



2020 NFHS BOYS LACROSSE RULES CHANGES

National Federation of State
High School Associations



Take Part. Get Set For Life.®

National Federation of
State High School Associations (NFHS)



WELCOME AND INTRODUCTIONS

JP Bennett- Lead Officials DLOA/High School and Middle School Assigner/State Rules Interpreter, 302-293-3636, jpphillylax@gmail.com

Greg Bulger- President DLOA, 443-398-6002, gpbulger@gmail.com





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

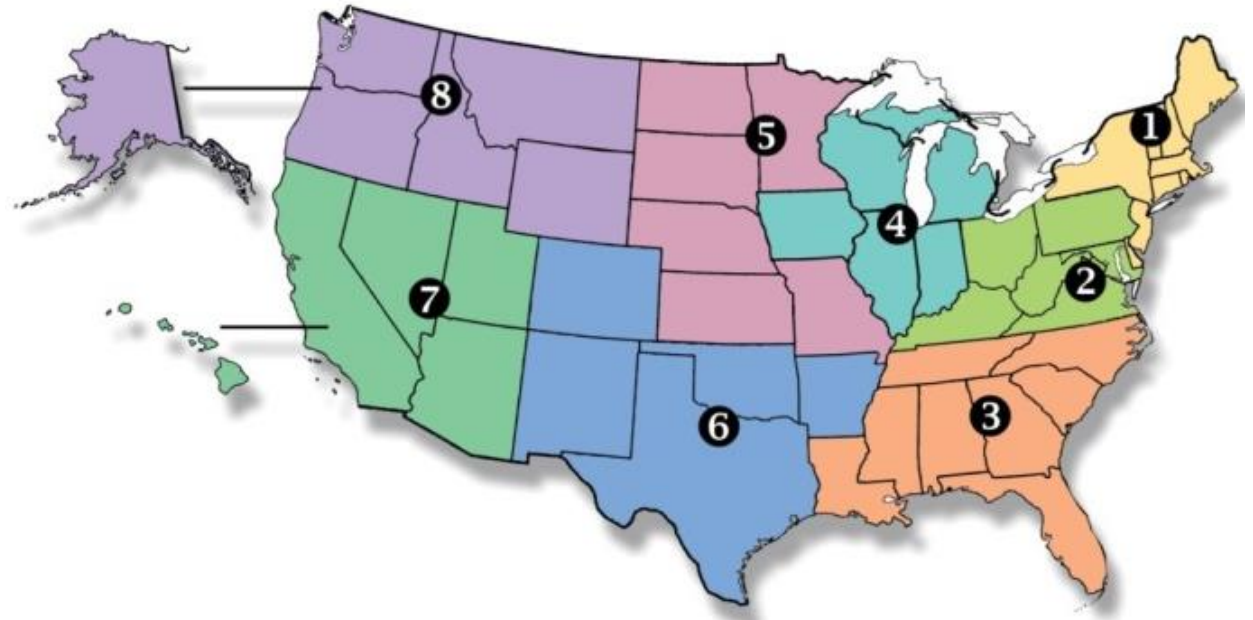
- VISION

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



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 51 member state associations.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



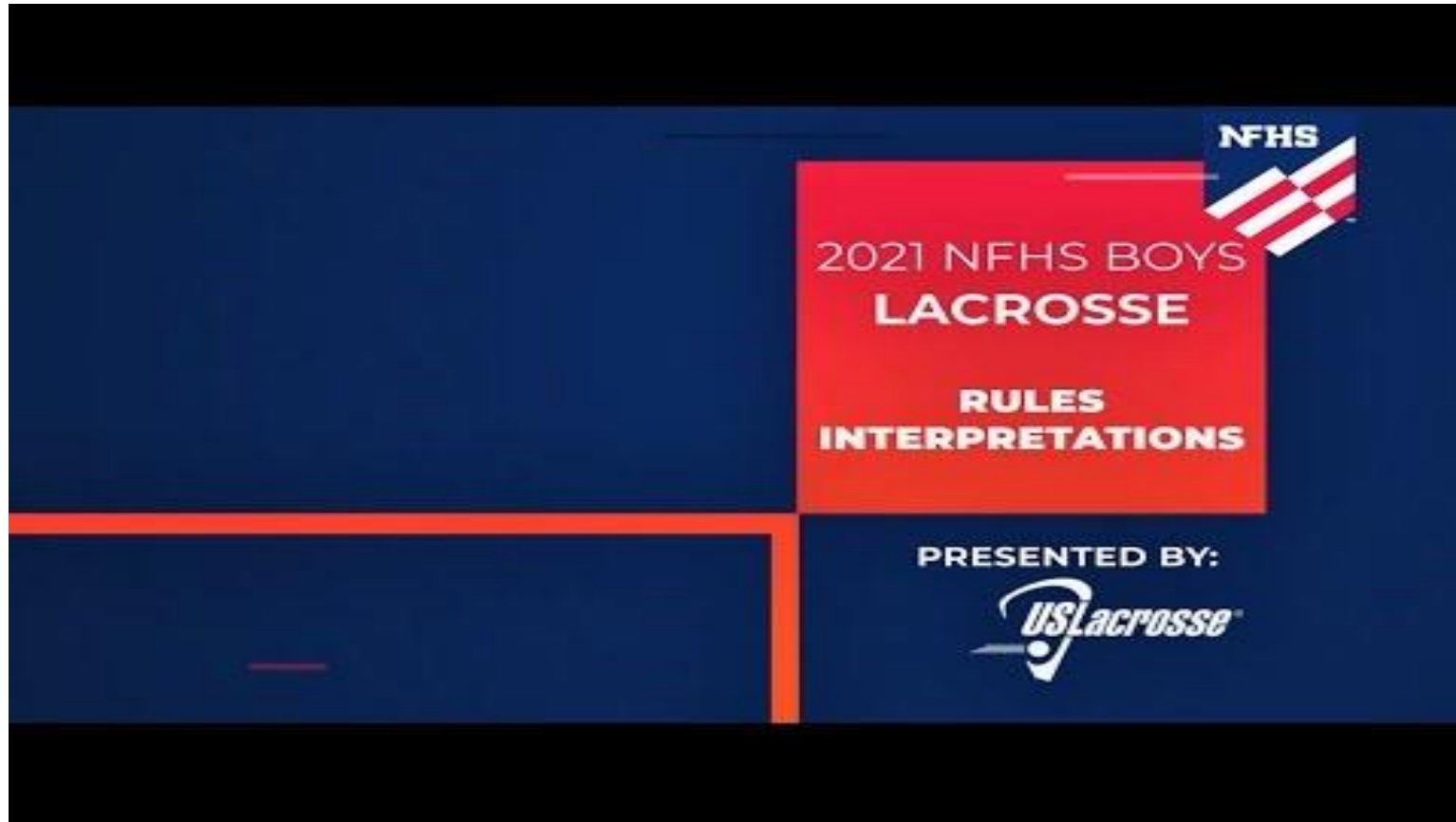


2020 BOYS LACROSSE RULE CHANGES





US LACROSSE INTERPRETATION VIDEO





OVERVIEW

2021 Rulebooks

Player Equipment

CBO

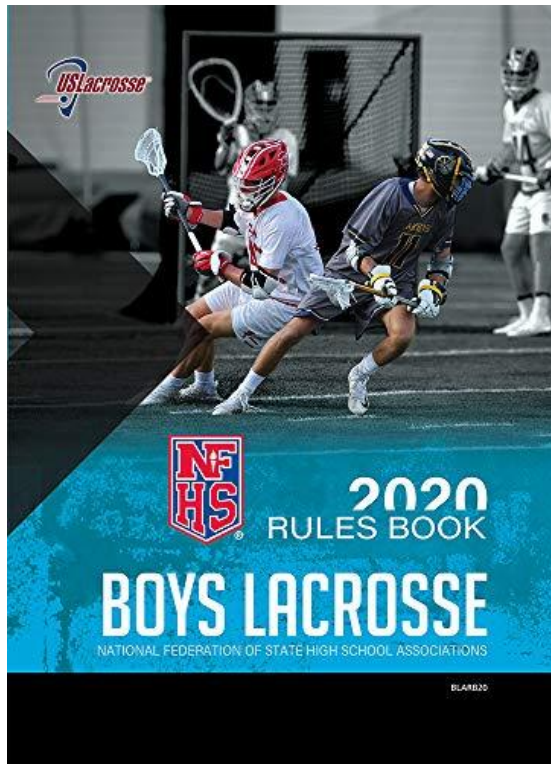
Restarts

Slow Whistles Technique

COVID-19



2021 RULEBOOKS



Due to the 2020 spring sports season's cancellation across the country, The NFHS will not be publishing new rule books for 2021 and will re-use the 2020 rulebook this year.



PLAYER EQUIPMENT

In 2021 all goalkeepers must wear lacrosse chest protectors that meet NOCSAE ND200 and contain the SEI certification mark.

Starting in 2022, all field players must wear lacrosse protection that meets NOCSAE ND200 and contain the SEI certification mark.

For a list of approved products for Goalkeepers and Field Players, go to www.seinet.org. Only products that are on the SEI list and contain the proper marking are legal for play.



2021 EQUIPMENT CERTIFICATION

- The pregame equipment certification by the head coach shall act as the team warning. The head coach shall certify to the referee before the game that all players are properly equipped and that all mandatory equipment will be worn properly.
- For 2021, the certification will be “Coach, are all of your players legally equipped by rule, including a legal goalkeeper chest protector as required for the 2021 season?”
- Rule 2 Article 1 states, “A team shall begin the game with at least 10 players and must have a legally equipped goalkeeper on the field at all times, or it forfeits the game.”





RULE 1-9-1

- **ART. 1 . . .** Mandatory equipment. Each player shall wear the following pieces of equipment which shall be professionally manufactured and not altered:
 - d. Shoulder pads designed for lacrosse (optional for goalkeepers). Note: Beginning January 1, 2022, field players must wear shoulder pads that incorporate the NOCSAE ND200 lacrosse standard for chest protection at the time of manufacture.
 - j. Goalkeepers may wear:
 - 2. Chest protector designed for lacrosse. Beginning January 1, 2021, goalkeeper chest ~~protector~~ protection designed for lacrosse that meets incorporates the NOCSAE ND200 at the time of manufacture shall be used by all goalkeepers.





RULE 2-7-2F

- **ART. 2...** The CBO shall supervise and have complete jurisdiction over the timekeeper, penalty timekeepers, scorers, coaches, substitutes and any other persons within the bench areas, the substitution area, and the penalty box. The assigned chief bench official also shall be empowered to count crosses when requested and call the following:
 - f. Too many ~~or too few~~ players on the field.



QUICK RESTARTS

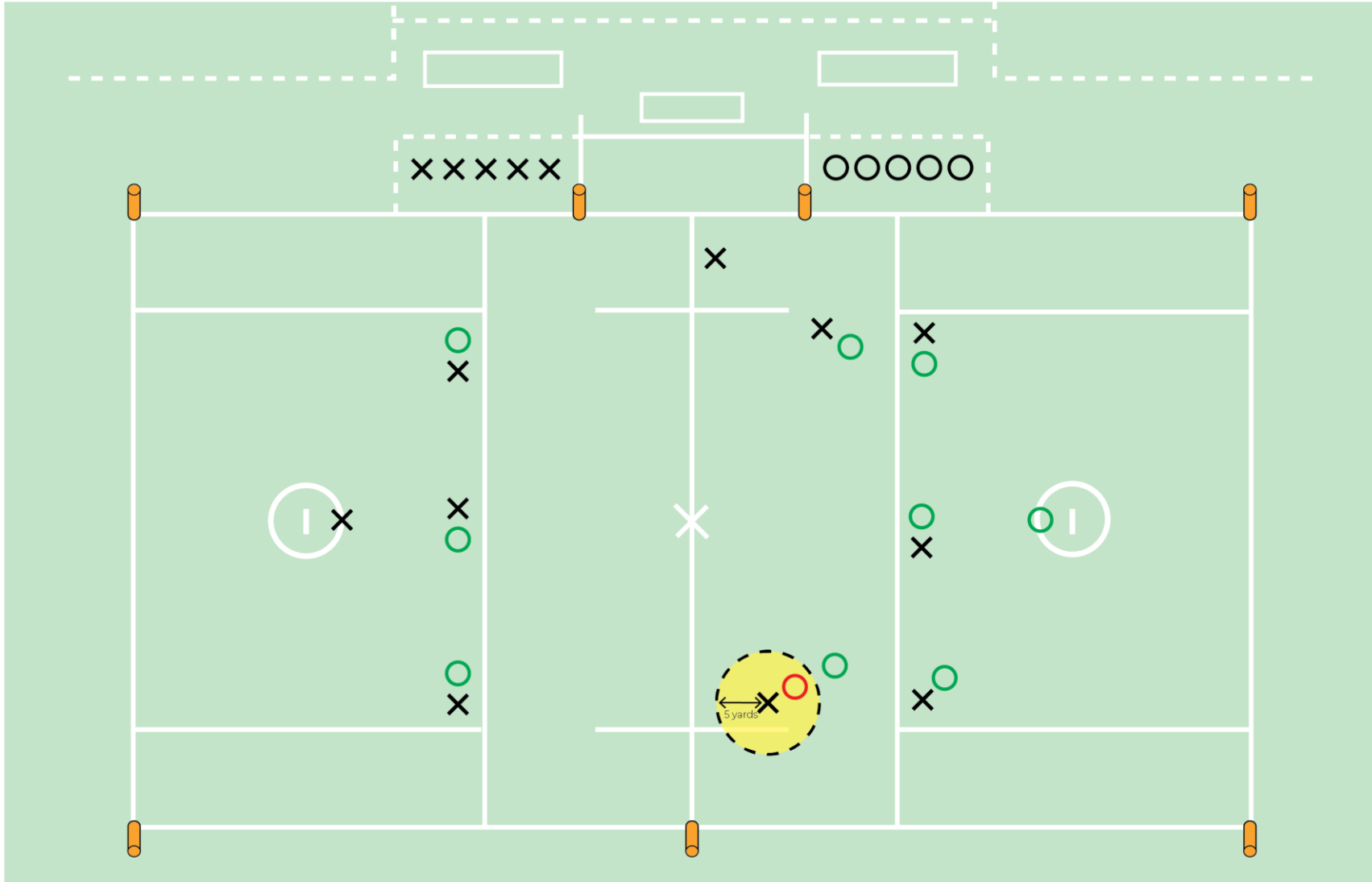
Offensive must be five or more yards away from the player in possession of the ball before play restarts.


Play can restart with a defensive player less than 5 yards from the ball carrier. Should this occur, any defender less than 5 yards must:


- Give the ball carrier a direct path to the goal and
- Establish themselves 5 or more yards away from the ball carrier before playing defense


Penalty: Failure to establish a distance of five or more yards from the ball carrier before playing defense is a technical foul.





 = Ball Carrier's 5 yards radius of protection on restart

 = Player < 5 yards of ball carrier (Illegal)

 = Player > = 5 Yards of ball carrier (Legal)



WHEN TO DELAY A QUICK RESTART

- Another offensive player is less than five yards from their teammate in possession of the ball before play restarts.
- The goalkeeper is out of their crease and has not been given a maximum of five seconds to re-enter their crease
- The restart location is within five yards of the substitution area.
- The player with possession of the ball starts running downfield before officials restart play.
- Officials are not ready to restart play
- The ball rolls away from the location where play was suspended.
- The officials are not ready to restart play.
- A non-time-serving violation on the defense that occurs while the ball is in the goal area resulting in the ball being awarded to the offensive team laterally outside the goal area.





4-5-1, 2, 3, 6, and 7

- ~~ART. 1 . . . Restart – Whenever a player has been awarded the ball for any reason. Under such conditions, no player may take a position closer to him than five yards.~~
- ~~ART. 2 ... Player Possession – When a A player ~~who~~ can perform any of the normal functions of control, such as carrying, cradling, passing or shooting, the player and team have possession.~~
- ~~ART. 3 . . . Team possession – When a player of that team meets the definition in paragraph Art. 2 or Art. 7 of this section.~~
- ~~ART. 43 . . . Loose ball – A ball not in the possession of a player.~~
- ~~ART. 54 . . . Pass – Movement of the ball caused by a player in possession throwing or bouncing the ball to a teammate.~~
- ~~ART. 6 . . . Completed pass – When a pass is caught by a teammate.~~
- ~~ART. 7 . . . Ball in flight – A ball in flight from one teammate to another is a ball in possession if the ball is caught by a teammate.~~





4-22-1, 4, and 5

ART. 1... On all restarts, once the official has signaled determined that the ball is ready for play, the official shall restart play as quickly as possible. All players shall be 5 yards or more away from the player in possession of the ball. Play may be resumed immediately after the ball is signaled ready for play if a player of the team awarded the ball is in position outside the goal area (Articles 2 and 3) and the officials are in position to officiate the restart. (4-6-3a)

a. Play may be restarted when a defensive player is less than 5 yards from the player in possession of the ball if the defensive player:

1. allows the player in possession of the ball a direct path to the goal, and
2. does not defend the player in possession of the ball until that player reaches a distance of 5 yards from the defending player.

Penalty: delay of game technical foul

b. Play may not be restarted when an offensive player is less than 5 yards from the player in possession of the ball.

c. The goalkeeper shall be given a maximum of 5 seconds to reenter the crease on any restart.



SLOW WHISTLE TECHNIQUE

When a defending player commits a foul against an attacking player and an attacking player has possession, the official must drop a flag and verbally signal “flag down”



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.



SLOW WHISTLE TECHNIQUE

The official shall withhold the whistle until:

- a. A goal is scored.
- b. The ball goes out of bounds.
- c. The defense gains possession of the ball.
- d. The offense commits a foul.
- e. Officials stop play for an injury.
- f. A player loses any of the required equipment in a scrimmage area
- g. A timeout is granted.
- h. The period ends.
- i. A second defensive foul is committed unless a scoring play is imminent.





COVID-19

In June of 2020, the NFHS Boy's Lacrosse Committee develop optional COVID-19 game modifications and suggestions for social distancing. Some states have developed their own rule modifications, and others have yet to discuss what, if any, changes will be made for next year.

The NFHS will continue to monitor any changes adopted by state associations for the 2021 season. In conjunction with US Lacrosse, there might be mechanics for any temporary rule changes.

If you have questions, you should reach out to your state rules interpreter, the national rule interpreter, or US Lacrosse.





PRE-GAME COVID PRECAUTIONS

- One player and/or team representative for the coin toss. No more than 2 from each team. Only one player and a coach, not 2 players or two coaches.
- There will not be a faceoff conference. The DLOA will be posting a faceoff conference video on our website and YouTube Channle prior to the season. We encourage you to have your FO players and coaches to watch the video prior to every contest.
- There will be no starting line ups prior to the game





IN-GAME COVID PRECAUTIONS

- Faceoffs Procedure – Officials will conduct quick and efficient faceoffs.
 - Officials will put the ball on the ground and back away.
 - Instruct the players to go Down for the faceoff.
 - Give quick instructions to make sure players are correctly aligned.
 - Once both players are aligned, give the Set command and then blow the whistle to start play.
- Play-On Technique – As a reminder, the play on technique allows the offended team the opportunity to gain possession of the ball. Do not let these situations drag on. If the offended team does not gain possession, blow the whistle and award the ball to the team that was fouled.





POST-GAME PRECAUTIONS

- Coaches and Players should avoid postgame handshakes and gatherings. After the end of a game, players should go directly to their team bench area and avoid close contact with their opponents and others when possible.
- Officials should leave the playing area immediately and return to their vehicles.





2020 BOYS LACROSSE POINTS OF EMPHASIS





2020 POINTS OF EMPHASIS

- Sportsmanship and Conduct
- Player Safety
- Pace of Play
- Future equipment and uniform changes





NFHS LEARNING CENTER



QUESTIONS

National Federation of State
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FACEOFFS

- Do faceoff middies need to be standing and use a neutral grip when taking the faceoff position?
- How long can a player clamp and hold the ball on the faceoff?
- Explain the re-clamp rule? Is there any time a faceoff player can re-clamp the ball
- What is the difference between holding and withholding? What is the standard for calling a hold on the faceoffs?





ADVANCING THE BALL

- Player A1, clearing the ball, carries the ball over the midfield line. Before entering the box, the ball is checked out of his stick. The ball is batted around touching players from both teams then Player A2 bats the ball back into the defensive half of the field. Player A3 picks up the loose ball and begins taking back toward A's offensive box. Which count should he be on?





PLAYERS SERVING PENALTIES

- Where should a player serving a penalty be located while serving that penalty?
- Can we enter the box to talk to a player serving a penalty?





BLOWS TO THE HEAD

- We have had a lot of referees not call fouls when there is obvious helmet to helmet contact. How is this type of contact supposed to be called?





ILLEGAL BODY CHECKS

- What is the maximum number of steps that a player can take before delivering a body check? I thought it was 3 but referees rarely call this.





SLASHING TO THE HEAD

- We often have referees not call blatant hits to the helmet. Particularly in front of the goal when player is dodging? How should this be called?





PRE-GAME, CREW CARDS, SURVEY AND QUESTIONS, POST GAME GET TOGETHER

- Pre-Game Conferences
 - One Referee-One Coach
 - One Captain from each team
 - No Faceoff conference-have FO players review video
- You should still receive a crew card at the start of every varsity game.
- Fill our survey after each game
 - <http://tinyurl.com/DLOAFeedback>
- Contact
 - JP Bennett jpphillylax@gmail.com, 302-293-3636
 - Greg Bulger gpbulger@gmail.com, 443-398-6002
- Post Game Gathering for Coaches and Officials
 - <https://us02web.zoom.us/j/87635236005>





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