



# 2021 NFHS GIRLS LACROSSE RULES INTERPRETERS MEETING

National Federation of State  
High School Associations



Thursday, January 28, 2021  
2:00 p.m. EDT



# AGENDA – JANUARY 28, 2:00 P.M.

Welcome, Introduction, Announcements

Lindsey Atkinson, NFHS

General Information

Lindsey Atkinson

- a. Recording of the Meeting
- b. Procedures for asking questions
- c. Rules Change Proposal System (RCPS)
- d. Questionnaire
- e. NFHS General Information

Review of 2020 Rules Changes, Editorial Changes & Points of Emphasis

Kathy Vrugink Westdorp (MI), Rules Committee Chair;  
Jeffrey Grose (WA), USL Girls Lacrosse Rules Interpreter

2021 Girls Lacrosse Rules Considerations

Lindsey Atkinson

Mid-Season Webinar

Lindsey Atkinson

- a. Potential Date – April 7<sup>th</sup> @ 2:00 PM

Closing Comments

Lindsey Atkinson/Kathy Vrugink Westdorp





# NFHS RULE CHANGE PROPOSAL SYSTEM (RCPS)

- The following links will be utilized to submit and manage rules proposals by the respective state association

Rule Change Proposal Form:

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

Proposal Management for State Association Staff:

<http://www.nfhs.org/RuleChangeProposal/Association>



# STANDARDIZED OPEN AND CLOSE DATES FOR NFHS RULE CHANGE PROPOSAL SUBMISSION

Sport	Committee Meeting	Open Date for Proposals	Due Date for Proposals
Field Hockey	January	April 1	November 1
Football	January	April 1	November 1
Soccer	January	April 1	November 1
Volleyball	January	April 1	November 15
Spirit	March	June 1	February 1
Swimming/Diving	March	June 1	February 15
Basketball	March	June 1	March 1
Wrestling	April	June 1	March 1
Water Polo	April	June 1	March 15
Ice Hockey	April	June 1	April 1
Baseball	June	September 1	May 1
Girls Lacrosse	June	September 1	May 1
Softball	June	September 1	May 1
Track & Field	June	September 1	May 1
Boys Lacrosse	July	September 1	June 1
Girls Gymnastics	October (2021)*	January 1, 2021*	September 15, 2021*





# QUESTIONNAIRE

- Submit any questionnaire items directly to Lindsey Atkinson ([latkinson@nfhs.org](mailto:latkinson@nfhs.org))
  - Part I: Were the following rules changes satisfactory?
  - Part II: Have you observed any of the following this year?
  - Part III: Would you favor?
- 2021 Girls Lacrosse Questionnaire opens in April and closes May 10.
- Links to the survey are sent to state association offices and to the USL membership on the open date.





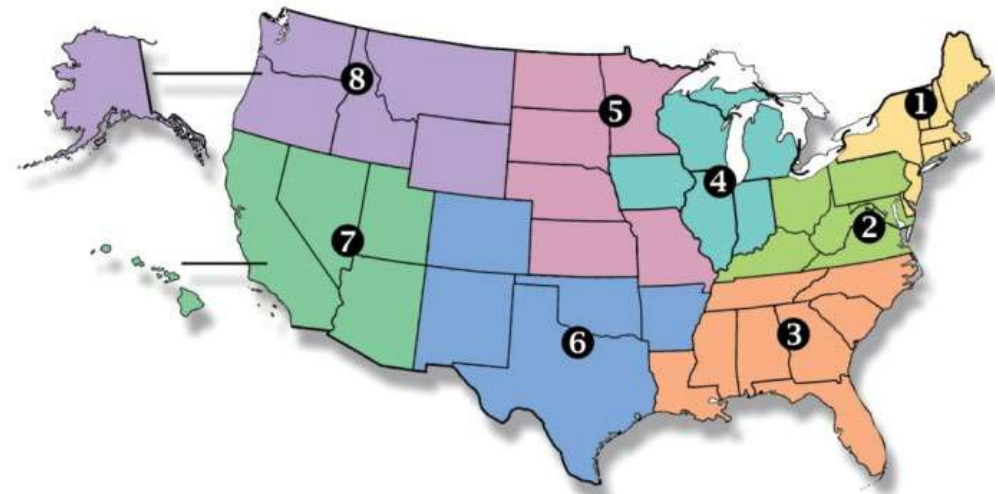


# THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
  - National leader and advocate for high school athletics and performing arts programs.
  - Serves 51 state associations, 19,500 high schools and 12 million student participants.
  - Writes playing rules for 17 high school sports for boys and girls.
  - Offers online education courses for high school coaches, officials, parents, students and others.
  - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.



# 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



**Lindsey Atkinson**  
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



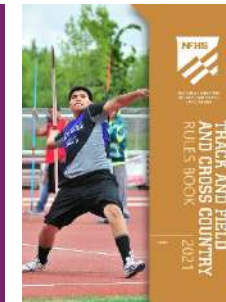
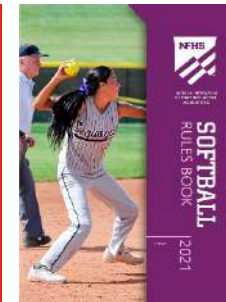
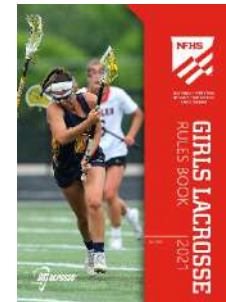
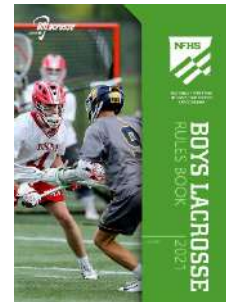
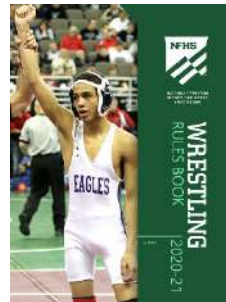
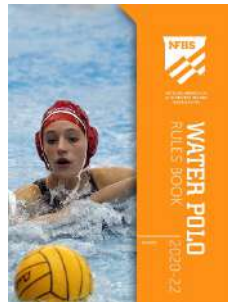
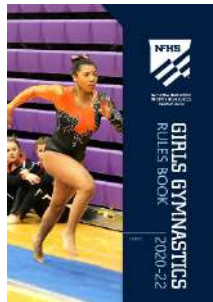
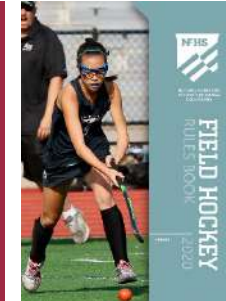
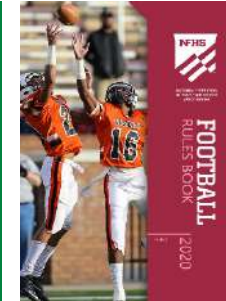
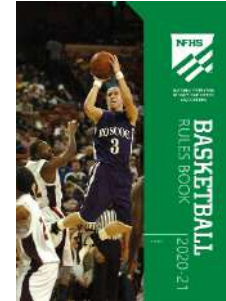
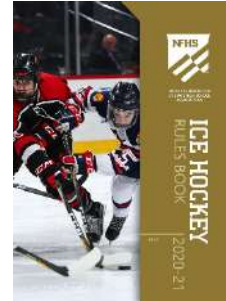
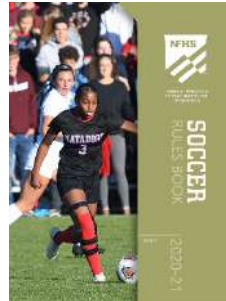
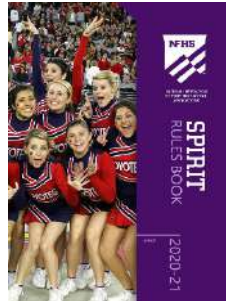
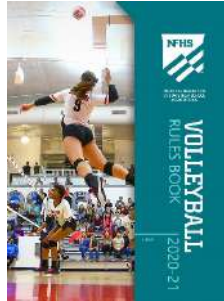
**Dan Schuster**  
Ice Hockey





# 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 BOOK AS E-BOOKS



National Federation of State High School Associations

## GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

**E-books Features:**

- Searchable
- Highlight Areas of Interest
- Make Notes
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



[www.nfhs.org/ebooks](http://www.nfhs.org/ebooks)

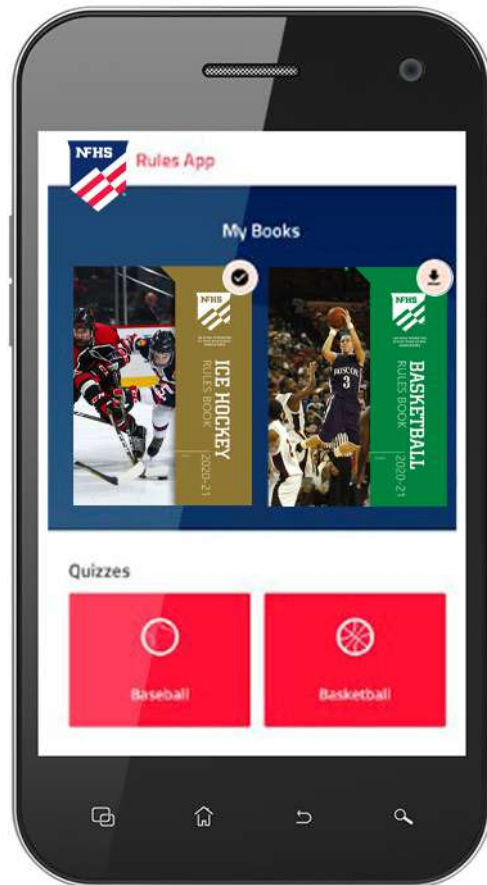
**NFHS Rules and Case e-books for \$6.99 each**

Download from iTunes or Amazon



- E-books features:
  - Searchable
  - Highlight areas of interest
  - Make notes
  - Easy navigation
  - Adjustable viewing size
  - Immediate availability

# NEW NFHS RULES APP

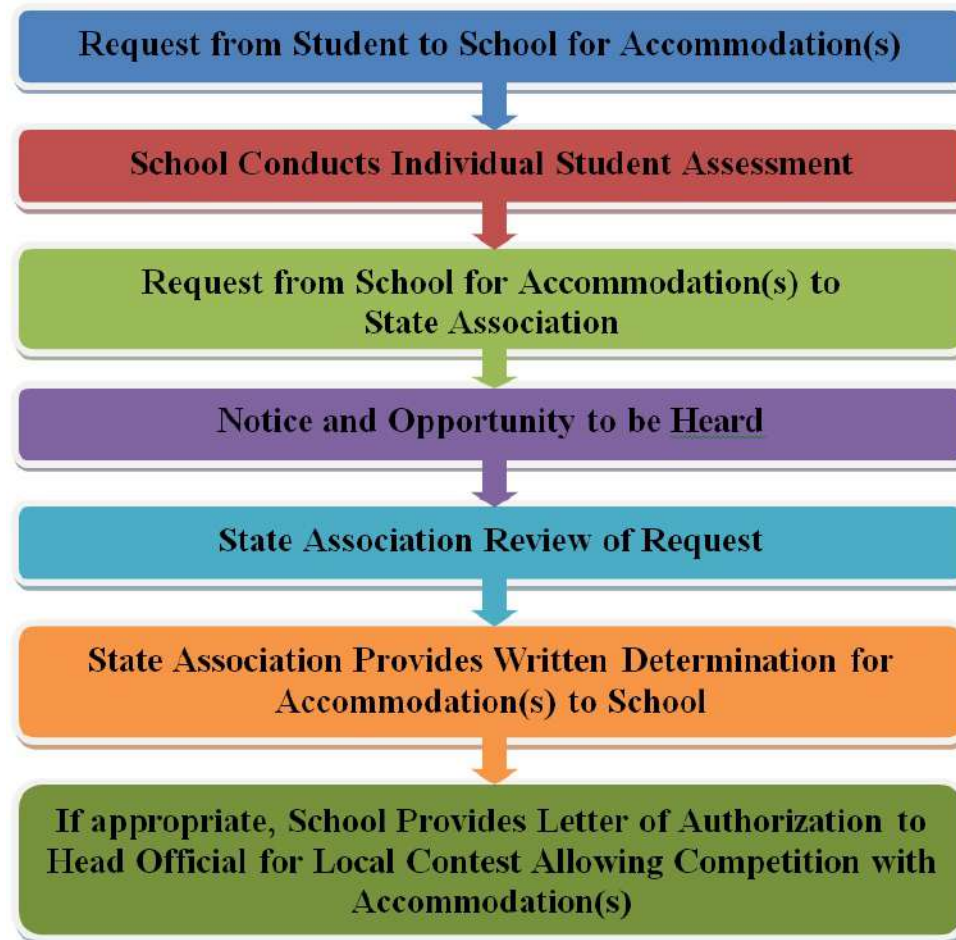


- Rules App features:
  - Searchable
  - Highlight notes
  - Bookmarks
  - Quizzes for all sports
  - Easy navigation
  - Immediate availability
  - Free to paid members of the NFHS Coaches and Officials Associations
  - [www.nfhs.org/erules](http://www.nfhs.org/erules) for more information





# GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





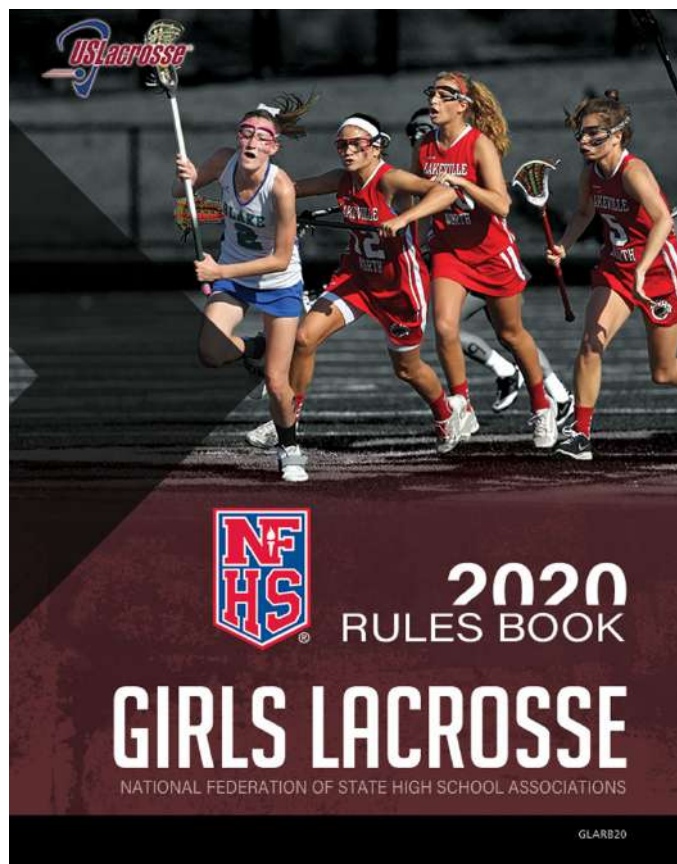


Rules Changes Review

# 2020-21 NFHS/USL GIRLS LACROSSE



# RULE RESOURCES



## 2020 NFHS GIRLS LACROSSE RULES INTERPRETATIONS

**Publisher's Note:** The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2020

**RULES BOOK CORRECTIONS:** (Underlining shows additions; strike-through shows deletions.)  
**Page 3, 2020 Girls Lacrosse Editorial Changes:** 2-7-3d; **Page 42, RESTARTING PLAY – SELF-START:** 5.4.2 **SITUATION:** A Blue player...The White Blue player engages the Blue White player after the self-start...; **Page 57, 10-1y(2):** A defensive player...is responsible to simultaneously abide by Rule 10-1ssy; **Page 61, 10.1 PEN SITUATION A:** (10-1m); **Page 61, 10.1 PEN SITUATION D:** (10-1m).

**SITUATION 1:** A Blue player is awarded a boundary ball when there is under two minutes left in the first half during stop-clock play. She commences play with a self-start from out of bounds. The official stops play and indicates a false start. **RULING:** Correct procedure. **COMMENT:** Self-start is not an option when the game clock is stopped. The game clock stops on every whistle, including boundary balls during stop-clock play when there is under two minutes left in a half. [3-7-2f, 4-1-2, 5-4-4a, 10(1)]

**SITUATION 2:** An 8-meter free position has been awarded at a hash mark to a Blue player and the Blue team calls a possession time-out. At the end of the time-out, the Blue team resumes play at the closest dot. **RULING:** Incorrect procedure. **COMMENT:** Play will resume at the location of the free position at the 8-meter hash mark, the player who was fouled shall take the free position and the offender shall take a position 4 meters behind. (4-3-3b, 4-3-3c)

**SITUATION 3:** A Blue player has the ball in the 12-meter fan and a possession time-out is called. At the end of

the time-out, the Blue team resumes play at the closest dot and all players move 4 meters away. **RULING:** Correct procedure. **COMMENT:** Play will resume at the closest dot when a possession time-out is called in the critical scoring area unless a free position is being administered at another location in the critical scoring area or the goalkeeper has possession of the ball in the goal circle. (4-3-3b, 4-3-3d)

**SITUATION 4:** The Blue goalkeeper gains possession of the ball in the goal circle and a possession time-out is called. At the end of the time-out, the Blue team's goalkeeper maintains possession in the goal circle and the official continues his/her count from where he/she left off before the time-out was called. **RULING:** Correct procedure. **COMMENT:** If the goalkeeper has possession in the goal circle when the time-out is called, possession will resume with the goalkeeper in the goal circle. (4-3-3d, 7-2-1)

**SITUATION 5:** A Red player is awarded a boundary ball and self-starts relative to where the ball went out of bounds without coming to a stop. **RULING:** Correct procedure. **COMMENT:** A player may self-start from out of bounds without coming to a stop as long as she enters the field of play relative to where the ball went out of bounds. (6-3-1a)

**SITUATION 6:** A Blue player is awarded a boundary ball and steps in bounds. From a settled stance, she self-starts within 2 meters of where she entered the field. **RULING:** Correct procedure. **COMMENT:** A player may come to a settled stance and initiate a self-start as long as she enters the field

of play relative to where the ball went out of bounds. (6-3-1a, 6-3-1c)

**SITUATION 7:** A Red player is awarded a boundary ball, steps in bounds and waits for a whistle start within 2 meters of where she entered the field. **RULING:** Correct procedure. **COMMENT:** A player may wait for a whistle to resume play when the ball has gone out of bounds. (6-3-1c)

**SITUATION 8:** The official is setting up an 8-meter free position and the penalty zone has been cleared. A player runs through the penalty zone. The official blows the whistle and indicates a false start. **RULING:** Incorrect procedure. **COMMENT:** Preventative officiating may be used to reset the free position without penalty. The official should clear the penalty zone and continue administration of the 8-meter free position. Repeated attempts by players to run through the penalty zone after it has been cleared may result in a delay of game. Once the free position is set and the official's hand is up for a restart, all attempts to run through the penalty zone shall result in a false start. [9-1c(4), 10-1j]

**SITUATION 9:** A Blue defender takes a hash mark adjacent to an 8-meter free position and an offensive player stands next to the defender on the 8-meter arc. Another Blue defender tries to stand next to the defender on the adjacent hash and force the offensive player to move. **RULING:** Incorrect procedure. **COMMENT:** One defensive player is entitled to each adjacent hash. Players next to them may be from either team and are entitled to an open position in the order in which they arrive. (10-1 PENALTIES 4e)







## STICK CHECK PROCEDURE

[2-2-5d, e (NEW), f; 2-4-3b, c (NEW)]

- 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 (2-6-1)

- Begins this year on January 1, 2021.
- At the time of manufacture, a chest protector, designed for lacrosse, must meet the NOCSAE ND200 lacrosse standard at the time of manufacture.
- Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.







# PERSONAL EQUIPMENT

(2-6-1, 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.

Non-compliant

MISSING SHIN PROTECTION & PADDING ON THIGHS





# PERSONAL EQUIPMENT

## (2-7-2)

- All eyewear on the playing field must be SEI certified and will be listed on the SEI website.
- <https://seinet.org>





# ELECTRONIC EQUIPMENT

## [2-8-4 (NEW)]

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





# POSSESSION TIME-OUT (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.
  - If the goalkeeper has possession in the goal circle when time-out is called, possession will resume with the goalkeeper in the goal circle.







# SUBSTITUTIONS

(4-3-3c, 4-7c thru h)

- 4-3-3c: 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 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 PLAY – DRAW

[5-2-2, 5-2-2 NOTE (NEW), 9-1d(2) (NEW)]

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





# STARTING PLAY – DRAW

(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







## RESTARTING PLAY

### (5-3, 10-1 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.





# BOUNDARIES

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

- 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

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

- 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

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

- 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

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

- 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

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

- 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

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

- 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

(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

## (9-1b)

- Rule 9-1b - Covering:
  - Cover a ground ball with her foot, body or crosse preventing an opponent from playing the ball.





# MINOR FOULS

## [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

## [9-1d(2)]

- Early Entry on the Draw:
  - Enter the field after the official's hand is on the sticks for the draw.





# MINOR FOULS

## [9-11(5)]

- 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

## (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

## [10-1j(1)]

- False Start:
  - New rule states a False Start occurs when a player self-starts 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

(10-1 PENALTIES 4e, 11-2 PENALTIES 5)

- 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 (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, Corrections, Interpretations

# NFHS/USL GIRLS LACROSSE







## EDITORIAL CHANGES

- Editorial changes were 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.





## 2020 RULES BOOK CORRECTIONS

Page 3, 2020 Girls Lacrosse Editorial Changes: 2-7-34

Page 42, Restarting Play – Self-Start 5.4.2 Situation: A Blue player.. .The Blue ~~White~~ player engages the White ~~Blue~~ player after the self-start. . .

Page 57 – 10-1y(s): A defensive player. . .is responsible to simultaneously abide by Rule 10-1sw.

Page 61 – 10:1 PEN SITUATION A & D: (10-~~u~~t)





# NFHS/USL RULES INTERPRETATIONS

---

## SITUATION 1:

- A Blue player is awarded a boundary ball when there is under two minutes left in the first half during stop-clock play.
- She commences play with a self-start from out of bounds.
- The officials stops play and indicates a false start.

**RULING:** Correct procedure.





# NFHS/USL RULES INTERPRETATIONS

---

## SITUATION 2:

- An 8-meter free position has been awarded at a hash mark to a Blue player and the Blue team calls a possession time-out.
- At the end of the time out, the Blue team resumes play at the closest dot.

**RULING:** Incorrect procedure.





# NFHS/USL RULES INTERPRETATIONS

## SITUATION 3:

- A blue player has the ball in the 12-meter fan and a possession time-out is called.
- At the end of the time-out, the Blue team resumes play at the closest dot and all players move 4 meters away.

**RULING:** Correct procedure.







# NFHS/USL RULES INTERPRETATIONS

---

## SITUATION 4:

- The Blue goalkeeper gains possession of the ball in the goal circle and a possession time-out is called.
- At the end of the time-out, the Blue team's goalkeeper maintains possession in the goal circle and the official continues their count from where they left off before the time out was called.

**RULING:** Correct procedure.





# NFHS/USL RULES INTERPRETATIONS

## SITUATION 5:

- A Red player is awarded a boundary ball and self-starts relative to where the ball went out of bounds without coming to a stop.

**RULING:** Correct procedure.





# NFHS/USL RULES INTERPRETATIONS

## SITUATION 6:

- A Blue player is awarded a boundary ball and steps in bounds.
- From a settled stance, she self-starts within 2 meters of where she entered the field.

**RULING:** Correct procedure.





# NFHS/USL RULES INTERPRETATIONS

## SITUATION 7:

- A Red player is awarded a boundary ball, steps inbounds and waits for a whistle start within 2 meters of where she entered the field.

**RULING:** Correct procedure.





# NFHS/USL RULES INTERPRETATIONS

---

## SITUATION 8:

- The official is setting up an 8-meter free position and the penalty zone has been cleared.
- A player runs through the penalty zone.
- The official blows the whistle and indicates a false start.

**RULING:** Incorrect procedure.







# NFHS/USL RULES INTERPRETATIONS

---

## SITUATION 9:

- A Blue defender takes a hash mark adjacent to an 8-meter free position and an offensive player stands next to the defender on the 8-meter arc.
- Another Blue defender tries to stand next to the defender on the adjacent hash and force the offensive player to move.

**RULING:** Incorrect procedure.





# 2021 USL RULES INTERPRETATION VIDEO

---

- Available at:
- [www.uslacrosse.org/rules/girls-rules](http://www.uslacrosse.org/rules/girls-rules)





Points of Emphasis

# NFHS/USL GIRLS LACROSSE





## 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 cards.







## 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.





COVID-19

# 2021 RULES CONSIDERATIONS





# 2021 RULES CONSIDERATIONS

---

- *Pre-Game Meeting (3-5-3)*

- Limit attendees to one coach from each team and lead official.
- Ensure the pre-game meeting is away from sideline and all individuals maintain a social distance of 6 feet. Mask use by coach and official is recommended during the meeting.
- Suspend the use of the coin toss. The visiting team will start with possession and the home team will choose goal to defend.
- Eliminate handshakes following pre-game meeting and at the conclusion of the game.





# 2021 RULES CONSIDERATIONS

- ***Equipment and protective clothing (2-4-1, 2-7-3, 2-9-5)***
  - Players and officials may wear cloth face masks, gloves, and long undergarments.
  - Pre-game stick and equipment checks will be completed by one official per team. Each team will place their sticks on their restraining line during pre-game meeting. One official will check sticks per team. Recommend glove use by the officials for stick checks. Players return to collect their own stick after pre-game check is completed.





# 2021 RULES CONSIDERATIONS

## *Table Personnel (3-6-1, 3-7-1)*

- Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.

## *The Draw (5-2)*

- Alternate start at the center with draw positioning to start each half and after goals. This is not alternate possession (AP) and does not impact AP for penalty administration during the game. The start of play is on the whistle for the these starts. No other changes to player positioning rules.
- The goalie should roll or throw the ball to the official after a goal.





# 2021 RULES CONSIDERATIONS

- ***8 Meter Positioning (10-1 PENALITIES 4)***
  - Only one player per hash on 8-meter setup, the existing rule that allows the defense to adjacent hashes remains in force.
- ***Substitution and Sideline Protocol (1-1-4h thru l, 4-7-3, 4-7-4)***
  - Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.
  - Split sub box so that each team subs in from their own half of the sub box.
  - If available, recommend that a penalty area be marked off that allows social distancing between penalized players, substitutes, and the table personnel.



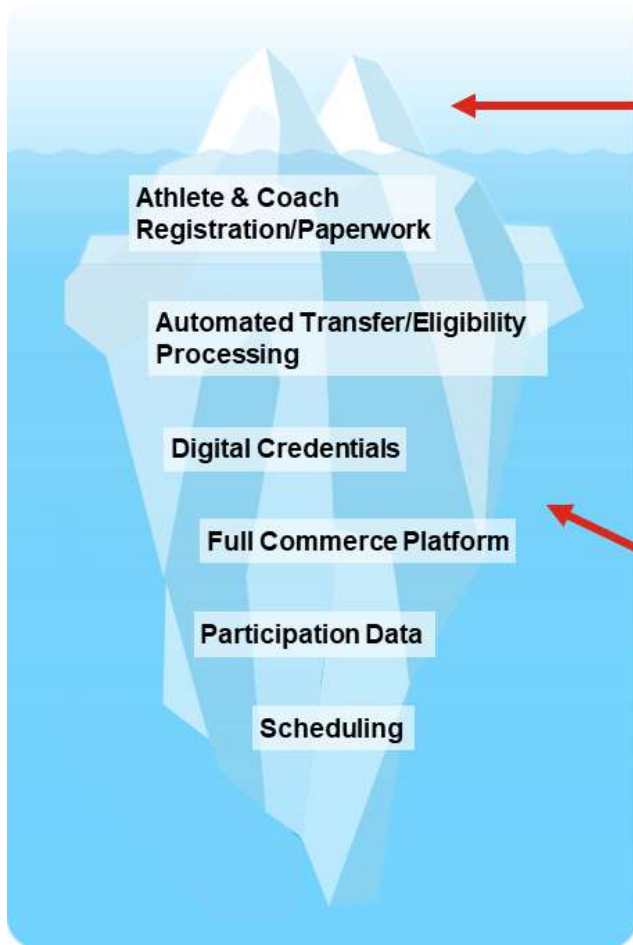




# NFHS OFFICIALS EDUCATION



# NFHS CENTER FOR OFFICIALS SERVICES (COS)



Your modern, comprehensive officiating solution.

- Registration
- Assignments
- Payments
- Evaluations
- Testing
- Background Checks  
– one day turnaround
- Attendance Tracking



- Athletic Registration
- Eligibility Tracking
- Team Messaging

*Plus many more tools for Athletic Directors & schools*







# NFHS LEARNING CENTER





The NFHS Learning Center is the **leader in online education** for the interscholastic community.

**SERVING:**

**51** State Associations  
**19,000** High Schools  
**12 million** Students

**70+ courses**  
**35+ free courses**



**10** MILLION courses

**Courses per year**

**2007:** 15,000  
**2008:** 49,000  
**2009:** 60,000  
**2010:** 200,000  
**2011:** 340,000  
**2012:** 497,000  
**2013:** 776,000  
**2014:** 761,000  
**2015:** 1,071,000  
**2016:** 1,235,000  
**2017:** 1,345,000  
**2018:** 1,676,000  
**2019:** 1,975,000

**EDUCATION**

**BEGINS HERE**



**5 MILLION**  
*Concussion in Sports*



**1 MILLION**  
*Heat Illness Prevention*



**1 MILLION**  
*Sudden Cardiac Arrest*



**700,000**  
*Fundamentals of Coaching*







**NFHS NETWORK**



# NFHS NETWORK

- By 2025, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.
- 27 Different Sports and Activities



[www.NFHSnetwork.com](http://www.NFHSnetwork.com)



# 28,000 LIVE BROADCASTS





## QUESTIONS?

- Email: [girlsrules@uslacrosse.org](mailto:girlsrules@uslacrosse.org)
- Indicate “level of play” for the question.
- Identify the applicable Rule number and Rules Book pages.

### **National Federation of State High School Associations**

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax:  
317.822.5700

[www.nfhs.org](http://www.nfhs.org) |  
[www.nfhslearn.com](http://www.nfhslearn.com)

Lindsey Atkinson  
([latkinson@nfhs.org](mailto:latkinson@nfhs.org))

