



2024 NFHS GIRLS LACROSSE RULES POWERPOINT

National Federation of State High School Associations



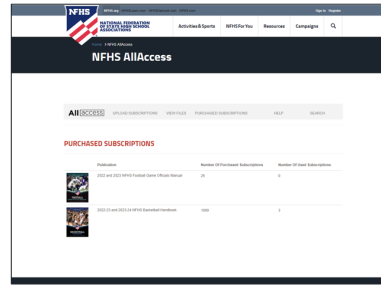
Rules Changes
Editorial Changes
Points of Emphasis

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NEW NFHS AllAccess – WEBSITE



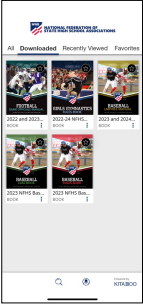

- AllAccess is the **New NFHS Digital Publications Platform** that includes:
 - Rules Publications
 - High School Today Magazine
 - Policy Debate Quarterlies
 - Other NFHS Digital Publications
- Website organized for associations and individuals to assign books and manage purchases
- Visit www.allaccess.nfhs.org






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NEW NFHS AllAccess – MOBILE APP

Access Via Website or Mobile App:

- View available publications for sale
- View publications assigned to you
- Download books for offline viewing
- Read publications as an e-book
 - Book features include:
 - Table of contents
 - Highlighting text
 - Creating 'sticky notes' on pages
 - Searching for terms
 - Mark-up pen feature
 - Viewing highlights and notes on data page
- Available on App Store and Google Play

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RESOURCES

RULE RESOURCES



NFHS GIRLS LACROSSE RULES INTERPRETATIONS



2024 GIRLS' HIGH SCHOOL LACROSSE RULES INTERPRETATION



2024 GIRLS' HIGH SCHOOL LACROSSE RULES

NFHS 2024 GIRLS LACROSSE RULES BOOK:
<https://www.nfhs.org/activities/sports/lacrosse-girls/>

NFHS GIRLS LACROSSE RULE INTERPRETATIONS:
<https://www.nfhs.org/activities/sports/lacrosse-girls/>

USAL 2024 GIRLS HIGH SCHOOL LACROSSE RULES INTERPRETATION PRESENTATION:
<https://www.usalacrosse.com/girls-and-womens-rules>

USAL 2023 WOMEN'S GAME OFFICIALS TRAINING MANUAL:
<https://www.usalacrosse.com/sites/default/files/documents/Officials/Womens-Officials-Manual-2023.pdf>





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RESOURCES



<https://www.usalacrosse.com/girls-and-womens-rules>

- Rule Interpretations
- Videos
- Youth Rules
- Rulebook purchase
- Equipment
- FAQ's

<https://www.usalacrosse.com/you-make-call-womensgirls>

Submit a rules change:
<https://www.usalacrosse.com/submit-rule-change>



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Rules Changes
2024 NFHS GIRLS LACROSSE






lfickert@OHSAA.org

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Rule Change

CROSSE INSPECTION – STICK CHECKS
2-4-5

- Stick checks may be requested during any stoppage of the game clock, including immediately following goals in regulation and overtime periods. Not allowed during injury TO.
- Stick check requests **must** be made **before** the official's hand is in contact with both centers' sticks for the draw.



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Rule Change

GOALKEEPER EQUIPMENT
2-6-1

- The goalkeeper **must** wear shorts or pants manufactured with integrated protective padding.
- Coach shall verify that equipment meets certification at coaches meeting:
 - GK Pants
 - GK Chest Protector
 - GK Helmet

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Rule Change

GOALKEEPER EQUIPMENT - PENALTY 2-6-1

- Noncompliant equipment discovered during game:
 - Minor Foul
 - GK removed*
 - Properly equipped GK substitutes
 - If a 2nd GK is not properly equipped, time will be taken to allow a GK to get compliant
 - If no GK can be dressed, the team shall play without GK privileges. Deputy rules shall apply. (7-3-1)

*Unless able to immediately correct

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Rule Change

PERSONAL EQUIPMENT – TOOTH AND MOUTH PROTECTORS 2-7-1

- Tooth and mouth protector rules were reorganized to align with other NFHS sports requiring the use of tooth and mouth protectors.
- Tooth and mouth protectors may be clear, any color and may have graphics.
- It is still a requirement that field players wear mouth protectors without protruding tabs.




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Rule Change

PERSONAL EQUIPMENT – TOOTH AND MOUTH PROTECTORS 2-7-1

- Tooth and mouth protectors that cover both the teeth and the lips without a protruding tab are legal.



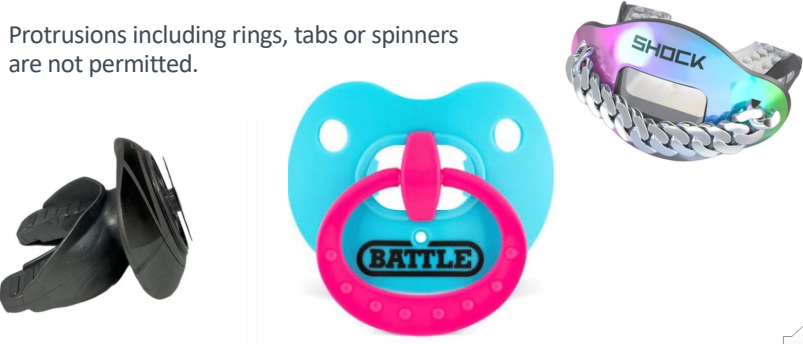


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Rule Change

PERSONAL EQUIPMENT – TOOTH AND MOUTH PROTECTORS 2-7-1

- Protrusions including rings, tabs or spinners are not permitted.




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Rule Change

PERSONAL EQUIPMENT – COMPRESSION SHIRTS

2-7-4 NOTE, 2-9-5

- Players may wear compression shirts that meet the NOCSAE ND200 lacrosse standard at the time of manufacture.
- These shirts are not required to meet the color restrictions of visible undergarments.
- This may not be substituted for a goalkeeper's chest protector. Goalkeepers are required to wear a NOCSAE approved chest protector.



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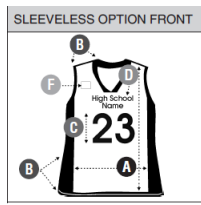
Rule Change

UNIFORMS – IDENTIFYING NAMES

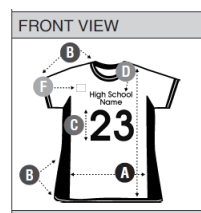
2-9-4e

- Only school-related or player-identifying names will be allowed above the number on the team jersey beginning in **2027**
 - School related names include:
 - Schools name
 - Nickname
 - Logo
 - Mascot

SLEEVELESS OPTION FRONT



FRONT VIEW



See Rule 2-9-4e and page 89 in 2024
NFHS Girls Lacrosse Rulebook for details

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Rule Change

DURATION OF PLAY – QUARTERS

4-1-1

- The maximum regulation playing time is now **48** minutes divided into four **12**-minute quarters.
- Teams are given two minutes between quarters.
- Halftime will remain up to 10 minutes, as agreed upon by the coaches prior to the start of the game.
- Players must change ends between quarters.

Middle School - Four 12 minute quarters; running clock after goals, and stop-clock in the last 2 minutes of quarters 2 and 4 for all fouls in the critical scoring area unless there is a goal differential of 10 or more. No overtime.

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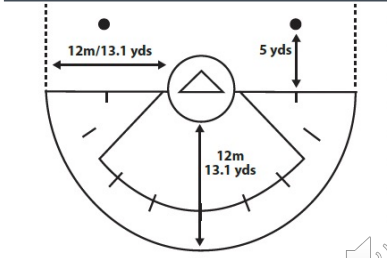


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Rule Change

DURATION OF PLAY – 2ND AND 4TH QUARTERS

4-1-2

- The clock stops when there is a foul called in the critical scoring area during the last two minutes of the **2nd** and **4th** quarters.
- The critical scoring area is marked by the fan above the goal line and extends to the endline.
- Reminder – All attack free positions in the CSA are whistle starts and....
- All free positions when the clock is stopped are whistle starts. No Self-Start.

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Rule Change

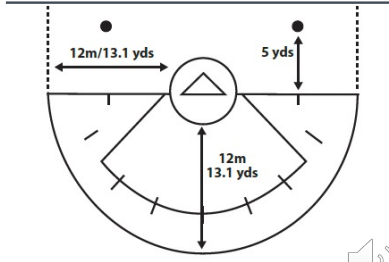
DURATION OF PLAY – 1ST AND 3RD QUARTERS

4-1-2

- The clock shall ***continue to run*** when there is a foul called in the critical scoring area throughout the entirety of the **1st** and **3rd** quarters.

If time runs out prior to the completion of a free position then it shall not administered.

Team with possession may call timeout
*Player fouled and offender must return to complete the free position



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Rule Change

DURATION OF PLAY – MANAGING END OF 1ST AND 3RD QTRS.

4-1-2

Watch for fouls that are intended simply to deny the attack a score or a free position with the clock running out. Fouls that are dangerous, intentional, in the back or side should be carded.

Call timeout and warn or green card any defenders who are intentionally delaying the set up of the free position.



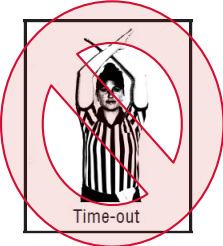
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Rule Change

OFFICIAL TIME-OUTS- 10 GOAL RULE 4-2-2 EXCEPTION

- When the 10-goal rule is in effect, time-out should not be called for **an offside foul, an inadvertent whistle, or alternate possession** in addition to a redraw, or when there is a foul in the critical scoring area during the last two minutes of the 2nd and 4th quarter.
- The clock will ***always*** stop when:
 - A card is given
 - An injury occurs
 - Team or Official timeouts



Time-out

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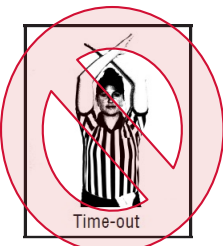
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Rule Change



GOAL DIFFERENTIAL – 10 GOAL DIFFERENTIAL 4-2-2 EXCEPTION

Any time the score differential reaches 10 goals or more, a ***running clock*** shall be used, including in the last two minutes of the 2nd and 4th quarters.

After the 10-goal differential has been met but the score drops below 10 goals, the clock reverts to regular timing



Time-out




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Rule Change

OFFICIAL TIME-OUTS – INJURY 4-2-3

- Coaches may provide instruction to their players during an injury time-out.




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Rule Change

RESTARTING PLAY - SELF START 5-4-1

- Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position **no longer needs to come to a stop and settled stance** and may continue the course of play without waiting for an additional whistle.
- If the player does not settle, the defender does not need to move 4 away/behind. As before, once the player steps or passes, the defender may engage.




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Rule Change

RESTARTING PLAY - FALSE START
5-4-5 & 10-1j

- When a player self-starts outside of the critical scoring area when self-start is not an option officials will now reset play.
- It is **no longer a false start penalty**.
- A delay of game foul may be call for continued violations.

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Rule Change

RESTARTING PLAY - FALSE START
10-1j

- False Start: before the whistle, step or make any movement simulating the beginning of play **when a foul is within the critical scoring area and a free position is awarded to a player in their offensive end of the field at an 8-meter hash mark, 12-m fan or dot.**








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Rule Change

RESTARTING PLAY - FALSE START ADMINISTRATION 10-1j

- If the attacker false starts, a free position shall be awarded to the defense at the spot of the foul.
 - If the clock is running, the defense may self-start.
 - If the clock is stopped, it is a whistle start.
- If a defender awarded the ball self-starts in the defensive critical scoring area when the clock is stopped, the play will be reset.

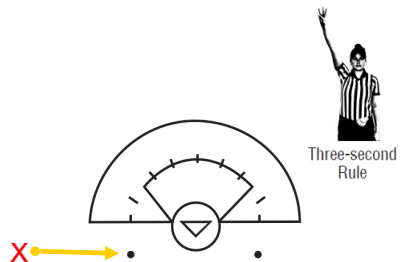
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Rule Change

MAJOR FOULS - THREE SECONDS PENALTIES 10-1y

- A free position is awarded at the closest dot for a three-second violation when the spot of the ball is outside the critical scoring area and below the goal line extended.



Three-second Rule

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Editorial Change

UNIFIED BOYS/GIRLS FIELD DIAGRAM DIAGRAM 4

- Shortened the length of the penalty/sub area from 20 yards to 10 yards (5 yards on each side of the field) to match the current distance on both the Girls and Boys field diagrams.

The diagram illustrates the field layout with the following dimensions: a 10 yd. wide area on the left; a 15 yd. wide TEAM AREA on the right; a 10 yd. wide TABLE in the center; another 15 yd. wide TEAM AREA on the right; a 6 yd. wide PENALTY/SUB AREA below the table; and a 5 yd. wide area at the bottom.

NFHS logo, speaker icon, and www.nfhs.org

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Editorial Change

UNIFORMS 2-9-3

- Clarified that the uniform number must clearly contrast with the body of the jersey regardless of trim.



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Editorial Change

OTHER EDITORIAL CHANGES

- 1-1-4b** **Restraining Line** - The restraining line, a solid line 30 yards upfield from each goal line, shall extend the width of the field on a standard field and 25 yards upfield from each goal line on a unified boys/girls field.
- 2-8-1** Electronic equipment may be used...and/or other individuals connected with the team. ~~However, such electronic equipment shall not be used to communicate with the 12 on field players or any other coach not who~~ are present on the team sideline or coaches' area.





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Editorial Change

OTHER EDITORIAL CHANGES

2-9-4d	NFHS-affiliated schools —An American flag,...
4-4-1, 4-4-2	A game is considered legal and complete if 80-75 percent of playing time has elapsed.
5-4-2	The offender is not required to go 4 meters behind the player taking the free position.
7-3-1 PENALTIES 3b	<u>b. The goalie or the deputy may self-start.</u>
10-1 PENALTIES 12b	...will result in a free position awarded to the defense no closer than 8 meters to the goal circle.

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Points of Emphasis

2024 NFHS GIRLS LACROSSE




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Points of Emphasis

STICK TO BODY CONTACT

- Legal and safe use of the crosse is essential for minimizing risk.
- Coaches play an important role in teaching proper and legal stick skills.
- Legal defensive stick positioning is a stick held vertically with the head of the stick above the 10 o'clock and 2 o'clock position.
- Illegal stick-to-body contact occurs when a defender contacts an opponent's body with a stick held in a horizontal position, regardless of who initiated contact.
- Players must not initiate illegal stick-to-body contact by using the stick to hit, push or displace an opponent.
- Officials must recognize, call and penalize illegal stick-to-body contact as required by the rules. Failure to enforce the rules may result in unsafe play and increase the potential for injuries.
- Proper coaching, appropriate play, and diligent officiating regarding legal use of the stick will together minimize risk and maintain the integrity of the game.






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Points of Emphasis

DANGEROUS PLAY IN THE 8-METER ARC

- There is high potential for dangerous play and injuries within the 8-meter arc. This can be due to:
 - The proximity of players,
 - The speed of players moving through the 8-meter arc,
 - Aggressive actions by attack players and defenders, and/or
 - Shots being taken.
- Players can play safely in this area by:
 - Maintaining control of their stick and body,
 - Avoiding illegal stick-to-body contact,
 - Shooting safely, and
 - Not pushing opponents.
- Officials must be in the proper position to effectively officiate play in the 8-meter arc.
 - Lead officials must focus on the ball carrier and their defender.
 - Trail officials must be aware of play while focusing off-ball then follow the action – shooter and defender immediately after a shot.

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▶ DANGEROUS PLAY IN THE 8-METER ARC

- Officials must always be watchful for dangerous follow-throughs, dangerous propelling, and dangerous shots that heighten the risk of injury of defenders and goalkeepers.
- Controlled and safe play in the 8-meter arc coupled with effective officiating can significantly decrease injuries while maintaining the pace of play and the integrity of the game.



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**2024 OHSAA GIRLS LACROSSE
INFORMATION**

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OHSAA Information

OHSAA GIRLS' LACROSSE RESOURCES

Officials certification, requirements and handbook:
<http://ohsaa.org/Officiating>

Officials portal:
 MyOHSAA: <http://officials.myohsaa.org/Logon>

Game Regulations and Tournament information
<http://ohsaa.org/sports/glacrosse>




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OHSAA Information

RULES AND REGULATIONS SUPPORT

Lissa Fickert – lfickert@ohsaa.org



Beau Rugg - brugg@ohsaa.org

Charles Anderson– canderson@ohsaa.org

Kate Barnett – kbarnett@ohsaa.org

Lindsey Atkinson/NFHS: latkinson@nfhs.org

USAL Rules: <https://www.usalacrosse.com/girls-and-womens-rules>

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MYOHSAA - GAME REPORTS

- ▶ **GAME REPORTS** - A game report **MUST** be submitted in the case of a concussion or a Red card.
- ▶ Red Card Ejection = the remainder of the game and the **next two** contests.



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MYOHSAA- FIGHTING

- ▶ Red Card Ejection for fighting – the remainder of the game and the **next four** contests.

***Video Review for Fighting:** Appeals for fighting **ONLY**

The definition of fighting is found in the NFHS playing rules and reads as follows: "Fighting is any attempt by a player or non-player to strike or engage a player or non-player in a combative manner unrelated to the sport. Such acts include, but are not limited to, attempts to strike an opponent(s) with the arm(s), hand(s), leg(s), or foot (feet), whether or not there is contact."

If video is presented to the Director of Officiating, or their designee, and the **video clearly shows the ejection action did not meet the NFHS definition of fighting (as written above), the suspension length may be reduced.** The player(s) in question is ineligible until such time as the designee rules on the submitted video.



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OHSAA Information

PLAYER PARTICIPATION - QUARTERS PLAYED



A player = maximum of **eight** quarters per day if two games are played at the same level

A player = maximum **six** quarters in a day per common opponent across multiple levels (i.e. a JV / Varsity doubleheader against the same school).

Any part of a quarter is counted as one quarter. In an overtime game, the overtime shall be considered an extension of the fourth quarter.

Festival tournament (example: play-day, Hannigan) format = maximum of **twelve** quarters during such tournament.

Players may play in **92** quarters per season plus the OHSAA sponsored tournament.

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OHSAA Information



PLAYER PARTICIPATION - QUARTERS PLAYED

Schools are responsible for tracking quarters played.

Officials do not have any jurisdiction over this violation and the game is played to completion.

Violation inquiries go to Beau Rugg or the sport administrator – Kate Barnett

Penalty for exceeding the quarter limitation per day: The penalty for exceeding the participation limitation during a contest is forfeiture of the contest in which the ineligible player is participating. When discovered, the ineligible player is removed from the contest, and the contest will continue to completion; however, the result of the contest shall be a forfeiture by the offending team.

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OHSAA Information

OHSAA OFFICIALS' CERTIFICATION

[State Rules Interpretation \(SRI\)](#) – **MUST be taken online through MyOHSAA for credit.**
 Open- February 5th
 Late Fee- March 23rd
Closes- April 13th

[4 Local Educational Sessions](#)- See Association News or Local Meetings in MyOHSAA
 The spring meeting window:
January 29th-April 22nd

[OHSAA or USAL Rules Test](#)
 OHSAA – Google Doc will be sent
 USAL – access online
Due - April 22nd

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OHSAA Information

UPCOMING WEBINARS

Sunday nights @ 7:30p - Zoom



Sunday, March 17th – Mike Brown – How to have a good pre-game officials meeting;
 Coach Decorum

Sunday, March 24th – Jess Cemate – Illegal Defense

Sunday, April 7th – Lissa Fickert – Attack Fouls

Sunday, April 14th – Ashley Stewart – Dangerous Use of Stick

Sunday, May 5 – Lissa Fickert – Tournament Preparation and Expectations*
 *Tournament officials only

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THANK YOU

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Northern Ohio Women's Lacrosse Officials Association

COWLOA

MOWLOA Mid Ohio Womens Lacrosse Officials Association

SOWLUA
SOUTHERN OHIO WOMEN'S LACROSSE OFFICIALS ASSOCIATION

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