



2020 NFHS BOYS LACROSSE RULE CHANGES

RULE 1-9-1 – EQUIPMENT CHANGES

- Goalies must have chest protection that meets the NOCSAE ND200 standard and contain the SEI Certified logo by January 1, 2021.
- Field Players must have shoulder pads that meet the NOCSAE N200 and contain the SEI Certified logo by January 1, 2022
- A list of certified products can be found at <https://www.seinet.org/search.htm> and once on the page type "Commotio Cordis Protectors."



RULE 2-7-2F – CBO DUTIES

- Chief Bench Officer (CBO)
- The CBO, if used, shall supervise the timekeeper, penalty timekeepers, scorers, coaches, substitutes, and any other persons within the bench areas, the substitution area, and the penalty box.
- The CBO's duties no longer include validating that there are too few players on the field.



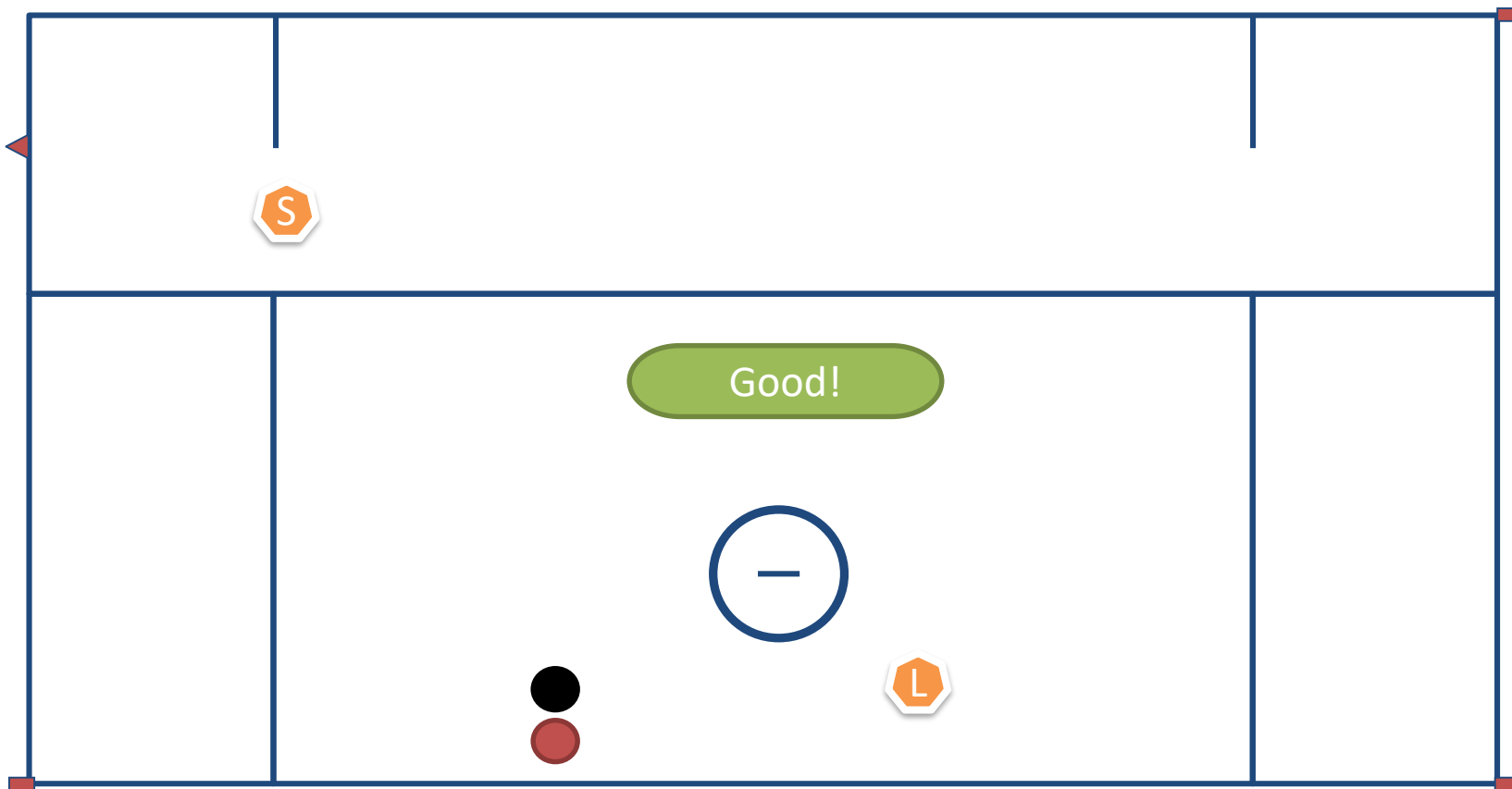
RULE 4-5 (Play of the Ball Definitions)

- Restart – Whenever a player has been awarded the ball for any reason. ~~Under such conditions, no player may take a position closer to him than five yards.~~
- Possession – When a player can perform any of the normal functions of control, such as carrying, cradling, passing or shooting, the player and team have possession.
- Team possession – Combined into above definition for “Possession”.

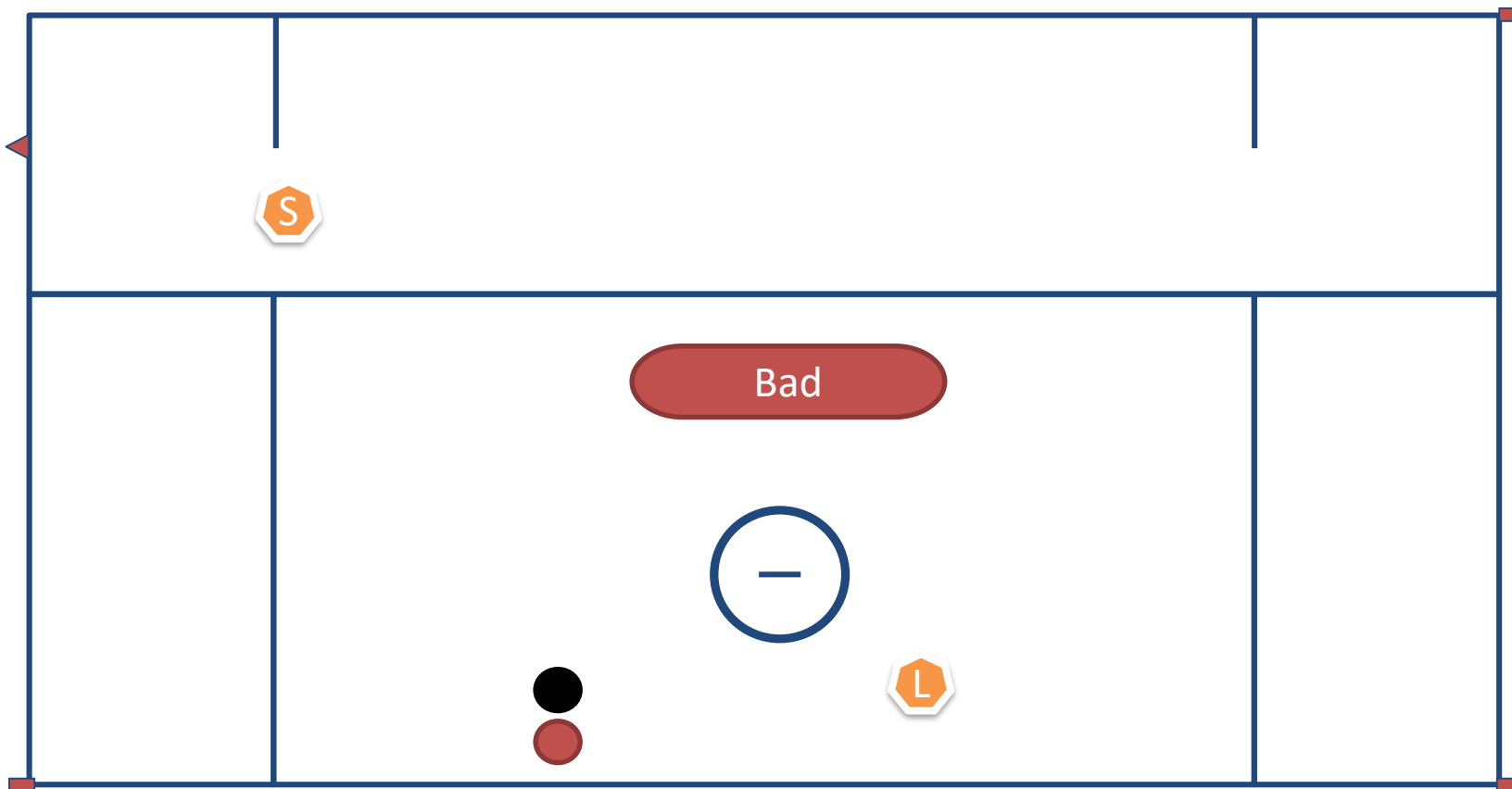
RULE 4-22 RESTARTS

- OFFENSIVE players must be 5 yards from the player restarting with the ball. (No Armadillo or Hidden Ball Plays on a Restart).
- Officials will no longer wait for DEFENSIVE players to position themselves more than 5 yards from the player in possession of the ball when restarting play.
- On All Restarts DEFENSIVE Players MUST
 - Allow the offensive ball carrier a direct path to the goal
 - Not engage the ball carrier until they have established a distance of 5 yards
- Penalty: The penalty for a DEFENSIVE player engaging the ball carrier before a distance of 5 yards has been reached is a technical foul for delay of game.

GOOD RESTART OFF THE ENDBLINE

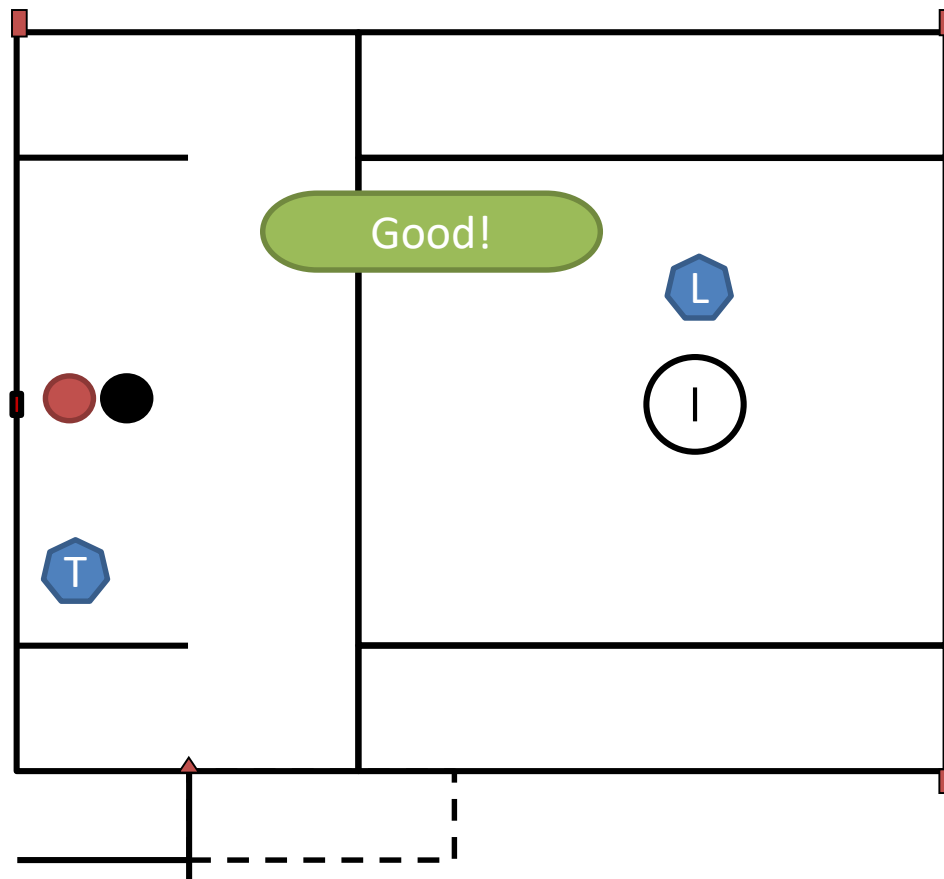


BAD RESTART OFF THE ENDBLINE



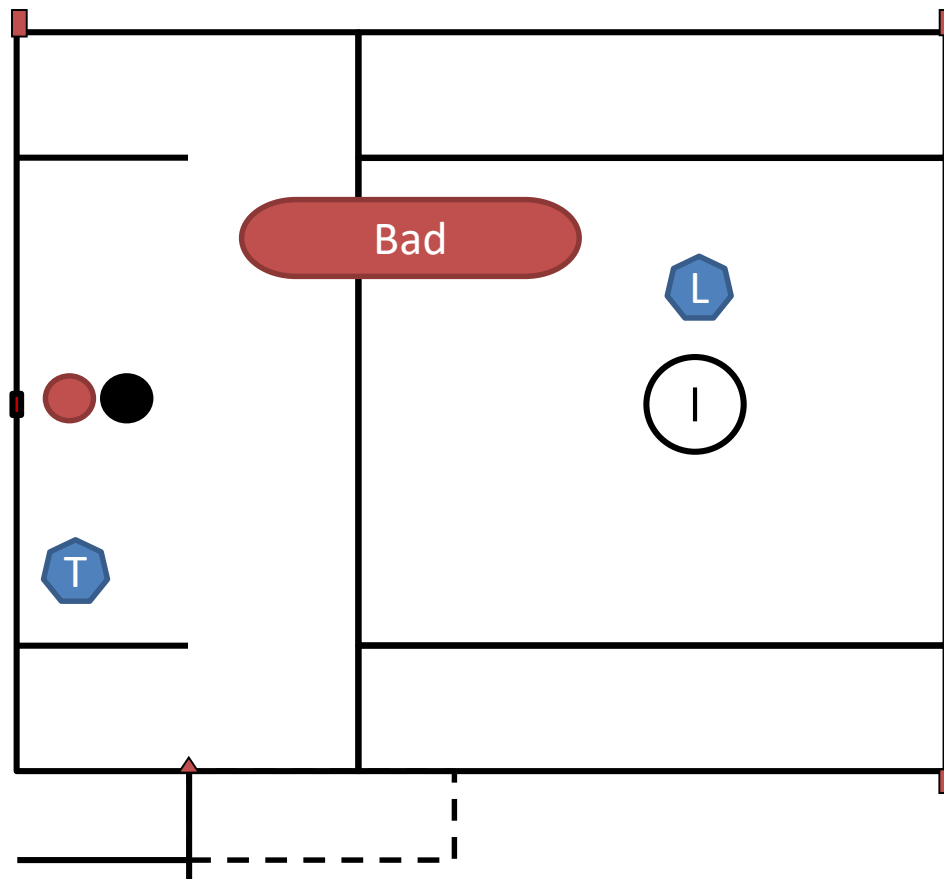
RESTARTS AT MIDFIELD

- When does trouble happens most?
 - Over & Back Violation
 - Restart After a Faceoff Violation



RESTARTS AT MIDFIELD

- When does trouble happens most?
 - Over & Back Violation
 - Restart After a Faceoff Violation



Important Restart Situations

Question 1: What happens if one or more offensive players (teammates) are within 5 yards from the player with the ball and play is restarted?

Answer: Officials should stop play, return the ball and ball carrier to the correct location and properly restart play.

Question 2: If a defensive player is within 5 yards of the ball carrier on a restart but gives the offensive player a clear path to the goal and it is the offensive player that veers into and contacts the defensive player, is it a foul?

Answer : No, since the defensive player gave the offensive player a clear path to the goal and it was the offensive player that created the contact, then there is no penalty. There should be no flag thrown by officials and play should continue as normal.

Question 3: Does the offense get a quick restart when there is a loose-ball technical foul violation in the offensive team's attack area?

Answer: No, after any defensive foul, the offense must take the ball laterally outside the attack area before restarting play. The only time the offense can restart play in the attack area is when a shot goes out on an end line or a timeout is taken after an end line shot.

Question 4: Does the offense get a quick restart when they have possession of the ball and in close proximity to the substitution box?

Answer: No, in this case officials shall ensure that the ball carrier is at least five yards away from the sideline so that a substituting player does not interfere with the ball carrier.

RULE 5-5 – ILLEGAL CROSSE

- ALL Illegal Crosse Penalties are two-minute nonreleasable personal fouls
- The crosse can be corrected for use later in the game and does not stay at the table
- It is the responsibility of the player/coach to ensure that a stick is legal before it returns to play.
- Under no circumstances will a crosse be kept at the table area.



RULE 5-10 & 6-5-2 – THROWING A CROSSE

UNSPORTSMANLIKE

- Throwing a crosse at the ball, at a player, or other game personnel.
- PENALTY: Personal Foul 1, 2, or 3 Minutes, *Non-Releasable.
- *Error in Rulebook on page 64 5-10 e. Foul is **non-releasable**.

TECHNICAL FOUL

- Throw the crosse other than at a ball, other player, or game personnel
- PENALTY: Technical Foul
- Examples:
 - Throwing the crosse at the ground
 - Bad Exchange of a crosse on the sideline.
 - Crosse thrown off the field in disgust

CORRECTIONS FOR THE 2020 NFHS Rulebook

- **Pg. 51 - 4-22 ART. 1 . . .** For all restarts, the game shall resume as quickly as possible and nearest to the spot of the ball when play stopped. All offensive players shall be 5 yards or more away from the player in possession of the ball. On the official's whistle, play restarts.
- **Pg. 64 – 5-10** No player, substitute, nonplaying member of a squad, coach or anyone officially connected with a competing team shall:
 - a. Enter into an argument with an official as to any decision that has been made or in any way attempt to influence the decision of an official.
 - b. Use threatening, profane or obscene language or gestures at any time during the game.
 - c. Bait or call undue attention to oneself, or any other act considered unsportsmanlike by the officials.
 - d. Deliberately use his hand or fingers to play the ball or grab an opponent's crosse with the open hand or fingers on a faceoff.
 - e. Throwing a crosse at the ball, at a player or other game personnel.

PENALTY: Items above are one- to three-minute, non- releasable penalties in all cases.

- **Pg. 65 – 5-11 SITUATION** - A1 receives a ~~three~~ two-minute illegal crosse penalty and a one-minute non-releasable penalty for wearing football shoulder pads during the first quarter. In the second half, A1 receives a two-minute, non-releasable penalty. RULING: A1 has fouled out of the game, but has not been ejected.

2020 POINTS OF EMPHASIS

- Sportsmanship and Conduct
- Player Safety
- Pace of Play
- Future Equipment and Uniform Changes



SPORTSMANSHIP AND CONDUCT

The NFHS Boys Lacrosse Rules Committee advocates for continued commitment by players and coaches to respect the game and each other, on and off the field. Head coaches are asked to monitor and discuss sportsmanship with their players and assistant coaches to ensure the game is held to the highest standard. The committee expects all participants to continue to work together to exhibit good sportsmanship from pregame through postgame.

PLAYER SAFETY

- Continued emphasis is needed regarding player safety rules, particularly contact to the head/neck as well as contact against defenseless or unsuspecting players.
 - Contact to Head/Neck: Shall result in a two- or three-minute non-releasable penalty*
 - Defenseless Player: Player shall not body-check a player in a defenseless position. Hitting a defenseless player will result in a two- to three-minute non-releasable penalty or ejection*
 - Targeting: When a player intentionally takes aim at an opponent's head/neck. Targeting shall result in a three-minute non-releasable penalty or ejection*
 - Targeting a Defenseless Player: Targeting a defenseless player shall result in a three-minute non-releasable penalty or ejection*
- *An excessively violent violation may result in ejection

PACE OF PLAY

A 2019 questionnaire completed by both coaches and officials indicated a concern regarding pace of play. In an effort to address these concerns, the committee took the following steps:

- Officials shall restart play as soon as possible.
- Restarts: Play may restart with defensive player(s) within 5 yards of a player in possession of the ball. However, the defensive player may not play him until a distance of 5 yards has been established. Play will not resume with an offensive player(s) within 5 yards of the ball.
- Particular attention should continue to be given to the definition and application of stalling rules.

FUTURE EQUIPMENT CHANGES

- Effective January 1, 2021, all goalkeepers shall wear chest protectors designed for lacrosse that meet the NOCSAE ND200 standard at the time of manufacture.
- Effective January 1, 2022, all field players shall wear shoulder pads designed for lacrosse that meet the NOCSAE ND200 standard at the time of manufacture.
- Effective January 1, 2022, The Home team will be required to wear WHITE jerseys, and the Away team will be required to wear non-white jerseys.