2020 NFHS GIRLS’ LACROSSE RULE CHANGES & COMMENTS ON THE RULES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-2-5d</td>
<td>Clarifies the requirements for crosse inspection on the back face of the pocket by separating and distinguishing the crosse inspection requirements for the front and back face of the stick. Limits the inspection requirements of the back of the pocket to ensuring the ball rolls out of the back of the pocket when placed in the upper third of the head at its widest point when tilted at 90 degrees. 2020 Rule book, page 16.</td>
</tr>
<tr>
<td>e (NEW)</td>
<td></td>
</tr>
<tr>
<td>f</td>
<td></td>
</tr>
<tr>
<td>2-4-3b</td>
<td>Clarifies the responsibility to maintain the integrity of protective equipment for risk minimization purposes by establishing that equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn. 2020 Rule book, page 19</td>
</tr>
<tr>
<td>c (NEW)</td>
<td></td>
</tr>
<tr>
<td>2-6-1</td>
<td></td>
</tr>
<tr>
<td>2-7-4</td>
<td></td>
</tr>
<tr>
<td>2-7-2</td>
<td>Establishes that all eyewear must bear the SEI mark for certification by January 1, 2025 which reduces consumer burden. All eyewear on the playing field must still be SEI certified and listed on the SEI website starting January 1, 2020. 2020 Rule book, page 19</td>
</tr>
<tr>
<td>2-8-4 (NEW)</td>
<td>Establishes that electronic devices, video replay or television monitoring equipment shall not be used for any review of an official’s decision. 2020 Rule book, page 21</td>
</tr>
<tr>
<td>4-2-3b thru g</td>
<td>4-3-3 a thru d (NEW); 4-7-7c thru h; 5-1-2; 5-1-3b; 5-1-3; 3 PENALTIES 1 &amp; 2; 5-2-5a; 5-3-1c; 5-3-1e(1)(2)(3)iv; 5-4-4c; 5-5-3a, b; 6-3-1b, c, d; 7-3-1 PENALTIES 1b, 1c, 3b; 9-1c(1); 9-1 PENALTIES for Violation of 9-1-1a, b and e-q: 1, 3a, 3b, 3c, 3d &amp; 4; 9-1 PENALTIES for Violation of 9-1-1d; 10-1 PENALTIES 1, 3, 4, 4d, 4e, 5, 5a, 6, 9; 11-2-1 PENALTIES 2, 4, 5</td>
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### 2020 NFHS GIRLS’ LACROSSE RULE CHANGES & COMMENTS ON THE RULES

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<tr>
<td>5-2-2</td>
<td>Allows for any number up to 12 players of each team to be on the field before the start of each draw creating consistency in the rules related to number of players allowed on the field during play. 2020 Rule book, pages 36 &amp; 37.</td>
</tr>
<tr>
<td>9-1d (2) (NEW)</td>
<td>Creates consistency of penalty administration and maintains pace of play by establishing that the opponent nearest the ball may commence play with a self-start without coming to a full stop inbounds, when the ball has gone out of bounds. 2020 Rule book, page 44.</td>
</tr>
<tr>
<td>6-3-2a</td>
<td>Clarifies that the position of a player’s body or stick shall be considered when determining who is closer to the ball for possession when a shot or deflected shot crosses the boundary line. 2020 Rule book, page 46.</td>
</tr>
<tr>
<td>9-1b</td>
<td>Clarifies the minor foul for covering a ground ball and adds language to include foot, body or crosse. 2020 Rule book, page 52.</td>
</tr>
<tr>
<td>10-1c</td>
<td>Adds language to expand a check to the head to include the neck as a major foul for the purposes of risk minimization. 2020 Rule book, page 55.</td>
</tr>
<tr>
<td>10-1j (1) (NEW)</td>
<td>Establishes that self-starting – when self-start is not an option – is a false start. 2020 Rule book, page 56.</td>
</tr>
<tr>
<td>10-1 PENALTIES 4</td>
<td>For a major foul by a defense player between the arc and the fan, the free position will be taken on the 12-meter fan closest to the spot of the foul allowing for consistent administration of the free position and limiting potentially dangerous play in the critical scoring area. 2020 Rule book, page 58.</td>
</tr>
<tr>
<td>11-2 PENALTIES 5</td>
<td></td>
</tr>
</tbody>
</table>
## 2020 EDITORIAL CHANGES

1-1-4c NOTE (NEW); 2-2-4; 2-5-2; 2-5-3; 2-6-1; 2-7-2; 2-7-3; 3-5-1; 7-3 PENALTIES 1, 7-3-1 SITUATION C; 8-1; 8-1 PENALTIES 1 thru 6; 8-1 SITUATIONS AND RULINGS; 9-11(5) (NEW); 10-1s, t, u, v, w; 10-1PENALTIES 4 thru 10

## 2020 POINTS OF EMPHASIS

### Starts and Restarts

As the second year of allowing self-starts begins, the committee would like to clarify how starts and re-starts will be administered at free positions in the midfield, in the critical scoring area and near the boundary. Officials need to be cognizant of not disadvantaging the ball carrier when unnecessarily resetting play, and players must show evidence of recognizing the call made by stopping within playing distance of the foul prior to the self-start outside the critical scoring area. When a whistle is required to start play and a player self-starts on her own, a false start penalty set up will be administered. Consistent and proper officiating in this area will provide smooth transition for starting and restarting play.

### Delay of Game – Self-start

As the pace of play has increased, the committee has identified both offensive and defensive delay of game outside the critical scoring area and with boundary restarts as a point of emphasis. Teams and players that attempt a self-start beyond a playing distance, fail to move when directed, make no attempt to move or engage and/or encroach on the ball carrier prior to her commencing play shall be penalized. Officials are encouraged to manage delays with a warning, upgrade to a major foul and the use of the green, green-yellow and yellow cards.

### Repeated Fouls

Limiting repetitive fouls and managing illegal play are priorities of the NFHS/USL Girls Lacrosse Rules Committee, not only because they disrupt the flow of play, but they also place the player(s) at risk for injury. Any foul on the field is a warning to all participants. When a team and/or an individual player is recognized by the official(s) and continually committing a foul or a series of fouls, a warning shall be given and any consecutive foul may be carded. Officials must be aware of teams and players that continually foul in particular situations; for example, during transitions and stalls when players foul in order to breakdown and slow a team’s movement. Consistent officiating of repetitive fouling will decrease the risk of injury, improve game management, maintain the pace of play and uphold the integrity of the game.
**OUTDOOR EVENTS: SPECTATOR DECORUM**

The presence and/or the use of balloons, whistles, and/or portable listening devices (without earphones) are PROHIBITED! Persons using such items may be removed from the Contest. 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 InterDistrict Championship Contests and may be removed from the Contest for doing so. Principals and Athletic Directors shall inform and publicize these regulations to students. The failure of a school to so inform or publicize will not, however, prevent removal from the Contest for violations of this policy.

The Principal, Athletic Director, Coaches, team physician, team trainer, players in uniform, managers, ball holders, and statisticians are the only persons permitted in the team box.

*As copied from the PIAA Policies and Procedures Manual*

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**2020 PIAA ADOPTIONS and MODIFICATIONS**

- Adopt the 2020 NFHS Girls' Lacrosse Rules Book.
- Modify Rule 4-6, overtime procedures, when the score is tied at the end of regular playing time during Regular Season Contests, the winner will be decided on a “sudden victory” stop-clock overtime of no more than six minutes in length with the Teams changing ends after 3 minutes, with no delay for coaching. If the six-minute “sudden victory” stop-clock overtime expires without a goal, the game remains a tie.
- Modify Rule 12 to be consistent with the PIAA By-Laws relating to consequences arising from disqualification from a Contest for unsportsmanlike conduct.

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**OFFICIALS USE OF WIRELESS DEVICES (Headsets)**

PIAA officials are permitted to use electronic headsets when officiating. This includes pre season, regular season, and post season. Officials who are not familiar with their use should avoid using them for a first time in a PIAA contest.

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**PIAA 2020 GIRLS LACROSSE SCHEDULE**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Practice Date</td>
<td>Monday, March 2</td>
</tr>
<tr>
<td>First Inter-School/Scrimmage Date</td>
<td>Saturday, March 7</td>
</tr>
<tr>
<td>First Regular Season Play Date</td>
<td>Friday, March 20</td>
</tr>
<tr>
<td>Last Regular Season Contest Date and</td>
<td></td>
</tr>
<tr>
<td>District Championship Deadline</td>
<td>Saturday, May 23</td>
</tr>
</tbody>
</table>

PIAA Girls’ Lacrosse Championships:
- First Round                                      | Tuesday, May 26             |
- Quarterfinals                                    | Saturday, May 30            |
- Semi-Finals                                      | Tuesday, June 2             |

PIAA Girls’ Lacrosse Championship Finals
- West Chester East HS                             | Saturday, June 6            |
- AA Championship Game                            | 10 am                       |
- AAA Championship Game                           | Noon                        |
### 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>Shirt</td>
<td>Alternating black and white 1-inch vertically striped, long or short sleeved shirt with a black collar or v-neck collar.</td>
</tr>
<tr>
<td>Skirt</td>
<td>Black (black culottes, slacks or shorts may be worn)</td>
</tr>
<tr>
<td>Socks</td>
<td>Black knee socks or black crew socks</td>
</tr>
<tr>
<td>Shoes</td>
<td>Solid Black or Black with white accents with black laces. White soles around the sole are not considered an accent mark.</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) to be worn under a long sleeve official’s shirt.</td>
</tr>
<tr>
<td>Jewelry</td>
<td>Umpires 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 umpires.</td>
</tr>
<tr>
<td>Cold Weather Gear</td>
<td>Any cold weather gear must be worn under the uniform shirt. Jackets or other gear, even though striped is not permitted to be worn over the striped, uniform shirt.</td>
</tr>
</tbody>
</table>

The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited.

Smoking and/or tobacco chewing is prohibited.

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.

Commemorative patches may not be affixed to the uniform but may be placed on warm up clothing.

**NOTE:** ALL UNIFORM ITEMS MUST BE IDENTICAL TO PARTNER(S),

### ARRIVAL AT THE SITE

Cooperation with Contest management begins with timely arrival at the Contest site. Nothing makes administrators and coaches more nervous at the onset of a contest than not knowing whether the officials are going to show up.

Start the game off right by communicating your arrival time at the site with the athletic administrator. Show up, where possible, at least thirty minutes prior to the scheduled draw. It will go a long way in helping your credibility as a quality official.

Be sure that your cell phone number is shared with your partners in the event an emergency arises prior to your arrival at the contest site.

### OFFICIATING PROCEDURES

On the set up for the draw the official will place the ball in such a way that it sits between the sticks in the upper third of each head at its widest point. Only 3 members of a team may be between the restraining lines on the draw.

To aid the efficiency of the penalty administration, free positions shall be at the spot of the ball unless specifically directed by the rules or the spot of the ball would disadvantage the non-offending team.

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.

Commemorative patches may not be affixed to the uniform but may be placed on warm up clothing.

**NOTE:** ALL UNIFORM ITEMS MUST BE IDENTICAL TO PARTNER(S),
PREGAME, OVERTIME, & CARDING PROCEDURES

Pre-Game:
1. 30 minutes before game time - arrive at site/meet with partner/s.
2. 20 minutes before game time - inspect field.
3. 15 minutes before game time - talk with timer & scorer.
4. 10 minutes before game time - meet with captains & head coaches.
5. 5 minutes before game time - check sticks, uniforms & equipment.

Overtime/Tie-Breaking Procedure:  
(for High School Varsity Only)

Regular Season: (PIAA highlighted adoption varies from rule book, pg. 31)
- When the score is tied at the end of regular play, both teams will have a five (5) minute rest period and visiting team will call the coin toss for choice of ends (alternating possession will continue from regulation.)
- The winner will then be decided in “sudden victory” stop-clock overtime period of no more than six (6) minutes in length, with the teams changing ends after three (3) minutes (with no delay for coaching or substitution). The game will be restarted by a center draw. The team scoring the first goal wins.
- If the six (6) minute overtime period expires without either team scoring a goal, the game remains a tie.

Note: Team time-outs do NOT carry into overtime. Each team is permitted one time-out during the entire duration of the overtime. (2020 Rule book, pg. 30, ART 1)

Post-Season Play:
- Play will continue with “sudden victory” stop-clock overtime periods of six (6) minutes in length (changing ends after three (3) minutes with no delay for coaching or substitution) until a winning goal is scored.
- There will be a three (3) minute rest period between each six (6) minute playing period.

Carding Procedure:
1. Time out must be called.
2. Cards are a warning to ALL players.
3. The player receiving the card will sit or kneel in the penalty area for the duration of the penalty.
4. The penalty time for a yellow card is 2 minutes; the penalty time for a red card is 4 minutes.

Delay Of Game: (2020 penalty admin under minor fouls, pg. 54)
1st Offense – Minor, Green card to team, change of possession if applicable.
2nd Offense – Major, Green/Yellow card to offender, carded player must leave game for 2 minutes—No substitute during suspension period.
3rd and Subsequent Offense - Major, Penalized as Misconduct.
- Full Yellow and included in team card count.
  - 1st and 2nd offenses/delay cards not included in team card counts.
Misconduct & Suspension: (pg. 64)
1. When a player is carded out of the game, no one is direct to move 4m behind the opponent receiving the free position.
2. The team with the suspension will play short-handed in both its offensive & defensive ends for the entire suspension period.

Player Misconduct:
- **1st, 2nd & 3rd Offenses** - yellow or red card to offender – major foul – player must leave field for 2 minutes (yellow) or 4 minutes (red) of elapsed playing time. No substitute until 2 or 4 minutes of playing time has elapsed.
- **4th or Subsequent Offenses** - yellow or red card to offender- major foul - player must leave field for 2 minutes (yellow) or 4 minutes (red) - team must play short for rest of game & overtime. (Example - 4th card - team is down to 11 players, 5th card - team is down to 10 players, etc.).

NOTE: Any player receiving 2 yellow cards or one red card is not permitted back in the game.

Coach Misconduct:
The head coach is responsible for the actions of the bench personnel.
- **1st Offense** - yellow card - major foul - coach must designate a player to serve the 2 minute suspension.
- **2nd Offense** - yellow or red card - major foul – coach must leave the field, including the spectator area - interim coach must designate a player to serve the 2 minute (yellow) or 4 minute (red) suspension.

Note:
1. If there is no interim coach available, the team shall forfeit the game.
2. All cards to the coach shall count toward the team's cumulative total.

Red Carded Player or Coach:
Any player or coach red carded MUST be reported within 24 hours to the PIAA using the Disqualification Form found on line at [www.piaa.org](http://www.piaa.org). Umpires - make sure you get the name of the person ejected.

Suspended/Interrupted Games: (pg. 31)
Officials will make every effort to include game admin in pre-game discussions concerning any potential weather concerns and protocols including where players will go for safety, etc.
1. Once play begins officials have the authority to interrupt or delay the game due to dangerous weather or field conditions.
2. The officials decision is final.
3. Games are considered legal and complete if 80% of playing time has elapsed.
4. An interrupted game continued same day will restart from point of interruption.
5. If a suspended game is replayed on another day, it must be played from point of interruption.
6. A suspended game may be considered complete by mutual agreement of coaches. The game score will stand as the score at the time of termination.
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 unsportsmanlike 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 Girls 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 Girls Lacrosse chairperson. This form is located on the PIAA website on the Girls 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 Chairmen, 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.

EXEMPLARY 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 Friday. Before the varsity contest is a scheduled junior varsity contest, player/coach cannot participate in any of Friday contests.
EXAMPLES OF DISQUALIFICATION PROVISION
OF ARTICLE XIII, SECTION 8 (cont’d)

Example #3: Player/coach gets ejected from a varsity girls’ 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 girls’ lacrosse game, is the 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 5
RECOMMENDED OF A WRITTEN CONTRACT

PIAA member schools should enter into written (paper or electronic) contracts with the officials retained by the schools or assigned by an assignor to officiate regular season contests. The terms of such contracts must not violate the PIAA Constitution and By-Laws, Policies and Procedures and Rules and Regulations. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor.

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 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.

CANCELLATION OF AN OFFICIAL’S CONTRACT BY A PIAA MEMBER SCHOOL

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 SPORTSMANSHIP MESSAGE

**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.**

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.

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.

Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Girls Lacrosse Rules. The reading of this message will 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.
**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 mucus 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.

**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.

**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.

**INFEKTIOUS 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 heath-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 lock guidelines and the lesion is no longer contagious.

**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.
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.

**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 unsportsmanlike conduct type penalties as determined by their respective rules code.

**SPORTS MEDICINE COMMITTEE RECOMENDATIONS**

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).
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. 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.

3. Develop criteria for suspension and resumption of play:
   a. 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.
   b. 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.
   c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
   d. 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.

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

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

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

During the PIAA girls’ lacrosse regular season and Postseason, a disqualified (red-carded) girls’ lacrosse contestant, 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 contestant, 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 Girls’/Women’s Lacrosse Rules 6-8 and 7-34 as adopted by PIAA. The official 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. This form can be found at www.piaa.org under the Officials Section – Officials’ Forms category.

<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>
</tbody>
</table>

| Name of Referee Who Issued Disqualification | Level of Competition |

REASON FOR DISQUALIFICATION

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