2018 NFHS BOYS LACROSSE RULE REVIEW
2018 NFHS RULES BOOK

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Lacrosse-Boys Articles

- New Faceoff Procedure Among Rules Changes In High School Boys Lacrosse
- OHSAA to Sponsor Boys and Girls Lacrosse Beginning In 2016-17
- Implementation of Boys Lacrosse Rule 1-7-3 Delayed Until 2016
- Restart Procedure Altered in High School Boys Lacrosse

Rules Changes

Boys Lacrosse Rules Changes - 2016
2018 NFHS BOYS LACROSSE RULE REVISIONS

Major Rules Changes
Situations and Rulings
Points of Emphasis
Corrections
2018 NFHS BOYS LACROSSE

Major Rules Changes
Beginning in 2018, minimum stick specifications shall be as follows:

<table>
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<tr>
<th>Measurement from throat (inches)</th>
<th>Minimum distance between narrowest point of head (inches)</th>
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<td>3 (all measurements)</td>
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<td>3.5 to 4 on front, 3.5 on back</td>
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<td>Widest point</td>
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Adopt the 120-yard Unified girls and boys field as an allowed field option.
Note: Pockets of nontraditional synthetic material manufactured for lacrosse are permitted. The pocket must meet the specifications of 1-7.
Note: Beginning in 2022, the home team will be required to wear white jerseys, and the away team will be required to wear non-white jerseys.
The official shall make certain that the reverse surfaces of the crosses match evenly in that the top of one head lines up with the throat of the other and are perpendicular to the ground.
n. A contrasting color between the head and the top glove must be visible on the shaft at faceoffs. The circumference of the shaft shall not exceed 3.5 inches.

**Note:** This can be accomplished with:

1. Original shaft color
2. Paint
3. A single wrap of tape or
4. Other material
A goal shall be disallowed:

- A. **If a shot is released** after the game horn sounds to indicate the end of a period.

A goal shall be allowed:

- O. **A goal will be allowed if the shot is released prior to the end of the period.**
PENALTY: Conduct foul on the defensive player. A second violation by the player team will be enforced as releasable *unsportsmanlike conduct*, served by the offending player.
ART. 2... The following are examples of illegal procedure:

x. Failure to wear a required mouthpiece properly (unless it comes out during play).
The stall warning remains in effect until:

- A goal is scored
- A shot that hits the goal pipes
- A shot that hits the goalie or hits his equipment
- The defensive team gains possession
- The period ends resulting in a faceoff
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 nearest to the spot of the ball at the time of the whistle, 20 yards laterally outside the goal area.
D. A shot is taken that does not result in a goal, unless the shot is caught in the air by a teammate.

J. A second defensive foul is committed during the final two minutes of regulation play with the team that is ahead possessing the ball, unless a scoring play is imminent.
A shot remains a shot until

- The ball comes to rest on the field
- The ball hits the ground and goes past the goal
- Possession is gained by any member of the defensive team; or
- After hitting the goalkeeper, goalkeeper equipment, goal posts or crossbar, the ball is touched by any player of the either team other than the defending goalkeeper, or an official
2018 NFHS BOYS LACROSSE

Points of Emphasis
Points of Emphasis – Page 93

- Mouthpieces
- Face-offs
- Slow Whistle
- Shots at the end of Periods
- Crosse Change in 2018
In 2017 the foul for a mouth guard violation was changed from a personal foul to technical foul to encourage penalty enforcement for those who violate the rule. Coaches should encourage players to wear mouth guards properly (i.e. No Fish hooking) and legally, officials are expected to call the foul.
A. Face off players are allowed to make contact first however only legal contact is allowed on players taking a faceoff.

- Legal body contact includes checking a player who has no other part of the body touching the ground except the feet.
- Body checks must be made below the neck, above the waist and to the front or side of an opponent.
- Illegal body checks, including spearing with the head, shall be strictly enforced.
B. Faceoff players must have a **visible contrasting color** between the head and top glove on the shaft.

Contrasting color can be accomplished with:
- The original shaft color
- Paint
- A single wrap of tape or
- Other materials that does not make the shaft circumference exceed 3.5 inches
C. Officials should continue to enforce the face off procedure:

- The player’s reverse surfaces of the crosse shall match evenly so that the top of one head aligns with the throat of the throat of their opponent.
- Additionally both heads shall be perpendicular to the ground.
POINTS OF EMPHASIS
SLOW WHISTLE

When there is a flag down during a slow whistle situation. The attacking team is *no longer required* to keep the ball in the goal area.

* Unless required by rule or officials. *

NOTE: Team A must still meet requirement for advancing the ball into the goal area.
A goal will be allowed if the shot is released prior to the end of a period.

NOTE: Goal not counted if Team A add impetus to shot. Goal counts if Team B deflects shot and it enters goal. The shot ends when Team B gains possession or ball comes to rest.
SECTION 9: PLAYER EQUIPMENT
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 other than a mouthpiece; (c) has no mouthpiece.
RULING: (a) *Goal counts* technical violation with no time served.
(b) *Goal counts* and A1 serves a 1-minute non-releasable penalty for illegal equipment;
(c) *Goal counts*, technical violation, no time served. In all cases the game restarts with the ball awarded to team B on its offensive half of the field at the Center.
SECTION 1: NUMBER AND DESIGNATION OF PLAYERS

- 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: **Legal.**
B1 slashes A1. Flag down. A1 shoots, and the period ends while the shot is in the air. The ball enters the goal.

RULING: The goal counts and B1 serves 1-minute. The next period shall begin with a man-down faceoff.
4.3.3 SITUATION C

A1 comes to center to take a faceoff with:
- (a) no contrasting color on the shaft, or
- (b) has tape on the plastic throat of the shaft.

RULING: In both cases, technical foul on Team A for delay of game. Award the ball to Team B in offensive end.

NOTE: A1 does not serve penalty time and his crosse is legal for play other than faceoffs.
Over-and-back has not occurred if after a face-off, before either team gains possession, the ball is propelled into defensive area then back over the center-line.

NOTE: Over-and-back may only occur after team possession in its own goal area.
Team B has 2 or more players in crease attempting to block a shot. B1, B2 & B3 are all in crease.

Team B players will serve.
- B1 :30 Conduct Foul
- B2, B3 1:00 Releasable Personal Foul

NOTE: If Team B was penalized for same infraction prior to this, B1, B2 & B3 would all serve 1:00 releasable personal fouls.
4.18.2 SITUATION G

B1 (not the goalkeeper) picks up a loose ball or catches a pass while in the crease.

- B1 still in crease as A1 checks his crosse causing the ball to enters goal.

RULING: *Legal goal*. Interference may be called only when the designated goalkeeper is involved.
A1 shoots while B1 Goalkeeper is away from the crease area. While the shot is in flight, B2 steps in the crease to block the shot.

**RULING:** Play-on until the shot comes to its normal conclusion.

**NOTE:** B2’s first violation no time serve. Any subsequent violation on B2 will result in 1:00 releasable foul.
(a) The ball goes out-of-bounds on the end line.
(b) The ball goes out of-bounds on the end line following a flag down slow whistle. 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 outside the goal area.
Goalkeeper A1, who is in his crease with possession, throws an outlet pass while attack player B1 stands in front of the crease in a covering position. A1 releases the ball. His natural follow-through causes contact with B1’s crosse.

**RULING:** Goalkeeper interference by B1. Play-on, and award the ball to Team A at center if the pass is not completed.
During the faceoff, but before possession is gained, A1 pushes B1 who is attempting to secure the ground ball, in B’s defensive side of the field.

Official awards the ball to B at the spot of the infraction.

RULING: Correct. The ball is moved to the offended team’s offensive side of the field only on a pre-whistle violation.
A1 shoots and scores. When the official goes to get the ball out of the goal, the goalkeeper shows him that his crosse or any other piece of required equipment is broken.

**RULING:** If the goalkeeper notices the broken equipment, he should verbally notify the officials immediately during the play so the officials can stop play to correct the problem. The goal stands since the problem was not noticed by the officials nor acknowledged by the goalkeeper before the shot was in flight.
Goalkeeper B1, seeking to stop play in an unsettled situation:

1. Intentionally breaks required equipment or drops a glove; or
2. Yells to the officials that his equipment is broken when he broke it intentionally in order to stop play.

**RULING:** The officials stop play and assess a two-minute nonreleasable unsportsmanlike conduct penalty on B1.
Team A has been warned to “keep it in.” After recovering a shot:

(a) *that hit the goal, goalkeeper, or his equipment*, or
(b) Team B deflects pass or causes ground ball to leave defensive area. Does Team A get new :10 count “get it in”?

**RULING:** (a) Stall warning has ended
(b) Yes, stall warning continued with full :10
Team A is ahead **by four goals or less in the 4th quarter.**

Team A satisfied the initial :10 count with 2:07 remaining. Team A carries or passes ball outside the goal area with 2:02 remaining. At 2:00 mark, the official warns Team A to “get it in” and starts a visual :10 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.
After a faceoff and before possession has been declared or the ball crosses the defensive-area line, B4, 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 B. Ball awarded to Team A at the spot where the ball was when play was suspended.
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, *in the crease.*
2018 NFHS BOYS LACROSSE

Corrections
Crosse shall measure between 6 and 10 inches.

- Not 6-1/2 inches as mentioned

Other sections effected:

- Situation 5.5B Page 60
- POE Crosse Change Page 93
Replace the reference to “B2” in the beginning of the 2nd and 3rd paragraphs with “the team”,

- Reflects the rule change.
2018 NFHS BOYS LACROSSE

NFHS Services and Initiatives
Accredited Interscholastic Coach – National Coach Certification Program –

Level One National Certification Course Requirements:

- Fundamentals of Coaching
- First Aid, Health and Safety for Coaches
- Sport-specific Course or Teaching Sports Skills
- Concussion in Sports (FREE)

More Information at nfhslearn.com!
Coaching Boys Lacrosse

Course Objectives

- Differences between girls and boys lacrosse sessions
- Methods and techniques for teaching lacrosse
- Learn basic rules of boys lacrosse
- Understand essential beginning lacrosse skills and be able to teach those skills to players
- How to create drills and structure effective practice sessions
- How lacrosse is played
- Player positions and game structure

Units

- Origin and Background Game
- Teaching Lacrosse
- Team Tactics
- Playing the
- Skills and Techniques

More Information at nfhslearn.com
Interscholastic Officiating

- Officiating Basics
- The Science of Officiating a Contest
- The Art of Officiating a Contest
- Putting it All Together

- Rules Knowledge
- The High School Environment
- The Foundation of Officiating
- Managing Difficult Situations
- Game Speed Decisions
- Professional Development
Learn the different classifications of NCAA Divisions

The coach’s role and responsibilities

Definition of amateurism

New core course requirements

Student’s

Take Part. Get Set For Life.

More Information at
nfhslearn.com!
Creating a Safe and Respectful Environment

- Define inappropriate relationships and behaviors
- Define Hazing
- Define Bullying and Cyberbullying
- The role of the Coach

- Inappropriate, Abusive or Harassing Behavior
- Hazing
- Bullying and Cyberbullying

More Information at nfhslearn.com!
First Aid, Health and Safety for Coaches

- Before Giving Care
- Breathing Emergencies Emergencies
- Soft Tissue Injuries

- Sudden Illness
- Environmental

- Health and Safety in Sports
- Injuries to Muscles, Bones, and Joints

- How to develop an emergency action plan
- How to check a conscious and unconscious adult or athlete
- Recognize and manage breathing emergencies, including respiratory distress and respiratory arrest, asthma and choking emergencies
- Recognizing sudden illness and steps for care
- Prevention and management of cold & heat related illnesses
- Types and management of wounds

More Information at nfhslearn.com!
↑ Understand what concussions are & their impact on players
- Recognize the complications associated with concussions
- Understand your responsibilities
- Recognize signs and symptoms of concussion
- Know when additional medical attention is needed
- Understand the proper concussion management
- List the steps a player should use to return to active play safely after a concussion

More Information at nfhslearn.com!
NFHS SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

In the Appendix of all the 2018 NFHS Rules Book

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 have suffered a direct blow to the head or loss of 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, dizzy, 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 in Sports” at www.nfhs.org.

Revised and Approved October 2013
INCLUSION OF STUDENTS WITH DISABILITIES

GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS

1. Request from Student to School for Accommodation(s)
2. School Conducts Individual Student Assessment
3. Request from School for Accommodation(s) to State Association
4. Notice and Opportunity to be Heard
5. State Association Review of Request
6. State Association Provides Written Determination for Accommodation(s) to School
7. If appropriate, School Provides Letter of Authorization to Head Official for Local Contest Allowing Competition with Accommodation(s)
#WeAreHighSchool
NFHS BOYS LACROSSE RULE WRITING PROCESS

- NFHS Rule Change Proposal Form Due
  - June 1, 2018

- 2018 NFHS Rules Committee Meeting
  - June 25-27, 2018
  - Indianapolis, IN

- Email addresses:
  - James Weaver – Jweaver@nfhs.org
  - Angela Hays – ahays@nfhs.org
NFHS SPORT QUESTIONNAIRE

2015 NFHS Boys Lacrosse Rules Questionnaire

Sports Questionnaire Counts by State
2015 NFHS Boys Lacrosse Rules Questionnaire

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<th>State</th>
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<th>State Count</th>
<th>% of Respondents</th>
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Click on a link below to take one of the 2014 NFHS sport questionnaires.

- **Baseball**: Opens April 20, 2015, Closes May 18, 2015
- **Boys Lacrosse**: Opens April 20, 2015, Closes May 18, 2015
- **Girls Gymnastics**: Opens April 20, 2015, Closes May 18, 2015
- **Softball**: Opens April 20, 2015, Closes May 18, 2015
- **Track and Field**: Opens April 20, 2015, Closes May 18, 2015

2015 NFHS Boys Lacrosse Rules Questionnaire

Sports Questionnaire Results

| Part One: Check all present 2015 Rules - Were the following rule changes satisfactory? |
|-------------------------------------------------------------------------------|-------|
| Rule Change                                                                 | % Yes | % No |
| 1. Adding additional calls to procedures ensures the ball will not end up on the ground | 285   | 75   |
| 2. Certifying the official after receiving specific training is effective.      | 224   | 76   |
| 3. Invoking the duties of the Chart before the official is effective.          | 286   | 74   |
| 4. Ensuring the lacrosse player must be held by the handle of the stick and not the top of the stick | 277   | 84   |
| 5. Specifying that a minimum of four game balls should be placed on the bench | 249   | 71   |
| 6. Specifying that any hanging繁华 cannot be more than 2 inches in length and must be held above the shoulder | 245   | 75   |
| 7. Specifying that the official must hold the ball and not the player.         | 249   | 71   |
| 8. Specifying that the ball cannot be held by the handle of the stick and not the top of the stick | 365   | 65   |
| 9. Specifying that the ball cannot be held by the handle of the stick and not the top of the stick | 365   | 65   |
| 10. Specifying that a team cannot score if a team has less than seven on field players | 318   | 62   |
As the national governing body of men’s and women’s lacrosse, US Lacrosse provides a leadership role in virtually every aspect of the sport throughout the United States, and offers a wide range of programs and services to its national membership.

US Lacrosse is represented on the NFHS Boys Lacrosse Rules Committee, and endorses the use of NFHS rules for boys high school competition.

113 West University Parkway
Baltimore, MD 21210-3300
410-235-6882
410-366-6735 FAX
www.uslacrosse.org
NFHS ONLINE MEETING EVALUATION

Important

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- Please complete and submit the evaluation form and then close your browser.

Thank you for participating in the online meeting and for completing the evaluation!
Thank you for your participation!