTE: There has to be contact to be called illegal offensive screening.

6.4 SITUATION B: A1 takes a post position and holds his crosse extended in front of him. A2 cuts around A1, and B2, pursuing A2, runs into the extended crosse and is held back by A1's crosse. **RULING:** Technical foul against A1, holding.

SECTION 5 ILLEGAL PROCEDURE

ART. 1 . . . Any action on the part of players or substitutes of a technical nature that is not in conformity with the rules and regulations governing the play of the game shall be termed illegal procedure.

ART. 2 . . . The following are examples of illegal procedure:

a. Touching the ball – A player shall not touch the ball with his hands while it is in play. The exception is the goalkeeper while both he and the ball are inside the crease.

b. Illegal actions with crosse – A player shall not:

1. Throw his crosse under any circumstances.

2. Take part in the play of the game in any manner without his crosse.

(a) Should a player lose his crosse in any legal way, so that repossession of the crosse would cause him to violate a rule, the slow whistle shall be employed by an official.

(b) Should the crosse be in the crease so as to possibly interfere with the goalkeeper's play of an attempted shot at the goal, play shall be suspended immediately.

3. Intentionally kick an opponent's crosse.

c. Crosse in face of opponent – A player shall not push at, thrust or flick his crosse in the face of an opponent.

d. Avoidable lateness of team – When a team fails to appear on the field ready to play at the appointed time for the start of a contest, and this tardiness is avoidable.

e. Entering the game from the penalty area before authorized to do so by the timekeeper. The player shall be returned to the penalty area to serve his remaining time, plus 30 seconds. If the ball is loose or in possession of the player's own team, it shall be awarded to the opposing team and the player leaving the penalty area early does not have to serve an additional 30 seconds. In the event that a goal is scored by the opponent, the unexpired penalty time is nullified, and the 30-second penalty is erased.

f. Delaying the game – When it is a team delay, the penalty shall be assigned to the in-home. Delaying the game shall be the consuming of more than 20 seconds:

1. At the start of the game or a period, 20 seconds to begin when the official blows the whistle to summon the players to position 20 seconds before the official game time, or after one minute and 40 seconds have elapsed between the first and second or third and

fourth periods, or after nine minutes and 40 seconds have elapsed between the second and third periods.

2. After the expiration of a time-out, 20 seconds to begin when the official blows the whistle to summon the players to position after one minute and 40 seconds of a team's charged time-out; or after an injured player has been removed from the game, or whenever play is ready to be resumed after an official's suspension of play.

3. After a goal has been scored, 20 seconds to begin when the official at the center line has possession of the ball.

4. After a time-serving penalty has been assessed, 20 seconds to begin when the official assessing the penalty has notified the scorer.

5. For adjusting of equipment, 20 seconds to begin when the adjusting of equipment begins.

g. Participation in the play of the game by a player out of bounds.

h. Any player not in his restraining area at the time the whistle is blown to start play at the time of a faceoff.

i. Failure to remain 5 yards from a player awarded the ball for a restart.

j. Any violation of the rules for substituting players.

k. Any violation of the rules relating to the goal-crease area. Repeated violations shall be penalized as unsportsmanlike conduct.

l. Any violation of the rules for time-outs.

m. Having more than 10 players in the game at any time, including a player or players in the penalty area.

n. Violation of the rules on positioning for a faceoff. Award the ball to the offended team in its offensive side of the field at the Center. (See Rule [7-3](#))

o. If a head coach makes two or more requests in which no violations are found for either counting of long crosses or inspecting any opponents' equipment, a time-out will be charged. If no time-outs remain for that half or overtime period, a technical foul will be called.

p. Having more than four long crosses in the game.

q. Failure of the player in possession of the ball to place the ball directly on the field or hand it to the nearest official on a change of possession. An example is if the player rolls the ball away or creates a delay or disadvantage to the team being awarded the ball.

- r. Failure to advance the ball beyond the center line into the goal area within 10 seconds as required, or upon gaining possession of the ball inside the defensive half of the field, to advance the ball beyond the center line within 20 seconds.
- s. Failure to provide a scorebook, timing device, table and working horn.
- t. Failure to have a clearly marked center line that runs the entire width of the field.
- u. Failure to have a properly equipped designated goalkeeper on the field of play.
- v. When no player from the team awarded possession picks up the ball and moves to the position of the restart within five seconds after the officials are ready to restart play.
- w. Take a dive or feign a slash to the head or body in order to deceive the official and draw a penalty.

NOTE: This only applies to situations in which Rule [6-5-2f](#) does not apply.

(Y) ART. 3 . . . All players shall be properly attired in legal uniforms prior to the beginning of the contest. Violation of the uniform requirements (e.g., jerseys, compression shorts, etc.) is considered illegal procedure. If a team/player cannot correct all uniform violations prior to the start of the contest, a technical foul is assessed and the ball is awarded to the opposing team in its offensive half of the field at the Center at the start of the game.

NOTE: Once the game begins, uniform violations will not be penalized.

RULE 6, SECTION 5 – PLAY RULINGS

6.5.1 SITUATION: A1, serving a penalty, has two crosses in the penalty area so he can bring the proper crosse on the field when his penalty time expires. By mistake he runs on the field carrying both crosses and when he realizes it, he drops one. **RULING:** Technical foul.

6.5.2 SITUATION A: The goalkeeper pursues a loose ball outside of the crease and trips. A1 gains possession and takes a shot. B1 jumps into the crease and bats the ball away with his hand. **RULING:** Technical foul. The ball shall be awarded to Team A outside the goal area.

6.5.2 SITUATION B: Goalkeeper B1 leaves the field to serve a penalty, taking his crosse with him. Substitute B2 enters the crease. He chooses to: (a) use a midfielder's stick, (b) play without a throat protector, (c) play without a chest protector. **RULING:** Illegal. In all three cases, the replacement is not properly equipped. (See Rule [1-9-1](#))

6.5.2 SITUATION C: During the course of the game, the handle of a crosse becomes bent. **RULING:** The official shall instruct the player in question to correct the situation immediately. No penalty is assessed unless the player participates or attempts to participate in the play.

6.5.2 SITUATION D: During the course of play, goalie B1's stick becomes broken or any other mandatory equipment becomes broken or dislodged. **RULING:** The officials will stop play as soon as they notice the problem, regardless of whether the goalie is in or out of the crease. However, if a shot is already in flight when the equipment becomes broken or dislodged, the shot will be allowed to come to its normal conclusion before the whistle blows to stop play.

6.5.2 SITUATION E: The goalkeeper's cross becomes broken while the goalkeeper is within his goal crease. Should play be suspended? **RULING:** Yes, and award the ball to the same team that had possession when play was stopped, outside the defensive/goal area. If the ball is loose outside the crease, award by alternate possession. If the ball is loose inside the crease, award it to the defensive team laterally outside the goal area.

6.5.2 SITUATION F: The goalkeeper's throat protector becomes broken and falls down below his chest while he is within the goal crease. Should play be suspended? **RULING:** Yes, and award the ball to the same team that had possession when play was stopped, laterally outside of the goal area. If the ball is loose outside the crease, award by alternate possession. If the ball is loose inside the crease, award it to the defensive team laterally outside the goal area.

6.5.2 SITUATION G: A1's shot deflects off goalkeeper B1's stick, breaking the head and deflecting into the goal. **RULING:** Legal goal.

6.5.2 SITUATION H: The goalkeeper B1 is outside the crease and the follow-through from A1's shot breaks the head of B1's stick before it enters the goal. **RULING:** Legal goal.

6.5.2 SITUATION I: During play, A1 runs to the bench to exchange his crosse, which is not broken. This is not noticed by an official. The timer/scorer blows the horn twice at the next dead-

ball whistle and notifies officials. **RULING:** The horn should not have sounded as this is a legal exchange.

6.5.2 SITUATION J: B1 participates or attempts to participate in a play without a crosse.

RULING: Technical foul. This also applies to goalkeeper while in or out of the crease.

6.5.2 SITUATION K: A1, with possession of the ball in his attack half of the field, is checked by B1, whose crosse breaks. A1 continues toward goal and shoots, scoring a goal. **RULING:** Legal goal. If B1 pursues A1, slow-whistle technique and flag is dropped. If B1's play creates a potentially dangerous injury situation, play is stopped and technical foul is called against B1. Once B1 breaks his crosse, he shall either get a new crosse from the bench or table area or substitute out of the game. He may carry the broken crosse off the field or leave it on the field, but the officials will stop play immediately if they feel either creates a dangerous situation. There is no penalty assessed unless B1 participates in the play in some manner.

6.5.2 SITUATION L: B1, covering A1, keeps his crosse raised in front of A1's face mask or above his head. **RULING:** Legal (providing there is no flicking or thrusting motion).

6.5.2 SITUATION M: Team A has used its request to have a stick-check in the first period. How are subsequent stick-checks handled? **RULING:** If time-outs remain and the stick was (a) legal or (b) illegal. A time-out is allowed in (a) (if no time-outs are available, Team A is charged with a technical foul) and in (b), no charged time-out. B1 is charged with a personal foul for an illegal stick.

6.5.2 SITUATION N: As the official is administering the faceoff by sounding his whistle, B1 violates the wing area line by entering early. **RULING:** A play-on is called. If Team A gains possession, play continues. If Team A does not gain possession, the whistle is blown and Team A is awarded possession in its offensive half of the field at the Center.

6.5.2 SITUATION O: During the faceoff, but before possession is gained, A1 pushes B1 who is attempting to secure the groundball, in B's defensive side of the field. Official awards the ball to B at the spot of the infraction. **RULING:** Ball should have been awarded to Team B in its offensive side at the field at the Center.

6.5.2 SITUATION P: A1 drops his crosse, which is not broken, and B1 (a) accidentally steps on or kicks A1's crosse; (b) intentionally steps on, kicks or otherwise moves A1's crosse to try to prevent A1 from recovering it. **RULING:** (a) No foul for kicking the crosse because the crosse is not in possession. (b) Unsportsmanlike conduct on B1.

SECTION 6 CONDUCT FOUL

(Y) ART. 1 . . . A coach shall not enter the field of play without the permission of an official, except to attend to an injured player, to warm up a goalkeeper, or during half time.

ART. 2 . . . During play, the coaches area is restricted to coaches. All other personnel shall stay behind the restraining line.

ART. 3 . . . A player, coach, athletic trainer or other person officially connected with a team shall not:

- a. Use artificial audio enhancement aids (e.g., electronic devices, megaphones) in communicating with players on the field.
- b. Leave the bench area and/or coaches area on his/her side of the field. Players shall be within the confines of the bench area while the clock is running and the ball is in play, except when reporting to the table area for substitution or for serving penalty time. A coach or player may leave the bench/coaches area and enter the table area only (1) To exchange a crosse with a player on the field in the opposite end of the field from that team's bench during a live ball or dead ball; or (2) To seek information from the timer or scorekeeper during a dead ball.
- c. Object by arguing or gesturing to a decision by an official, timekeeper or scorekeeper.
- d. Commit any act considered misconduct by an official.
- e. Situate school bands or other organized groups that use artificial means to create noise on the opponent's side of the field.

RULE 6, SECTION 6 – PLAY RULINGS

6.6.1 SITUATION: During a dead or live ball, a coach runs on the field toward the official, - questioning the decision of the official. **RULING:** Technical foul (conduct) or personal foul (unsportsmanlike conduct), depending on the severity of the foul.

6.6.3 SITUATION A: A player or a coach from Team A intentionally tries to interrupt or confuse B1's play by unnecessary yelling or gestures. **RULING:** Technical foul (conduct).

6.6.3 SITUATION B: The Team A coach is using an electronic display to visually communicate with players on or off the field. **RULING:** Legal play.

SECTION 7 INTERFERENCE

A player shall not interfere in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within 5 yards of the players, or both players are within 5 yards of a loose ball.

RULE 6, SECTION 7 – PLAY RULINGS

6.7 SITUATION A: A1 attempts to pass to A2, cutting around crease. Before the ball has left A1's crosse or is within five yards of A2, the goalkeeper checks A2's crosse. **RULING:** Interference by goalkeeper.

6.7 SITUATION B: A1 is running away from B2, who is playing A2 and B2 establishes contact with A1 while pursuing A2. Is this interference? **RULING:** Yes, provided A1 was moving at time of contact by B2.

6.7 SITUATION C: A1 runs interference for A2, who has possession of the ball. A1 runs toward B2, who is playing A2, but does not establish contact with B2. Is this interference? **RULING:** No.

6.7 SITUATION D: In a typical weave play, B1 makes contact in any fashion with A1. Is A1 guilty of a foul (interference)? **RULING:** Yes, if B1 definitely was in pursuit of an opponent. No, if B1 was not in pursuit of an opponent.

SECTION 8 OFFSIDE

Any violation of the offside rule is a technical foul.

SECTION 9 PUSHING

(Y) A player shall not thrust or shove an opponent from the rear. A push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball or is within 5 yards of a loose ball. In this case, pushing shall be done with either closed hand, shoulder or forearm, and both hands shall be on the crosse.

SECTION 10 STALLING

ART. 1 . . . It shall be the responsibility of the team in possession to attack the goal.

(Y) ART 2 . . . A team in possession of the ball in its offensive half of the field may be warned to “get it in/keep it in.” This warning shall be made when, in the judgment of the officials, that team is keeping the ball from play by not attacking the goal. A visual 10-second count will start when warning the team to “get it in.” If the offensive team has the ball in the goal area, the defensive team must attempt to play the ball within the goal area in order for a stalling warning to be issued against the offensive team.

The stalling warning remains in effect until a goal is scored, the defensive team gains possession of the ball or the period ends resulting in a faceoff. After the team has been warned, stalling shall be called if the ball leaves the goal area in any manner other than as a result of a shot on goal or a touch by the defensive team.

ART. 3 . . . During the last two minutes of regulation play, stalling rules are in effect for the team that is ahead. When the score is tied, neither team is forced to keep the ball in the goal area unless warned to “keep it in.”

RULE 6, SECTION 10 – PLAY RULINGS

6.10.1 SITUATION A: Team A is playing man-down and appears to be trying to keep the ball from play. Can Team A be warned for stalling? **RULING:** Yes. Team A shall try to create a scoring opportunity even when a man-down.

6.10.1 SITUATION B: Early in the game Team A has fewer goals than Team B and is using a deliberate ball-control offense as its offensive strategy. May Team A be called for stalling? **RULING:** Yes.

6.10.1 SITUATION C: A3 throws ball toward goal, and ball goes out of bounds. A3 claims it was a shot. **RULING:** If official feels it was a shot, ball awarded according to rules. If official feels it was a pass or deliberate “throw out,” award ball to Team B.

6.10.2 SITUATION A: Team A brings ball into its goal area (without warning), and Team B is aggressively playing the ball. Can Team A be warned to “keep it in?” **RULING:** Yes. If it is obvious to the officials that Team A is not attempting to attack the goal or execute a scoring play.

6.10.2 SITUATION B: Team A brings ball into goal area. However, after getting ball into goal area, it is obvious to the officials that Team A is keeping the ball from play by standing in the corners of the goal area. **RULING:** Team A is warned to “keep it in.”

6.10.2 SITUATION C: Team A brings the ball into its goal area and during play A4 with ball runs, passes or is checked or forced out of goal area. **RULING:** Legal play: However, official should give the warning to “keep it in” when a team is stalling by taking advantage of the goal-area lines.

6.10.2 SITUATION D: Team A is given the warning to “keep it in” the goal area. After doing so, A2 with ball runs, passes, is checked or is forced out of goal area. **RULING:** Ball awarded to Team B at spot of infraction. If loose ball and Team B recovers ball, allow play to continue.

6.10.2 SITUATION E: Team A has been warned to “keep it in.” Attackman A1 has possession of the ball and is played by B1. As A1 is forced close to the goal area line, the ball becomes loose and bounces outside of the goal area. May Team A legally regain possession of the ball? **RULING:** No.

6.10.2 SITUATION F: Team A has been warned to “keep it in.” After recovering a shot or pass deflected by the defense outside the goal area, does Team A have a full 10 seconds before it shall bring the ball back into the goal area? **RULING:** Yes.

6.10.2 SITUATION G: Team A has been warned to “keep it in.” (a) Team A then calls a time-out. (b) Team B commits a penalty. Is the stall warning still in effect when play resumes? **RULING:** (a) Yes. In (b), the stalling warning is still in effect since Team A maintains possession as a result of the Team B penalty. After the flag down slow whistle, the stalling warning is still in effect after the penalty is assessed unless Team A scores. Upon the restart of play, Team A has 10

seconds to move the ball into the goal area where it will again be warned to “keep it in.”

6.10.3 SITUATION A: Team A, which is ahead, throws ball into its goal area during the last two minutes of regulation and before either team has possession in the goal area, the offensive team kicks the ball out of the goal area or the ball rolls out with no one touching it while it was in the goal area. Is this stalling? **RULING:** Yes.

6.10.3 SITUATION B: Two players, standing outside the corner of the box during the last two minutes of regulation, bounce the ball into the goal area to end the 10-second count. Is this stalling? **RULING:** Yes, when the ball goes out of the goal area.

6.10.3 SITUATION C: Team A, which is ahead, fulfills the initial 10-second count with 2:07 remaining in the fourth quarter. A1 passes to A2 who receives the pass outside the goal area with 2:02 remaining. At the two-minute mark, the official warns Team A to “get it in” and starts a visual 10-second count. **RULING:** Correct procedure. Automatic stalling is in effect for Team A. Team A must “get it in” and “keep it in” the goal area.

6.10.3 SITUATION D: Team A, which is ahead, fulfills the initial 10-second count with 2:07 remaining in the fourth quarter. A1 passes to A2 who drops the pass outside the goal area with 2:02 remaining. At the two-minute mark, the ball is loose outside the goal area. The official warns Team A to “get it in” and starts a visual 10-second count. **RULING:** Incorrect procedure. When Team A regains possession, the official warns Team A to “get it in” and starts a visual 10-second count.

SECTION 11 WARDING OFF

A player in possession of the ball shall not use his free hand or arm or any other part of his body to hold, push or control the direction of the movement of the crosse or body of the player applying the check. A player in possession of the ball may protect his crosse with his hand, arm or other part of his body when his opponent makes a play to check his crosse.

RULE 6, SECTION 11 – PLAY RULINGS

6.11 SITUATION A: B1 swings at A1's crosse. A1 pulls his crosse back with one hand and with the other arm absorbs blow by B1. A1 continues around B1, holding off B1's crosse with his protecting arm. **RULING:** Technical foul against A1. A1 may not use his arm to hold, push or control the crosse or body of the player applying the check.

6.11 SITUATION B: A1, advancing toward B1, pulls his crosse back with one hand and protects his crosse with the other arm. A1 contacts B1's crosse with protecting arm and continues to drive against B1 and his crosse. **RULING:** Technical foul against A1.

SECTION 12 WITHHOLDING BALL FROM PLAY

When a loose ball is on the ground, a player shall not lie on the ball, trap it with his crosse longer than is necessary for him to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner. A player, players or team shall not deliberately withhold the ball from play. Repeated actions of this nature shall be ruled unsportsmanlike conduct.

RULE 6, SECTION 12 – PLAY RULINGS

6.12 SITUATION A: There is a loose ball in crease and the goalkeeper covers it with his crosse and draws back to scoop it all in a continuous motion (tennis pickup). **RULING:** Legal.

6.12 SITUATION B: There is a loose ball in crease. Team B goalkeeper covers ball with his crosse and makes no apparent effort to draw back and pick it up. **RULING:** Withholding ball from play. Ball awarded to Team A.

6.12 SITUATION C: A1, with possession of ball, is dodging B1, and he slides his upper glove hand above handle and onto the head of the crosse so that the thumb of the glove is touching the frame of the stop. **RULING:** Withholding ball from play, technical foul.

Rule 7 Penalty Enforcement

SECTION 1 PROCEDURE

(Y) A player who has committed a violation of the rules and shall serve penalty time shall:

- a. Leave the field of play at once.
- b. Report immediately to the scorer's table and remain in the penalty area until informed by the timekeeper that he may re-enter the game. When re-entering the game, the player shall enter the field of play through the table area.
- c. Player serving penalty time shall sit or kneel in front of scorer's table.
- d. Wait until the faceoff has ended before entering the field through the table area even when his penalty time has expired.
- e. If the goalkeeper is penalized or injured, the official will allow a full one-minute delay for replacing the goalie on the field beginning with his warm-up.

RULE 7, SECTION 1 – PLAY RULING

7.1 SITUATION: B1's penalty time expires just after the faceoff whistle has blown. B1 enters the field before possession is called. **RULING:** Illegal procedure. Award ball to Team A.

SECTION 2 PENALTY TIME

The following rules shall apply in determining the beginning and ending of penalty time:

- a. Penalty time begins at such time as play is resumed after the calling of the penalty.
- b. Penalty time ends when the time of the penalty has expired, except if a goal is scored against a team having one or more players serving penalty time. If a goal is scored against the team serving penalty time:
 1. All releasable penalties will end for that team.
 2. All non-releasable penalties remain in place until the full time is served.
- c. A player receiving a penalty for a period of time in excess of that remaining in any period shall remain out of the game in the subsequent period (including sudden-victory periods) until the full length of his penalty time has expired, except as described in Rule [7-2-1-b](#).
- d. For the purpose of determining when a player or players may be released from a penalty, for all time-serving penalties called on players of opposing teams from the time the flag is dropped or the whistle sounds stopping play (whichever occurs first), until the sounding of the whistle resuming play, the lesser amount of penalty time shall be treated as non-releasable. When two or more players from opposing teams are sent out of the game, and the penalty time for each player is the same, the players shall not be released from the penalty area until their full penalty time has been served. If the penalty time of a player(s) on one team is longer than the penalty time of a player(s) on the other team, then no one shall be released from the penalty area until the shorter penalty time has elapsed. At that time, the player(s) with the shorter penalty time shall be released from the penalty area. The other - player(s) shall remain until such time as his penalty time has elapsed, or his team has been scored upon.
- e. Players serving multiple simultaneous penalties shall serve the full time of all non-releasable penalties first. After the non-releasable time has been served, should a goal be scored during the releasable penalty time, the player could return to the game, but not if a goal is scored during the non-releasable penalty time.
- f. A maximum of three players from the same team can be in the penalty area serving penalties at the same time. The penalty time of any additional player(s) shall not start until the penalty time of one of the three players in the penalty area expires. The additional penalized player(s) shall wait in the bench area immediately next to the scorer's table but not in the table area. A player's penalty cannot be released by a goal until he is in the penalty area and the time on his penalty has started to elapse.

RULE 7, SECTION 2 – PLAY RULINGS

7.2 SITUATION A: B1 is in penalty area for one minute. After 40 seconds of play, he enters field of play, and B2 scores a goal. **RULING:** Goal counts, unless official was notified of illegal entry prior to the next faceoff.

7.2 SITUATION B: B1 leaves the penalty area before his time has elapsed. (a) Team A has possession, or (b) Team A does not have possession. **RULING:** In (a), B1 shall return to the penalty area to serve the remaining time, plus an additional 30 seconds. In (b), B1 shall return to the penalty area to serve the remaining time, and Team A gains possession.

7.2 SITUATION C: A1 has possession of the ball. B1, on his way to penalty area, is given another penalty, and this is followed by another personal foul (none of the fouls is declared a nonreleasable foul). A1 scores a goal. **RULING:** Unexpired penalty time for B1 is wiped out with the scoring of the goal.

7.2 SITUATION D: A1 has possession of the ball. B1 commits a technical foul. On way to penalty area, B1 is assessed an additional one-minute personal foul for maligning the official. During the first minute of B1's 1½-minute penalty, A1 scores a goal. **RULING:** B1 shall serve the full one minute of nonreleasable time first. The final 30 seconds of penalty time can be released only by a goal scored during the releasable time.

7.2 SITUATION E: B1's penalty time expires (a) before or (b) just after possession is called on a faceoff. May B1 enter the field and initiate contact with an unsuspecting player? **RULING:** No. In (a), B1 must wait for possession to be called before re-entering the field of play. In both (a) and (b), when released, B1 shall enter the field in the normal manner from the substitution box and is not allowed to hit an unsuspecting player.

7.2 SITUATION F: B1 commits personal foul; while that penalty is being served, a foul is called against a Team B non-player on the bench (neither foul is nonreleasable). (a) Who serves bench foul? (b) What happens if Team A scores a goal? **RULING:** In (a), B2 (in-home) serves penalty time. In (b), both B1 and B2 are released from penalty area when Team A scores goal.

7.2 SITUATION G: B1 commits a personal foul. While in the penalty area and before whistle for resuming play, B1 receives an additional penalty of one minute (not a nonreleasable penalty). (a) Does B2 (in-home) serve additional minute penalty? (b) What happens if Team A scores goal? **RULING:** In (a), no. B1 has minute added to original penalty. In (b), B1's unexpired penalty time is wiped out when Team A scores goal.

7.2 SITUATION H: A1, A2, A3 and A4 receive one-minute releasable penalties that are all reported during the same dead ball. A1, A2 and A3 begin to serve their penalties at the same time, while A4 waits in the bench area immediately next to the scorer's table but not in the table area. Team A restarts play with seven players on the field. (1) Team B scores a goal after 30 seconds. (2) Team B does not score a goal in the next minute. **RULING:** (1) A1, A2 and A3 are released and A4 begins serving his one-minute penalty in the table area. **COMMENT:** The team penalty

against Team A was four releasable penalties causing the team to play short for one minute or until a goal is scored. Since a goal was scored, the team returns to full strength; however, A4 still must serve his one-minute penalty. (2) A1 and A2 may enter the field. A3 must exit to the bench area and A4 steps into the table area and begins serving his penalty. Team A is now playing with nine players on the field. A3 may now substitute into the game in the normal manner, if desired.

7.2 SITUATION I: Team A started the game with 11 players (the 10 on-field players and one player on the bench). During the course of play, A1 and A2 are injured and unable to return to play leaving Team A with only nine on-field players. Later in the game, A3, A4 and A5 receive one-minute releasable penalties. All three players report to the table area to serve their penalties leaving the team with only six on-field players. **RULING:** Legal. **COMMENT:** A team can continue to play with fewer than seven players in this instance since this situation was not caused “solely because of penalties.” (2-1-3)

***7.2 SITUATION J:** During a live-ball situation, A1, A2, A3 and A4 or a coach from Team A are all called for releasable or non-releasable fouls. **RULING:** If the officials can determine the order in which the fouls occurred, they shall be enforced in that order. If the officials cannot determine the order in which the fouls occurred, the most severe penalties shall be enforced first (up to three nonreleasable penalties) and the fourth penalty shall be stacked and not served until one of the first three penalized players is released. **NOTE:** In determining which penalties are more severe for this situation, non-releasable penalties are considered more severe than releasable penalties, regardless of length. If all penalties are of the same type, however, a longer penalty is considered more severe than a shorter one.

***7.2 SITUATION K:** During a live-ball situation, A1 and A2 are each assessed one-minute, non-releasable penalties, and A3 and A4 are each assessed one-minute releasable penalties. The officials cannot determine the order in which the fouls occurred. A1, A2 and A3 begin serving their penalties immediately, which makes Team A three players down. A4 waits in the bench area as the stacked player. After 28 seconds of the penalty time has elapsed, a goal is scored by Team B. **RULING:** A3 is released and A4 begins serving his penalty time with Team A still three players down. After 32 more seconds of penalty time has elapsed, A1 and A2 are both released and Team A is one player down. After 28 more seconds of penalty time has elapsed, A4 is released and Team A is again at full strength.

SECTION 3 RESUMING PLAY AFTER PENALTY

When a penalty occurs and the ball is in the offended team's offensive half of the field, the ball shall be put in play by the team awarded the ball, at the spot where the ball was when play was suspended. If the ball was in the goal area when play was suspended, it shall be restarted laterally outside the goal area nearest to the spot of the ball at the time of the whistle. If the ball has crossed the end line prior to the penalty occurring, the ball shall be restarted at that spot.

When a penalty occurs and the ball is in the offended team's defensive half of the field and a penalty is to be served, the ball shall be awarded to any player of the offended team in its offensive side of the field at the Center. When no penalty time is to be served, the ball will be put in play at the spot the ball was when the whistle blew.

EXCEPTION: For simultaneous fouls where time is to be served by each team, the ball will be put in play at the spot where the ball was when the whistle blew or laterally outside the goal area nearest to the spot of the ball at the time of the whistle. For any violations of the rules on positioning for a faceoff, the ball will be awarded to the offended team in its offensive side of the field at the Center.

RULE 7, SECTION 3 – PLAY RULINGS

7.3 SITUATION A: There is a loose ball in Team A's defensive half of the field, and B1 commits a violation: (a) a technical foul or (b) a personal foul. **RULING:** In (a), possible play-on. If Team A fails to gain possession, ball awarded to Team A at the spot where the ball was when whistle blew. In (b), ball awarded to Team A in its offensive half of the field at the Center.

7.3 SITUATION B: A1 gains possession in his defensive end and is fouled by B1, flag down. A1 passes to goalkeeper A2 who is in his crease. B2 (a) interferes with A2 or (b) checks the ball out of A2's crosse while he is still in the crease. **RULING:** Since there is a flag down in (a) a second flag would be thrown and the slow whistle would continue or (b) the whistle must sound as soon as the ball touches the ground. B2 serves 30 seconds for the goalie interference foul.

7.3 SITUATION C: Ball crosses the end line in Team A goal area, Team A awarded possession. Either team calls a time-out. Before restart, Team B commits a foul. **RULING:** Team B penalty is assessed; ball is restarted at the same spot on the end line and is not moved laterally outside the goal area.

SECTION 4 TEAM PENALTIES

ART. 1 . . . If a penalty is called against a team when no definite player is involved or when the penalty is against someone other than a player in the game, the official shall select the in-home and assess the penalty time.

ART. 2 . . . When the person committing the foul is a substitute, the foul shall be assessed against him insofar as the record is concerned and he only may re-enter the game subject to the same restrictions he would be under if he were a legal player on the field at the time the foul was committed.

ART. 3 . . . If multiple fouls of this type occur, the official shall assess the penalty time against an additional attack player who shall be the one whose name appears closest to that of the in-home in the official scorer's scorebook.

SECTION 5 DEAD-BALL FOULS

Dead-ball fouls are enforced in the sequence in which they occur. If penalty time is to be served by both teams, releasability is in accordance with Rule [7-2-1-d](#). Fouls occurring at the same time during a dead ball (when sequence cannot be determined) shall be considered simultaneous.

RULE 7, SECTION 5 – PLAY RULINGS

7.5 SITUATION A: After the whistle blows suspending play (Team A in possession of the ball), B1 slashes A1. A1 then retaliates and slashes B1. **RULING:** B1 and A1 serve nonreleasable one-minute penalties. Ball is awarded to Team B in its offensive side of the field at the Center.

7.5 SITUATION B: After the whistle to suspend play to end the first half, B1 slashes A1. B1 then maligns the official. Before the start of the second half, Team A delays the game. **RULING:** B1 serves two one-minute penalties (or more). The first penalty to be served (the unsportsmanlike conduct penalty) is nonreleasable. Ball is awarded to Team B in its offensive half of the field at the Center, with no faceoff to begin the second half.

7.5 SITUATION C: Team A is in possession of the ball in its defensive half of the field during a dead-ball situation. B1 argues with the official (nonmaligning) and the ball is awarded to Team A at center. Then Team A delays the game. **RULING:** B1 serves 30 seconds, conduct foul. Ball is awarded to Team B in its offensive half of the field at the Center.

7.5 SITUATION D: The first half ends with B1 in the penalty area with 20 seconds remaining on his penalty time and Team B in possession of the ball in its defensive-goal area. Immediately after the whistle blows ending the first half, A1 argues with the official (non-maligning). During half time, A2 and B2 are penalized for unsportsmanlike conduct (simultaneous fouls). Before the - resumption of play, Team B delays the game. **RULING:** A1 serves 30-second penalty (conduct foul). A1's penalty is nonreleasable. A2 and B2 serve one minute each for unsportsmanlike conduct. A2 and B2s' penalties occurred simultaneously and also are nonreleasable. The ball is awarded to Team A in its offensive half of the field at the Center.

SECTION 6 SIMULTANEOUS FOULS

ART. 1 . . . Simultaneous fouls are fouls called on players of opposing teams during:

- a. a live ball; or
- b. a dead ball when sequence cannot be determined.

NOTE: Most live-ball simultaneous fouls do not occur at the exact same time.

ART. 2 . . . During a slow whistle or play-on, any foul committed by the team in possession (or entitled to possession) shall result in an immediate whistle.

ART. 3 . . . Penalty time:

- a. If there is no play-on or flag down in effect and if all fouls are technical, the fouls cancel.
- b. If the team in possession (or entitled to possession) commits:
 1. Only technical fouls, no penalty time will be served by that team.
 2. Any personal foul, all players involved will serve penalty time.

ART. 4 . . . Award the ball:

- a. When penalty time is awarded and one team incurs less total penalty time than its opponent, that team shall be awarded the ball.
- b. When penalty times are equal or all fouls cancel:
 1. If a team has possession or is entitled to possession at the time of the flag or whistle, that team shall retain possession.
 2. If neither team has possession at the time of the fouls, the ball shall be awarded according to the alternate-possession rule or, when a faceoff is pending in this situation, the faceoff will be held.
- c. When play is resumed either by award or possession, field position of the ball shall be provided for as in Rule [7-3](#).

RULE 7, SECTION 6 – PLAY RULINGS

7.6.1 SITUATION A: B1 commits a live-ball technical foul (30 seconds to be served). Before ball is put back into play, A1 commits a technical foul. **RULING:** B1 serves 30 seconds. Ball is awarded to Team B. This is not a simultaneous-foul situation.

7.6.1 SITUATION B: Team B delays the game before the faceoff. As Team A is awarded the ball, A1 commits a personal foul before the whistle. **RULING:** A1 serves one minute; Team B is awarded the ball. This is not a simultaneous-foul situation.

7.6.1 SITUATION C: Team B delays the game before a faceoff. Ball is awarded to Team A. Before the whistle resuming play, Team A delays game. **RULING:** Ball is awarded to Team B. This is not a simultaneous-foul situation.

7.6.1 SITUATION D: B1 commits a personal foul. Slow-whistle situation, Team A scores. A1 commits a technical foul. **RULING:** B1 serves one minute. A1 serves no time. Team B is awarded the ball at center. This is not a simultaneous-foul situation.

7.6.1 SITUATION E: At the faceoff, B1 moves. Ball is awarded to Team A. Team A then calls a time-out, but the team already has used its allotment. **RULING:** This is not a simultaneous foul. Award the ball to Team B.

7.6.1 SITUATION F: Team A's goalkeeper is interfered with while he has possession of the ball during the play-on situation. A free clear is allowed at the center line, but before the ball is put into play, Team A commits (a) a personal foul or (b) a technical foul. **RULING:** This is not a simultaneous foul. In (a), Team B possession at the center line, and Team A is penalized for a personal foul. In (b), Team B possession at the center line.

7.6.1 SITUATION G: B1 commits a technical foul with Team A in possession of the ball in Team A's defensive half of the field, flag down. Before the whistle resuming play, Team A commits two technical fouls (delay of game and conduct foul). **RULING:** This is not a simultaneous foul. First award ball to Team A at center and B1 serves 30 seconds. Then for Team A's delay of game, award the ball to Team B in its offensive half of the field at the Center and penalize Team A 30 seconds for a conduct foul. The penalties on Teams A and B are nonreleasable.

7.6.3 SITUATION A: On simultaneous fouls, A1 gets 30 seconds and B1 gets one minute. Twenty seconds after play is resumed, B2 scores a goal. Is A1 released from penalty area? **RULING:** No. On simultaneous fouls, any goal scored during the shorter penalty time has no bearing in releasing players from penalty area.

7.6.3 SITUATION B: During a loose ball, B1 pushes A1 from behind and a play-on is called. While the ball is live, A1 turns and slashes B1. **RULING:** These are simultaneous fouls. Since Team A was entitled to possession, both players serve penalty time. B1 serves 30 seconds (non-releasable) and A1 serves one minute, with the first 30 seconds being non-releasable.

7.6.3 SITUATION C: Goalkeeper B1 has possession of the ball within his crease, at which time A1 checks B1's crosse. Official signals play-on. In retaliation, B1 goalkeeper intentionally slashes A1 on the follow through of his outlet pass. **RULING:** Simultaneous Fouls: Both A1 and B1 serve penalty time, with the first 30 seconds non-releasable. Ball is awarded to team A1, 20 yards lateral from the goal.

7.6.3 SITUATION D: A1 has possession of the ball. B1 slashes A1. During the flag down, A2 interferes with B2. The official blows the play dead and assesses a personal foul to B1.

RULING: These are simultaneous fouls. B1 serves a one-minute personal foul; A2 serves no penalty. Team A retains possession of the ball.

7.6.4 SITUATION A: Team B commits technical foul (slow whistle), Team A scores. Technical foul canceled by goal. Then A1 commits a personal foul. **RULING:** A1's penalty is enforced. Ball is awarded to Team B in its offensive half of the field at the Center. These are not to be considered simultaneous fouls. Team B's foul is canceled by goal.

7.6.4 SITUATION B: B1 slashes A1, slow whistle. Team A scores. Immediately after whistle, an official realizes that A2 was offside. **RULING:** The goal is disallowed. B1 serves one-minute penalty. Ball is awarded to Team A.

7.6.4 SITUATION C: B1 pushes A1, creating a play-on. While the ball is loose, A2 goes offside. **RULING:** Whistle is blown when A2 goes offside. Simultaneous foul, award the ball to Team A.

7.6.4 SITUATION D: B1 commits a personal foul, creating a slow whistle. B2 then slashes A1 (second flag down), who retaliates and slashes B2. **RULING:** Official blows whistle, ending the flag-down situation, when A1 slashes B2. B1, B2 and A1 each serve one-minute penalties, which are simultaneous. B1, B2 and A1's penalties are nonreleasable. Team with lesser time is awarded the ball.

7.6.4 SITUATION E: B1 slashes A1, flag down. A2 then slashes B2, stopping play. **RULING:** Simultaneous fouls. Both B1 and A2 serve one-minute fouls. Ball awarded to Team A since penalty time is equal and Team A was in possession of the ball.

7.6.4 SITUATION F: While A1 is about to scoop the ball, B1 goes offside. At the same time, A2 pushes B2. **RULING:** Simultaneous fouls. Whistle is blown immediately, fouls cancel and ball is awarded according to the alternate-possession rule.

SECTION 7 FOULS AFTER END OF PERIOD

When any foul occurs before the start of a period or after the official's period-ending whistle has sounded, the penalty shall be assessed; and play shall be resumed as provided for in Rule [4-3](#).

SECTION 8 SLOW-WHISTLE TECHNIQUE

ART. 1 . . . If a defending player commits a foul against an attacking player and an attacking player has possession of the ball, and if the act of fouling does not cause the player in possession of the ball to lose possession, the official shall drop a signal flag, make the verbal signal ‘flag down.’

ART. 2 . . . The official shall withhold the whistle until:

- a. A goal is scored by the attacking team.
- b. The ball goes out of bounds.
- c. A player on the defending team gains possession of the ball.
- d. A shot is taken that does not result in a goal.
- e. The ball enters the goal area or is in the goal area at the time the foul occurs and thereafter moves out of the goal area.
- f. An injury occurs to a player on either team and is deemed by the official to be serious enough for an immediate whistle.
- g. **(Y)** A player loses any of the mandatory equipment in a scrimmage area, and the official is required under the rules to blow the whistle.
- h. A player on the attacking team commits a foul.
- i. The ball is in the defensive half of the field, and the team in possession fails to clear the ball into its goal area.
- j. When the ball hits the ground (not on a shot), the slow whistle is terminated.
- k. A defensive foul is committed during the final two minutes of regulation play with the team that is ahead possessing the ball in the goal/attack area, unless a scoring play is imminent.

ART. 3 . . . The slow whistle shall be used whether the foul is committed against the player in possession of the ball or some other member of the attacking team. During a slow whistle, a shot remains a shot until: (a) it is obvious that a goal will not be scored; (b) added impetus is given the ball by any member of the attacking team; (c) possession is gained by any member of the defensive team; or (d) after hitting the goalkeeper, goal posts or crossbar, the ball is touched by any player of either team other than the defending goalkeeper, or an official.

SECTION 9 ENFORCEMENT AFTER SLOW WHISTLE

ART. 1 . . . A player or substitute committing a personal foul shall be suspended from the game for the designated penalty time, regardless of whether a goal is scored during the slow whistle.

ART. 2 . . . If a goal is scored after a slow whistle on a technical foul, no penalty is given; if a goal is not scored, the penalty is suspension from the game for 30 seconds for each foul.

ART. 3 . . . In all cases when a goal is not scored, the ball is awarded to the team fouled (the attacking team), at the spot where the ball was when play was suspended. If the ball was in the goal area when play was suspended, it shall be restarted laterally outside the goal area nearest to the spot of the ball at the time of the whistle.

ART. 4 . . . If a goal is scored after the slow-whistle technique and it is found that simultaneous fouls were committed before the whistle was blown signaling the scoring of a goal, the goal shall be disallowed, regardless of the nature of the foul on the attacking team.

RULE 7, SECTION 9 – PLAY RULINGS

7.9.1 SITUATION A: B1 and B2 are offside, chasing A1 across center line. A1 shoots and scores goal, whereupon A3 turns and commits a personal foul against B3, who is guarding him closely. **RULING:** Slow whistle. Goal by A1 wipes out technical fouls against B1 and B2. A3 serves penalty time, and it is B's ball at the center line (dead-ball foul).

7.9.1 SITUATION B: A1 slashes Team B's goalkeeper who has possession of the ball.

RULING: Slow whistle.

7.9.2 SITUATION A: A1 takes a shot from midfield. B2 illegally checks A2, and the ball enters the goal. **RULING:** Slow whistle, goal counts. B2's violation, if technical, is wiped out; if personal foul, B2 serves penalty time. Faceoff.

7.9.2 SITUATION B: Team A's goalkeeper is out of the crease with the ball and makes a pass up field for clear, which is intercepted by B2, who shoots at open goal. Goalkeeper A1, or any defensive player seeing loose ball going toward goal, throws his crosse at ball. Should official blow the whistle, stopping play? **RULING:** No. If ball enters goal, legal goal but unsportsmanlike conduct regardless of whether goal is scored.

7.9.2 SITUATION C: A1 has possession of the ball in his offensive half of the field and is running toward the goal. A1 shoots at the goal, and B1, who was chasing him, throws his crosse at the ball. The ball goes past the goalkeeper into the goal. A1, after scoring goal, commits a personal foul. **RULING:** Slow whistle until goal is scored. B1 is penalized one minute for unsportsmanlike conduct. A1 serves one minute for his personal foul. Ball is awarded to Team B in its offensive half of the field at the Center, no faceoff.

7.9.2 SITUATION D: A1 is wide open in front of goal. As pass from A2 is in flight toward A1, Team B's goalkeeper runs out of crease and fouls A1 or throws his crosse at the ball in the air. **RULING:** Slow whistle. If the ball enters goal, goal counts, and official assesses penalty against Team B's goalkeeper. (If foul was technical, then goal wipes it out. If foul was personal, then Team B's goalkeeper serves penalty time.)

7.9.2 SITUATION E: A1 is fouled in his attack half of the field; flag is dropped, and A1 passes to A2, who dodges B2 and then passes to A3, who shoots and scores goal. **RULING:** Goal.

7.9.2 SITUATION F: During slow whistle, A1 completes pass to A2, who shoots at goal. A3, who is cutting in front of goal, is hit on some part of his body by the ball, and the ball enters goal. **RULING:** Legal goal. (No positive impetus given to ball by A3.)

7.9.2 SITUATION G: During a slow whistle, A1 shoots the ball toward goal. A2 catches ball either in front of or in back of the goal and shoots it into the goal. **RULING:** Legal goal. What appeared to be a shot turned out to be a pass.

7.9.3 SITUATION: A1 interferes with Team B's goalkeeper who has possession of the ball in the

crease. Is this a slow whistle or a play-on? **RULING:** Play-on.

7.9.4 SITUATION: During a slow whistle in the defensive area, the clearing player throws the ball to his goalkeeper to start the clear. The goalkeeper misses the ball and it enters the goal.

RULING: No goal, slow whistle ends.

SECTION 10 PLAY-ON TECHNIQUE

ART. 1 . . . If a player commits a loose-ball or line violation technical foul, goalie interference or crease violation and an offended player may be disadvantaged by the immediate suspension of play, the official shall visually and verbally signal play-on, and withhold the whistle until such time as the situation of advantage gained or lost has been completed.

ART. 2 . . . The play-on shall have elapsed and the official shall cease to signal when:

- a. In the case of a loose-ball technical-foul situation, the offended team gains possession.
- b. In the case of a crease violation in which the goalkeeper has possession, play shall continue until the offended team is disadvantaged.
- c. When the offended team commits a violation or penalty.

RULE 7, SECTION 10 – PLAY RULING

7.10.2 SITUATION: Goalkeeper A1's outlet pass bounces past midfield and the ground ball is picked up by A2. Is the Play-on over when the ball contacts the ground? **RULING:** No. Advantage has not been lost. Play continues.

SECTION 11 ENFORCEMENT OF PLAY-ON TECHNIQUE

ART. 1 . . . If the offended player gains possession of the ball, the whistle is not blown and no penalty is given. If the offended player fails to gain possession of the ball, then the whistle is blown; and the ball is awarded to the team fouled.

ART. 2 . . . If, in the case of the crease violation, the goalkeeper, who has possession of the ball, continues to play on, the whistle is not blown. No penalty is called if the offended team maintains advantage of the ball. If the goalkeeper, in possession of the ball, does not play on, the whistle is blown, and the ball is awarded to the offended team in its offensive half of the field at the Center, with no penalty to be served.

RULE 7, SECTION 11 – PLAY RULINGS

7.11.1 SITUATION A: A1 controls faceoff, directs the loose ball and is about to scoop the ball. B1 illegally pushes A1 while the ball is loose. **RULING:** Play-on. If A1 gains possession, play-on is completed. If A1 fails to gain possession, whistle is blown, ball awarded to Team A.

7.11.1 SITUATION B: While A1 is about to scoop the ball, B2 interferes with A2. **RULING:** Play-on.

7.11.1 SITUATION C: While A1 is about to scoop the ball, coach of Team B argues with an official. **RULING:** Official may suspend play immediately – unsportsmanlike conduct (personal foul) or signal play-on – conduct foul (technical foul). Official’s call would depend on the seriousness of the infraction.

7.11.1 SITUATION D: A1 and B1 are playing a loose ball, with B1 legally holding A1’s crosse. While A2 is about to scoop the ball, A1 and B1 have moved a distance greater than five yards from the play. **RULING:** Play-on. Holding against B1 if A2 fails to gain possession of the ball.

7.11.1 SITUATION E: While several players from both teams are playing a loose ball, B1 pushes A1. **RULING:** Official should suspend play immediately if there is no clear situation of advantage gained for Team A or if there is a potentially dangerous situation (i.e., ball mired in the mud).

7.11.1 SITUATION F: During a man-down at the close of a period, there is a loose ball, play-on push. The period ends as the whistle is to sound for the play-on. **RULING:** The play-on signifies possession, so when the period ends, the offended team gets possession of the ball to start the next period.

7.11.1 SITUATION G: B1 in the crease (not the goalkeeper), touches a ball with his hand. The ball crosses the goal line and enters the goal. **RULING:** Play-on. Goal counts.

7.11.2 SITUATION A: While ball is loose in the crease, A1 interferes with goalkeeper B1. **RULING:** Play-on situation. If B1 fails to gain possession of the ball, ball is awarded to Team B, outside the goal area.

7.11.2 SITUATION B: While goalkeeper is in the crease and is in possession of the ball, A1 interferes with goalkeeper B1. **RULING:** Play-on situation. If B1 fails to run the ball out of the crease or successfully complete an outlet pass, ball is awarded to Team B in its offensive half of the field at the Center.

SECTION 12 EJECTION

(Y) The ejected coach shall be removed from the premises (bench and field area). The ejected player, substitute or non-playing team member shall be removed from the premises if there is authorized school personnel present to supervise the student. If no authorized school personnel is available, the student shall be confined to the bench area.

SECTION 13 CORRECTION OF ERRORS

ART. 1 . . . Misapplication of a rule – When a head coach believes an official (game official, bench official, timekeeper or scorer) has misapplied a rule, the head coach may approach the scorer's table to request a coach/official time-out for the purpose of discussing a possible misapplication of a rule. This request shall be made prior to the next live ball. The timekeeper shall sound the double horn at the request of the head coach and the discussion shall take place in the Table Area in the presence of both coaches.

If the official has misapplied a rule, necessary adjustments will be made and an explanation given to both head coaches. No time-out will be charged and play will immediately be resumed. If there was no error in the application of the rule, the time-out will be charged to the requesting team. If there is time remaining for the charged time-out, the head coach may utilize the amount remaining.

The head coach may not debate a judgment call. The coach/official time-out is limited to the discussion of the possible misapplication of a rule. Decisions based on the judgment of the official(s) are final and not subject to review. The use of video monitoring, replay equipment or personal wireless communication devices by the officials in making any decision relating to the game is prohibited.

ART. 2 . . . Inadvertent Whistles – In the event of an inadvertent whistle, play shall be suspended immediately. The team with possession or entitled to possession when the whistle was blown shall retain possession. If the ball was loose outside the crease, possession shall be awarded by alternate possession. If the ball was loose inside the crease, award to the defensive team laterally outside the goal area.

ART 3 . . . Inadvertent Flags – In the event of an inadvertent flag, play shall be suspended at the earliest opportunity that does not interfere with an imminent scoring opportunity. The team with possession when the flag was thrown shall retain possession. If the ball was loose outside the crease, possession shall be awarded by alternate possession. If the ball was loose inside the crease, award to the defensive team laterally outside the goal area.

RULE 7, SECTION 13 – PLAY RULINGS

7.13.1 SITUATION A: B1 is in penalty area serving (a) a one-minute personal foul or (b) a one-minute non-releasable personal foul. After 30 seconds of play, official timer tells B1 to return to the game from the penalty area. A1 scores a goal. **RULING:** Goal counts. In (a), B1 remains in the game as the goal “wipes out” the remaining time in his penalty. In (b), B1 returns to the penalty area to serve the remaining 30 seconds of penalty time.

7.13.1 SITUATION B: B1 is in penalty area for one minute. After 30 seconds of play, he is released by the official timekeeper and B2 scores a goal. Team A notifies officials of timekeeper’s mistake. **RULING:** Goal does not count, and B1 returns to penalty area to serve his remaining 30 seconds. Ball is awarded to the team in possession or entitled to possession at the time of the error, or if the ball was loose outside the crease at the time of the error, by alternate possession.

7.13.1 SITUATION C: B1 in penalty area for one minute. After 30 seconds of play, B1 is released from penalty area by the official timer or goes into game without being released and B2 scores goal. Following the faceoff after the goal, Team A protests to the officials. **RULING:** Goal counts. B1 remains in the game.

7.13.1 SITUATION D: B1 receives a 30-second penalty. After 30 seconds of play, B1 remains in penalty area and A1 scores a goal. **RULING:** Goal counts. It is the responsibility of the player in the penalty area to return to field of play when his penalty time has expired.

7.13.1 SITUATION E: After the opening faceoff, an official notices that the clock has not started. **RULING:** Official should wait for possession, blow the whistle to stop play, then go to the official timekeeper to have correct time put back on the clock.

7.13.1 SITUATION F: A1 is assessed a one minute foul for offsides. Team A head coach requests a time out for an explanation. He believes that the proper call should be a 30 second foul. **RULING:** Officials confer. They agree that the penalty time is incorrect and make the necessary changes with the score keeper. The time out is charged to the officials and the game resumes within 20 seconds.

7.13.1 SITUATION G: A1 is assessed a two-minute foul for slashing. Team A head coach requests a time-out for an explanation. He believes that the proper call should be a one-minute foul. **RULING:** Officials confer noting that A1 was assessed a two- minute penalty based upon the official's "judgment of the severity and perceived intent of the personal foul." Team A is assessed a time-out. Head Coach A has the time remaining from the original one minute and 40 seconds allotted to confer with his team. (7-13)

7.13.1 SITUATION H: The situation is the same as above. A1 is correctly assessed a two-minute foul by the officials. At this point, they determine that the time-out is over, as more than one minute and 40 seconds has elapsed. Team A head coach refuses to take the field, arguing that he is now entitled to a time-out to confer with his players. **RULING:** Team A is now guilty of

delay of game. The In Home shall be placed in the penalty box for 30 seconds and Team A is two men down. Team A head coach is instructed that he has 20 seconds to make the necessary substitutions, at which time play shall commence. (7-13)

7.13.1 SITUATION I: A1 is assessed a one-minute foul for slashing. Team A's head coach calls time-out and requests an explanation. He uses the opportunity to abuse the officials. **RULING:** A1 is in the box for one minute. The Team A head coach is assessed a one-minute foul for unsportsmanlike conduct. A2 (the In Home) is placed in the penalty box and Team A is two men down. The time-out is charged to Team A. (7-13)

7.13.1 SITUATION J: A1 is called for a foul. Team A head coach wants an explanation. He is out of time-outs. **RULING:** He may still request a time-out but, if no change is made, it is a 30-second technical violation. (7-13)

COMMENTS ON 2015 RULES REVISIONS

1-6-2: Sometimes a pocket can be strung in such a way that the ball will not easily roll out of the pocket and could even completely prevent the ball from rolling out of the head. Prior stick field tests may not necessarily catch this. The addition of this procedure will assist officials in making the correct determination.

1-7-3: This rule revision will allow the ball to become dislodged more easily, thus lessening the risk of slashes and cross-checks currently used to dislodge the ball. It will create more active play and improved passing. Because this change impacts manufacturers' inventory of pre-strung sticks, implementation of this change is delayed until 2016. In addition, the statement regarding length of hanging strings was moved from Rule 1-8 to Rule 1-7.

2-1-3: The "stacking rule" was adopted in 2014 which stipulates that a team cannot play with fewer than seven players because of penalties. That revision was adopted to minimize the risk involved in playing 7-on-10 in penalty situations. This revision will extend that concept to all situations when a team cannot put at least seven players on the field.

2-7-1 & 2: With the 2014 revision recommending that three officials be used, the Chief Bench Official may become more commonplace. This revision provides a more accurate description of the duties and authority of the Chief Bench Official.

2-10-1: There was some confusion with the 2014 rules change requiring that four balls are required on each sideline in addition to the four balls placed on each end line. Some were interpreting that the four balls on the bench sideline were to be placed on the ground in the substitution area. This revision clarifies that the balls on the bench side are needed only at the table and not along the bench sideline.

3-1-2: This revision simply clarifies exactly when the running clock will begin when the 12 goal differential is reached.

4-22-1, 2 & 3: This change in the restart procedure is intended to speed up play by allowing the defense to restart in the goal area or the crease following a penalty called on the offense if the ball is in that area. This is similar to other rule codes except that this revision specifies that no restart can take place with any player within 5 yards of the ball carrier. Thus, while this change will speed up play somewhat, officials will still be required to delay the restart until all players are at least 5 yards from the ball carrier.

5-5: This revision clarifies that an illegal stick will result in a penalty for not meeting specifications, even if unaltered.

6-4: This addition to Rule 6-4 stipulates that it is considered an illegal screen if a player sets a screen with his feet wider than shoulder-width apart.

6-5-2e: A penalized player re-entering the game early while the opposing team has possession of

the ball must return to the penalty area to serve the remaining portion of his penalty plus 30 seconds. If a goal is scored by the opposing team, the player was previously required to return to the penalty box to serve the additional 30 seconds. This revision changes that procedure and stipulates that, since a goal was scored by the opposing team, the player is not required to serve the additional 30 seconds.

6-5-2w: In the past few years, there has been an increase in situations where players attempt to deceive the officials by taking a dive or feigning a slash to the head, neck or body in an attempt to draw a penalty. This revision will penalize players with illegal procedure if, in the opinion of the officials, a player commits this act.

POINTS OF EMPHASIS

Contact – Boys lacrosse is a contact sport. Checking and using the stick to dislodge the ball are integral parts of the game. The members of the NFHS Boys Lacrosse Rules Committee value these strong traditions. The committee also understands the need to minimize risk of injury for all players. With the heightened awareness of the seriousness of concussion and other injuries, the committee realizes the need to take reasonable actions to reduce the risk of injury for all participants in the game of boys lacrosse.

Over the past few years, the NFHS Boys Lacrosse Rules Committee has adopted several rules revisions regarding contact. The penalty for excessive hits to the head and neck has been revised in an effort to eliminate this type of contact from the game. A section was also added to enhance penalties for hits to defenseless players and blindside hits. These revisions have had positive results to minimize the risk of injury. The committee will continue to use the data collected by the NFHS Injury Surveillance System and all other appropriate professional sources to identify areas of concern and then adopt rules revisions to address those concerns. It is incumbent upon coaches to teach the game consistent with the rules, for players to play the game within the rules and for officials to call the game according the rules.

Equipment Inspection – It is recommended that officials, when conducting random equipment inspections during a game, ensure that they assess the legality of any players' sticks, including those used for faceoffs.

Lacrosse Helmet Fitting – Lacrosse helmets shall meet the current NOCSAE standard and be properly fitted and worn. Padding of the helmet shall give firm and uniform pressure about the head. The skin of the forehead should move as the helmet is moved from left to right and from front to back. There must be a four-point chin-strap attached to the helmet. The chin-strap should be tightened so that there is no slack. Properly fitted helmets must take into account the hairstyle of the player; if the player has a great deal of thick hair and then receives a haircut, the helmet must then be refitted. Proper helmet fit should never cause headaches.

OFFICIAL NFHS LACROSSE SIGNALS



1. Timeout for Discretionary or Injury Timeout. Follow Signal Above with Tapping of Hands on Chest



2. Score



3. No Score or Technical Foul Wiped Out by Goal



4. Faceoff



5. Alternate Possession



6. Ball in Possession on Faceoff



7. Ball has entered attack area



8. Out of Bounds Direction of Play



9. Failure to Advance the Ball



10. Loose Ball



11. Simultaneous Fouls



12. Nonreleasable Penalty



13. Counts



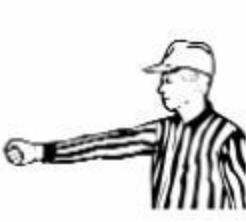
14. Stalling Warning



15. Re-entry of the Crease



16. Play-On. Dead Ball or Dead Ball Followed by Appropriate Foul Signal



17. Inadvertent Whistle



18. Inadvertent Flag



19. Free Clear



20. Tipped/Deflection

PROCEDURAL SIGNALS

OFFICIAL NFHS LACROSSE SIGNALS



21. Personal Foul



22. Illegal Body Check



23. Slashing



24. Cross Checking



25. Tripping



26. Unnecessary Roughness



27. Unsportsmanlike Conduct



28. Illegal Equipment
(Crosse)



29. Deep Pockets



30. Illegal Equipment
(Gloves)



31. Ejection Foul

PERSONAL FOULS

OFFICIAL NFHS LACROSSE SIGNALS



32. Technical Foul
(Time Served)



33. Interference



34. Illegal Offensive
Screening



35. Holding



36. Warding Off



37. Pushing



38. Withholding
Ball from Play



39. Stalling or
Delay of Game



40. Offside



41. Crease Violation



42. Conduct Foul



43. Illegal Procedure



44. Substitution
Infraction



45. Illegal Touching
of the Ball

TECHNICAL FOULS

2015 Rules for Boys Youth Lacrosse

The National Federation of State High School Associations (NFHS) 2015 Boys Lacrosse Rules Book shall govern US Lacrosse boys' youth play, except as amended below. The US Lacrosse Men's Game Committee has approved these exceptions to the NFHS Rules. Send questions about the US Lacrosse Rules for Boys Youth Lacrosse to the US Lacrosse Men's Game Rules Subcommittee at boysyouthrules@uslacrosse.org. Please do not contact NFHS about the following rules.

Overarching Principle

The game is to be played with emphasis on the proper development of individual stick skills, team play, player safety, and sportsmanship.

2015 Points of Emphasis

US Lacrosse endorses the points of emphasis in the 2015 NFHS Boys Lacrosse Rules, and adds the following points of emphasis for youth play:

Violent Collisions – Some body contact is permitted at all levels of boys' youth lacrosse, with progressively more age-appropriate contact permitted as players become more physically mature and learn proper checking techniques. However, sports medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit, and other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen.

Therefore, there is no justification for deliberate and violent collision by any player at any youth level, especially intentional player-to-player collisions with defenseless players (so-called "blind side" and "buddy-pass" checks), checks involving the head and/or neck, and excessive body-checks ("take-out checks").

The 2015 NFHS Rules and US Lacrosse Boys Youth Rules more clearly define such violent collisions and in many cases increase the severity of the penalties that prohibit them. All participants must work together to reduce or eliminate such violent collisions from the game.

Therefore, US Lacrosse urges that:

- **officials apply these violent collision rules and utilize the more severe penalty options**, and reminds them that body-checks that might be acceptable in high school play may be excessive in youth lacrosse, and should be penalized accordingly.
- **coaches teach players to avoid delivering excessive or illegal checks**, and support the officials when they penalize such checks.

Sportsmanship – **Players, coaches, and spectators should exhibit the highest level of sportsmanship at all times.** Unsportsmanlike conduct by coaches and/or players and/or

spectators degrades the experience of youth players and erodes the integrity and appeal of the sport. Therefore, unsportsmanlike conduct will not be tolerated. Obscenities need not be used in order for language to draw a penalty. Tone, intent, and body language can all contribute to unsportsmanlike conduct.

US Lacrosse expects officials to enforce the Unsportsmanlike Conduct rules without hesitation.

Coaches must model appropriate sportsmanlike behavior and promote good sportsmanship among players and anybody associated with the team, including spectators. In particular, coaches must support officials in maintaining an environment of civility and sportsmanship.

Coaches and officials should be partners in providing the best possible lacrosse experience for youth players. Many people become officials because they value the game or want to support youth sports. However, nobody likes to be yelled at, and officials, especially younger and less experienced officials, may find the experience so unpleasant that they stop officiating. Lack of competent officials is one of the biggest barriers to responsible growth of the game.

US Lacrosse encourages leagues and local programs to utilize the Sideline Manager and Sportsmanship Card program, details of which can be found at www.uslacrosse.org under "Programs & Grants" in the drop-down menu from the "Resources" tab on the homepage. US Lacrosse initiated the Sideline Manager and Sportsmanship Card program to invest the lacrosse community with responsibility for making good sportsmanship the rule, rather than the exception, in the sport of lacrosse. When used in conjunction with the rules, the Sportsmanship Card procedures serve as an effective deterrent to abusive behaviors.

Age and Eligibility Guidelines

US Lacrosse establishes eligibility guidelines in order to promote the game of lacrosse among the youth of America in a safe and sportsmanlike environment. To best achieve this goal, US Lacrosse believes that leagues, associations, and other organizers of youth lacrosse should seek to provide playing opportunities that, as much as possible, establish a "level playing field" among players of similar age, size, and ability.

Age and Eligibility Guidelines are not considered "game-day rules" and are not enforced as game-day rules by officials. Exceptions to age divisions cannot be made on game day and all coaches must adhere to classifications as determined by their league or association.

League and Association Play

Leagues and associations should organize competition by age, and consider physical, cognitive, and emotional maturity when grouping players. For leagues or associations in which some local programs choose to organize their teams by grade, those teams should play in the age division determined by the oldest player on their roster. Teams organized by single birth year or single grade are suggested, but if a league needs to group two years/grades together it should strive to limit the maximum age difference between players in a youth game to no more than twenty-four

(24) months.

Players who are participating in any high-school level program such as a high school freshman, JV-B, junior varsity, varsity or club team should not be eligible for U15 competition in the same season. This means that a player who is age-eligible for U15 but plays on a high school level team should not concurrently play on a youth league U15 team. At other times of the year this player may be U15 eligible; for example, for summer ball or fall ball play, depending on the guidelines of the sponsoring league or organization.

The following age groupings are determined as of the August 31st preceding competition.

NOTE: Age group references used in this section are in common usage but should not be understood literally. The U15 (read: “Under 15”) grouping means that, if a player is 14 years old on the cutoff date, he may participate in U15 competition as a 15-year old.

U15: All players must be 14 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

U13: All players must be 12 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

U11: All players must be 10 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, the program should consider physical size, skill, and maturity when organizing teams.

U9: All players must be 8 years old or younger on the August 31st preceding competition. It is recommended that when multiple teams exist within a program, teams should consider physical size, skill, and maturity.

2015 Age Grouping Quick Reference Table

Birthdate	Age Bracket
Born on or after 9/1/1999	U15
Born on or after 9/1/2001	U13
Born on or after 9/1/2003	U11
Born on or after 9/1/2005	U9

Format of the following Section: Existing NFHS Rule and Section reference, followed by the corresponding US Lacrosse Boys Youth Rule section modification. All divisions will follow NFHS Boys Lacrosse Rules with the following modifications

Rule 1 — The Game, Field & Equipment

The Game - Number of Players

RULE 1 SECTION 1.

Boys youth lacrosse is played by two teams with 10 players per side on the field. However, if a governing league or association deems it necessary or desirable, for example, due to the number of available players or skill level, or if in non-league contests both coaches agree, games can be played with reduced numbers (e.g. 7 per side) on the field. (NOTE: For youth lacrosse, the NFHS RULE 2 SECTION 1 ARTICLE 3 prohibition against playing with fewer than 7 on-field players applies only to standard 10 players per side play.)

US Lacrosse recommends reduced numbers/reduced size field play for U9 and younger players because it gives each player more “touches” and is more proportionate to their size, speed, and endurance. US Lacrosse guidelines for reduced numbers/reduced field boys lacrosse can be found at www.uslacrosse.org under Rules in the drop-down menu from the “Resources” tab on the homepage.

The Field – Dimensions

RULE 1 SECTION 2.

Play on regulation size field is preferred; however, the coaches and officials may agree to play on any size field available. If a game is played with reduced numbers (e.g. 7 per side) it is recommended that field size be reduced as well.

The Field – Spectator Restrictions

RULE 1 SECTION 2, ARTICLE 11 a, b & c

- a. except in stadium structures where permanent seats exist which are also protected by a fence or netting.
- b. Spectators must be on the side of the field opposite the table and bench areas or in permanent stands separated from the bench area by a barrier and/or a buffer distance such as a track.
- c. Where possible, limit lines will be used. Spectators and media, including photographers, are not allowed within the limit lines at any time during a contest.

If the field is laid out in a manner that does not allow spectators and media to be located as prescribed by paragraphs a, b and c of this rule, as modified here, the game official can waive one or more of these requirements.

The Ball

RULE 1 SECTION 5

The ball shall be white, yellow, orange, or lime green and meet NOCSAE lacrosse ball standard. White balls shall be used unless both coaches agree prior to or during the game to use a yellow, orange, or lime green ball.

Game balls shall be supplied by the home team. NOTE: All game balls must include labeling which states: “Meets NOCSAE Standard. NFHS”

Crosse Dimensions

RULE 1 SECTION 6

US Lacrosse recommends that coaches assess players’ size, strength, and skill in determining proper long crosse length for defense players, within NFHS rules. US Lacrosse further recommends that a long crosse should not be taller than the player at any youth level. Crosse dimensions will conform to NFHS or NCAA requirements, with the following modifications:

U11 – The length of the crosse for field players shall be 37 to 42 inches or 47 to 54 (“long crosse” for purposes of NFHS Rule 2 SECTION 1 ARTICLE 2). Many coaches find that the use of a 37 to 42 inch crosse is best for players’ defensive development in the U11 Division.

U9 – The length of all crosses for all field players shall be 37 to 42 inches.

Player Equipment

RULE 1 SECTION 9

Equipment shall conform to NFHS requirements, including gloves, arm pads, shoulder pads, mouth piece, shoes, and NOCSAE-approved helmets, which must be properly fitted and worn, with the following modifications:

- All goalkeepers are required to wear arm pads.
NOTE: Many coaches believe youth level goalkeepers benefit from wearing shin, knee, and thigh pads. Such pads are authorized for youth play, so long as they do not significantly increase the size of the limb protected (e.g., no ice hockey, field hockey, or box lacrosse goalie pads).
- A protective cup is required for all players.
NOTE: The officials are not required to inspect the wearing of a protective cup, and may rely on the coach’s certification and/or a player’s statement regarding satisfaction of this requirement.
- Rib pads are recommended for all players.
- Game Jerseys: The provisions of RULE 1, SECTION 9, ARTICLE 1.g need not be strictly enforced at the youth level. A team’s game jerseys should have numbers centered on the front and back of sufficient size to be clearly visible by game officials anywhere on the field and opposing teams’ jerseys should have contrasting dominant colors. Home teams are responsible for contrasting jersey colors and will provide and wear contrasting color numbered pinnies or pinnies that allow jersey numbers to be clearly seen, if needed. The

jersey, pinnie, or an under jersey should completely cover the shoulder pads, which will help hold them in place.

- The color provisions of RULE 1, SECTION 9, ARTICLES 1 and 2 for helmets, uniform shorts, under-jerseys, compression shorts, and sweatpants need not be strictly enforced at the youth level.

Prohibited Equipment and Related Items

RULE 1 SECTION 10 ARTICLE 1

For youth play, modify NFHS RULE 1 SECTION 10 ARTICLE 1.h to prohibit: Eye shade (grease or non-glare strips or stickers) or other markings that include words, numbers, logos, or other symbols.

Game Administration – Sideline Managers

RULE 1 SECTION 12

Add to Rule 1 Section 12: Each team should provide a designated Sideline Manager (one adult per team, on site, per game-day contest) to help encourage, maintain, and manage the sportsmanlike behavior of spectators and fans and assist the coaches and officials in keeping spectators and media an appropriate distance from the sideline. If used, it is the responsibility of each team administration to ensure that the Sideline Manager is present and in place to perform his/her duties; however, this is not a game day rule to be enforced by the officials.

Rule 2 — Game Personnel

Coaches

RULE 2 SECTION 3

may be allowed on the field during play to provide instruction during the game. Teams are encouraged to take advantage of this teaching opportunity but this presence does not authorize the coach on the field to address the game officials or, unless agreed to by the other team's coach, members of the opposing team. Coaches are encouraged to stay wider than the face off wing lines extended to the end line and not get in the way of players or officials.

Rule 3 — Time Factors

Length of Game

RULE 3 SECTION 1

At all levels, all timing and overtime rules must be determined prior to the start of game, preferably by the governing league or association. If a league/association mandates, or if in non-league contests both coaches agree, shorter time periods, stop time, or running time may be used.

If running time is to be used, the clock will stop for all timeouts.

NOTE: US Lacrosse strongly discourages the use of a “braveheart” competition - or any other means which requires, for example, one or a few players to compete against another such individual or group - to determine the winner of a game. Such “braveheart” competitions encourage reliance on, and put potentially excessive physical and emotional pressure on, the most physically precocious or skilled children and contradict the concepts of team play we seek to instill.

U15 – Games will consist of four 10-minute stop-time quarters. In the event of a tie, 4-minute sudden-victory overtime periods will be played until a winner is determined (provided time permits and coaches and officials are in agreement). In sudden victory overtime, each team is entitled to one timeout per period.

U13 – Games will consist of four 10-minute stop-time quarters. In the event of a tie, up to two 4-minute sudden-victory overtime periods will be played. In sudden victory overtime, each team is entitled to one timeout per period. In the event of a tie at the end of the two regulation overtime time periods the game should end as a tie. If league or tournament play requires that a winner be determined, overtime should be played in accordance with U15 rules.

U11 – Games will consist of four 8-minute stop-time quarters. If running time is to be used, 12-minute running time quarters are recommended. In the event of a tie at the end of regulation time the game should end as a tie. If league or tournament play requires that a winner be determined, overtime should be played in accordance with U15 rules.

U9 – Games will consist of four 12-minute running-time quarters (clock stops only for a team timeout, an official’s timeout, or an injury timeout). If stop time is to be used, 8-minute stop-time quarters are recommended. In the event of a tie at the end of regulation time the game should end as a tie. If league or tournament play requires that a winner be determined, overtime should be played in accordance with U15 rules.

Final Two Minutes of Regulation Play

RULE 3 SECTION 3

U15 and U13 – The Final Two Minute stalling rule shall be ENFORCED for these Divisions.

U11 and U9 – The Final Two Minute stalling rule shall be WAIVED for these Divisions. (This rule also modifies “Final Two Minute” provisions of RULE 4, SECTION 34.C.1)

Rule 4 — Play of the Game

Lineup

RULE 4 SECTION 2

Before the lineup, US Lacrosse strongly encourages game officials to meet with both teams, separately or together, near the team areas to explain any special ground rules, emphasize safety and fair play, and remind players that they must be properly equipped with mouthpieces in place at all times on the playing field.

Alternatively, a league, association, or other governing authority may mandate that when the game officials call for the lineup before the opening faceoff, the head coaches will send all of their players (not just the starters, as has been traditional) to the center of the field. At this time the game officials will convey the equipment, safety, and fair play information, in addition to explaining any special ground rules as required under NFHS Rule 4-2.

Facing Off

RULE 4 SECTION 3

U15 and U13 – All NFHS face off rules will be followed.

U11 and U9 – At any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the six-goal lead is maintained, unless waived by the coach of the trailing team.

Advancing the Ball

RULE 4 SECTIONS 13 & 14

U15 and U13 – The defensive 20-second count will be used. The offensive 10-second count will be used.

U11 and U9 – The defensive 20-second count WILL NOT be used. The offensive 10-second count WILL NOT be used.

Substitution Procedures

RULE 4 SECTION 21 ARTICLE 2

US Lacrosse Youth Rules NOTE—U9 & U11 Horn Substitution Option: For U9 and/or U11 play, Leagues may authorize substitutions when play has been suspended by the officials after the ball has gone out of bounds on the sidelines. For such substitutions, the timer shall sound a horn upon the request of a coach indicating to the officials that a substitution is desired. All other rules with respect to substitutions during suspension of play shall apply.

Official's Time-Outs

RULE 4 SECTION 24 ARTICLE 6

If the player in possession of the ball loses any piece of required equipment the official should

stop play immediately regardless of proximity of opposing players.

Team Time-Outs

RULE 4 SECTION 25

Two (2) team timeouts - of a maximum duration of two minutes each - are permitted per team per half, unless league or association rules specify otherwise. Whenever circumstances allow, leagues and organizers should permit no fewer than two team timeouts per half. Many leagues permit teams three or more team time-outs per half to enhance instruction, safety, and opportunities for substitution.

Get It In/Keep It In

RULE 4 SECTION 31

U11 and U9 – Section not enforced at these levels.

3- YARD RULE

All stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight. This is a change from the 5 yards specified in RULE 4 SECTION 16, Checking With Crosse; RULE 5 SECTION 3, Illegal Body Check, ARTICLE 1; RULE 6 SECTION 3, Holding, ARTICLE 3.a and d; and RULE 6 SECTION 9, Pushing. (NOTE: This change from five to three yards does not apply to a free play restart under RULE 4 SECTION 5, Play of the Ball Definitions, ARTICLE 1, in which no player may be closer than five yards to the player awarded the ball.)

Rule 5 — Personal and Ejection Fouls

In keeping with the overarching emphasis on player safety and sportsmanship **at the youth level, US Lacrosse expects stricter enforcement of the Cross Check, Illegal Body Check, Checks Involving The Head/Neck, Slashing, Unnecessary Roughness, and Unsportsmanlike Conduct rules than is common at the high school level.**

Illegal Body-Check

RULE 5 SECTION 3

US Lacrosse calls special attention to NFHS RULE 5 SECTION 3, ILLEGAL BODYCHECK, ARTICLE 5, which addresses the concept of a DEFENSELESS PLAYER:

ART. 5... A body-check that targets a player in a defenseless position. This includes but is not limited to: (i) body checking a player from his “blind side”; (ii) body checking a player who has his head down in an attempt to play a loose ball; and (iii) body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the

body check.

PENALTY: Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

US Lacrosse NOTE: *Sports medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit. Other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Game officials should be especially alert to blind side checks at all youth levels.*

Add the following US Lacrosse Boys Youth Rules Articles to NFHS Rule 5 Section 3:

ART. 6...TAKE-OUT CHECK/EXCESSIVE BODY-CHECK. Take-Out Checks/Excessive Body-Checks are prohibited at every age level. A Take-Out Check/Excessive Body-Check is defined as:

- a) Any body-check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.
- b) Any body-check considered more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to: (i) any check in which a player makes contact with sufficient force and intent to knock down the opposing player; (ii) any check in which a player makes contact with sufficient force and intent to injure the opposing player; and (iii) any check made in a reckless or intimidating manner.

PENALTY: Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

ART. 7...LATE HIT. An avoidable body-check of an opponent after he has passed or shot the ball is an illegal body check.

U15 and U13 – Limited Body Checking is permitted (see RULE 5 SECTION 3, Illegal Body Check; RULE 5 SECTION 4, Checks to Head/Neck; and RULE 5 SECTION 9, Unnecessary Roughness). Note that body-checks that might be acceptable in high school play may be excessive in youth lacrosse, and should be penalized accordingly.

U11 and U9 – No body checking of any kind is permitted.

Legal pushes (RULE 6 SECTION 9, Pushing) and holds (RULE 6 SECTION 3, Holding, ARTICLE 3 a & d) are allowed.

In all loose ball situations players should “play the ball,” but incidental contact, “boxing out”, or screening techniques during such play shall not be considered a violation of this rule.

If a loose ball is not moving, stuck, or the players are having difficulty picking the ball up the referee may re-start play following the alternate possession rule.

Checks Involving the Head/Neck

RULE 5 SECTION 4

US Lacrosse calls special attention to NFHS RULE 5 SECTION 4, CHECKS INVOLVING THE HEAD/NECK:

ART. 1...A player shall not initiate contact to an opponent's head or neck with a cross-check, or with any part of his body (head, elbow, shoulder, etc.). Any follow through that contacts the head or neck shall also be considered a violation of this rule.

ART. 2...A player shall not initiate an excessive, violent, or uncontrolled slash to the head/neck.

ART. 3...A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

PENALTY: Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

Slashing

RULE 5 SECTION 7

Add the following US Lacrosse Boys Youth Rules Article to NFHS Rule 5 Section 7:

ART. 4...Any one-handed check shall be considered a slash, whether or not it makes contact with the opposing player.

NOTE: If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick.

Unnecessary Roughness

RULE 5 SECTION 9

US Lacrosse calls attention to the NFHS Rule 5 Section 9, UNNECESSARY ROUGHNESS, quoted below, and the US Lacrosse PENALTY modification for boys' youth lacrosse:

ART. 1 An excessively violent infraction of the rules against holding and pushing.

ART. 2 Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position.

ART. 3 Any avoidable act on the part of a player that is deliberate and excessively violent, whether it be with the body or crosse. This may include a legal body check.

ART. 4 A check delivered with the gloved hand or hands may not be delivered with a punching blow.

PENALTY: Any penalty for Unnecessary Roughness shall be non-releasable.

Unsportsmanlike Conduct

RULE 5 SECTION 10

Unsportsmanlike conduct by coaches and/or players will not be tolerated. Obscenities need not be used for language to draw a penalty. Tone, intent, and body language can all contribute to unsportsmanlike conduct. Players and coaches will exhibit the highest level of sportsmanship at all times.

Fouling Out

RULE 5 SECTION 11

Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out. For U9 and younger, a disqualified player must leave the field but his team may replace him with a substitute; no man down situation should occur.

Ejection

RULE 5 SECTION 12

Add to NFHS Rule 5 Section 12: Any player or coach ejected from a game by a game official (Note: this does not include fouling out per Rule 5-11) shall be suspended for his next regularly scheduled game (at the time of the ejection). The second time a player or coach is ejected in the same season or tournament he will be suspended for the next two regularly scheduled games (at the time of the ejection). A third ejection in the same season or tournament will result in a suspension for the remainder of the season or tournament.

Rule 6 — Technical Fouls

Stalling

RULE 6 SECTION 10

U15 and U13 – All NFHS Stalling and Advancing the Ball rules are in effect, including Rule 4, Section 32.

U11 and U9 – ARTICLE 2. Not used at these levels. However, if a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the goal area, the official will give a verbal command to “advance the ball” followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count to within five yards of an opposing player, a turnover will occur with restart at the point of the stalling infraction (or laterally outside the goal area).

ARTICLE 3. The team with the lead NEED NOT automatically keep the ball in the goal area during the last two minutes of the game.

Rule 7 — Penalty Enforcement

Time Serving Penalties

RULE 7 SECTIONS 1, 2 & 3 – In all “Running Time” games and situations, penalties will also be running time, and will begin with the next whistle resuming play. The running time penalty clock will stop for all timeouts and at the end of periods.

NOTE: Timekeepers are reminded to track personal fouls and to notify the nearest official should any player accumulate 4 personal fouls or 5 minutes in personal foul penalty time. (See US Lacrosse Youth Rules modification of NFHS Rule 5, Section 11)

U15, U13, and U11 – Time serving penalties are enforced per NFHS and these Youth Rules.

U9 – Time serving penalties are enforced per NFHS and these Youth Rules. However, the offending player’s team does not play down a player. NOTE: Procedure is for the offending player to leave the field and serve his penalty time, but his team may replace him on the field.

Game Termination

Officials will have authority to terminate a boys’ youth game in response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, or spectators. A game termination will be the last resort in ensuring the players’ safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior can be found at www.uslacrosse.org (Programs & Grants, Sportsmanship Card). All games terminated by an official will result in a 1-0 victory for the team that is innocent of the terminal offense(s). It is recommended that the game should count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.

Rules Changes and Modification

- a. The US Lacrosse Men's Game Rules Subcommittee reviews the NFHS rules and the supplemental rules annually and may adopt any changes or modifications deemed necessary to provide for safe play, or are desirable to improve the quality of the players' experience or development.
- b. Coaches, officials, or other parties may submit comments or suggestions regarding the Rules for Boys' Youth Lacrosse at any time before May 20, 2015 for consideration by the USL Men's Game Rules Subcommittee. Any changes or modifications that are recommended by the Rules Subcommittee and approved by the USL Men's Game Committee will be effective for the Boys' Youth Rules in the 2015 NFHS Rules Book.
- c. Please send all comments or suggestions regarding the Rules for Boys' Youth Lacrosse to the US Lacrosse Men's Game Rules Subcommittee, at the address below, or to boysyouthrules@uslacrosse.org. Please do not contact NFHS about these rules.

US Lacrosse Men's Game Rules Subcommittee

c/o US Lacrosse

113 W. University Parkway, Baltimore, MD 21210-3300

410-366-6735 (fax) 410-235-6882 (phone); www.uslacrosse.org

Suggested Guidelines for Management of Concussion in Sports

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org.

Revised and Approved October 2013

Equipment Guidelines

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is not responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers have undertaken the responsibility for the development of playing equipment that meets the specifications established by the committee. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Only equipment that meets the dimensions and specifications in the NFHS sport rules may be used in interscholastic competition. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.

2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules committee for review before production.

General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous

membranes with soap and water.

- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Infectious Disease and Blood-borne Pathogens" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook.

Revised and Approved in 2010

NFHS Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safe areas.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard within 30 seconds of a visible lightning strike, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
4. Review annually with all administrators, coaches and game personnel.
5. Inform student athletes of the lightning policy at start of season.

For more detailed information, refer to the "Lightning and Thunder Safety" section contained in the NFHS Sports Medicine Handbook.

Revised and approved January 2014

Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.