### 2019 NFHS BOYS’ LACROSSE RULE CHANGES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-6-2</td>
<td>Measuring the length of the head at the front (face) of the head.</td>
</tr>
<tr>
<td>1-7-1</td>
<td>The pocket/net must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through.</td>
</tr>
<tr>
<td>1-9-1j</td>
<td>Beginning January 1, 2021, a goalkeeper chest protector designed for lacrosse that incorporates the NOCAE ND200 at the time of manufacture shall be used by all goalkeepers.</td>
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<tr>
<td>4-5-9</td>
<td>A shot considered a ball propelled toward the goal by an offensive player with the intent of scoring a goal. A shot can only be made when the ball is parallel to or above the goal line extended. Additionally, it can be either thrown from a crosse, kicked, or otherwise physically directed.</td>
</tr>
</tbody>
</table>
| 4-9-3 | If any of the following occur between the end of the period and the shot entering the goal, the goal will be disallowed:  
   a. The ball makes contact with any member of the attacking team or his equipment; or  
   b. The ball is touched by a player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts or crossbar. |
<p>| 4-14-3 | If the ball does not touch the center line or something over the center line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team’s offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the enter line and bat the ball with his foot or any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover. |
| 5-4-4 | A player shall not initiate a body-check legally that slide up into or follows through to an opponent’s head or neck. |
| 5-4-5 | A player shall not body-check a player in a defenseless position. This includes but is not limited to: (a) body-checking a player from his “blind side”, (b) body-checking a player who has his head down in an attempt to play a loose ball; and (c) 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. |</p>
<table>
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| 5-4-6 | A player shall not initiate targeting, which is intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent.  
**PENALTY**: Intentional targeting shall result in a three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection. |
| 5-4-7 | A player shall not initiate targeting that intentionally takes aim at a player in a defenseless position.  
**PENALTY**: Intentional targeting shall result in a three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection. |
| 5-10e | No player, substitute, nonplaying member of a squad, coach or anyone officially connected with a competing team shall:  
e. Be a coach who is on the field and obstructs play. |
| 5-12-1 | **PENALTY**—Three-minute non-releasable penalty for a player, substitute or non-playing team member or a one-minute non-releasable penalty for a coach 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 is available, the student shall be confined to the bench area. The sponsoring authority is responsible for notifying the appropriate school of the ejection. |
| 6-3-2a | A player shall not use the portion of the handle that is between his hands to hold an opponent, when his hands are more than shoulder-width apart. |
| 6-3-3e | Holding is permitted if a player uses the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and not thrusting motion. |
| 6-5-2b(4) | A player shall not exchange his crosse with that of a teammate during live play while the ball is in either crosse. |
| 6-11-2 | A player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check.  
**NOTE**: Illegal body checks (5-3) “spearing” (5-4-3) and unnecessary roughness (5-9-3 SITUATION E) shall be strictly enforced as personal fouls. |
| 7-8-2 | The official shall withhold he 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. The attacking team commits a foul or violation.  
e. An injury occurs to a player on either team and is deemed by the official to be serious enough for an immediate whistle.  
f. A player loses any of the required equipment in a scrimmage area, or a player is injured in a scrimmage area, and the official is required under the rules to blow the whistle.  
g. The attacking team requests a team time-out.  
h. The period ends. |
**2019 NFHS BOYS’ LACROSSE RULE CHANGES CONTINUED**

7-8-3 A second defensive foul is committed, unless a scoring play is imminent. 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.

**HOW TO SUBMIT A RULE CHANGE**

Coaches and officials wishing to submit rule change proposals must reach out to their chapter interpreters for guidance on how to enter their proposal via the NFHS online portal. Considerable discussion should occur between the coach or official and the interpreter prior to entry to ensure accuracy of the proposal.

**2019 COMMENTS ON RULES**

1-6-2 Clarifies the crosse measurements are to be made on the front face of the head.

1-7-1 Eliminates stringing techniques that could create an unfair advantage.

1-9-1j Adds a piece of safety equipment to protect against commotion cordis in goalkeepers.

4-5-9 Defines that a shot can only be taken from parallel to or in front of the goal.

4-8-2 Clarifies the conditions under which a goal will be allowed when a shot is released just before the end of a period.

4-14-3 Clarifies the position of the ball for over and back turnovers.

5-4-4h (NEW) Defines the penalty for “targeting”.

5-10e Defines penalties for a coach obstructing play.

5-12-1 Penalizes a coach for an ejectable penalty without penalizing the players.

6-3-2 Clarifies legal and illegal holds to an opponent.

6-5-2b Prevents a potentially dangerous play that could result in a shot released toward an unsuspecting and unprepared goalkeeper.

7-8-2, 7-8-3 Clarifies the current slow whistle rule.

**2019 POINTS OF EMPHASIS**

**Stalling:**
A 2018 questionnaire completed by both coaches and officials indicated a concern regarding the interpretation of “stalling”. A team that is stalling does not make an effort to attack the goal or generate shots. An offense that stalling passes on clear shooting opportunities, does not actively work to create scoring opportunities and “holds the ball behind GLE for excessive periods of time.” When considering “get it in, keep it in” call, officials should consider score, time left, style of defense employed (zone or man). If in the opinion of the officials the offense is not actively seeking scoring opportunities, a stall warning should be applied.
2019 POINTS OF EMPHASIS CONTINUED

Targeting:
When a player intentionally takes aim at an opponent’s head or neck or a defenseless player, the offending player will be penalized with a three-minute, non-releasable foul and may result in an ejection.

Holding:
A player may employ the handle of his crosse (between his hands) to legally hold an opponent if his hands are no more than shoulder-width apart, employs “equal pressure” and does not employ a thrusting motion.

Warding:
A player may not use his crosse or any part of his body to push or control the direction of an opponent’s crosse or body.

2019 PIAA ADOPTIONS AND MODIFICATIONS

- Adopt the 2019 NFHS Boys’ Lacrosse Rules Book.
- To clarify Concussion Guidelines that “an appropriate healthcare professional” is a licensed physician of medicine or osteopathic medicine (MD or DO)
- Modify Rule 3-5, a game 1) which is interrupted because of events beyond the control of responsible authorities that occurs prior to the end of the third period shall be picked up at the point of interruption, 2) which is interrupted because of events beyond the control of responsible authorities that occurs after the end of the third period and a winner can be determined shall be considered final, and 3) tied when interrupted because of events beyond the control of responsible authorities shall be continued at the point of interruption.

STICK PLACEMENT MECHANIC FOR FACE-OFFS

When placing sticks for the face-off, officials shall align the top of each player’s stick with the stop-area of the throat of his opponent’s stick. The ball shall be placed equidistant from the stop-area of each stick. (See photo)
## CONTACT ON FACE OFFS

NOTE: Under NFHS rules, there is no requirement to play the ball first on a face-off. However, illegal body checks, including spearing with the head, should be strictly enforced.

## OFFICIAL’S UNIFORM

1) The PIAA Official's Emblem must be worn on the upper left sleeve of the official's standard shirt when officiating in all PIAA sponsored games.

2) All PIAA-registered officials must wear identical uniforms during a contest.

3) Required uniform for lacrosse officials:

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cap</td>
<td>Black with white piping.</td>
</tr>
<tr>
<td>Shirt</td>
<td>Alternating black and white 1-inch vertically striped, long or short sleeved shirt with a black collar or v-neck collar (any undergarments, if visible, should be black).</td>
</tr>
<tr>
<td>Shorts</td>
<td>White or black (minimum 6-inch inseam).</td>
</tr>
<tr>
<td>Slacks</td>
<td>Full length solid black nylon wind pants.</td>
</tr>
<tr>
<td>Belt</td>
<td>Black (1 1/4—2 inches in width).</td>
</tr>
<tr>
<td>Socks</td>
<td>Black stirrup socks with white over-the-calf crew socks on top or knee length one-piece white with 4-inch black top, or short black socks (preferably just above the ankle).</td>
</tr>
<tr>
<td>Shoes</td>
<td>Clean and shined solid black with black laces.</td>
</tr>
<tr>
<td>Gloves</td>
<td>Solid black (if worn)</td>
</tr>
<tr>
<td>Lanyard</td>
<td>Black.</td>
</tr>
<tr>
<td>Whistle</td>
<td>Black.</td>
</tr>
<tr>
<td>Turtleneck</td>
<td>Black (if needed).</td>
</tr>
<tr>
<td>Jacket</td>
<td>May be worn pre-game, halftime, not during the game per PIAA policy. Solid black or black-and-white 1-inch vertically striped jackets are acceptable.</td>
</tr>
</tbody>
</table>

### Jewelry

Officials are NOT permitted to wear jewelry, with the exception of your wedding band and a Medical Alert Bracelet or Necklace while umpiring. The restrictions that pertain to a player for a Medical Alert Bracelet or Necklace also pertain to officials.

The wearing of jewelry (except wedding bands and medical-alert bracelets) is prohibited. Smoking and/or tobacco chewing is prohibited. (Minutes, Board of Control, PIAA Summer Workshop, July 17, 1989, p. 3).

PIAA sports’ officials may display an American flag (maximum size 2 by 3 inches) on the right sleeve of the uniform shirt approximately three inches down from the shoulder seam. This will be the same position the PIAA official patch is displayed on the left sleeve.

**NOTE: ALL UNIFORM ITEMS MUST BE IDENTICAL TO PARTNER(S) DRESS ALIKE!!!**

*(This reference is for socks, shorts and sleeves of each official to be the same).*
### PIAA 2019 BOYS’ LACROSSE SCHEDULE

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>First Practice Date</td>
<td>Monday, March 4</td>
</tr>
<tr>
<td>First Inter-School/Scrimmage Date</td>
<td>Saturday, March 9</td>
</tr>
<tr>
<td>First Regular Season Play Date</td>
<td>Friday, March 22</td>
</tr>
<tr>
<td>Last Regular Season Contest Date and District Championship Deadline</td>
<td>Saturday, May 25</td>
</tr>
</tbody>
</table>

#### PIAA Boys’ Lacrosse Championships:
- **First Round** ........................................... Tuesday, May 28
- **Quarterfinals** ........................................ Saturday, June 1
- **Semi-Finals** ........................................... Tuesday, June 4

#### PIAA Boys’ Lacrosse Championship Finals
- West Chester East HS ..................................... Saturday, June 8
- **AA Championship Game** ................................ 2:30 pm
- **AAA Championship Game** ............................... 4:30 pm

### PIAA SPORTSMANSHIP MESSAGE

“PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today's contest reflect mutual respect. Coaches please certify to the contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today's contest.”

This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.

Chapter interpreters are requested to remind all officials to read this message at each contest they officiate.

There have been some concerns addressed by the schools that some of our officials are not reading the PIAA Sportsmanship message prior to the contest. This is an improper procedure and this message MUST be read. Officials are not to paraphrase, modify, or develop their own Sportsmanship Message to the captains and head coaches. The proper procedure is head coaches and captains MUST attend the pre-game reading of the sportsmanship message.

This message **MUST BE READ VERBATIM** by the contest officials. Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Boys’ Lacrosse Rules. The reading of this message will set the tone for the contest to be played in the spirit of good sportsmanship and have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.
POLICY ON EYE SHADE

The use of eye shade must be worn as a single, solid stroke under the eye. There shall be no numbers, words, logos, symbols or other detail located in the eye shade. The eye shade shall not extend below the cheek bone and extend no further than the width of the eye socket. Players having eye shade that does not meet the standard are to remove it or comply with the PIAA interpretation before participation in the game. If the players do not comply, the officials may impose un-sportsmanlike conduct type penalties as determined by their respective rules code.

PIAA BY-LAWS: ARTICLE XIII, SECTION 8

Any coach and/or contestant who, while coaching or competing for a PIAA member school, is ejected from a Contest by a state high school association recognized and/or registered official in that sport for un-sportsmanlike conduct or flagrant misconduct shall be disqualified from coaching and/or participating for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition. For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s).

Any coach and/or contestant ejected from the last Contest in that sport in a sport season shall be disqualified from coaching and/or participating in the first Contest(s) in that sport in the subsequent sport season, at the same level (varsity, junior varsity, or otherwise) of competition, at any PIAA member school or, if the student changes levels of competition, such as from junior varsity to varsity, the first Contest(s) in that sport.

In Boys’ Lacrosse, the athletic director and principal must meet with the ejected coach/contestant and detail in a report what corrective action has been taken. This report then must be signed by all parties and sent to the district Boys’ Lacrosse chairperson. This form is located on the PIAA website on the Boys’ Lacrosse page.

When a coach or contestant is disqualified/ejected from a Regular or Post-Regular Season Contest a report must be filed by the official who disqualified/ejected the coach or contestant. When the report is received in the PIAA Office it is viewed by the concerned school Principal and Athletic Director and mailed to the respective District Chairman, officials’ representatives and sportsmanship chair. A copy is also given to the Assistant Executive Director and placed in the school’s file.

The official shall file a report on-line with the PIAA Office on the form prescribed for the sport involved, within twenty-four (24) hours following the completion of the Contest in which the ejection occurred. Failure to file such report shall not affect the validity or consequences of the ejection.

OFFICIALS ARE TO FILE A REPORT WITH THE PIAA OFFICE ON-LINE WITHIN 24 HOURS OF THE EJECTION OR THEY MAY BE PLACED ON PROBATION. OFFICIALS SHOULD GO TO THE “FORMS SECTION” UNDER THE OFFICIALS TAB AT www.piaa.org.

OFFICIALS MANUAL

All officials could become aware of the contents of the Officials’ Manual which can be found under the Officials heading at www.piaa.org.

This manual provides valuable information concerning many aspects of officiating as they relate to PIAA policies and procedures.
**EXAMPLES OF DISQUALIFICATION PROVISION OF ARTICLE XIII, SECTION 8**

The following examples are for players or coaches and are only examples and not a complete list. What this means is a player or coach ejected from a contest at any level must sit out the remainder of the day and the next day of the next contest at that level.

*Example #1:* Player/coach gets ejected from a junior varsity contest before a varsity contest. This player/coach gets disqualified for the *remainder of the day and the next day* of the next junior varsity contest. If this contest is followed by a varsity contest *on the same day*, the player/coach gets disqualified for the varsity contest also (*the whole day*).

*Example #2:* Player/coach gets ejected from a varsity contest on Friday, the team’s next varsity contest is Tuesday. Before the varsity contest is a scheduled junior varsity contest, player/coach cannot participate in any of Tuesday’s contests.

*Example #3:* Player/coach gets ejected from a varsity boys’ lacrosse game Saturday. The next varsity contest is a game on next Friday but the game gets postponed to Saturday. On Saturday, the junior varsity team is to compete in another boys’ lacrosse game, a player and/or coach eligible to participate in the junior varsity game? Since the Friday contest was postponed the *next varsity game* is the same day as the junior varsity game and the player/coach are not eligible to participate the whole day.

**Note to officials: the enforcement of the rules as written and the use of the mechanics when ejecting personnel from a contest cannot be stressed enough. PIAA cannot defend the lack of enforcement of sportsmanship rules nor the failure to use approved mechanics with regard to these ejections.**

**PIAA BY-LAWS—ARTICLE XV; SECTION 3 REQUIREMENT OF WRITTEN CONTRACT**

All PIAA member schools shall enter into either paper or electronic contracts on the official contract form entitled “Contract for Officials Under PIAA Rules” with all registered sports officials retained by the schools or assigned by an assignor. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor. Disputes arising from oral agreements will not be considered by PIAA.

**PIAA WEBSITE OFFICIALS’ INFORMATION AREA**

The officials’ section of the PIAA website may be accessed by registered PIAA sports’ official using their individual officials’ code. This code is secured individually by utilizing the first four (4) letters of your last name in (CAPS) and the last four (4) digits of your ID number. Items listed in the secured area include: Officials’ directory, on-line disqualification forms and on-line injury forms. Other information in the officials’ area on our website include: Applications for Becoming an Official; Sportsmanship Message; Rules Interpretation Meetings; Bulletins (Sports Specific); Athletic Officials’ Manual; Various Forms; Evaluation Information; Officials' Merchandise; Officials Recognition and Power Point Presentations; along other important officials’ information. Please utilize this area for assistance and information in preparing for your games as well as hosting quality chapter meetings. Officials can also view the expiration dates of their clearances on their profile page at this site, www.piaa.org.
If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

**Comment:** It has been brought to our attention on numerous occasions that officials have lost assignments or games because a school or assignor has “double booked” the contest. Officials are reminded that unless there is a written contract executed between the parties, they have no claim to any type of reimbursement from the offending school(s). Many schools have made a “good faith” effort to the officials to get them an additional assignment in the future or offer a scrimmage to pick up the lost fees. However, officially, without a written, signed, properly executed contract between the official(s) and the school(s), there is no recourse for the officials. In this day of technology it is not very hard for assignors, or schools, to execute these contracts. This is part of an assignor’s responsibility. Officials should request contracts from their assignors or schools for both parties protection.

### PIAA OFFICIALS INSURANCE

For the 2017-2018 school year, American Specialty Insurance Services will provide the following benefits:

- One Million Dollars of Liability Coverage;
- $25,000 Excess Accident Medical Coverage (with a $250 deductible);
- $5,000 Accidental Death and Dismemberment (including a cardiac benefit).

This program is administered by American Specialty Insurance Services and underwritten by USF&G and Mutual of Omaha. Again this year, all regularly scheduled chapter meetings and the mandatory rules meeting will be covered under PIAA’s basic liability coverage. Chapters are requested to please enter their list of regularly scheduled chapter meetings online at www.piaa.org to assist procedurally in the exchange of information to have all local association meetings covered.

Contact information is as follows:
**Drew Smith, Vice-President for Client Services**
**Sara Douglass, Administrative Assistant**
American Specialty Insurances Services, Inc.
142 N. Main Street, P.O. Box 309
Roanoke, Indiana 46783-0309
Phone: 260-672-8800
Fax: 260-673-www.amerspec.com

### OUTDOOR EVENTS: SPECTATOR DECORUM

The presence and/or the use of balloons, whistles, and/or portable listening devices (without earphones) are PROHIBITED! The Principal and Athletic Director of each school will be requested to confiscate these items from their cheerleaders and/or the spectators from their school and community. The use of pom-poms by cheerleaders and small portable listening devices with earphones is permitted. Spectators are prohibited from removing their shirts and/or using body paint while in attendance at District and Inter-District Championship Contests. Principals and Athletic Directors of competing schools shall announce and publicize these regulations.

The principal, athletic director, coaches, team physician, team trainer, players in uniform, managers, ball holders, and statisticians will be the only persons permitted in the team box.

As copied from the PIAA Policies and Procedures Manual.

### 24th ANNUAL OFFICIALS’ CONVENTION

**AUGUST 9-10, 2019**
**HILTON HARRISBURG**
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 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.

COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

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.

BLOOD-BORNE INFECTIOUS DISEASE

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.

If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials’ Uniforms. Please give them your consideration for any purchases regarding officials’ supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports’ officiating. Officially Sports may be contacted via email at sales@officiallysports.com, by calling 800-934-4555 or at www.officiallysports.com.
**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 time 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.

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**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.

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**SPORTS MEDICINE COMMITTEE RECOMMENDATIONS**

The PIAA Sports Medicine Committee recommends that each registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators and fellow officials deserve no less. As importantly, officials owe good health habits to themselves and their families if for nothing more, than the health of it. If officials have any chronic health condition, officials are requested to share this information with on site medical personnel at their contest(s).

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**GUIDELINES ON HANDLING CONTESTS DURING LIGHTNING 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 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 or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for 30 minutes and take shelter immediately.
   B. 30 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-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.

As copied from the *NFHS 2018 Boys’ Lacrosse Rules Book*.

Officials should obtain all available information and confer with partners and game administration prior to making any decision whether to continue a contest.
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 safer areas and determine the amount of time needed to get everyone to a designated safer area:
   a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.

b. Develop criteria for suspension and resumption of play:
   c. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.

   d. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.

   e. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.

   f. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

   g. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.

   h. Inform student-athletes and their parents of the lightning policy at start of the season.

Revised and Approved March 2018
BOYS’ LACROSSE, COACH, OR TEAM PERSONNEL DISQUALIFICATION FORM

During the boys’ lacrosse Regular Season and Postseason, a disqualified boys’ lacrosse player, coach, and/or Team personnel shall not be permitted to participate for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the player, coach, and/or Team personnel was previously disqualified. For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s), in accordance with ARTICLE XIII, Section 8, of the PIAA By-Laws; and NFHS Boys’ Lacrosse Rules 5-1, 5-3, 5-5, 5-6, 5-8, 5-9, 5-10, 5-12, 6-4, 6-5, 6-5-2b, and 7-12. The umpire must complete this form on-line, as soon as possible, but no later than 24 hours following the completion of the Contest in which the disqualification took place.

<table>
<thead>
<tr>
<th>Name of Disqualified Player, Coach and/or Team Personnel</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Game</td>
<td>Location of Game/Tournament</td>
</tr>
<tr>
<td>Visiting Team</td>
<td>PIAA District</td>
</tr>
<tr>
<td>Home Team</td>
<td>PIAA District</td>
</tr>
<tr>
<td>Name of Referee Who Issued Disqualification</td>
<td>Level of Competition</td>
</tr>
</tbody>
</table>

REASON FOR DISQUALIFICATION

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DATE OF REPORT OFFICIALS’S NAME (person issuing DQ) PIAA DISTRICT