



2020 NFHS BOYS LACROSSE RULES CHANGES

National Federation of State
High School Associations



Take Part. Get Set For Life.®

National Federation of
State High School Associations (NFHS)

What should this be titled?

- Welcome from the DLOA
- Polar Bear Plunge
- Congratulations to Charter School of Wilmington for receiving our Sportsmanship Award for 2019
- Video-Hudl jpphillylax or email/googledrive dloalax@gmail.com
- Crew Cards/ Survey
- Fan and Bench Behavior

Donate to Team Stripes



<https://www.classy.org/team/252677>

Link to Coaches Survey



<http://tinyurl.com/DLOAFeedba>



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- Facebook [facebook.com/delawareofficials](https://www.facebook.com/delawareofficials)

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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- VISION

- The National Federation of State High School Associations (NFHS) is the national leader for education-based high school athletics and activities, which prepare tomorrow's leaders for the next level of life through innovative programs, healthy participation, achievement, and development of positive relationships.





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- MISSION
 - The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.





HIGH SCHOOL ACTIVITIES

- Athletics
- Performing Arts
- Clubs
- Other





STATE ASSOCIATIONS

- Voluntary membership by schools
- Right to interpret rules
- Independent boards





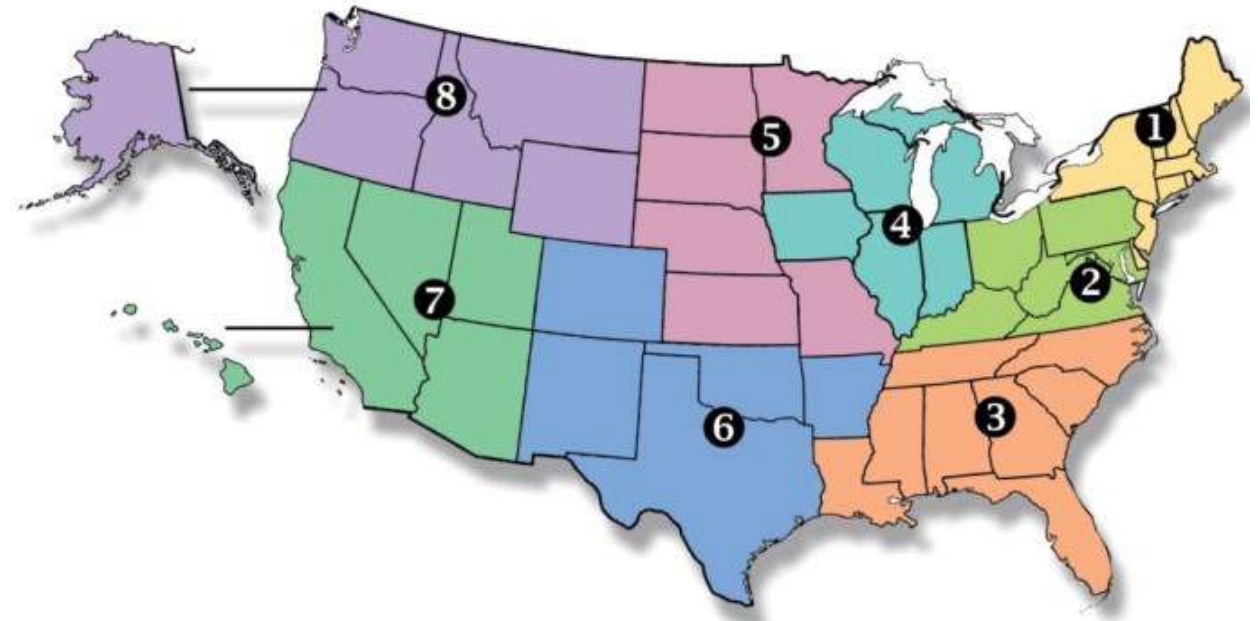
ABOUT THE NFHS





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 51 member state associations.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.





NFHS PLAYING RULES

- Each state high school association adopting these NFHS boys lacrosse rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS boys lacrosse rules should contact the boys lacrosse rules interpreter designated by his or her state high school association.
- The NFHS is the sole and exclusive source of model interpretations of NFHS boys lacrosse rules. State rules interpreters may contact the NFHS for model boys lacrosse rules interpretations. No other model boys lacrosse rules interpretations should be considered.





NFHS PLAYING RULES

Purpose:

1. Minimize risk.
2. Preserve the sound traditions of the sport.
3. Standardize competition.
4. Provide for orderly administration.
5. Simplify training of officials.
6. Permit common records.
7. Provide for evaluating competition.
8. Maintaining balance between offense and defense.

State Associations voluntarily choose to adopt the playing rules written by NFHS Rules Committees.





2020 BOYS LACROSSE RULE CHANGES





US LACROSSE INTERPRETATION VIDEO

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





RULE 1-9-1

- **ART. 1 . . .** Mandatory equipment. Each player shall wear the following pieces of equipment which shall be professionally manufactured and not altered:
 - d. Shoulder pads designed for lacrosse (optional for goalkeepers). Note: Beginning January 1, 2022, field players must wear shoulder pads that incorporate the NOCSAE ND200 lacrosse standard for chest protection at the time of manufacture.
 - j. Goalkeepers may wear:
 - 2. Chest protector designed for lacrosse. Beginning January 1, 2021, goalkeeper chest ~~protector~~ protection designed for lacrosse that meets incorporates the NOCSAE ND200 at the time of manufacture shall be used by all goalkeepers.





RULE 2-7-2F

- **ART. 2...** The CBO shall supervise and have complete jurisdiction over the timekeeper, penalty timekeepers, scorers, coaches, substitutes and any other persons within the bench areas, the substitution area, and the penalty box. The assigned chief bench official also shall be empowered to count crosses when requested and call the following:
 - f. Too many ~~or too few~~ players on the field.





4-5-1, 2, 3, 6, and 7

- ~~ART. 1 . . . 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.~~
- ~~ART. 2 ... Player Possession – When aA player who can perform any of the normal functions of control, such as carrying, cradling, passing or shooting, the player and team have possession.~~
- ~~ART. 3 . . . Team possession – When a player of that team meets the definition in paragraph Art. 2 or Art. 7 of this section.~~
- ~~ART. 43 . . . Loose ball – A ball not in the possession of a player.~~
- ~~ART. 54 . . . Pass – Movement of the ball caused by a player in possession throwing or bouncing the ball to a teammate.~~
- ~~ART. 6 . . . Completed pass – When a pass is caught by a teammate.~~
- ~~ART. 7 . . . Ball in flight – A ball in flight from one teammate to another is a ball in possession if the ball is caught by a teammate.~~





4-22-1, 4, and 5

ART. 1... On all restarts, once the official has signaled determined that the ball is ready for play, the official shall restart play as quickly as possible. All players shall be 5 yards or more away from the player in possession of the ball. Play may be resumed immediately after the ball is signaled ready for play if a player of the team awarded the ball is in position outside the goal area (Articles 2 and 3) and the officials are in position to officiate the restart. (4-6-3a)

a. Play may be restarted when a defensive player is less than 5 yards from the player in possession of the ball if the defensive player:

1. allows the player in possession of the ball a direct path to the goal, and
2. does not defend the player in possession of the ball until that player reaches a distance of 5 yards from the defending player.

Penalty: delay of game technical foul

b. Play may not be restarted when an offensive player is less than 5 yards from the player in possession of the ball.

c. The goalkeeper shall be given a maximum of 5 seconds to reenter the crease on any restart.





4-24-6 and 4-25-7 (delete)

- Move 4-24-7 to 4-24-6 and assign concussion times outs as an officials' time out.



5-5

- **SECTION 5 ILLEGAL CROSSE**
- A player may not use a crosse that does not conform to the required specifications. Use of an illegal crosse carries a two-~~or three~~-minute, nonreleasable penalty. A ~~crosse found illegal due to a deep pocket will carry a one-minute, non-releasable penalty. A player using a crosse found illegal for not meeting any required specification other than a deep pocket will receive a three-minute, non-releasable penalty~~
- ~~(**EXCEPTION:** hanging string length and end caps as in Rule 1-7-3). A player using a crosse found illegal because it was altered to gain an advantage will receive a three-minute, non-releasable penalty. Any crosse ruled illegal and resulting in a three-minute penalty will remain in the table area for the remainder of the game.~~
- Every crosse on a team is subject to inspection, and the crosse need not have been in the game to be inspected.





5-10

- **SECTION 10 UNSPORTSMANLIKE CONDUCT...**
- No player, substitute, nonplaying member of a squad, coach or anyone officially connected with a competing team shall:
 - e. Throwing a crosse at the ball, at a player, or other game personnel.





6-1-1 PENALTY

- **PENALTY:** Awarding a technical foul:
- If the team fouled has possession of the ball or there is a flag down on the offending player's team, the penalty shall be 30-second suspension of the offending player.
- If the ball is loose and there is no flag down, award the ball to the team that was fouled.
- ~~**PENALTY:** The penalty for a technical foul shall be either a 30-second suspension of the offending player from the game (if the team fouled had possession of the ball at the time the foul was committed) or simply the awarding of the ball to the team fouled (if the team fouled did not have possession of the ball at the time the foul was committed).~~





6-2-1

- **ART. 1 . . .** When the defensive team has possession of the ball, infringements of the rules involving the crease shall be penalized as follows (rather than under the general rules for technical fouls):
 - a. If there is no flag down, Any crease violation or interference with the goalkeeper of a technical nature while the ball is in possession of the defensive team outside of the crease shall result in a slow-whistle, flag-down situation.
 - b. If there is no flag down, Any crease violation or interference with the goalkeeper while he and the ball are in the crease, whether or not he has possession of the ball, shall be a play-on. If the goalkeeper has possession and fails to run the ball out of the crease or successfully complete an outlet pass, the ball is awarded to his team in its offensive side of the field at the Center. If the ball is loose in the crease and the goalkeeper gains possession, the play-on is over.
 -
 - c. If there is a flag down on a team that commits a crease violation or goalkeeper interference, it shall be an immediate whistle for the second foul whether there is possession or not and regardless of ball location. Both the initial foul and the crease violation or goalkeeper interference shall be time serving.





6-5-2

- **ART. 2 . . .** The following are examples of illegal procedure:
 - a. Touching the ball – A player shall not touch the ball with his hands while it is in play. The exception is the goalkeeper while both he and the ball are inside the crease.
 - b. Illegal actions with crosse – A player shall not:
 1. Throw the crosse other than at a ball, other player, or game personnel
 2. Take part in the play of the game in any manner without his crosse.
 - (a) ~~Should~~ If a player loses his crosse in any legal way, so that repossession of the crosse would cause him to violate a rule, the slow whistle shall be employed by an official.
 - (b) ~~Should~~ If the crosse ~~be~~ is in the crease so as to possibly interfere with the goalkeeper's play of an attempted shot at the goal, play shall be suspended immediately.
 3. Intentionally kick an opponent's crosse.
 4. Exchange his crosse with that of a teammate during live play while the ball is in either crosse.





2020 BOYS LACROSSE POINTS OF EMPHASIS





2020 POINTS OF EMPHASIS

- Sportsmanship and Conduct
- Player Safety
- Pace of Play
- Future equipment and uniform changes



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.





NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



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Girls Lacrosse and
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



Julie Cochran
Cross Country, Gymnastics,
Field Hockey and
Track & Field



James Weaver
Boys Lacrosse and Spirit



Theresia Wynns
Basketball and
Soccer



Dan Schuster
Ice Hockey





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NFHS LEARNING CENTER





NFHS LEARNING CENTER WWW.NFHSLEARN.COM

- Professional Development For ALL
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 - Officials
 - Administrators
 - Parents
 - Students
 - Performing Arts





FUNDAMENTALS OF COACHING DEVELOPED IN 2007

- January 1, 2007 Fundamentals of Coaching was developed to help change the culture of interscholastic coaching throughout America!





THANK YOU

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DLOA Membership

- Pay Dues
 - See Dean for questions
 - Meeting & Training Attendance
 - DIAA Requirements
 - Annual NFHS Test-Open 3/23 Closes 4/20
 - If Taken in DIAA Central Hub we get results
 - If taken with another association forward results page to dloalax@gmail.com
 - NFHS Concussion Course-Every Two Years
 - Mike H will contact you if due
 - Complete course at nfhslearn.org
 - Email certificate to dloalax@gmail.com
 - Contact Mike Hernandez with questions
- US Lacrosse Certification
Observation/Evaluation

