

JANUARY 14-16, 2022



2022 GIRLS' LACROSSE RULES AND Q&A SESSION

JEFFREY GROSE





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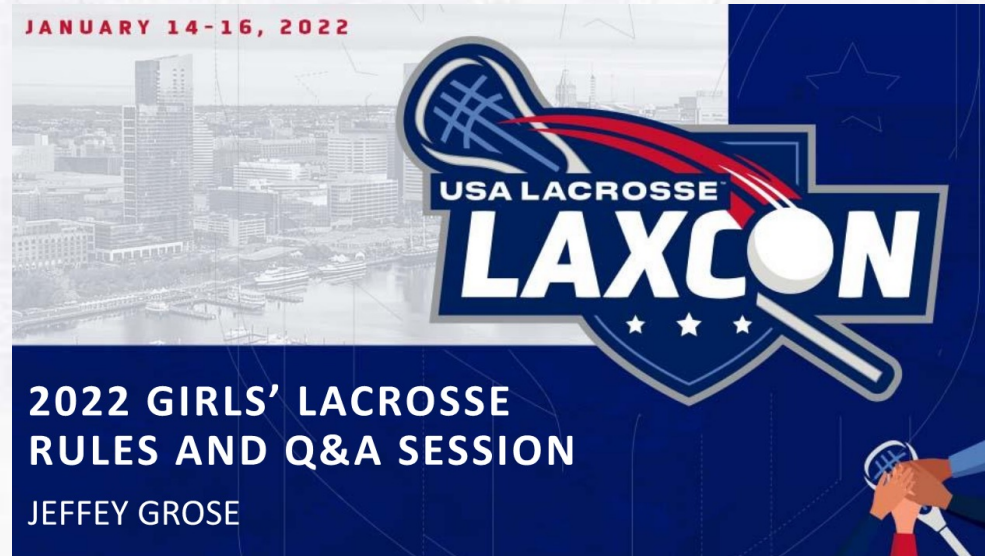
RULES RESOURCES



[USALACROSSE.COM/LAXCON](https://www.usalacrosse.com/laxcon)



RULE RESOURCES



**NFHS GIRLS LACROSSE
RULES INTERPRETATIONS**





RULE RESOURCES

2022 GIRLS LACROSSE RULES BOOK

- **USA Lacrosse:** <https://shop.usalacrosse.com/collections/rule-books>
- **NFHS:** <https://www.nfhs.org/activities-sports/lacrosse-girls/>

2022 GIRLS LACROSSE RULES AND Q&A SESSION

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

NFHS GIRLS LACROSSE RULES INTERPRETATIONS

- <https://www.nfhs.org/activities-sports/lacrosse-girls/>



POINTS OF EMPHASIS



USALACROSSE.COM/LAXCON



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, game administrators and spectators are expected to demonstrate good sportsmanship.
- Officials should use effective communications and game management to discourage poor sportsmanship.
- Misconduct penalties should be considered when necessary to hold individuals responsible for unsportsmanlike conduct.
- Sportsmanship is a team effort that includes everyone at the event.





POINTS OF EMPHASIS

ROUGH AND DANGEROUS PLAY

- This continues to be 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 affects 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.
 - Consistently recognize and administer penalties for repetitive fouls.





POINTS OF EMPHASIS

SHOOTING SPACE

- Shooting space is one of the most difficult rules to understand in girls' lacrosse.
- Official must know and apply the criteria for a shooting space violation.
 - Ball must be in the Critical Scoring Area, above the goal line extended.
 - Ball carrier must have the opportunity to shoot.
 - Defender must be within the free space between the ball carrier and goal circle.
 - Defender is not within a stick's length of an offensive player.
- Attacking player is responsible for not shooting if there is a shooting space violation.
- Shooting space is an immediate whistle.



2022 RULE CHANGES



[USALACROSSE.COM/LAXCON](https://www.usalacrosse.com/laxcon)



RULE CHANGE

SCORER'S / TIMER'S TABLE (1-1-4 h)

- It is recommended that an additional clock at the scorer's/timer's table be used for time-outs.
- A portable horn or access to the game clock/horn shall be available at the scorer's/timer's table.





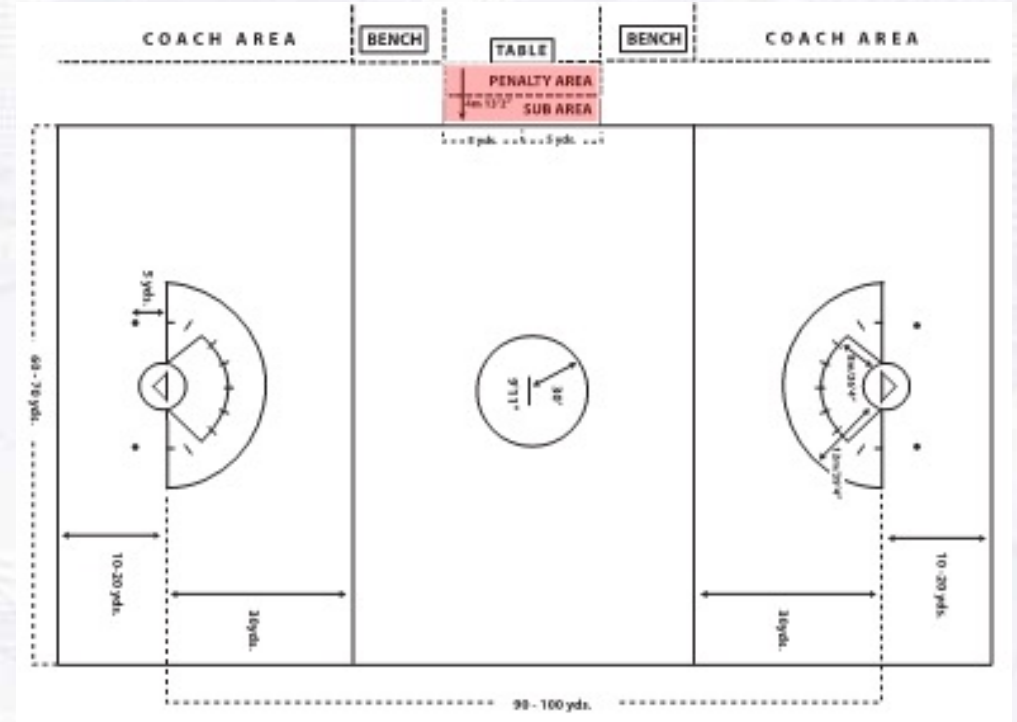
RULE CHANGE

SUBSTITUTION AREA

(1-1-4 i)

- The substitution area...will be sectioned off by two hash marks...or may be marked with cones.

(New rule underlined.)





RULE CHANGE

GOALKEEPER EQUIPMENT

(2-6-1)

- Paint, decals or tape are the only adornments permitted to be added to the helmet.
- A goalkeeper may wear:
 - Shin protection that complies with padding requirements not to exceed 1 inch in thickness.
 - A clear, molded and non-rigid eye shield.
 - Eyeglasses, either tinted or clear.
 - Tinted eyewear may be worn under a legal eye shield.
- Rule Application 2.6.1 SITUATION C:
 - Goalkeeper is wearing sunglasses under helmet – legal.





RULE CHANGE

GOALKEEPER EQUIPMENT (2-6-1)

- As required under the rules for 2021:
 - Chest protectors, designed for lacrosse, must meet the NOCSAE ND200 lacrosse standard at time of manufacture.
 - No change to this requirement in 2022.
- As requested in 2021, officials shall continue to ask during pregame meetings with coaches and captains that:

"Coach, do you certify that all of your teams' equipment is legal under the rules, including a legal goalkeeper chest protector?"





RULE CHANGE

PERSONAL EQUIPMENT

(2-7-3)

- Players may wear face masks that are soft and non-abrasive.
- Protective molded face masks are not permitted.





RULE CHANGE

PERSONAL EQUIPMENT

(2-7-5)

- Jewelry shall not be worn by players.
 - Medic-alert medals are not considered jewelry and shall be taped to the body and the alert may be visible.
 - Close-fitting cloth sweatbands, hair ties, and other soft, non-rigid materials may be worn on the arm.
 - Barrettes and other hair adornments that are securely fastened are legal as long as they do not endanger other players.

(New text underlined)

- Rule Application 2.7.5 SITUATION:
 - Player is wearing hair tie on wrist – legal.





RULE CHANGE

PERSONAL EQUIPMENT

(2-7-7)

- **Head coverings may be worn for religious or cosmetic reasons.**
 - **Must be made of non-abrasive and soft materials.**
 - **Must fit securely.**
 - **Head coverings worn for medical reasons require state association approval.**



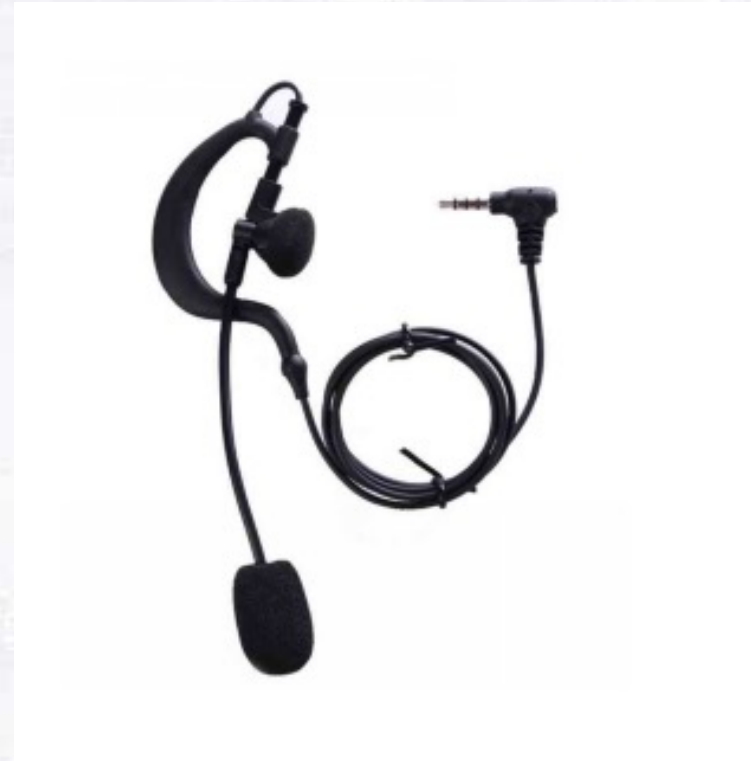


RULE CHANGE

ELECTRONIC EQUIPMENT

(2-8-5)

- Officials may use personal audible wireless communication devices for officiating purposes during the game.





RULE CHANGE

TIMER

(3-7-2 f)

- **Timer shall stop the clock during the last two minutes of each half of the game when there is a foul in the critical scoring area unless there is a 10 or more goal differential.**
 - **The 2022 Rules Book does not require the clock to stop on every whistle during the last two minutes of each half.**





RULE CHANGE

DURATION OF PLAY

(4-1-2, 4-1-3)

- The clock shall be stopped during the last two minutes of each half when a foul is called in the critical scoring area unless a team is leading by 10 or more goals.
- Rule Application 4.1.2 SITUATION:
 - Timer does not stop clock for foul in critical scoring area with 2:03 seconds on the clock while play resumes at 1:57 seconds – correct procedure.

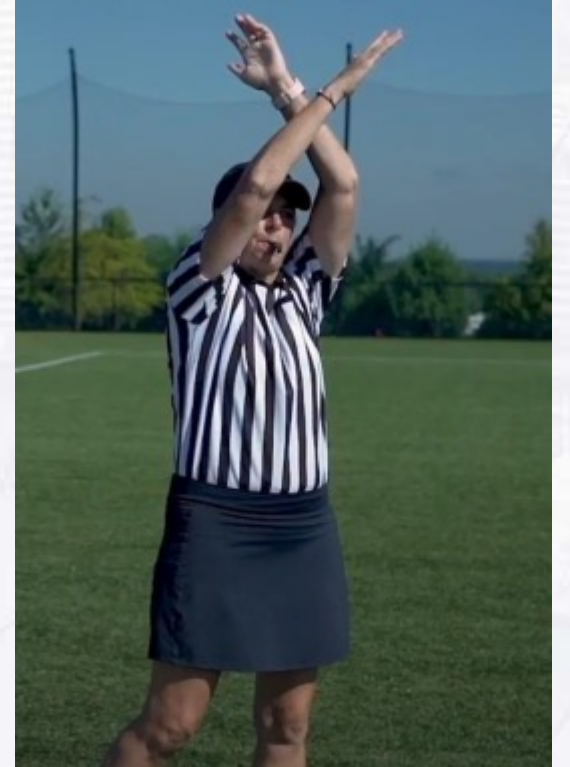




RULE CHANGE

OFFICIAL TIME-OUTS (4-2-2)

- New rules require time-out to be taken for:
 - offside,
 - inadvertent whistle,
 - alternate possession, and
 - a foul in the critical scoring area during the last two minutes of each half (unless there is a 10-goal differential).
- Existing rules continue to require time-out to be taken for:
 - illness,
 - accident or injury,
 - issuance of a card,
 - to check a crosse, and
 - redraw (unless there is a 10-goal differential).





RULE CHANGE

TEAM TIME-OUTS

(4-3 d-g)

- If a possession time-out is called:
 - Play will start on the closest dot when the ball is in the critical scoring area,
 - unless the goalkeeper has possession of the ball in the goal circle, or
 - when play will resume with a free position.
 - When the goalkeeper has possession in the goal circle:
 - play will start in the goal circle, and
 - the 10-second count will continue from the point of interruption to restart play.
 - When play resumes with a free position, the play will restart at the location of the free position.
 - No player is permitted within 4 meters of the player with the ball when play resumes.





RULE CHANGE

OVERTIME PROCEDURES

(4-6)

- During overtime play, the clock stops on official time-outs and for fouls in the critical scoring area.
 - The 2022 Rules Book does not require the clock to stop on every whistle during overtime.





RULE CHANGE

SUBSTITUTIONS

(4-7-5 a-b)

- After a goal...officials will ensure there are no more than 12 players on the field from each team before the game restarts.
- Players or coaches are not permitted in the substitution area except players waiting to immediately enter the game or a player or coach imminently exchanging a crosse with a player on the field.

(New rules underlined.)





RULE CHANGE

SUBSTITUTIONS

(4-2-3, 4-7)

- The new rules no longer prohibit substitutions during:
 - Injury time-out.
 - This allows players in addition to the injured player to substitute.
 - Misconduct time-out.
 - Except the player awarded the ball may not substitute.
 - Player suspension or ejection.
 - Except the player awarded ball may not substitute.
 - Redraw.





RULE CHANGE

SUBSTITUTIONS

(4-7)

- Substitutions are now allowed:
 - During play.
 - After goals.
 - After half-time and overtime periods.
 - During possession time-outs.
 - During time-outs.
 - During player suspension or ejection.
 - During redraw.
- (New rules underlined.)





RULE CHANGE

SUBSTITUTIONS

(4-7 SITUATION)

- **Rule Application 4.7.4 SITUATION B:**
 - A White team player is injured, and an injury time-out is called.
 - Blue team coach substitutes a player.
 - Legal.
 - Substitutions legal during injury time-out.





RULE CHANGE

STARTING PLAY - DRAW

(4-8 PENALTIES, 5-2 PENALTIES, 5-3 e.3, 10-1 PENALTIES 9 and 11)

- When starting play at the centerline at beginning of the half, beginning of overtime, and after goals:
 - Player positioning for the draw only applies when play is started by two players engaging in a draw.
 - Player positioning for the draw does not apply when play starts at the centerline with:
 - A free position.
 - Alternate possession.





RULE CHANGE

STARTING PLAY - DRAW

(4-8 PENALTIES, 5-2 PENALTIES, 5-3 e.3, 10-1 PENALTIES 10 and 11)

- **When play starts at the centerline with a free position or alternate position:**
 - **Player positioning for the draw shall not apply.**
 - **No player or player's crosse is permitted within 4 meters of the player taking the free position or alternate position.**
 - **When play restarts with a free position, the offending player shall:**
 - **Stand 4M away for a minor foul, or**
 - **Stand 4M behind for a major foul unless the offending player received a card and is serving penalty time.**
 - **Play shall commence on the official's whistle.**





RULE CHANGE

STARTING PLAY - DRAW

(4-8 PENALTIES)

- **Penalty Application 4-8 PENALTIES 2:**
 - **Illegal substitute discovered on the attacking team after goal scored and before play restarted.**
 - **Goal does not count and illegal substitute removed.**
 - **Play resumes with free position at center by opposing team.**
 - **Player positioning for draw does not apply.**
 - **No players within 4 meters of free position.**
 - **No offending player placed 4 meters away.**
 - **Play commences on official's whistle.**





RULE CHANGE

STARTING PLAY - DRAW (4-8 PENALTIES)

- **Penalty Application 4-8 PENALTIES 3:**
 - Goal scored with illegal crosse that is discovered before play is restarted.
 - Goal does not count, play resumes with free position at center by opposing team.
 - Player positioning for draw does not apply.
 - No players within 4 meters of free position.
 - Offending player placed 4 meters away.
 - Play commences on official's whistle.





RULE CHANGE

STARTING PLAY - DRAW

(4-8 PENALTIES)

- **Penalty Application 4-8 PENALTIES 4:**
 - **Goal is scored and before play restarted an attack team member other than shooter is found with illegal crosse.**
 - **Goal stands and play resumes with free position at center by opposing team.**
 - **Player positioning for draw does not apply.**
 - **No players within 4 meters of free position.**
 - **Offending player placed 4 meters away.**
 - **Play commences on official's whistle.**





RULE CHANGE

STARTING PLAY - DRAW (5-2 PEN SITUATIONS)

- **Rule Application 5.2 PEN SITUATION B:**
 - Two centers in position for the draw, official backs out and blows whistle.
 - One center fails to draw up and commits illegal draw.
 - Official blows whistle for the foul and awards free position to non-offending player.
 - Player positioning for draw does not apply.
 - No players within 4 meters of free position.
 - Offending player moves 4 meters away.
 - Self-start permitted.





RULE CHANGE

STARTING PLAY - DRAW (5-2 PEN SITUATIONS)

- **Rule Application 5.2 PEN SITUATION D:**
 - **During draw, one center moves after official says “ready” and before official blows whistle.**
 - **Player commits illegal draw.**
 - **Official blows whistle to indicate an illegal draw and awards free position to non-offending player at center line.**
 - **Player positioning for draw does not apply.**
 - **No players within 4 meters of free position.**
 - **Offending player placed 4 meters away.**
 - **Play resumes on official’s whistle.**





RULE CHANGE

RESTARTING PLAY – ALTERNATE POSSESSION (5-5-3)

- The alternate possession shall be taken by the two opponents closest to the foul/incident (except the goalkeeper who may clear into the goal circle unless the goalkeeper fouled.)

(New rule underlined.)

- Prior rules did not allow the goalkeeper to clear back into the goal circle on alternate possession if they:
 - fouled the opponent, or
 - were closest to the incident that stopped play, or
 - were below goal line extended.
- New rule allows goalkeeper to clear back into the goal circle regardless of location of field unless they fouled.





RULE CHANGE

BOUNDARIES – RESUMING PLAY

(6-3-1, 6-3-2)

- To resume play when the ball has gone out of bounds: Any opponent will place the ball in their crosse and shall commence play with a self-start unless the game clock is stopped.
- When a shot or deflected shot on goal goes out of bounds, the team of the player whose body or crosse is inbounds and nearest to the ball when it crosses the boundary will gain possession of the ball.

(New rules underlined.)





RULE CHANGE

BOUNDARIES – RESUMING PLAY

(6-3-1 SITUATION)

- The new rules removed the procedure where the goalkeeper restarts play in the goal circle when they are closest to the ball when it crosses the boundary line and goes out of bounds.
- Rule Application 6.3.1 SITUATION E:
 - Ball goes out of bounds, Blue goalkeeper from opposing team is closest to the ball.
 - A Blue field player restarts play – legal.
 - If goalkeeper restarts play, they must do so relative to the spot where the ball went out of bounds and not restart play from the goal circle.





RULE CHANGE

BOUNDARIES – RESUMING PLAY

(6-3-1 a)

- To resume play when the ball has gone out of bounds:
 - Any opponent...shall commence play with a self-start unless the game clock is stopped.
 - Play begins when the player with the ball steps inbounds relative to the spot where the ball went out of bounds.
 - If the player commences play from out of bound with a pass, the official shall blow the whistle and the opposing team will be awarded possession.

(New rules underlined.)





RULE CHANGE

BOUNDARIES – RESUMING PLAY

(6-3-1 b, c)

- To resume play when the ball has gone out of bounds:
 - When play is resumed, all other players (crosse and feet) shall move at least 2 meters from the restart position and shall not engage the player with the ball until that player self-starts.
 - When the game clock is stopped, the official will bring the player with the ball 2 meters inside the boundary line and play shall commence on the official's whistle. No player may be within 2 meters of the player with the ball.

(New rules underlined.)





RULE CHANGE

BOUNDARIES – RESUMING PLAY (6-3-1 SITUATIONS)

- Rule Application 6.3.1 SITUATION A:
 - Player awarded boundary ball with game clock running.
 - Player comes onto field and continues running down field without breaking stride – legal.
 - Self-start from out of bounds permitted when clock is running.
 - Play resumes with as soon as player steps in bounds.





RULE CHANGE

BOUNDARIES – RESUMING PLAY (6-3-1 SITUATIONS)

- Rule Application 6.3.1 SITUATION B:
 - Player awarded boundary ball with game clock running.
 - Opponents are at least 2 meters from restart position.
 - Opponents immediately engage ball carrier when ball carrier steps onto the field – legal.





RULE CHANGE

BOUNDARIES – RESUMING PLAY (6-3-1 SITUATIONS)

- Rule Applications 6.3.1 SITUATION C:
 - Player awarded boundary ball.
 - Player throws ball to teammate from out of bounds – illegal.
 - Pass from out of bounds is a minor foul and change of possession.
 - Play resumes on the field within 2 meters of boundary line – other players at least 2 meters away.
 - Play commences on official’s whistle.





RULE CHANGE

BOUNDARIES – RESUMING PLAY (6-3-1 SITUATIONS)

- **Rule Applications 6.3.1 SITUATION D:**
 - **Blue player with ball steps on boundary line.**
 - **Official blows whistle and signals direction.**
 - **Blue player drops ball on field.**
 - **Opposing player picks up ball and self-starts within 2 meters of the boundary and relative to the spot where the ball went out of bounds – legal.**
 - **Other players shall move 2 meters from the restart position and not engage ball carrier until that player self-starts.**





RULE CHANGE

GOALKEEPER RULES

(7-2-1 d, 7-2-2)

- The goalkeeper, while inside the goal circle may reach out and bring the ball back into the goal circle provided one foot is inside the goal circle.
- When the goalkeeper is completely outside the goal circle, the goalkeeper loses all goalkeeping privileges.
(New rules underlined.)
 - Not legal for goalkeeper to cover and pull ball back into goal circle if an opposing player is within playing distance and opposing player could have played the ball.
 - This continues to be a minor foul for covering.





RULE CHANGE

RULES AND SITUATIONS – GOAL CIRCLE (7.2.1 SITUATION)

- **Rule Application 7.2.1 SITUATION A:**
 - **Goalkeeper is straddling goal circle and pulls ball back into goal circle – legal.**
 - **One foot must be in the goal circle.**
 - **Foot is considered inside the goal circle if any portion remains inside the plane of the goal circle.**
 - **Plane of the goal circle is the outer edge of the goal circle line (Rule 1-1-4c).**
 - **The rules do not require the foot to be on the ground to be in the goal circle.**





RULE CHANGE

MINOR FOULS

(9-1 d)

- **Early Entry on the Draw:**
 - Prior rules books identified an “early entry on the draw” and an “illegal substitution” as fouls when a player enters the field after the official’s hand is on the sticks for a draw.
 - The new rules have removed the foul designation for “early entry on the draw” when a player enters the field after the official’s hand is on the sticks for a draw.





RULE CHANGE

MINOR FOULS - DRAW (5.2.2 SITUATION)

- Rule Application 5.2.2 SITUATION B:
 - A team has 11 players on field to start the game.
 - A 12th player runs onto the field when the official has their hand on the stick for the draw – illegal.
 - Official calls time-out, removes player and assesses minor foul for illegal substitute.





RULE CHANGE

MINOR FOULS

(9-1 h, 9-1 o)

- **Illegal Exchange of the Crosse:**
 - Failure to exchange a field crosse with a crosse from the bench area without the crosse entering and exiting the field through the substitution area.

- **Play from Out of Bounds:**
 - Pass from out of bounds.





RULE CHANGE

MAJOR FOULS

(10-1 PENALTIES 1 and 5)

- For a false start by the goalkeeper or the deputy, while in the goal circle, the free position will be taken at the closest dot.
 - The goalkeeper may remain in the goal circle.
 - A defensive player is not placed behind the free position.





RULE CHANGE

MAJOR FOULS

(10-1 PENALTIES 9 and 11a)

- When the game starts/restarts with a free position or alternate possession at the center line rather than a draw, player positioning for the draw shall not apply.
- Any foul during the act of shooting or after the goal has scored will result in a free position at the center to restart play. Player positioning for the draw shall not apply.





RULE CHANGE

MAJOR FOULS (10-1 PENALTIES)

▪ Rule Application 10.1 PEN SITUATION A:

- A player scores then pushes an opponent while moving up the field toward the center circle.
 - Goal counts because the foul occurred after the goal was scored.
 - The opposing team restarts play with free position at center of field.
 - Player positioning for the draw shall not apply.
 - Offending player placed 4 meters behind.
 - Play commences on the official's whistle.



2022 MAJOR EDITORIAL CHANGES



[USALACROSSE.COM/LAXCON](https://uslacrosse.com/laxcon)



EDITORIAL CHANGE

RESTARTING PLAY – SELF START

(5-4-4)

- If a player self-starts when self-starts are not permitted, this is a false start. The opponent shall be awarded the ball and start play on a whistle.

(Added rule language underlined.)

- A self-start when not permitted is major foul that was previously identified in the 2020 Rules Book.
- This language has been added to align Rule 5 with false start definition listed under Rule 10-1 Major Fouls.





EDITORIAL CHANGE

MANUFACTURER'S SPECIFICATIONS (Former APPENDIX B)

- **Manufacturer's specifications for equipment have been removed from the 2022 Rules Book.**
 - This removes guidance for the manufacture of equipment.
 - Equipment related rules that are essential for administration of the game are included in Rule 2 of the 2022 Rules Book.

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2020 NFHS Girls Lacrosse Rules

Appendix B

APPENDIX B MANUFACTURER'S SPECIFICATIONS

~~SECTION 1.~~ The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from the front and back of the pocket of a crosse without an excessively forceful check. A crosse may be deemed illegal even though it meets all technical specifications if its design is a clear attempt to circumvent the intent of the rules.

~~SECTION 2.~~ The head of the crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut and any other synthetic material. The handle of the crosse shall be constructed of wood, metal alloy or other composite material. The head of the stick shall be affixed securely to the handle in such a way that it shall basically be in the same plane as the handle. An exception is that a handle may deviate up to, but not more than, 10 degrees from straight for the last part of the shaft that is within 6.5 cm from the ball stop when the handle is mounted in the head. The end of all handles shall have an end cap, be taped or be sanded smooth if wood or solid composite material. The crosse shall not have sharp or protruding edges, and shall not be dangerous to players in any way. US Lacrosse approved heads may not be altered. Prohibited alterations to heads include, but are not limited to: baking, drilling additional holes, breaking and/or reconstructing with adhesive material, stretching, pinching and shaving.

~~SECTION 3.~~ The overall length of the crosse shall be 90 cm minimum to 110 cm maximum. End caps are included when measuring the overall length of a crosse.

~~SECTION 4.~~ To determine crosse compliance with the linear measurement specifications in US Lacrosse Appendix B, all measurements except for overall crosse length shall be made to the nearest 0.01 cm. The permitted deviation from the standard is 0.09 cm.

~~NOTE:~~ If the maximum specified length for a particular measurement is 5.1cm, then a measurement of 5.20 cm is legal, but 5.21 cm is not legal. If the minimum specified length for a particular measurement is 5.1 cm, then a measurement of 5.00 cm is legal, but 4.99 cm is not legal.

~~SECTION 5.~~ The unstrung head and the handle of a field stick must lie within a 6.55 cm horizontal plane. (Diagram 15)

- ~~a.~~ At the bridge or the ball stop, the top edge of the bridge or ball stop must be at least 1.3 cm above the center line of the handle.
- ~~b.~~ The top edge of the sidewall must not be more than 0.6cm below the center line of the handle.
- ~~c.~~ The top edge of the sidewall must not drop below the center line of the handle before 5.7 cm as measured from the center of the bridge or ball stop.

~~NOTES~~

- ~~1.~~ To determine the 6.55 cm horizontal plane of the head, place the stick on a table with the open pocket facing up so that the long axis of the handle is horizontal to the floor. Depending on the shape of the head, it may be necessary to support the handle so it is



**RULE
INTERPRETATIONS
AND
CHANGE PROPOSALS**



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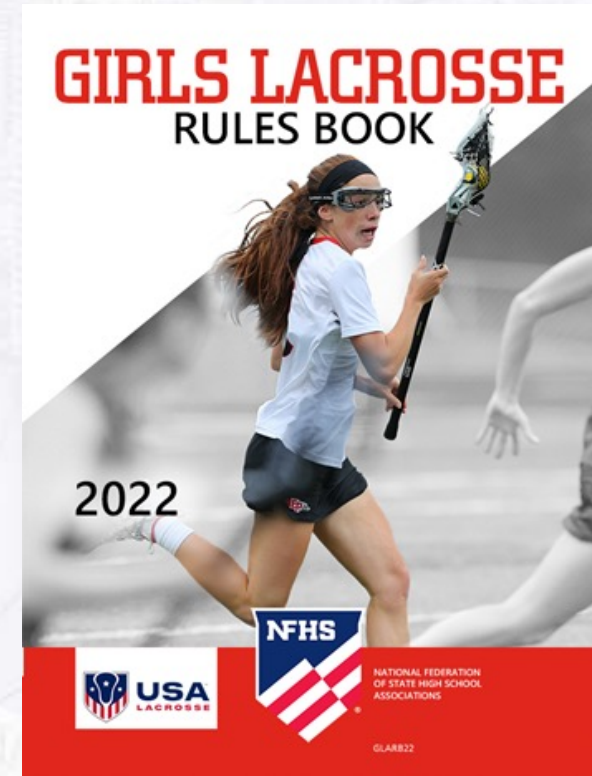
RULE INTERPRETATIONS

RULE QUESTIONS AND INTERPRETATION REQUESTS

- Individuals may submit rule questions and interpretation requests to US Lacrosse at:

girlsrules@usalacrosse.org

- Indicate:
 - Level of play (8U,10U,12U, 14U, HS)
 - Applicable Rules Book page number.
 - Applicable Rule number.





RULE CHANGE PROPOSALS

INTRODUCING RULE CHANGES

APPENDIX C

- Rule change proposals shall be submitted by May 1.
- Proposals may be submitted to:

US Lacrosse:

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

NFHS:

<https://www.nfhs.org/RuleChangeProposal>



**RULES SESSION
BREAK
RETURN FOR Q&A
SESSION**



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2022 GIRLS'
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THANK YOU



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