



2020 NFHS GIRLS LACROSSE RULES INTERPRETERS MEETING

National Federation of State
High School Associations



Thursday, January 30, 2020
2:00 p.m. EDT



NFHS RULE CHANGE PROPOSAL SYSTEM (RCPS)

- The following links will be utilized to submit and manage rules proposals by the respective state association

Rule Change Proposal Form:
<http://www.nfhs.org/RuleChangeProposal>

Proposal Management for State Association Staff:
<http://www.nfhs.org/RuleChangeProposal/Association>





STANDARDIZED OPEN AND CLOSE DATES FOR NFHS RULE CHANGE PROPOSAL SUBMISSION

Sport	Committee Meeting	Open Date for Proposals	Due Date for Proposals
Field Hockey	January	April 1	November 1
Football	January	April 1	November 1
Soccer	January	April 1	November 1
Volleyball	January	April 1	November 15
Spirit	March	June 1	February 1
Swimming/Diving	March	June 1	February 15
Basketball	March	June 1	March 1
Wrestling	April	June 1	March 1
Water Polo	April	June 1	March 15
Ice Hockey	April	June 1	April 1
Baseball	June	September 1	May 1
Girls Lacrosse	June	September 1	May 1
Softball	June	September 1	May 1
Track & Field	June	September 1	May 1
Boys Lacrosse	July	September 1	June 1
Girls Gymnastics	October (2021)*	January 1, 2021*	September 15, 2021*





THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- VISION

- The National Federation of State High School Associations (NFHS) is the national leader for education-based high school athletics and activities, which prepare tomorrow's leaders for the next level of life through innovative programs, healthy participation, achievement, and development of positive relationships.





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- MISSION

- The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

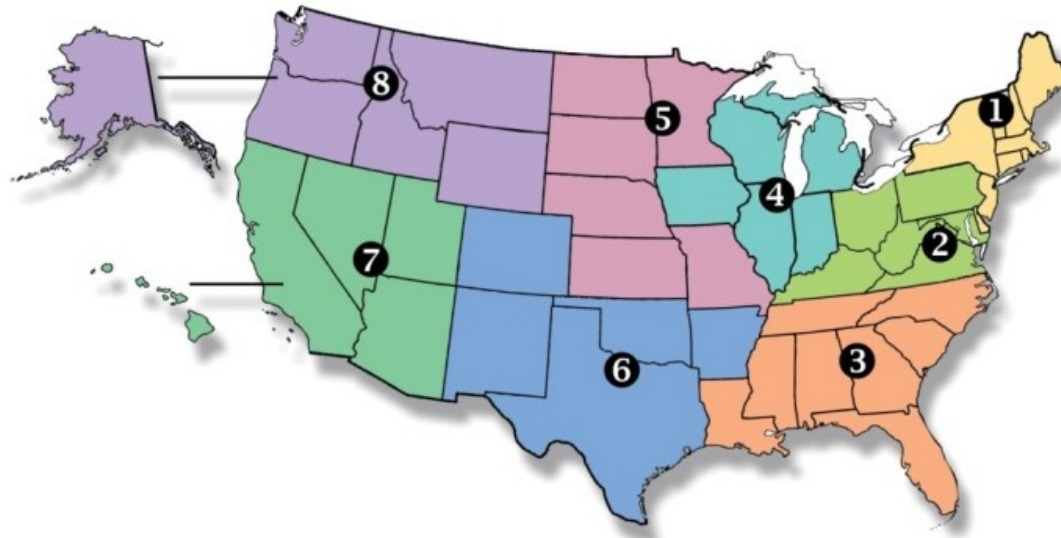
- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs;
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Girls Lacrosse and
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



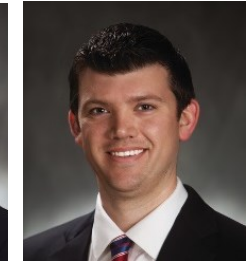
Julie Cochran
Cross Country, Gymnastics,
Field Hockey and
Track & Field



James Weaver
Boys Lacrosse and Spirit



Theresia Wynns
Basketball and
Soccer

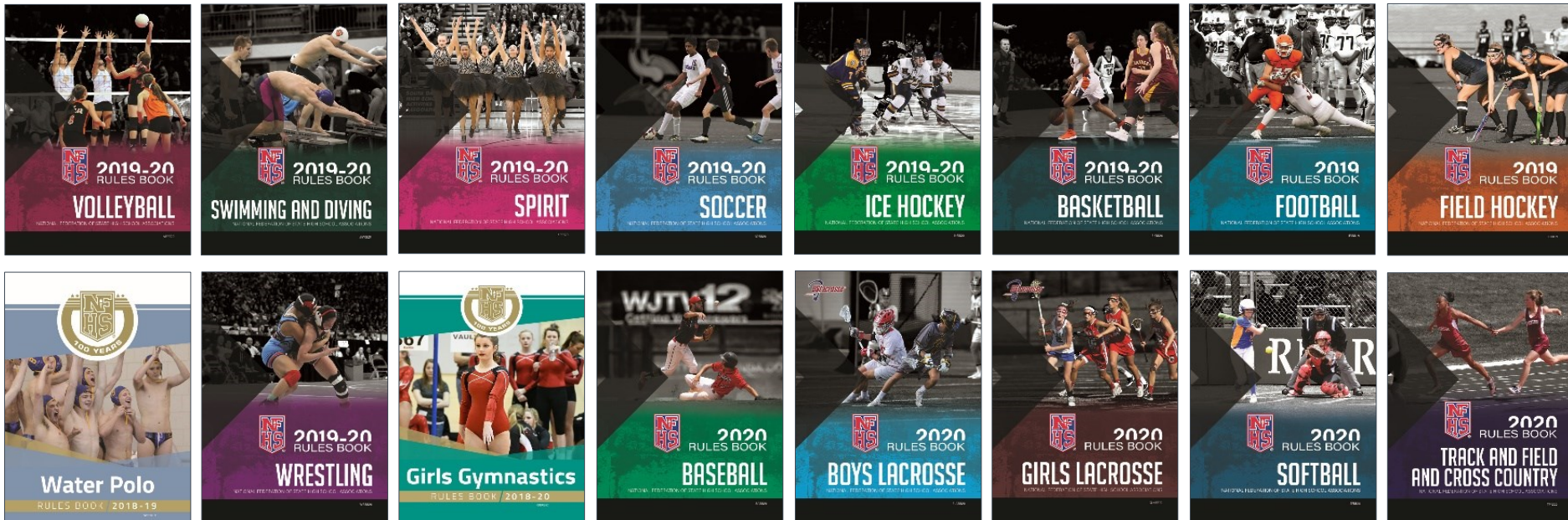


Dan Schuster
Ice Hockey



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



NFHS RULES BOOK AS E-BOOKS

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 - Highlight areas of interest
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National Federation of State High School Associations



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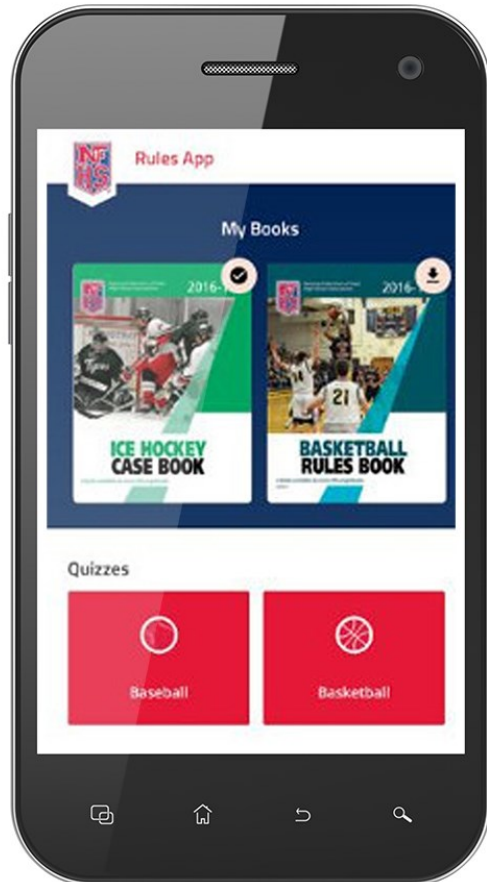


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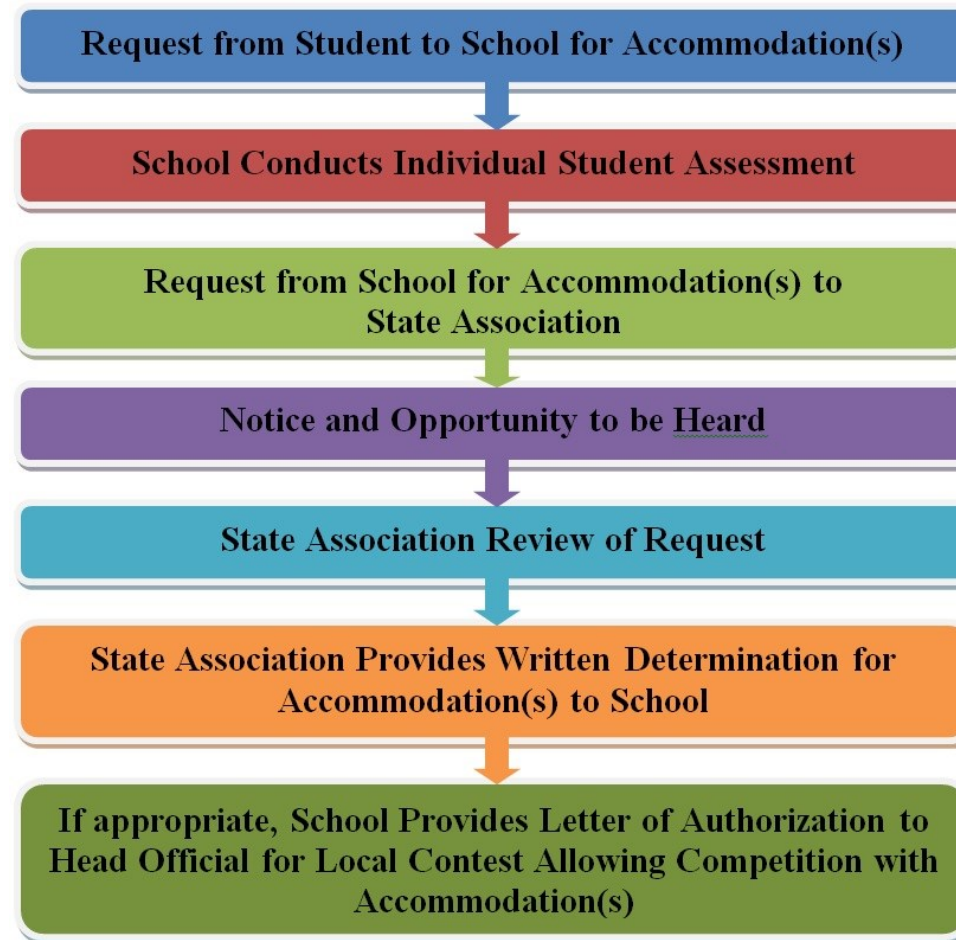
NEW NFHS RULES APP



- Rules App features:
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 - Free to paid members of the NFHS Coaches and Officials Associations
 - www.nfhs.org/erules for more information



GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





Rules Changes

2020 NFHS/USL GIRLS LACROSSE





STICK CHECK PROCEDURE

[2-2-5d, e (NEW), f; 2-4-3b, c (NEW)]

- Check stick to confirm the ball rolls out of back of pocket when placed in upper third of the head at its widest part and the stick and head are tilted 90 degrees.





PERSONAL EQUIPMENT

(2-6-1, 2-7-4)

- Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.
- No adornments or accessories allowed such as:
 - ✓ Face shields
 - ✓ Mohawks
 - ✓ Go Pro Cameras
- Paint, decals and tape are permitted.

Non-compliant

MISSING SHIN
PROTECTION &
PADDING ON
THIGHS

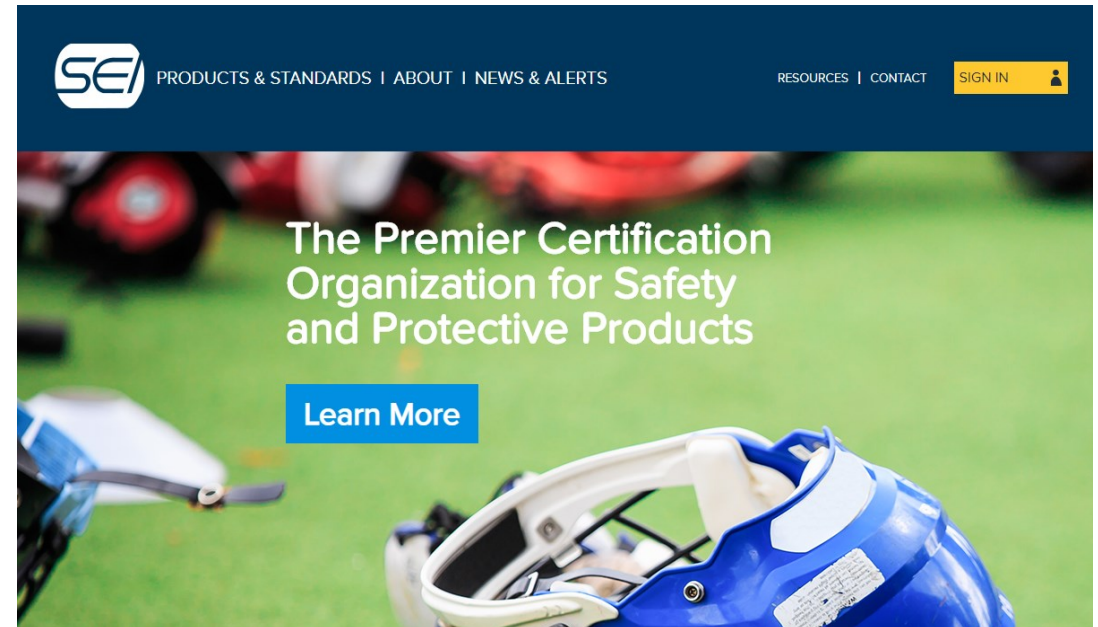




PERSONAL EQUIPMENT

(2-7-2)

- All eyewear on the playing field must be SEI certified and will be listed on the SEI website.
- <https://seinet.org>





ELECTRONIC EQUIPMENT

[2-8-4 (NEW)]

- Electronic devices, video replay or television monitoring equipment shall not be used for any review of an official's decision.





POSSESSION TIME-OUT

(4-3-3)

- When a possession time-out is called:
- Play will resume at the spot of the ball.
 - Unless the ball is in the CSA.
- When the ball is in the CSA, play will resume at the closest dot.
 - Unless time-out has been called prior to administration of a free position, then play will resume with administration of the free position.
- Substitutions will be permitted with the exception of a player being awarded the ball for a free position and the offender.





SUBSTITUTIONS

(4-3-3c, 4-7c thru h)

- New substitution rules:
- 4-3-3c: Substitutions will be permitted during a possession time-out except for the player being awarded the ball and the offender.
- 4-7-4 Situation: A player running toward the substitution area when the whistle blows does not have to stop. She may continue to complete the substitution.



SUBSTITUTIONS

(4-7-7)

- Previous substitution rules that are unchanged:
- All substitutions must be made through the substitution area.
- Substitute may not enter field during play until player she is replacing has entered the substitution area.
- After a goal, substituting players may immediately enter the game.
- No substitutions allowed:
 - After official's hand on sticks for the draw.
 - During a re-draw.
 - During injury time-out except for replacing injured player.
 - During misconduct time-out.



STARTING AND RESTARTING PLAY (RULE 5)

- Rules have changed so the ball is no longer “dead” when the official blows whistle and all players are no longer required to “stand”.
- New rules allow free movement of players.





POSSESSION TIME-OUT

(PLAYER POSITIONING)

- When a possession time-out is called:
 - Players may move freely on the field when returning after the time-out except for a player being awarded the ball for a free position and the offender.
 - Players may not be closer than 4M to the ball carrier unless it is a boundary ball restart.
 - If play resumes at a boundary line with a boundary ball, then defensive players shall provide 2M of clear space from the spot where the player steps onto the field from out of bounds.
 - If play is restarted with a free position, player positioning for administration of the foul shall apply.



STARTING AND RESTARTING PLAY

(FREE MOVEMENT WHEN PLAY IS OUTSIDE THE CSA)

- Players not involved in a free position may move freely on the field during a whistle or stoppage of play except they shall:
 - Move 4M away from player taking a free position.
 - Give ball carrier at least 2M of free space (stick and feet) where she steps onto field from out of bounds.
- Goalkeeper may move back to goal circle if she is not involved in a free position, there is not an illegal deputy foul, or she is not bringing a ball in from out of bounds from a position at the boundary line.





STARTING AND RESTARTING PLAY

(FREE MOVEMENT WHEN PLAY IS WITHIN THE CSA)

- Players not involved in a free position may move freely on the field and within the CSA during a whistle or stoppage of play except they shall:
 - Move 4M away from player taking a free position.
 - Give ball carrier at least 2M of free space (stick and feet) where she steps onto field from out of bounds.
 - Clear the penalty zone or penalty lane when applicable.
 - A defensive player is entitled to each hash mark adjacent to 8M free positions.
- Goalkeeper may move back to goal circle if she is not involved in a free position, there is not an illegal deputy foul, or she is not bringing a ball in from out of bounds from a position at the boundary line.



STARTING PLAY – DRAW

[5-2-2, 5-2-2 NOTE (NEW), 9-1d(2) (NEW)]

- Any number up to 12 players of each team may be on the field before the start of each draw.





STARTING PLAY – DRAW

(5-2-2 NOTE)

- Players may not enter the field after official's hand is on the sticks for the draw.
- Violation of this rule is:
 - Minor Foul
 - Early Entry on Draw





BOUNDARIES

(6-3-1a, 6-3-2a)

- When a ball goes out of bounds:
 - Opponent nearest the ball shall bring ball inbounds.
 - Ball carrier shall bring ball inbounds relative to the spot where the ball went out of bounds.
 - Opponents must give the ball carrier at least 2M of free space (stick and feet) from where she steps inbounds.





BOUNDARIES

(6-3-1a, 6-3-2a)

- When the ball goes out of bounds, the player bringing ball inbounds:
 - May self-start from out of bounds.
 - She is not required to come to a stop before commencing the self-start from out of bounds.
 - She may not pass from out of bounds.
 - May step in bounds and self-start from a settled stance within 2M of where she entered the field.
 - May step in bounds and wait for a whistle start within 2M of where she entered the field.



BOUNDARIES

(6-3-1a, 6-3-2a)

- Resuming Play – Boundary Self-Start from Out-of-Bounds:
- Ball carrier enters the field and continues play without pausing or stopping.
 - Defense may engage in play with the ball carrier when she has moved on the field more than 2M from where she entered the field.



BOUNDARIES

(6-3-1a, 6-3-2a)

- Resuming Play – Boundary Self-Start on the Field:
- Ball carrier enters the field and pauses within 2M from where she entered the field, then restarts play; she has self-started:
 - Defense may engage in play with the ball carrier when she steps or passes after pausing.



BOUNDARIES

(6-3-1a, 6-3-2a)

- Resuming Play – Boundary Whistle Start on the Field:
- Ball carrier enters the field and stops within 2M from where she entered the field and waits for a whistle start:
 - Defense may engage in play with the ball carrier when the whistle is blown.



BOUNDARIES

(6-3-1a, 6-3-2a)

- Resuming Play:
- If the defense engages the ball carrier before allowed on a boundary ball:
 - Official shall direct player positioning.
 - Ball carrier may self-start, if self-start is allowed, or wait for a whistle start.
- A delay of game card may be given for repeated violations.



BOUNDARIES

(6-3-2)

- When a shot or deflected shot goes out of bounds the player whose body or crosse is inbounds and nearest the ball when it crosses the boundary will gain possession.
 - Ball carrier shall bring ball inbounds according to the boundary rules.



MINOR FOULS

(9-1b)

- Rule 9-1b - Covering:
 - Cover a ground ball with her foot, body or crosse preventing an opponent from playing the ball.





MINOR FOULS

[9-1c(1)]

- Delay of Game:
 - Failure to stand when a player is required to stand, excluding the false start penalty for an illegal self-start.





MINOR FOULS

[9-1d(2)]

- Early Entry on the Draw:
 - Enter the field after the official's hand is on the sticks for the draw.





MINOR FOULS

[9-1I(5)]

- Improper Equipment:
 - In 2019, an equipment rule was added requiring all headgear to be properly worn and securely fixed with a chinstrap.
 - In 2020, a rule added to clarify a minor foul for Improper Equipment occurs for a failure to properly wear headgear.





MAJOR FOULS

(10-1c)

- Check to Head (Mandatory Card):
 - No player's crosse may hit or cause her opponent's crosse to hit the opponent's head or neck.





MAJOR FOULS

[10-1j(1)]

- False Start:
 - New rule states a False Start occurs when a player self-starts when self-start is not an option.
 - Self-start is not an option when:
 - Game clock is stopped;
 - Offside foul;
 - Foul in the CSA;
 - Alternating possession;
 - Inadvertent whistle; or
 - Goal is scored.



MAJOR FOULS

(10-1 PENALTIES 4e, 11-2 PENALTIES 5)

- For major foul by a defense player within 8M of the goal circle above the goal line extended:
 - Defending players are entitled the adjacent hash marks.
- With free movement, any defending player, other than the player who fouled, is entitled to an adjacent hash mark.



MAJOR FOULS (10-1 PENALTIES 5)

- For major foul by a defense player between the 8-meter arc and 12-meter fan, the free position will be taken on the 12-meter fan closest to the spot of the foul.
 - All players' bodies and crosses must clear the penalty lane.



2020 RULES INTERPRETATION VIDEO

- Available at:
- www.uslacrosse.org/rules/girls-rules

*2020 Girls' High School Lacrosse
Rules Interpretation*





Editorial Changes

NFHS/USL GIRLS LACROSSE





EDITORIAL CHANGES

- Editorial changes have been made to the 2020 Rules Book that modify terminology but do not change the rules.
- Two most noticeable editorial changes:
 - Rule 8: “Restraining Line” foul changed to “Offside” foul.
 - Rule 10-1w: “ Obstruction of the Free Space to Goal” foul changed to “Shooting Space” foul.





Points of Emphasis

NFHS/USL GIRLS LACROSSE





STARTS AND RESTARTS

- POE focuses on starts and restarts during this second year of self-starts.
- Officials should not disadvantage the ball carrier by unnecessarily resetting play on a self-start.
- Players must recognize the call being made and self-start within playing distance of the foul.
- If a whistle start is required and a player self-starts, a false start penalty will be administered.



DELAY OF GAME – SELF-START

- POE focuses on delay of game outside the CSA.
- Players shall be penalized when they repeatedly:
 - Attempt to self-start beyond playing distance.
 - Fail to stand when required.
 - Fail to move when directed.
 - Encroach on ball carrier prior to play commencing.
- Officials are encouraged to manage delays with a warning and use of delay of game cards.



REPEATED FOULS

- POE focuses on limiting repetitive fouls and managing illegal play especially with the introduction of free movement.
- Repeated fouls:
 - Disrupt flow of play.
 - May result in dangerous play.
 - Place players at risk.
- Officials should:
 - Be aware of situations when teams and players continually foul.
 - Utilize warnings to change players' behavior.
 - Administer cards when appropriate.



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QUESTIONS?

- Email: girlsrules@uslacrosse.org
- Indicate “level of play” for the question.
- Identify the applicable Rule number and Rules Book pages.

National Federation of State High School Associations

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www.nfhs.org |
www.nfhslearn.com

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