







2020 OHSAA/NFHS/USL Girls Lacrosse Rules Interpretation

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NFHS Rules Book

2020 Girls Lacrosse Rules Book available at:

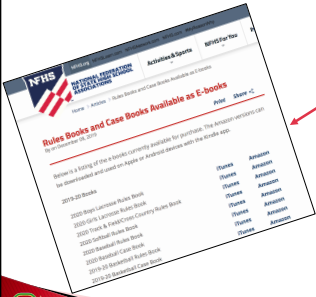
- www.nfhs.com
- <https://shop.uslacrosse.org/collections/rule-books>


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NFHS Rules E-Books




- E-Books
www.nfhs.org/ebooks
- NFHS Rules App




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Youth Rulebook



- *Included in USL membership if registered as Youth
- *PDF may be downloaded
- <https://www.uslacrosse.org/rules/girls-rules>



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Rules Videos

<https://www.uslacrosse.org/rules/girls-rules>

"New Rules Webinar"

"Rules Video"

"Youth Rules Webinar"





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Officials Resources

<https://www.uslacrosse.org/officials/officials-resources>

Manual




Helpful Links

- Free Movement FAQ
- Boundaries FAQ
- Transitional Checking
- Self-Start FAQs
- Penalty Zone FAQs
- Field Diagrams
- 2020 Girls Youth Rules Interpretation
- 2020 Girls High School Rules Interpretation




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2020 HS Girls Lacrosse Rule Revisions

Major Rules Changes
Points of Emphasis
Mechanics
FAQ's



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Major Rules Changes 2020



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NFHS

Stick Check Procedure

USL

Rules 2-2-4; P.15/ 2-2-5e; P. 16/ 2-4-3c; P. 17

- Shooting strings do not have to go through stringing holes
- Ball moves freely on front and upper third of back
- Rolls out when held at 90 degrees



NFHS
USL

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NFHS

GK/Personal Equipment


USL

Rule 2-6-1; Page 18 and Rule 2-7-4; Page 19

- GK chest protector must meet NOCSAE lacrosse standard beginning January 1, 2021
- Equipment shall not be modified from original manufactured state
- Worn as manufacturer intended it



CHINSTRAP MUST BE WORN AS MANUFACTURER INTENDED UNDER THE CHIN



DO NOT ALLOW PLAYERS ON THE FIELD LIKE THIS

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NFHS


Personal Equipment

USL

Rule 2-7-2; Page 19

- Eyewear must be SEI certified by Jan. 1, 2020
- Marked by Jan. 1, 2025





NFHS
USL

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SEI

SAFETY EQUIPMENT INSTITUTE

An Affiliate of ASTM INTERNATIONAL

- All certified lacrosse equipment
 - Eyewear
 - Balls
 - Headgear
- <https://www.seinet.org>

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Safety Alert

- Signature lacrosse balls – KSONE Brand recalled
- <https://www.seinet.org>

US Lacrosse

Comotio Cordis Protectors

+

Eye and Face Protect (Sports)

+

Head Protection (Sports)

+

Lacrosse Balls

+

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Electronic Equipment

Rule 2-8-4; Page 21

- Electronic devices, video replay or television monitoring equipment shall not be used for any review of an official's decision



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Draw

Rule 5-2-2; Page 37

- Any number up to 12 players of each team may be on the field before the start of each draw


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Draw

Rule 5-2-2 Note; Page 37

- Players may not enter field after official's hand on stick until:
 - Possession
 - Ball goes out of bounds
 - Ball crosses Restraining Line
 - Foul occurs





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Free Movement

- Players no longer have to "stand" on the whistle except for some penalty administrations
- Offenders still move behind/away
- Self-start rules still apply





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Self-start reminders



No self-starts in the CSA including fouls by attack coming out



No self-starts under 2 minutes in each half (unless 10 goal differential)



Players must be making an attempt to move away from the player



The offenders must attempt to move away or behind



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Free Movement

General Principles

- Players not involved in a free position may move freely on the field during a whistle or stoppage of play except they shall:
 - Move 4M away from player taking a free position, restarting from a timeout or AP
 - Move 2M away from the ball carrier bringing ball onto field from out of bounds
 - Comply with rules of draw positioning, free positions, penalty zone, penalty lane and goal circle






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Free Movement In CSA


- Clear the penalty zone or penalty lane when applicable
- Goalkeeper may move back to goal circle if she is not involved in a free position, she is not bringing a ball in from out of bounds, or there is not an illegal deputy foul



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Free Movement Management of Zone/Lane

- Set the Attacker on appropriate spot
- Place Offender 4m behind
- Clear Penalty Zone/Lane
- Announce "Ready"
 - Restricted Areas are "Closed"
 - Players may still move outside the restricted areas
 - Attacker/Offender – "Stand"
- Back out, stand still, raise arm, whistle

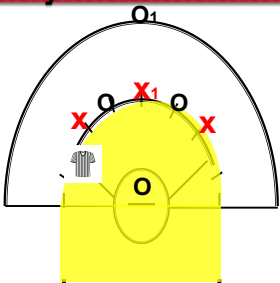


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Free Movement Penalty Zone Mechanic

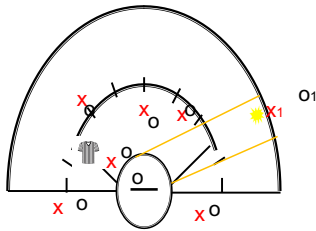
When restarting play for an 8m free position the official will:

- Take a few steps in to clear the Penalty Zone
- When clear and the ball carrier and offender are ready say the word "READY"
- Take a few steps back out
- Stand still, put arm up and restart play





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Free Movement Penalty Lane Mechanic




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Free Movement Substitutions

- No Change**
 - Must wait for player they are subbing for to leave the field before they can enter
 - May not come onto the field after official's hands are on the sticks at the draw
 - Must enter through the substitution area
 - May not enter during an injury or misconduct time out
 - May not substitute during a re-draw



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Free Movement Substitutions

- New**
 - May continue to run off field after a whistle
 - Replacement may enter field prior to play resuming
 - A player may substitute out during team timeouts unless player to get ball or offender




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Free Movement Timeout - Foul

- Set up the penalty administration
- The 2 players involved need to leave sticks and must return to resume play
- Substitutions allowed
- All players must be 4m away when restarting




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Free Movement Timeout-No Foul

- Place ball at spot of timeout
- If called in CSA, place ball at nearest dot unless GK has possession in goal circle
- Players do not need to leave sticks
- Any player may resume play
- All players must be 4m away when restarting




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Free Movement FAQs

In what instances must a player stand?

1. A player who is fouled, when self-start is not allowed, must stand for the free position.
2. A player who caused a foul and is moved 4 meters behind or away must stand until the ball carrier commences play.
3. In an offside violation, the player directed to stand behind the player with the ball in administration of the offside penalty must stand.



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Free Movement FAQs

Are players required to stand when a free position is awarded and self-start is not an option?

The player awarded the ball and the offending player must stand for a free position penalty administration on a whistle start. All other players are free to move as long as they remain 4m from the spot of the free position.




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Free Movement FAQs

Where do players move in the CSA for an 8-meter free position?

Players must clear the Penalty Zone, but they do not need to take the shortest route out. Additionally, the defending team is allowed to place one defender on each of the adjacent hashes to the ball carrier.




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Boundary


Rule 6-3-1; Page 44

- Opponent nearest the ball shall bring ball inbounds
- Ball carrier shall bring ball inbounds relative to the spot where the ball went out of bounds
- Opponents must give the ball carrier 2M of free space






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Boundary

Rule 6-3-1; Page 44

- The player bringing ball inbounds :
 - May collect the ball, run onto the field and continue play without pausing
 - Must step in bounds up to 2m and wait for a whistle start if clock is stopped
 - She may **NOT** pass from out of bounds
 - This would be a reset. Repetitive violations could be delay of game




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Boundary

Rule 6-3-2; Page 44

- When a shot or deflected shot crosses the boundary and goes out of bounds:
 - The player whose **body or crosse** is inbounds and nearest the ball will gain possession
 - Ball carrier shall bring ball inbounds according to the boundary rules




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Boundary FAQs

May a player bringing a ball inbounds run down the sideline with the ball and then enter the field to commence play?

No. The player must re-enter the field relative to the spot where the ball went out of bounds.




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Boundary FAQs

During the last 2 minutes of the half, during stop clock play, may a player bringing a boundary ball onto the field self-start from out of bounds or self-start after stepping onto the field?

No, this is a false start. Self-starts are not allowed when the clock is stopped. Instead, the player with the ball must step onto the field and commence play with a whistle start.




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Boundary FAQs

When may defenders engage a player bringing a ball inbounds?

The defense must give the player with the ball at least 2 meters of free space when the player steps inbounds with the ball, or 2 meters away from the position of the on-field whistle start.




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Boundary FAQs

May a player self-start when bringing the ball onto the field from out-of-bounds within the Critical Scoring Area?

Yes. While self-starts are not permitted for fouls that occur in the CSA, a player bringing the ball inbounds within CSA may self-start because it is a boundary restart and not a foul.



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Foul Changes



Cover includes stick, foot or body



Check to the Head includes the neck



Self-starting when it is not an option is a false start

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Minor Fouls

Rule 9-1b; Page 52

Covering:

- Covering occurs when a player's foot, body or crosse prevents an opponent from playing the ball







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Major Fouls

Rule 10-1c; Page 55

Check to Head (Mandatory Card):

- No player's crosse may hit or cause her opponent's crosse to hit the opponent's head or neck

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Major Fouls

Rule 10-1j; Page 56

False Start:

- Before the whistle, step or make any movement simulating the beginning of play designed to gain an advantage over one's opponent
- Entering Penalty Zone or Penalty Lane after "Ready" and before whistle


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Major Fouls

Rule 10-1j; Page 56

False Start:

- Self-start when self-start not an option
 - Game clock is stopped
 - Restraining line violation
 - Foul in the critical scoring area, including 3-seconds
 - GK boundary restart when in her circle
 - Alternate possession
 - Inadvertent whistle
 - Goal is scored



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Major Fouls

Rule 10-1PEN 4; Page 58

- For major foul by a defense player within 8M of the goal circle above the goal line extended:
 - Defending players are entitled to the adjacent hash marks

Note: With free movement, any defending player, other than the player who fouled, may take an adjacent hash

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Major Fouls

Rule 10-1PEN 5; Page 58

- For 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
- All players' bodies and crosses must clear the penalty lane

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Major Fouls

Rule 10-1PEN 5; Page 58

Major Foul between 8m and 12m

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Points of Emphasis

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Starts and Restarts

Delay of Game:
Managing the Defense

Repeated Fouls

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Starts/Restarts

- Be very proactive with all whistle starts
- Hold to advantage when appropriate
- Reset self-starts that are outside of playing distance
- If whistle start is required and a player self-starts, a false start penalty will be administered







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Delay of Game

- Officials need to manage delays
- Step in early and warn
- Use delay of game cards
 - Green card team
 - Green/Yellow player (2 min. out)
 - Yellow Misconduct (2 min. out, team/player card count)

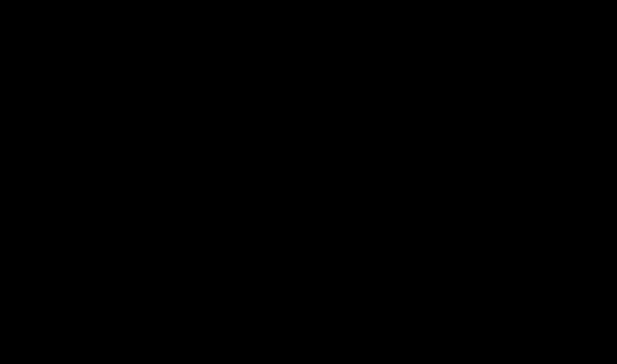





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Delay of Game






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Repeated Fouls

- **These fouls:**
 - Disrupt the flow of play.
 - May result in dangerous play.
 - Place players at risk.
- Repeated fouls are a safety concern that requires our attention.




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Repeated Fouls

- **Officials should consider:**
 - Is it the same team, same player or same target?
 - Is it a means to let defense get down field??
 - Is it a means to delay play, kill a penalty or allow clock to run?
- **If so:**
 - Utilize warnings to change players behavior
 - Administer cards when appropriate



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Repeated Fouls



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Rules Interpretations

Rules Interpreters


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 Beau Rugg - brugg@ohsaa.org
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OHSAA Policies



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OHSAA Contacts

Beau Rugg:
Assistant Commissioner, Director of Officiating

Tyler Brooks: Program Coordinator
Ben Ferree: Official's Registrar
Lissa Fickert: Director of Officiating Development

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OHSAA Girls Lacrosse Regulations

- <http://ohsaa.org/sports/glacrosse>

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OHSAA Safety Policies: Inclement Weather (see NFHS Rule Book page 106)

- ▶ Any lightning seen or thunder heard – evacuate the field and take cover*
 - 30 minute rule*
 - Record all necessary game information.
- ▶ * At night under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue. 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.

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OHSAA Safety Policies: Inclement Weather

- ▶ When lightning–detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play. Never depend on this technology. Thunder heard and lightning seen takes precedence.
- ▶ Halftime may be shortened/eliminated
- ▶ All players & coaches must be off the field during the suspension

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OHSAA Safety Policies: Inclement Weather



- ▶ Officials will do what they always have done. If they (or any game administrator) see lightning, stop the contest.
- ▶ The Administrators, coaches and officials should come together and determine if it is safe to continue.
- ▶ Remember, you may not continue if thunder is heard!

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OHSAA Safety Policies: Inclement Weather



- ▶ Game Administration, coaches and officials must work together on inclement weather issues.

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Championship Games

Ohio Wesleyan University
Saturday, June 6, 2020

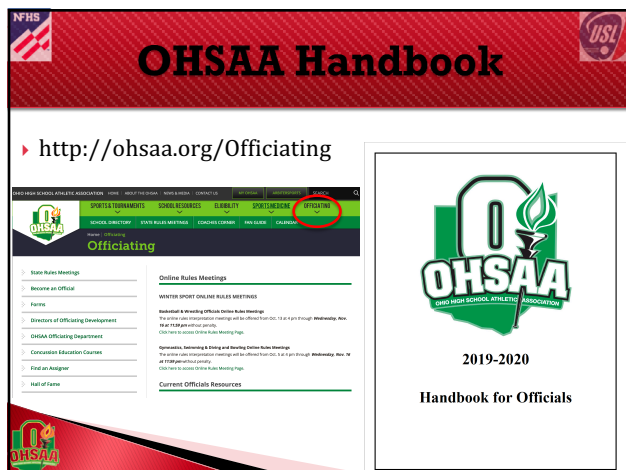


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OHSAA Officials Policies and MyOHSAA



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