



# 2022 NFHS/USAL GIRLS LACROSSE RULES POWERPOINT

National Federation of State  
High School Associations



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LACROSSE



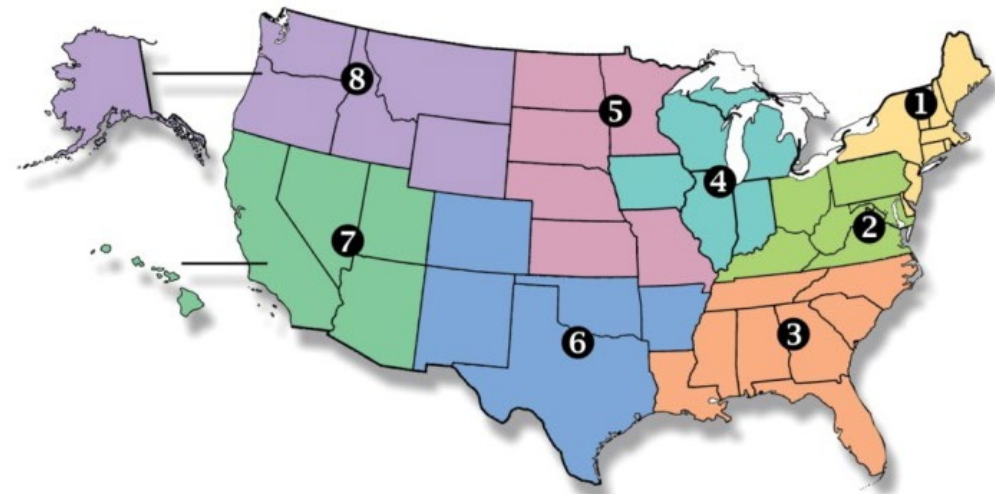
# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)





# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
  - National leader and advocate for high school athletics and performing arts programs.
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  - Writes playing rules for 17 high school sports for boys and girls.
  - Offers online education courses for high school coaches, officials, parents, students and others.
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# NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



**Davis Whitfield**  
Chief Operating  
Officer



**Lindsey Atkinson**  
Basketball, Girls  
Lacrosse and  
Volleyball



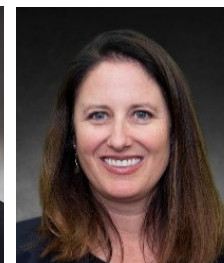
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**Sandy Searcy**  
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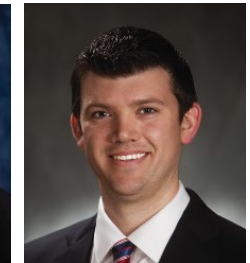
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**James Weaver**  
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# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
  - Publishes 4 million pieces of materials annually.



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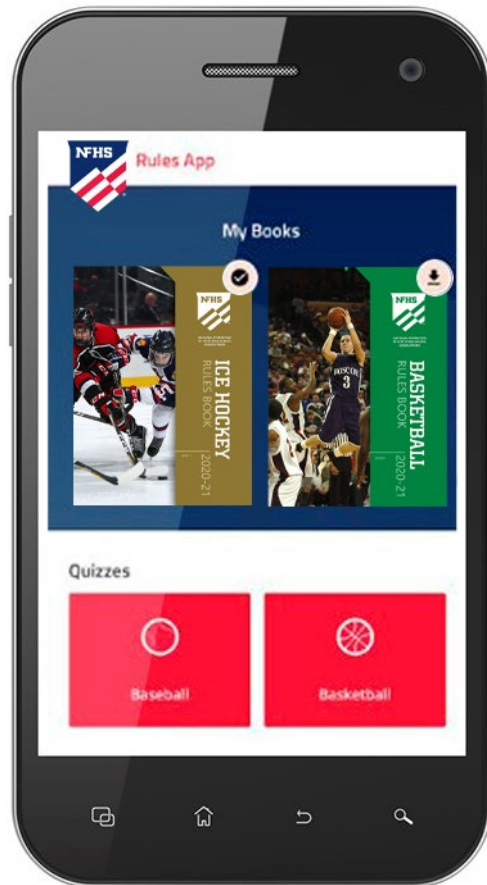
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## 2022 RULES BOOK CORRECTIONS

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- Rule 10 Situations: **10.1 PEN SITUATION A: (10-1ut)**; pg. 62
- Rule 12-8 **MISCONDUCT PENALTIES: EXCEPTION** b. If a goal is scored, ~~...with the opposing center 4 meters away at a 45-degree angle.~~ Player positioning for the draw shall not apply.; pg. 67
- **COMMENTS ON THE 2022 RULES CHANGES 2-6-1b, c, NOTE (NEW)** – In an effort to align..., a molded and non-rigid helmet eye shield...; pg. 78







# 2022 NFHS GIRLS LACROSSE RULES CHANGES



# SUBSTITUTIONS

[2-4-8b, 2-5-2d, 4-2-3e, 4-6, 4-7-1, 4-7-5b, 4-7-6, 4-7-7c, 5-2 PEN 2 EXCEPTION]

- Substitutions are allowed during crosse inspections, crosse failure during a draw, during an injury time-out, between overtime periods, during a re-draw and during the administration of a player suspension/ejection.
- Substitutions may now occur more fluidly throughout the game matching the flow created by free movement.



# GOALKEEPER EQUIPMENT

[2-6-1, 2-6-1a (NEW), b & c]

- Shin protection is allowed – no longer required.
- Clear, molded and non-rigid helmet eye shields are allowed and may be worn in combination with tinted or clear eyeglasses.







# PERSONAL EQUIPMENT

[2-7-3, 2-7-5, 2-7-7 (NEW)]

- Soft, non-abrasive face masks may be worn while protective molded face masks are not permitted.
- Players may wear soft, non-rigid items on their arms such as hair ties.
- Barrettes and other hair adornments that are securely fastened are legal as long as they do not endanger other players.
- Non-abrasive, soft headwear worn for religious and/or cosmetic reasons may be worn during competition without prior authorization from the state association.
- Protective head coverings worn for medical reasons must have state association approval.





# ELECTRONIC EQUIPMENT

## [2-8-5 (NEW)]

- Personal audible wireless communication devices may be used by officials during competition to aid in communication.





# TIMING – LAST TWO MINUTES & OVERTIME

[3-7-2f, 4-1-2, 4-1-3, 4-2-2, 4-6]

- During the last two minutes of each half and overtime periods, the clock will no longer stop on every whistle. The clock will stop on whistled fouls in the critical scoring area unless there is a 10-goal differential.
- Official's time-outs now include alternating possession, inadvertent whistle and offsides.







# POSSESSION TIME-OUT – GOALKEEPER

[4-3-3d, e, f AND g (NEW)]

- Play will resume in the goal circle when the goalkeeper has possession of the ball in the goal circle during a possession time-out. If play resumes with a free position, play will start at the location of the free position.





# EXCHANGE OF CROSSE

[4-7-5b, 9-1h (NEW)]

- A player exchanging a field crosse with the team bench must enter and exit through the substitution area.
- A substitute or coach may enter the substitution area to exchange crosses with the player on the field when an exchange is imminent.



# PLAYER POSITIONING FOR THE DRAW

[4-8 PEN 2, 3 & 4; 5-2 PEN 1; 5-3e(3); 10-1 PEN 9 & 11; 12-8 MISCONDUCT PEN 3b & 4]

- Player positioning for the draw shall not apply when play resumes at the center with a free position.
- Any penalty that is administered at center following an illegal draw – a foul during the draw or a foul after a shot – player positioning for the draw is not required.
- Positioning for the draw only applies when there is a draw.







# RESTARTING PLAY – NO FOUL

[5-1-3b]

- If no foul is involved in the stoppage of play when a player is in clear possession of the ball – stoppage could be due to an accident, injury or illness, inadvertent whistle by an official, interference or an incident either related or unrelated to the ball – and the ball is:
  - Inside the Critical Scoring Area – play will be restarted at the closest dot;
  - Outside of the Critical Scoring Area – play will be restarted at the spot of the ball.
- If two players are equidistant from the ball, alternate possession is awarded.
- No player is permitted within 4 meters of the player with the ball when play resumes.





# ALTERNATE POSSESSION – GOALKEEPER

[5-5-3, 5-5-3b]

- When the goalkeeper is one of the two closest players to the foul/incident, the goalkeeper no longer must participate in the alternate possession.
- The goalkeeper is allowed to return to the goal circle unless the goalkeeper committed the foul.





# BOUNDARIES – RESUMING PLAY

[6-3-1a, b & c; 6-3-2a, b, c & d; 9-1o(2)]

- Any opponent may resume play with a self-start once the ball has gone out of bounds when self-starts are allowed.
  - All other players must move at least 2 meters from the restart position and cannot engage the player in possession until the player self-starts.
  - The whistle start option when self-starts are allowed has been eliminated.
- When the game clock is stopped, play resumes 2 meters inside the boundary on the official's whistle.
  - All other players must move at least 2 meters from the restart position and cannot engage the player in possession until the player self-starts.
- Play cannot begin with a pass from out of bounds.







# BOUNDARIES – RESUMING PLAY (GOALKEEPERS)

[6-3-1a, b & c; 6-3-2a, b, c & d; 9-1o(2)]

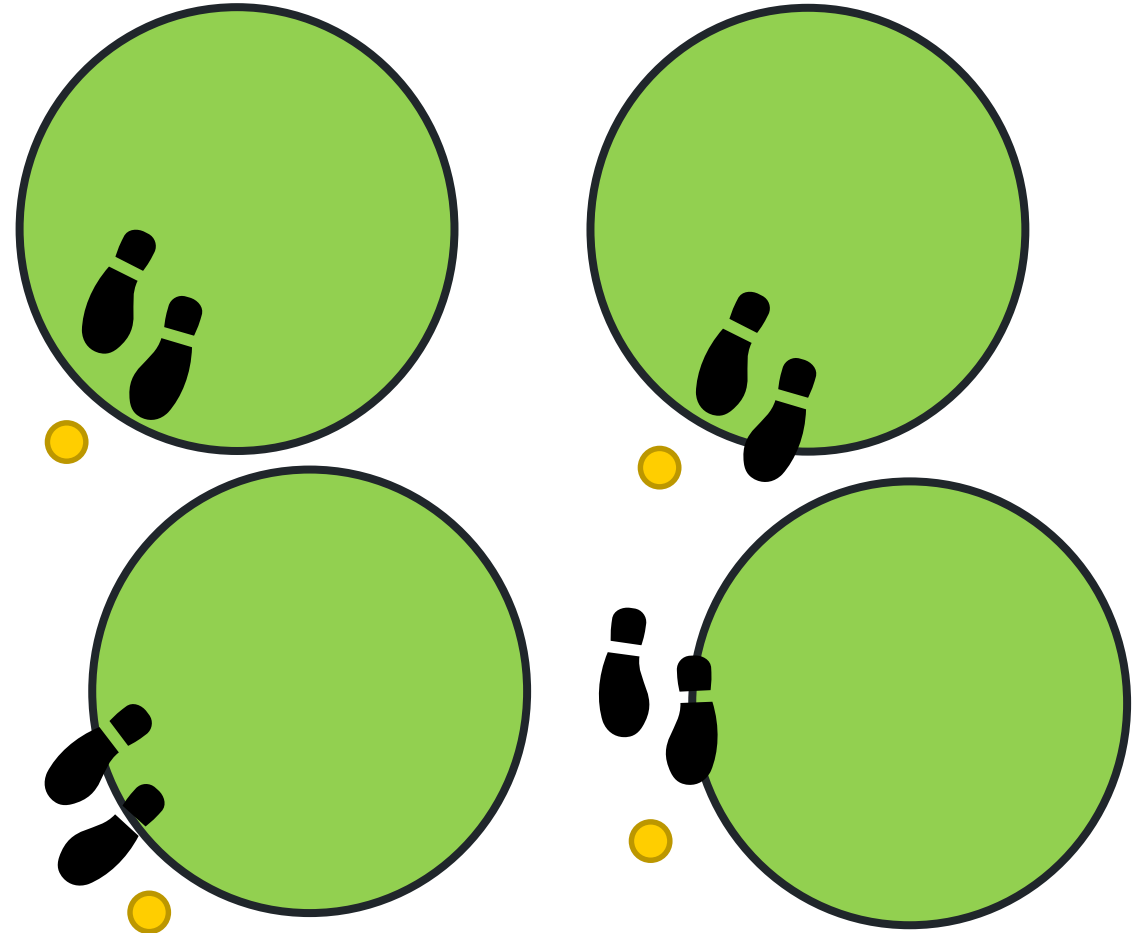
- Goalkeepers no longer have the option to resume play after the ball has gone out of bounds from within the goalkeeper's own goal circle with a whistle start.
- If the goalkeeper is closest to the boundary when the ball exits the field, the goalkeeper may:
  - Restart within playing distance from where the ball exited the field with a self-start;
  - Elect to have a teammate claim the boundary ball and commence play with a self-start.



# GOALKEEPER RULES

[7-1-2e, 7-2-1d, 7-2-2]

- The goalkeeper may reach out and bring a ball back into the goal circle provided one foot is inside the goal circle and no opponent is within playing distance.
- The goalkeeper's foot must break the plane of the goal circle (hovering above or in contact with) to be considered "inside" the goal circle.





# FAILURE TO STAND

[9-1c(1)]

- Failure to stand is no longer a delay of game.
- Free movement no longer requires players to “stand”.
- A delay of game may still be enforced when a player(s) repeatedly fails to move 4 meters away.





# GOALKEEPER FALSE START

[10-1 PENALTIES 1 and 5 (NEW)]

- The goalkeeper or the deputy do not have to move 4 meters behind the player taking the free position when they are called for a false start while in the goal circle.
- The goalkeeper/deputy may stay in the goal circle.
- A defensive player is not placed behind the free position conducted at the closest dot.







# BODY CHECKING

## [RULE 13]

- Eliminated the definition of the outdated term “Body Checking” which was no longer used anywhere else within the Rules Book.





# 2022 EDITORIAL CHANGES





## MAJOR EDITORIAL CHANGES

- **5-4-4 (NEW)** – Adds and aligns language that self-starting when self-starts are not permitted is a false start already established under major fouls.
- **Appendix B – Manufacturer’s Specifications [2-2-4, 2-2-5b, 2-3-5b, 2-4-1, 2-4-4, 2-4-7, 2-4-8, 2-4 PEN, 2-5-1, 2-5-2, 2-5-3, 2-7-2, 2-7-3, 4-8-3i, 4-8 PEN 3 & 4, 9-1g, 9-1g(1)]** – Removes Appendix B (guidance for manufacturers) from the rules book and ensures all equipment-related rules language essential for administration of the game is within the rules.



## ADDITIONAL EDITORIAL CHANGES

- 1-1-4h; 1-1-4i; 2-6-1; 2-7-5; 3-5-1; 3-7-3; 4-7-5a; 5-1-3b; 5-5-3b; 8-1-2 NOTE; 8-1 PENALTIES 1; 8-1 PENALTIES 3d; 8-1 PENALTIES NOTE; 10-1y(2); 10-1y PENALTIES; 11-2 PENALTIES 4 and 5; 13-GROUNDED
- Editorial corrections have been made to correct clerical errors and assure clarity.







# 2022 POINTS OF EMPHASIS







# SPORTSMANSHIP

- Sportsmanship includes a commitment by all participants to fair and ethical play, respect for opponents, and goodwill towards others.
- Coaches, players, officials, administrators and spectators are expected to demonstrate positive sporting behavior.
- Officials should use effective communication and game management to help deter acts of poor sporting behavior.
- Misconduct penalties should be considered when necessary to hold individuals responsible for such behavior.
- Event management can serve as an asset in creating an expectation of respect within the playing facility.
- Sportsmanship is a team effort!





## ROUGH AND DANGEROUS PLAY

- Minimizing the risk of the student-athlete is a priority of the NFHS/USAL Girls Lacrosse Rules Committee.
- With free movement, rough and dangerous play needs to be effectively managed and eliminated.
- Rough and dangerous play jeopardizes safety, impedes the flow of the game, and adversely effects the integrity of the game.
- Officials should continue to:
  - Focus on managing rough and dangerous play in the midfield.
  - Apply the rules and administer cards when appropriate for rough and dangerous play in the Critical Scoring Area.





## SHOOTING SPACE

- Shooting Space continues to be one of the most difficult rules to understand in girls' lacrosse. It is important officials know and recognize the criteria for making the call which includes:
  - The ball must be in the Critical Scoring Area and above the goal line extended.
  - The ball carrier must have the opportunity to shoot.
  - The defensive player must be positioned in the free space between the ball carrier and the goal circle.
  - The defensive player is not within a stick's length of an attack player.
- Shooting Space is an immediate call and must be made to minimize the risk of injury. The attacking player is ALWAYS responsible for not shooting if there is a Shooting Space violation.





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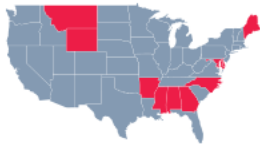




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