PIAA GIRLS’ LACROSSE OVERVIEW AND CHAPTERS’ MEETING GUIDE

JANUARY 2019

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INTRODUCTION

The girls’ lacrosse rules book and all related educational materials are noted by NFHS as being provided to “maintain the sound traditions of our sport, encourage sportsmanship and minimize the inherent risk of injury.

The NFHS Associations writes playing rules for varsity competitions among student-athletes of high school age. HS coaches, officials and administrators who have knowledge and experience regarding girls lacrosse within this 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. (PIAA has made modifications most specifically to overtime procedures.)

Every individual using the rules noted in the Girls’ Lacrosse rule book 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.”
SAFETY AND RESPONSIBILITY

Participants in girls’ lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the girls’ game and in compliance with NFHS Girls’ Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

Players are responsible to assure their behavior, equipment and uniform conform to all required and allowable standards, as defined by NFHS rules.

Coaches must ensure that they are teaching their players to play by the rules of the game.

Officials establish safe and fair play by consistently enforcing the rules.

GIRLS’ LACROSSE EDUCATION AND TRAINING MEETINGS (2018)

The following information is shared both as a ready resource for PIAA Girls’ Lacrosse Rules Interpreters, and to provide meeting topics. The meeting topics are offered as options for all chapter interpreters to promote consistency in chapter interpretation meetings throughout the state.

Chapter interpreters are encouraged to utilize a similar content for their interpretation meeting with chapter members and member school head coaches.
I. **Overview**

A. Introduce PIAA Girls’ Lacrosse Interpreters

### 2019 PIAA GIRLS’ LACROSSE RULES INTERPRETERS

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B. Directive from PIAA

1. Eligibility is to be determined by the schools. **Officials are not to get involved with eligibility rules and interpretations.**

2. Interpret respective sports rules only.

3. **2019 Important Dates**
   - January 11-13: USLax National Convention, Philadelphia, PA
     - Rules Interp Meeting offered
   - January 28th: PIAA Girls Lax Rules Interp Webinar – 7 pm
   - March 4th: PIAA First Practice Date
   - March 9th: PIAA First Inter-School/Scrimmage Date
   - March 22nd: First Regular Season Girls Lax Contest Date
   - March 29th: Last Date for Official’s Registration Late Fee Payment
   - May 25th: Last Regular Season Girls Lax Contest Date
   - May 28th: Lacrosse First Round
   - June 1st: Lacrosse Quarter Finals
   - June 4th: Lacrosse Semifinals
   - June 8th: Lacrosse Championships, W. Chester East HS
   - Aug 9 and 10: PIAA Annual Convention, Harrisburg PA

Additionally - all chapter rules interp mtgs and general information sessions dates, locations and times can be found at www.piaa.org
II. PURPOSE
A. Philosophy of NFHS/PIAA

1. The philosophy of the rules of girls’ lacrosse is to allow two teams to play so that neither has an unfair advantage.

B. Presentation of rules

1. Rules are to be interpreted as written and are not subject to debate.

2. Interpreters are encouraged to strive for consistency in communicating rules applications among all of our officials.

   a. Most of the chapter meetings should be dedicated to rules interpretations and the education and training of officials, as well as the mechanics and philosophy of officiating.

   b. No selective enforcement (coaching requested rule).
III. NFHS RULES

2019 US Lacrosse Women’s Game Rule Updates

As shared on NFHS.org website

NFHS announced rule changes and revisions for women’s lacrosse, effective for the 2019 girls’ high school lacrosse season.

“The rule changes and approved revisions are a continued effort to minimize the risk of injury in girls’ lacrosse,” said Kathy Westdorp, chair of the NFHS girls’ lacrosse rules committee. “Several of the rule revisions will reinforce that effort.”

Note: Any school sanctioned games played within PIAA governance, including 7th & 8th grade through high school, will play under the NFHS rule book guidelines and PIAA adoptions.

The approved 2019 high school rule changes include updates on headgear, goalie uniform, use of the horn, definition of a legal shot, re-starts, CSA administration of alternating possession, re-defines location of penalty administration for defensive goal circle fouls, and for legal positioning of players adjacent to 8m free positions, allowance of state association protocols for red carded players, and establishes a new “penalty zone” for players within the CSA, when administering an 8m free position.
Girls Lacrosse Rules Changes - 2019

2-7-3: Requires all headgear to be worn properly and securely affixed with the chinstrap in place as intended for use.
**Rationale:** Ensures appropriate wearing of headgear, minimizing the risk of injury.

2-9-2: Adds the option of white bottoms by the goalkeeper.
**Rationale:** Aligns the goalkeeper’s uniform with the undergarment color options.

3-7-2d: Requires the horn to sound twice to indicate a time-out.
**Rationale:** Differentiates between the horn for time out and other horns.

4-8-1, 4-8-2 NEW, 4-8-3c: Establishes the release of the ball from the crosse before time expires as a legal shot.
**Rationale:** Eases the determination of a legal shot when time is expiring.

5-1-1; 5-1-3; 5-2 PENALTIES; 5-4-1 thru 4 NEW; 6-3-1a, c; 6-3-2a; 9-1-1c(3); 13 NEW: Establishes the specific allowances for restarting play with a self-start.
**Rationale:** Decreases the amount of official involvement in restarting play and allows for greater flow of the game.

5-4-3b: Establishes alternate possession in the critical scoring area is awarded at the closest dot.
**Rationale:** Simplifies the administration of alternate possession in the critical scoring area.

7 PENALTIES 1: Moves the administration of (defensive) goal circle fouls to the dot.
**Rationale:** Eases administration of goal circle fouls and minimizes the risk of injury.

10-1-1 PENALTIES 3c, e; 13 NEW: Establishes a penalty zone that must be cleared when a major foul by a defensive player occurs in the 8-meter arc.
**Rationale:** Increasing safety around 8-meter free position.

10-1-1 PENALTIES 3 NOTE: Establishes specific allowance to the placement of defensive players ball-side on the adjacent hash for an 8-meter free position.
**Rationale:** Increases the flow of the game by eliminating delays while players compete for the inside position.

12-8-1 EJECTION PENALTIES 3: Establishes that an ejected player receiving a red card may be prohibited from attending the next game per state association administration if in attendance at the next game.
**Rationale:** Clarifies state administrative options for ejections.
2019 Girls Lacrosse Editorial Changes

2-4-3c; 2-6-1; 3-5-1; 4-6-1; 5-2-3b; 5-2-5; 5-2-5e; 5-2-5 PENALTY; 11; 12-8-1; 13 DEFINITION OF TERMS — EJECTED PLAYER, RUNNING CLOCK; Appendix B-8; Appendix B 19-20; Appendix B-20; Appendix B-21

2019 Points of Emphasis

Obstruction of Free Space to Goal —
Opportunity to Shoot The Free Space to Goal (shooting space) foul continues to be one of the most difficult rules to understand and officiate in girls’ lacrosse. In an effort to clarify this major foul, the 2018 NFHS/USL Girls Lacrosse Rules Committee is emphasizing the importance of understanding the criteria needed when evaluating the potential foul. The official must first note the location of the ball. The ball must be above the goal line extended and within the critical scoring area. Second, the attacker must be in active pursuit to goal while her hands, stick and feet are in position to shoot safely. If there are players in the lane to goal, a safe shooting opportunity does not exist. This action must be created by the attacker showing engagement to goal, and the call must be made if the defense is in illegal defensive positioning.

Rough and Dangerous -
Limiting rough and dangerous play is a priority of the NFHS/USL Girls Lacrosse Rules Committee, not only because it disrupts the flow of play, but because it also places the player(s) at risk for injury. Any check that occurs within playing distance from an opposing player that is performed in a reckless, dangerous or intimidating manner must be called. No player’s crosse may hit or cause her opponent’s crosse to hit the opponent’s body. Any other action with the crosse in which the official’s opinion amounts to dangerous or intimidating play should be considered rough and dangerous. Officials should consider carding players who continually commit rough and dangerous fouls. Consistent officiating of rough and dangerous play will not only decrease the risk of injury, but also improve overall game management.

Empty Stick Check – Intentional vs. Incidental Contact
This point of emphasis is to clarify incidental versus intentional stick contact during the pursuit of a playable ball. When the ball is in the air or on the ground and is playable by both teams, incidental stick contact by players who are actively pursuing possession of the ball is legal. However, when the ball is in a playable situation it is illegal for one player to initiate contact with the opponent’s crosse in an effort to prevent her from gaining possession. The official must be able to evaluate the intent and impact of the player initiating the contact. In addition, an area of particular concern is during the draw. When the ball is in the air, an empty stick check should only be called when a player’s action is to intentionally check her opponent’s stick to prevent her from gaining possession.
2019 Rules Interpretation Meeting Outline

All suggested meeting topics noted below are also provided in Powerpoint format for ease-of-use at chapter meetings. Powerpoint presentations are intended to support the Rules Interpreter at girls’ lacrosse chapter meetings with the education and training of our officials.

Powerpoint presentations can be found at: piaa.org

1. 2019 Points of Emphasis
2. Preparing for Your Season
3. Positioning to Make the Call
4. The Draw
5. Dangerous Play
6. Self-Starts: Recognizing and Managing Major and Minor Fouls
7. The Penalty Zone: Managing Penalty Administration within the CSA
8. Carding: And Other Tools of the Game
9. All about the Goal Circle
10. Evaluating Your Officiating
2019 Rules Interpretation Meeting Guidelines

All suggested meeting topics noted are in outline form. The intent is that chapter interpreters use the guidelines to act as an aid in constructing meetings customized to individual chapters needs and consistent within the rules of NFHS girls’ lacrosse. Topics can be used independently or joined together as best meet the needs of the interpreter and the chapter.

Powerpoint presentations that compliment several of the meeting guidelines are available on the PIAA website, located at piaa.org.

TOPICS

1. 2019 Points of Emphasis... rule book page 7
   1. Obstruction of Free Space to Goal – Opportunity to Shoot
   2. Rough and Dangerous (Play)
   3. Empty Stick Check – Intentional vs Incidental Contact

Presentation Suggestions:
   Send out an email to chapter noting upcoming presentation topic
   Ask members to consider questions or situations pertaining to POE that have been hard to manage/make the call with during past events

       Request members to jot down challenges in advance of meeting, or be prepared to discuss within POE

At meeting, have white board or some method of headlining each POE in front of group.
Review each POE. What it is, why it’s a POE... (consistency, safe and fair play)
Ask for challenges under each POE – list them
   Ask for thoughts from group.... Don’t allow any one person to monopolize
Respond to challenges, restate POE’s and emphasize consistency for all umpires
When reviewing any rule or POE, important to note:
   • Intent of the Rule
   • Responsibilities of Umpires.... Of Players, coaches, others
   • Good opportunity to review PIAA sportsmanship message and requirement to read the message in entirety vs gloss over.... We need to strive for consistency here, too.
   • Empty Stick P.O.E. – spend time on understanding incidental stick contact during a scrum, or 50/50 ball, vs contact that would deny an opponent an opportunity to possess the ball.
2. **Preparing for Your Season**
   1. Mentally
   2. Physically
   3. Tactically

Mentally
   1. Know the rules
      a. Knowing the rules is more than taking the PIAA test, it’s understanding the **intent** so the crazy situations, or intense game don’t throw you off.
      b. Consider keeping a blank notebook in your car. After a game, jot down the calls that you weren’t sure about. Call your mentor or bring them up at your next chapter meeting. Get clarity so the next time around, you’re sure.
      c. Keep your book handy. If you are pretty sure you got it right – double check.
      d. A calm official is typically one who is self-assured because they have a firm grasp of the rules and penalty administration. Officials that easily lose their composure may do so ‘cause they aren’t really sure if they did it right... or where in the right position (that’s another topic) to call it correctly.

Physically
   1. Fitness.... Be in the best shape for the shape you are in....
      a. You’re not fooling anyone if you do zero pre-season conditioning.
         i. If you want to be credible, be prepared to be in position – it’s that simple
      b. Pre-existing conditions
         i. We come in different shapes, sizes and some of us have physical challenges with a tricky knee, a problem back – we get it!
         ii. Those with physical challenges are not less responsible to prepare for the season – you are more responsible! First for your own health, and then in fairness for what you have asked to do... be a part of a 120 yard running game....
      c. Start now, work up.... It makes a difference
         i. It’s the first couple of months of the year, and the winter has slipped by with you on a couch. Ughhh! Ok – move past that. Get outside, to a treadmill, on a bike. Get moving. Commit to a cardio **something** every other day.
      d. Rights and responsibilities
         i. Officials often share what they feel is right or wrong with various conferences contracts with officials. Those observations often have merit. However, if our officials are not prepared to come to this running game ready with knowledge and ready to run – we lose credibility.
      e. Consider
         i. If an official is out of shape and has to do a run – (which is guaranteed in our sport, and particularly now with self-starts!), that official will be using mental energy to catch their breath, attempt to catch up with play, vs being able to concentrate on and interpret the game.
         ii. Coming into the season without any conditioning is not fair to the players, the game, and your partner.
Tactically
1. Cover the Basics...
   a. Open your calendar and understand **you need to schedule 3 things**
      i. Be fit by first contest date of HS season: March 22, 2019
      ii. Study for and pass your lax test
      iii. Attend lax rules interp and 6 additional PIAA meetings (on PIAA site)
   b. On your calendar: Schedule your obligations, and meet them

3. **Positioning**... to make the call...
   1. Meeting space
      i. If weather and resources permit, outdoor training on lax field is ideal
         1. Live field review is optimal
         2. Secondary option might be a gym if weather an issue
            a. Indoors, small soft ball can be used to simulate lax ball movement
      ii. Mark quadrants around goal as in ropes video
         1. Umpires learn movement within quadrants
         2. Facilitator can get umpires involved in moving as ball moves
         3. Allows tangent discussion
   2. Resources
      i. US Lax Manual: Positioning
         1. Mid-field positioning
         2. CSA positioning
      ii. US Lax Website: Ropes Video
         1. 4 quadrant positioning is CSA
         2. Lead vs Trail positioning
   3. If, then....
      i. Utilizing outdoor or indoor space, set up scenarios...
         1. Mid-field: “if this happens, then where are officials?”
         2. CSA positioning: “If this happens, then where are officials?”
   4. 2 vs 3-man.
      i. In all discussions and demonstrations, discuss variations within 2-man and 3-man
         officiating teams
         1. On the draw
         2. Mid-field
         3. CSA positioning
         4. In Transition...

4. **The Draw**
   1. Tactical Explanation
      i. Setting up players at center
      ii. Understanding rules after umpires’ hands are on crosses at center
      iii. Toeing the line
      iv. Sticks parallel over center line ......new rule in 2018
   2. Positioning and movement of Players on Draw
      i. How many players allowed between RL, below RL’s
      ii. When can players move/exchange position/substitute?
iii. Players and grounding... review the rule... updated in 2018
   1. Players at RL may now ground their crosse only to pick up ball between RL

3. Possession Requirement
   i. Review the rule for players below RL
   ii. Review penalties for early entry.... Updated for 2018

4. Re-Starts
   i. Review during draw scenarios when a whistle is required, and when the players
      may self-start, “settle and go”

5. Umpire Responsibilities
   i. Familiarity with all draw and related updates; execution of the draw
   ii. Umpires need to indicate “Possession!” with arm AND voice.
      1. This is not an optional umpire requirement

5. Dangerous Play
   1. Review what constitutes danger: legal and illegal contact
      i. Mandatory cards
         1. Dangerous contact review.... What is a defenseless player?
      ii. Setting the tone... early enforcement critical
   2. Determine “when to hold, when to call, when to card”
      i. Understand tenor of the game
      ii. Understand skill level of the game
      iii. Review repetitive fouls and carding

3. Umpires
   i. Know the rules to best work with players & coaches
   ii. Critical to set the tone of the game as safe and fair
   iii. Umpiring Team needs to be consistent in view of legal/illegal contact
   iv. Umpiring Team needs to support one another with fouls following warnings, or
      with repetitive fouls that may require a card
   v. Umpires must work to remain unemotional when applying rules
      1. Calm help diffuse tense situations
      2. Lack of calm translates as weak on rules and game management

6. Self-Starts: Recognizing and Managing Major and Minor Fouls

7. The Penalty Zone: Managing Penalty Administration within the CSA

8. Self-Starts: Recognizing and Managing Major and Minor Fouls
   1. Begin discussion with thoughts on what constitutes a Major foul
      i. Set amount of time, ... why is it important to understand?
   2. Specific rules review... Know your fouls!
      i. Important considerations
         1. Who initiated the foul?... Attack/Defense
         2. Was offender playing the ball, or the player?
         3. Was the play intimidating/creating danger?
   3. Tie into POE’s
      i. Obstruction of Free Space to Goal
      ii. Rough and Dangerous Play
iii. Empty Stick Check – Intentional vs Incidental Contact

4. Introduction of Self-Start....Review Penalty Administration
   i. Mid-field
   ii. CSA: above GLE, below GLE
   iii. Review offsetting fouls and fouls where goalie may be involved
   iv. Review when a whistle may be used, or must be used
   v. 2019: Review our emphasis to reset, vs change possession, on restart errors

5. Which 5 fouls are mandatory cards?
   i. Review 5 and why
   ii. Discuss when other fouls elevate to “cardable”
   iii. Emphasize critical need for umpires to enforce the rules and be consistent
       1. HS rules to NOT allow checks through sphere or into body.
       2. HS rules to not allow contact with a horizontal crosse

6. Credibility
   i. Officials gain credibility if calls are clear, concise, and consistent

9. Carding... Using the Tools of the Game
   1. Review cardable fouls
   2. Review cardable behaviors: Players and coaches
   3. Carding protocol
      i. Whistle
      ii. Time Out
      iii. Show appropriate card in one hand, foul signal in other
      iv. B.O.O.
      v. Whistle start – always – never a self-start

4. Discuss effective use of cards
   i. When used to correct behaviors – good game management
   ii. When misused can elevate frustrations

5. Review types of cards: Suspended player vs warning, team count...
   i. Misconduct
   ii. Repetitive
   iii. Delay of Game..... This is our tool if a player has been instructed multiple times regarding errors with self-start, and no change in behavior is apparent
10. The Goal Circle, Goalie, and Foul Admin
   1. The Goalkeeper and goal circle fouls
      i. Equipment
      ii. Rules
      iii. Misconduct
   2. Goalkeeper fouls
   3. Goalkeeper penalty administration
      i. Was she in or out of her goal circle?
      ii. Was she involved in the foul?
   4. The Deputy
      i. Rules and penalties

11. Evaluate Your Officiating
   1. Preparation for the Season
      i. Fitness
      ii. Rules Review
      iii. Mentor/mentee, clinics, evaluations
   2. Preparation for the Game
      i. Prompt, positive, dressed professionally, knowledgeable
   3. Preparation with your partner
      i. Game confirmation day before
      ii. Availability game day
      iii. Pregame
   4. Feedback
      i. Open to questions, observations, input
   5. Game Time.... It's the total package!
      i. Prep
      ii. Demeanor: Approachable and professional
      iii. Whistle tone
      iv. Signals
      v. Fitness
      vi. Good team mate
      vii. Safe – fair- fun!