2020 GIRLS HIGH SCHOOL RULES
Jeffrey Grose
## NFHS/USL Rules Committee

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Resources

2020 Girls’ High School Lacrosse Rules Interpretation

WOMEN’S GAME OFFICIALS TRAINING MANUAL

2020 Girls’ Youth Rules
Barb Martinichio

A quick reference for free movement:

The new rules for 2020 allow for free movement by players on a whistle or stoppage of play. Players are not required to stand when an official blows a whistle except in certain instances for players who are faulted, caused the foul or are associated with the foul.

Q: Where may players reposition after the free movement? A: Players not part of the penalty administration may move anywhere on the field as long as they:
1. Move 4 meters away from the player taking the free movement.
2. Move 2 meters away from the ball carrier bringing a ball into the field from out of bounds.
3. Are not close to corner walls, nets or in the goal circle.

Q: Where does the play move in the OI for an 8-meter free position? A: Players must clear the penalty box but they do not need to take the known routes. Additionally, the defending team is allowed to block one defender on each of the adjacent hashes to the ball carrier.

Q: In what instances must a player stand? A: A player who is foul, when self-control is not allowed, must stand for the free position.
1. A player who is legal and is moved 6 meters behind or away from the ball carrier on a caution.
2. An officials violation, the player is directed to stand behind the player with the ball in administration of the offensive penalty, must stand.

Q: Are players required to stand when a free position is awarded and self-control is not an option? A: The player awarded the ball and the defending 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 clear from the spirit of the free position.

Q: Is the player who commits a foul required to stand when a free position is awarded and self-control is an option? A: Yes, the offending player must move 4 meters away from the ball carrier and stand until play commences. The offending player may engage in play as soon as the ball carrier commences play. If the ball carrier self-starts while the offending player is moving 6 meters away, the offending player may engage in play as soon as the ball carrier commence play.

Q: May players substitute on or off fields during stoppage of play? A: Yes, except the player fouled and two offenders. The rules for illegal substitutions still apply.
NFHS Rules Book

2020 NFHS Rules Book for Girls Lacrosse available at:

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

E-books are available for purchase at:

• www.nfhs.org/ebooks/
• Via NFHS app
2020 Rules Interpretation Video

Available at:
• www.uslacrosse.org/rules/girls-rules
2020 Women’s Game
Officials Training Manual
Available at:
• www.uslacrosse.org/officials/officials-resources
Supplemental Rules

Information

Available at:

• www.uslacrosse.org/rules/girls-rules
Rules Interpretation
Questions

Email: girlsrules@uslacrosse.org

• Indicate “level of play” for the question.
• Identify the applicable Rule number and Rules Book pages.
2020
Points of Emphasis
Starts and Restarts

POE focuses on starts and restarts during this second year of self-starts.

• Officials should not disadvantage the ball carrier by unnecessarily resetting play on a self-start.

• Players must recognize the call being made and self-start within playing distance of the foul.

• If a whistle start is required and a player self-starts, a false start penalty will be administered.
Delay of Game – Self-Start

POE focuses on delay of game outside the CSA.

• Players shall be penalized when they repeatedly:
  - Attempt to self-start beyond playing distance.
  - Fail to stand when required.
  - Fail to move when directed.
  - Encroach on ball carrier prior to play commencing.

• Officials are encouraged to manage delays with a warning and use of delay of game.
Repeated Fouls

POE focuses on limiting repetitive fouls and managing illegal play especially with the introduction of free movement.

- **Repeated fouls:**
  - Disrupt flow of play.
  - May result in dangerous play.
  - Place players at risk.

- **Officials should:**
  - Be aware of situations when teams and players continually foul.
  - Utilize warnings to change players’ behavior.
  - Administer cards when appropriate.
2020 High School Rule Changes
Stick Check Procedure

Rules 2-2-5e and 2-4-3c:

- Check stick to confirm the ball rolls out of back of pocket when placed in upper third of the head at its widest part and the stick and head are tilted 90 degrees.
Personal Equipment

Rule 2-7-2:

• All eyewear on the playing field must be SEI certified and will be listed on the SEI website.

• https://seinet.org
Personal Equipment

Rule 2-7-4:

- Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

- No adornments or accessories allowed such as:
  - Face shields
  - Mohawks
  - Go Pro Cameras

- Paint, decals and tape are permitted.
Electronic Equipment

Rule 2-8-4:

• Electronic devices, video replay or television monitoring equipment shall not be used for any review of an official’s decision.
Possession Time Out

Rule 4-3-3:

When a possession time out is called:

• **Play will resume at the spot of the ball.**
  ✔ Unless the ball is in the CSA.

• **When the ball is in the CSA, play will resume at the closest dot.**
  ✔ Unless time out has been called prior to administration of a free position, then play will resume with administration of the free position.

• Substitutions will be permitted with the exception of a player being awarded the ball for a free position and the offender.
Possession Time Out

Player Positioning:

*When a possession time out is called:*

- Players may move freely on the field when returning after the time out except for a player being awarded the ball for a free position and the offender.
- Players may not be closer than 4M to the ball carrier unless it is a boundary ball restart.
- If play is resume at a boundary line with a boundary ball, then defensive players shall provide 2M of clear space from the spot where the player steps onto the field from out of bounds.
- If play is restarted with a free position, player positioning for administration of the foul shall apply.
Substitutions

Rule 4-7:

Previous substitution rules that are unchanged:

• All substitutions must be through substitution area.
• Substitute may not enter field during play until player she is replacing has entered the substitution area.
• After a goal, substituting players may immediately enter the game.
• No substitutions allowed:
  ✓ After official’s hand on sticks for the draw.
  ✓ During a re-draw.
  ✓ During injury time out except for replacing injured player.
  ✓ During misconduct time out.
Substitutions

Rules 4-3 and 4-7:

New substitution rules:

• 4-3-3-c: Substitutions will be permitted during a possession time-out except for the player being awarded the ball and the offender.

• 4-7-4 Situation: A player running toward the substitution area when the whistle blows does not have to stop. She may continue to complete the substitution.
Starting and Restarting Play

Rule 5:

• Rules have changed so the ball is no longer “dead” when the official blows whistle and all players are no longer required to “stand”.

• New rules allow free movement of players.
Starting and Restarting Play

Free Movement When Play is Outside the CSA:

- 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.
  - Give ball carrier at least 2M of free space (stick and feet) where she steps onto field from out of bounds.

- Goalkeeper may move back to goal circle if she is not involved in a free position, there is not an illegal deputy foul, or she is not bringing a ball in from out of bounds from a position at the boundary line.
Starting and Restarting Play

Free Movement When Play is Within the CSA:

• Players not involved in a free position may move freely on the field and within the CSA during a whistle or stoppage of play except they shall:
  ✓ Move 4M away from player taking a free position.
  ✓ Give ball carrier at least 2M of free space (stick and feet) where she steps onto field from out of bounds.
  ✓ Clear the penalty zone or penalty lane when applicable.
  ✓ A defensive player is entitled to each hash mark adjacent to 8M free positions.

• Goalkeeper may move back to goal circle if she is not involved in a free position, there is not an illegal deputy foul, or she is not bringing a ball in from out of bounds from a position at the boundary line.
Starting Play - Draw

Rule 5-2-2:

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

Rule 5-2-2 Note:

- Players may not enter the field after official’s hand is on the sticks for the draw.
- Violation of this rule is:
  - Minor Foul
  - Early Entry on Draw
Boundaries

Resuming Play - Rule 6-3-1:

- When a ball goes out of bounds:
  - 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 at least 2M of free space (stick and feet) from where she steps inbounds.
Boundaries

Resuming Play - Rule 6-3-1:

- When the ball goes out of bounds, the player bringing ball inbounds:
  - May self-start from out of bounds.
    - She is not required to come to a stop before commencing the self-start from out of bounds.
    - She may not pass from out of bounds.
  - May step in bounds and self-start from a settled stance within 2M of where she entered the field.
  - May step in bounds and wait for a whistle start within 2M of where she entered the field.
Boundaries

Resuming Play:

Boundary Self-Start from Out-of-Bounds:

- Ball carrier enters the field and continues play without pausing or stopping.

✓ Defense may engage in play with the ball carrier when she has moved on the field more than 2M from where she entered the field.
Boundaries

Resuming Play:

Boundary Self-Start on the Field:

- Ball carrier enters the field and pauses within 2M from where she entered the field, then restarts play; she has self-started:
  - Defense may engage in play with the ball carrier when she steps or passes after pausing.
Boundaries

Resuming Play:
Boundary Whistle Start on the Field:

- Ball carrier enters the field and stops within 2M from where she entered the field and waits for a whistle start:
  - Defense may engage in play with the ball carrier when the whistle is blown.
Boundaries

Resuming Play:

- If the defense engages the ball carrier before allowed on a boundary ball:
  - Official shall direct player positioning.
  - Ball carrier may self-start, if self-start is allowed, or wait for a whistle start.

- A delay of game card may be given for repeated violations.
Boundaries

Resuming Play - Rule 6-3-2:

• When a shot or deflected shot goes out of bounds the player whose body or crosse is inbounds and nearest the ball when it crosses the boundary will gain possession.

✓ Ball carrier shall bring ball inbounds according to the boundary rules.
Minor Fouls

Rule 9-1b - Covering:

- Cover a ground ball with her foot, body or crosse preventing an opponent from playing the ball.
Minor Fouls

Rule 9-1c.1 – Delay of Game:

- Failure to stand when a player is required to stand excluding the false start penalty for an illegal self-start.
Minor Fouls

Rule 9-1-d.2 – Early Entry on the Draw:

- Enter the field after the official’s hand is on the sticks for the draw.
Minor Fouls

Rule 9-1-I – Improper Equipment

• In 2019, an equipment rule was added requiring all headgear to be properly worn and securely fixed with a chinstrap.

• In 2020, a rule added to clarify a minor foul for Improper Equipment occurs for a failure to properly wear headgear.
Major Fouls

Rule 10-1c – 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.
Major Fouls

Rule 10-1j – False Start:

• New rule states a False Start occurs when players self-start when self-start is not an option.

• Self-start is not an option when:
  ✓ Game clock is stopped;
  ✓ Offside foul;
  ✓ Foul in the CSA;
  ✓ Alternating possession;
  ✓ Inadvertent whistle; or
  ✓ Goal is scored.
Major Fouls

Rule 10-1 Penalties 4e:

• For major foul by a defense player within 8M of the goal circle above the goal line extended:

  ✓ Defending players are entitled the adjacent hash marks.

• With free movement, any defending player, other than the player who fouled, is entitled to an adjacent hash mark.
Major Fouls

Rule 10-1 Penalties 5:

• For major foul by a defense player between the 8-meter arc and 12-meter 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.
Editorial Changes

• Editorial changes have been made to the 2020 Rules Book that modify terminology but do not change the rules.

• Two most noticeable editorial changes:
  ✓ Rule 8: “Restraining Line” foul changed to “Offside” foul.
  ✓ Rule 10-1w: “Obstruction of the Free Space to Goal” foul changed to “Shooting Space” foul.
QUESTIONS
THANK YOU!