

WELCOME

2018-19

DIAA – NFHS

Girls Lacrosse

Rules Clinic



DIAA STAFF

Thomas E. Neubauer, CMAA
Executive Director

Donna Polk

Coordinator of Interscholastic Athletics

Tina M. Bates
Secretary

Main Number:
302-857-3365



YOUR CONTACT

Your first point of contact for DIAA, NFHS, or US Lacrosse information should be one of the websites listed in this presentation.

THEN

Contact

YOUR SCHOOL ATHLETIC DIRECTOR



DIAA PURPOSE

- to preserve and promote the **educational significance** of interscholastic athletics;
- to ensure that interscholastic sports remain compatible with the **educational mission** of the member schools;
- to provide for **fair competition** between member schools;
- to promote **sportsmanship** and ethical behavior;
- to establish and enforce **standards of conduct** for athletes, coaches, administrators, officials and spectators;
- to protect the **physical well-being** of athletes; and
- to promote **healthy adolescent lifestyles**.



DIAA

<http://www.doe.k12.de.us/diaa>

Starting point for ALL
DIAA information
and related links





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

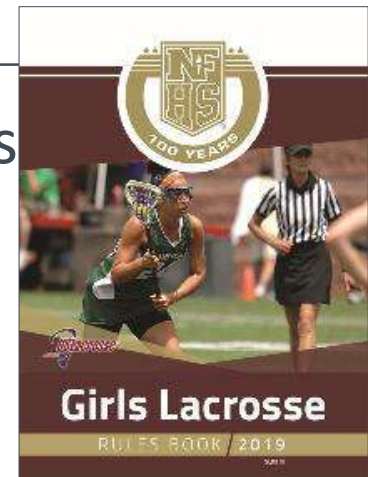
- MISSION

- 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.



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

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
 - **FREE for registered officials**



Rule Change Process

- **For Officials**

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

- **NFHS Rule Questionnaire**

- **Yearly input from Coaches/Officials**

<http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>

Important to participate, early May



NFHS.org

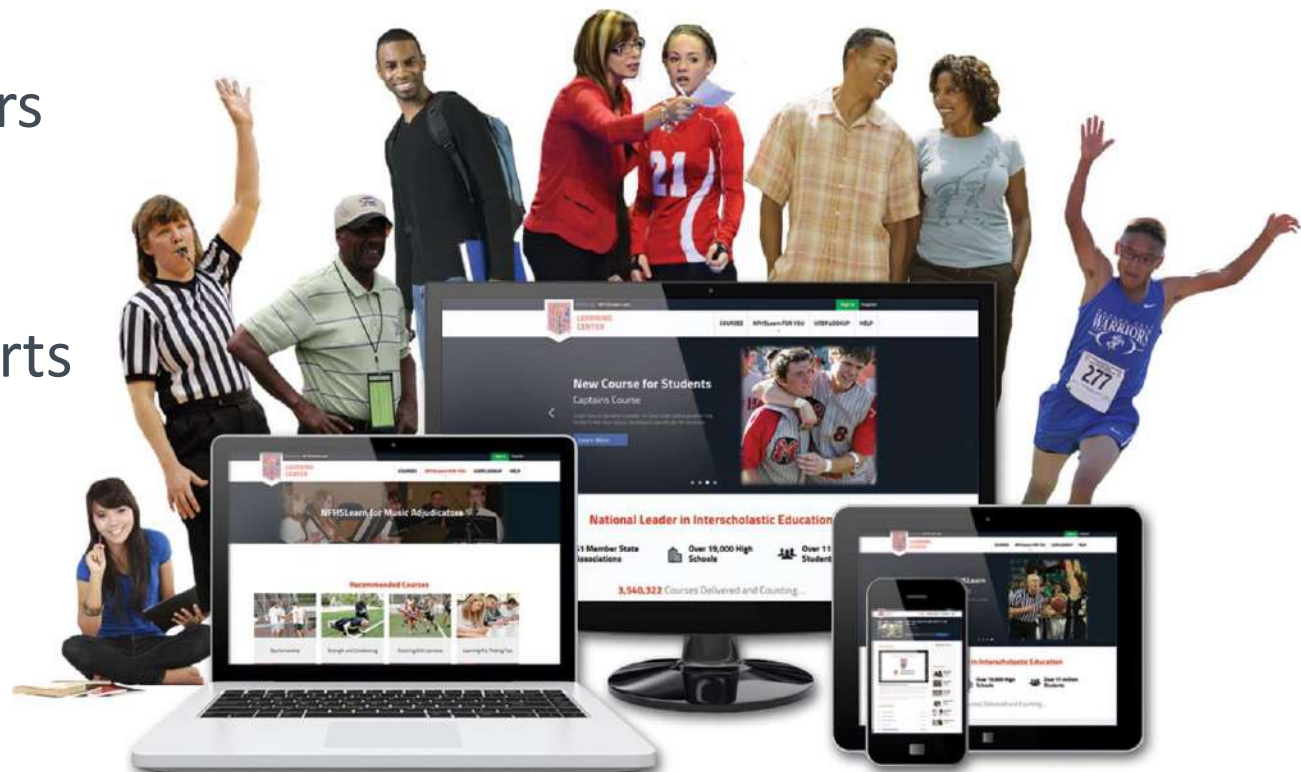


**Playing Rules, Uniforms,
Diagrams, Articles**

NFHS LEARNING CENTER WWW.NFHSLEARN.COM

Professional Development For ALL

- Coaches
- Officials
- Administrators
- Parents
- Students
- Performing Arts





COURSES AVAILABLE

- **Courses Available**

- Interscholastic Officiating Is FREE
- Coaching Girls Lacrosse - \$65.00





NFHS FREE COURSES

- ACL Injury Prevention
- Appearance and Performance Enhancing Drugs and Substances
- Bullying, Hazing and Inappropriate Behaviors
- Engaging Effectively With Parents
- NCAA Eligibility
- Protecting Students from Abuse
- **Social Media**
- Sportsmanship
- Sports Nutrition
- **Student Mental Health and Suicide Prevention**

Sudden Cardiac Arrest



Arbiter Sports

<https://www.arbitersports.com>

Officials' Information



Websites4Sports

Your School Site

WebSites4Sports.com

Coaches and A.D.s

**Updated and accurate information:
schedules, rosters, scores, pictures**



Sports Medicine

PPE – Medical Card (page 4)

COACHES:
You **MUST** carry every athlete's Medical Card with you at ALL times.

PRACTICES & GAMES

This is page 4 from their Physical Forms
[DIAA PPE]

SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

Section 1: CONTACT/PERSONAL INFORMATION	
NAME: _____	SPORT(S): _____
AGE: _____ GRADE: _____ BIRTH DATE: _____	GUARDIAN NAME: _____
ADDRESS: _____	
PHONE: (H) _____ (W) _____ (C) _____ (P) _____	
Other authorized person to contact in case of emergency:	
NAME: _____	PHONE(S): _____
NAME: _____	PHONE(S): _____
Preference of Physician (and permission to contact if needed):	
NAME: _____	PHONE: _____
HOSPITAL PREFERENCE: _____	INSURANCE: _____
POLICY #: _____	GROUP: _____ PHONE: _____
Section 2: MEDICAL INFORMATION	
MEDICAL ILLNESSES: _____	
LAST TETANUS (mo/yr): _____	ALLERGIES: _____
MEDICATIONS: _____	
(any medications that may be taken during competition require a physician's note)	
PREVIOUS HEAD/NECK/BACK INJURY: _____	
HEAT DISORDER OR SICKLE CELL TRAIT: _____	
PREVIOUS SIGNIFICANT INJURIES: _____	
ANY OTHER IMPORTANT MEDICAL INFORMATION: _____	
Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures	
I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contact by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.	
Parent/Guardian Signature: _____	Date: _____
Athlete's Signature: _____	Date: _____
Section 4: Clearance for Participation	
___ Cleared without restrictions ___ Cleared with the following restrictions:	
Health Care Provider's Signature: _____	MD/DO, PA, NP Date: _____

For office use only This card is valid from April 1, 20____ through June 30, 20____
Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.
Name of School: _____ Name of ATC: _____

Practice Policies

DIAA Regulation 1008/1009-4.2

ALL practice days (school and non-school day):

- One day of no activity per seven day period
- A minimum of 21 calendar days of practice prior to the first competition date (3-22-19)
- Student must practice at least 7 calendar days prior to participating in a contest



Practice Policies

DIAA Regulation 1008/1009-4.2

School day practices limited to two (2) hours

Non-School days

- A limit of no more than two (2) practices with physical activity
- No practice can be longer than three (3) hours in length
- A grand total of five (5) hours of physical activity daily
- When having 2 practice session in a day; there **MUST** be a one hour minimum cooling period between the two practice sessions



Season and Week Limits (HS)

	Season	Week	Athlete - Week	Athlete-Day
Spring				
Baseball	18 contests	3 contests	3 contests	See Note 4
Softball (G)	18 contests	4 contests	4 contests	See Note 5
Golf	15 competition dates	3 competition dates	3 competition dates	
Tennis (B/G)	15 contests	3 contests	3 contests	
Outdoor Track (B/G)	16 competition dates	3 competition dates	3 competition dates	
Lacrosse (B/G)	15 contests	3 contests	3 competition dates	See Note 6
Soccer (G)	15 contests	3 contests	3 competition dates	2 halves

Note 5: Four games in a week are permitted only if two are part of a doubleheader played on a non-school day

Note 6: The daily individual limit for boys' lacrosse is 4 quarters and for girls' lacrosse is 2 halves.



Sports Medicine

Sudden Cardiac Arrest

- All students must have annual PPE & answer the 12 AHA approved heart history questions.
- All students must sign the SCA Fact Sheet on PPE form
- Coaches must hold valid CPR certification.

Concussion:

- Parents and Athletes must read and sign PPE Concussion information sheet
- **Coaches and Officials must take the NFHS Concussion Education Course once every 2 years**



DIAA Concussion Protocol

Shows Signs or Symptoms

- a. Remove from play - **Official** notify Coach
Official's duty is completed with notification.
- b. Then must be Evaluated by a Qualified Healthcare Professional

Qualified Healthcare Professional (QHCP) is a MD, DO, School Nurse, Nurse Practitioner, Physician's Assistant or Athletic Trainer (ATC)



DIAA Concussion Protocol

IF CLEARED at that time by the QHCP,
athlete may return to play that day.

If NOT CLEARED by QHCP at that time, athlete
CANNOT return to play that day.

At this point, athlete must have written clearance from a
QUALIFIED PHYSICIAN to return to practice or play.



Failure to comply = INELIGIBLE athlete



Heat Accommodation

DIAA has a heat restriction policy for competition

Make sure catchers and goalies are getting water and cooling off if heat index is above 150.

DIAA heat index calculator:

1. Go to www.weather.com
2. Enter your zip code
3. Add the numbers of temperature and relative humidity
(+/- 10 depending on level of acclimatization)
4. If practice/competition is not on a natural grass or dirt base, add 5 points
5. Add #3 and #4 if above 150, check that catchers especially but all players are cooled and hydrated between innngs.



DIAA POLICIES & PROCEDURES

GAME EJECTION PROCEDURE

- Incident Report Form (found on either website)
- Must be sent to Incident Chair by next morning
 - Please censor when sending ejection reports.
ex. – S\$%T, F#\$K etc .
- **The DIAA Office must be notified by noon of the next day so the school AD can be notified.**



DIAA POLICIES & PROCEDURES

BENCH PERSONNEL RULE

- Players are never to leave the bench (or playing area) to enter playing area to get involved in a confrontation.
- Only the **HEAD COACH** may enter unsolicited to break up an altercation.



Thunder and/or Lightning Policy

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include

your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.
4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at start of the season.



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** – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.*

4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.

5. Inform student-athletes and their parents of the lightning policy at start of the season.

**Updated Policy [March 2018 in red]
Girls Lacrosse – Appendix J, page 103**



Emergency Action Plan [EAP]

Create an
Action Plan and
PRACTICE IT.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:			Activity:			Level:																																															
1 911 TEAM			2 CPR/AED TEAM			3 AED TEAM																																															
CALL 911			START CPR			GET THE AED																																															
CALL 911. Explain emergency. Provide location.			1. Position person on back. 2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression. 3. Take turns with other responders as needed.			Closest AED																																															
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MEET AMBULANCE at EMS Access Point. Take to victim.			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			GET THE ATHLETIC TRAINER																																															
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CALL CONTACTS. Provide location and victim's name.			4 HEAT STROKE TEAM			CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.																																															
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			<ol style="list-style-type: none"> Remove equipment/excess clothing. Move to shade. Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body. Monitor vital signs. Cool First, Transport Second. <ol style="list-style-type: none"> Cool until rectal temperature reaches 102°F if ATC or MD is available. If no medical staff, cool until EMS arrives. 																																																		



DIAA POLICIES & PROCEDURES

PROHIBITION AGAINST USE OF TOBACCO PRODUCTS

Very Simple: DON'T SMOKE*, DON'T CHEW, DON'T DIP

*E-cigarettes included

NFHS Marked VARSITY Game Balls

- Girls Lacrosse balls must have NFHS & NOCSAE logos



DIAA POLICIES & PROCEDURES

MOUTH GUARD RULE

- must be worn by ALL who have METAL braces.
- must cover top brace and separate biting surfaces.
- must extend to shield lower braces.
- **CANNOT BE CLEAR OR WHITE**



DIAA POLICIES & PROCEDURES

Recommended Contest Assignment Guidelines

- Read the Code of Ethics
- Read and follow the guidelines
- Do NOT put yourself in a situation where your integrity, ethics and character are questioned
- Follow appropriate lines of communication.



DIAA POLICIES & PROCEDURES

Cumulative Unsportsmanlike Conduct Rule

- A coach who is guilty of repeated acts of unsportsmanlike conduct during a season shall be ineligible for the next contest.



DIAA POLICIES & PROCEDURES

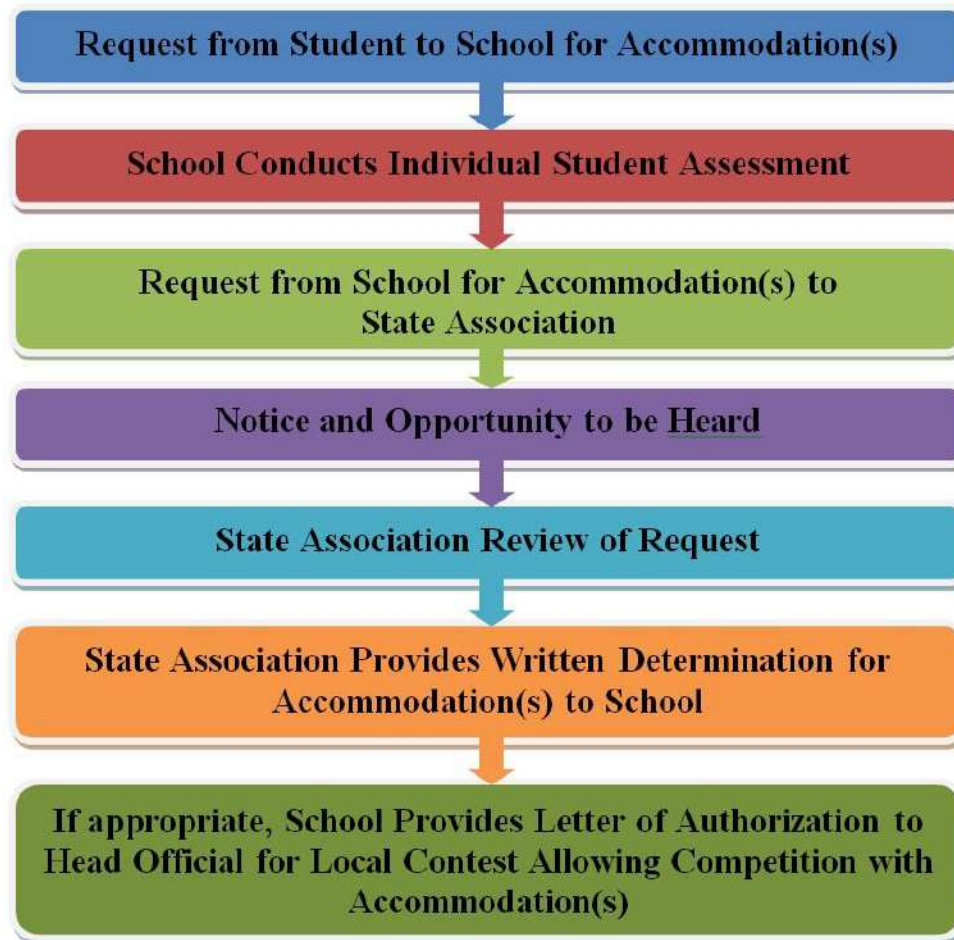
Special Accommodations Requests

- Medical, Religious, Other

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.



GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



SPORTSMANSHIP

Code of Conduct

DIAA Regulations:

1007.1.2.1.5.4 – Officials

The use of SOCIAL MEDIA must be CAREFULLY explained, reinforced and monitored.

use the NFHS Learn Course



Sportsmanship

The practice of good sportsmanship is one of the primary goals of interscholastic athletics.

1007.1.2.1.5.2 The function of the coach is to educate students through participation in interscholastic athletics. (.1) Demonstrate high ideals, good habits and desirable attitudes...

1007.1.2.1.5.4 Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility.



Sportsmanship Data 2018

Sport	Ejections	Other
Girls Lacrosse	22	9



Tournament Manual

- DIAA website: Forms and Manuals → DIAA Manuals
- Review General Information and Sport Specific Information
- Pay attention to important dates
 - Team report deadline – May 10, 2019
 - Post all scores on your schedule page ASAP.



Social Media Profile



Facebook

Page: Delaware Interscholastic Athletic Association

Link: www.facebook.com/DelawareInterscholasticAthleticAssociation



Twitter

Page: DIAA

Handle: @DIAA_Delaware



Instagram

Handle: DIAA_Delaware

NFHS Campaign

My Reason Why – Year 3



- #MyReasonWhy
- Myreasonwhy.com
- Promote the value of interscholastic athletics



QUESTIONS?





Thank you for your support of
Interscholastic Athletics!





2019 NFHS GIRLS LACROSSE RULES

National Federation of State
High School Associations



Take Part. Get Set For Life.™

US Lacrosse website

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



2019 NFHS RULE CHANGES VIDEO

National Federation of State
High School Associations



Take Part. Get Set For Life.™

<https://www.youtube.com/watch?v=knJg2BiCN-c>



2019 NFHS/USL GIRLS LACROSSE RULES POWERPOINT

National Federation of State
High School Associations



Take Part. Get Set For Life.®

Rules Changes
Points of Emphasis





Rules Changes

2019 NFHS/USL GIRLS LACROSSE



2019 GIRLS LACROSSE RULES CHANGES

- January 1, 2021: Goalkeeper Equipment
- Headgear Clarification
- Horn for Time-Outs
- Timing of Ball Release for Legal Shot
- Alternate Penalty Administration in Critical Scoring Area (CSA)
- Goal Circle Foul Administration
- 8m Free Position Defensive Positioning
- Red Card Penalty Administration
- Self-Start
- Penalty Zone



RULE 2-6-1: GOALKEEPER EQUIPMENT

- Goalkeepers must wear a chest protector for lacrosse that meets the NOCSAE standard at the time of manufacture beginning January 1, 2021.



RULE 2-6-1: GOALKEEPER EQUIPMENT

- The current rule is on p. 18:
ART. 1. . .the goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves , a mouthpiece, a chest protector designed for lacrosse that meets the NOCSAE standard at the time of manufacture (beginning January 1, 2021), shin protection and padding on the thighs. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard.



RULE 2-7-3: HEADGEAR

All headgear must be properly worn and securely fixed with the chinstrap in place as intended for use.



RULE 2-7-3: PERSONAL EQUIPMENT

- The current rule is found on p. 19 (2-7-3):

Any field players choosing to wear headgear will only be permitted to wear headgear that meets the current ASTM standard for women's lacrosse (F3137) and is labeled accordingly. All headgear must be properly worn and securely fixed with the chinstrap in place as intended for use.



RULE 2-9-2: UNIFORM (P. 19)



The goalkeeper's bottoms must be in agreement with the team's predominant color, white, black, or gray.

RULE 3-7-2d: TIMER (P. 27)

Sound the horn twice to indicate a time-out request by the head coach or any player on the field after a goal is scored or any time the requester's team is in clear possession of the ball.



RULE 4-8-1: SCORING (P. 33)

4-8-1 – The shot or propelled action must release the ball before time expires.



RULE 4-8-2 (NEW): SCORING (P. 33)

4-8-2 – The shot is deemed complete when:

- a) The ball enters the goal;
- b) Any player gains possession;
- c) The ball goes out of bounds;
- d) The ball comes to a rest on the field of play or inside the circle; or
- e) The ball touches the ground below the goal line extended.



RULE 4-8-1: SCORING (P. 35)

4-8-1 SITUATION B:

The shooter releases the ball from her crosse in a shot on goal. The game horn then sounds (either for the half or the end of the game). The ball goes into the net after the horn sounds.

RULING: Goal. The shooter released the ball prior to the horn sounding. The goal is counted.

COMMENT: The release of the ball from the shooter's crosse prior to the horn is considered a legal shot.



RULE 5-1-1 & 5-1-3: STARTING AND STOPPING PLAY (P. 36)

- 5-1-1: The whistle is used to stop and start play with the exception of self-start.
- 5-1-3: Upon the restart whistle or self-start when permitted, the player with the ball may run, shoot or pass.



RULE 5-4-1: RESTARTING PLAY – SELF-START (P. 39)

5-4-1 – Following a whistle blown for a foul outside the critical scoring area, the player who is awarded the free position, after coming to a stop, may continue the play without waiting for an additional whistle from a settled stance (both feet stationary on the ground and the ball positioned in the head of the crosse.)

The player fouled must take the free position within playing distance of the spot of the foul.

The offending player shall move 4 meters from the player taking the free positions directed by the official. All players must move 4 meters away from the free position.





RULE 5-4-1: RESTARTING PLAY – SELF-START

How do we define a settled stance?

A settled stance is defined as:

Both feet are stationary, on the ground, with the ball positioned in the head of the stick, and the player with possession making, at minimum, a momentary pause before restarting play.

RULE 5-4-2: RESTARTING PLAY – SELF-START (P. 39)

5-4-2 – Play will commence once the ball carrier steps  or passes . Once play has commenced the defenders may engage in play with the ball carrier. A player taking the free position may wait until all players are moved 4 meters away, and then play may commence on the official's whistle.

RULE 5-4-3: RESTARTING PLAY – SELF-START (P. 40)

5-4-3 – If the player who is awarded the free position attempts to self-start from a position farther from a playing distance from the spot of the foul or before she settled, the official shall blow the whistle, set the free position up at the spot of the foul, and play may commence with self-start.

Repeated attempts to self-start from a position farther than a playing distance from the spot of the foul, when self-start is not allowed, or without settling may result in a delay of game card.

Repeated failure to move away from the free position, move behind the ball carrier, or self-start from beyond the playing distance may result in the official stopping play, warning the offenders and restarting play on the whistle. This may result in a delay of game penalty.



RULE 5-4-4: RESTARTING PLAY – SELF-START (P. 16)

5-4-4 – Self-start is not an option when:

- a. The game clock is stopped;
- b. There is a restraining line violation;
- c. The foul is in the critical scoring area, excluding boundary restarts;
- d. There is an alternating possession;
- e. There is an inadvertent whistle;
- f. A goal is scored.

SELF-START CHECKLIST

Why?

- Decrease officials involvement.
- Increase the pace of the game.
- Increase time playing vs. foul administration.



SELF-START CHECKLIST

Where?

- Following a whistle blown for a foul outside of the critical scoring area.
- The player who is awarded the free position may continue without waiting for an additional whistle.

SELF-START CHECKLIST

How?

The player fouled must take the free position:

- From a settled stance;
- With ball in crosse;
- Within playing distance of the spot of the foul.

Playing distance is 1 ½ stick's length away.



SELF-START CHECKLIST

Who?

The offending player shall move 4 meters from the free position.

- Minor = Away
- Major = Behind

All players must move 4 meters away from the free position.

Player with the ball steps or passes the ball to restart.



SELF-START CHECKLIST

When?

Game clock is running.

Self-start is not an option when:

- a. The game clock is stopped;
- b. There is a restraining line violation;
- c. The foul is in the critical scoring area, excluding boundary restarts;
- d. There is an alternating possession;
- e. There is an inadvertent whistle; or
- f. A goal is scored.



SELF-START: OFFENDING TEAM

- After a foul is called, player who fouled must be moving 4 m behind or away as directed by the official
- Defenders may not engage ball carrier until play has commenced.
 - Play commences when the ball carrier steps or passes.
 - The following actions do NOT commence play:
 - Rocking Motion
 - Cradling the ball
 - Pumping the crosse



RULE 6-3-1a: RESUMING PLAY (P. 43)

Resuming play on an out-of-bounds:

6-3-1a – The opponent nearest the ball will place the ball in her crosse, come in-bounds relative to the spot from where the ball went out of bounds, and may commence play with a self-start within 2 meters of the boundary line from a settled stance. If the goalkeeper, while within her goal circle, is the nearest to the ball when it crosses the boundary, she will remain in her circle to restart play on the whistle.



RULE 6-3-2a: RESUMING PLAY (P. 44)

Resuming play on a shot or deflected shot on goal goes out of bounds

6-3-2a – The player who is inbounds and nearest to the ball when it crosses the boundary will gain possession of the ball. She will place the call in her crosse, come in-bounds relative to the spot from where the ball went out of bounds, and may commence play with a self-start within 2 meters of the boundary line from a settled stance.

Opponents must give the player with the ball at least 1 meter of free space.

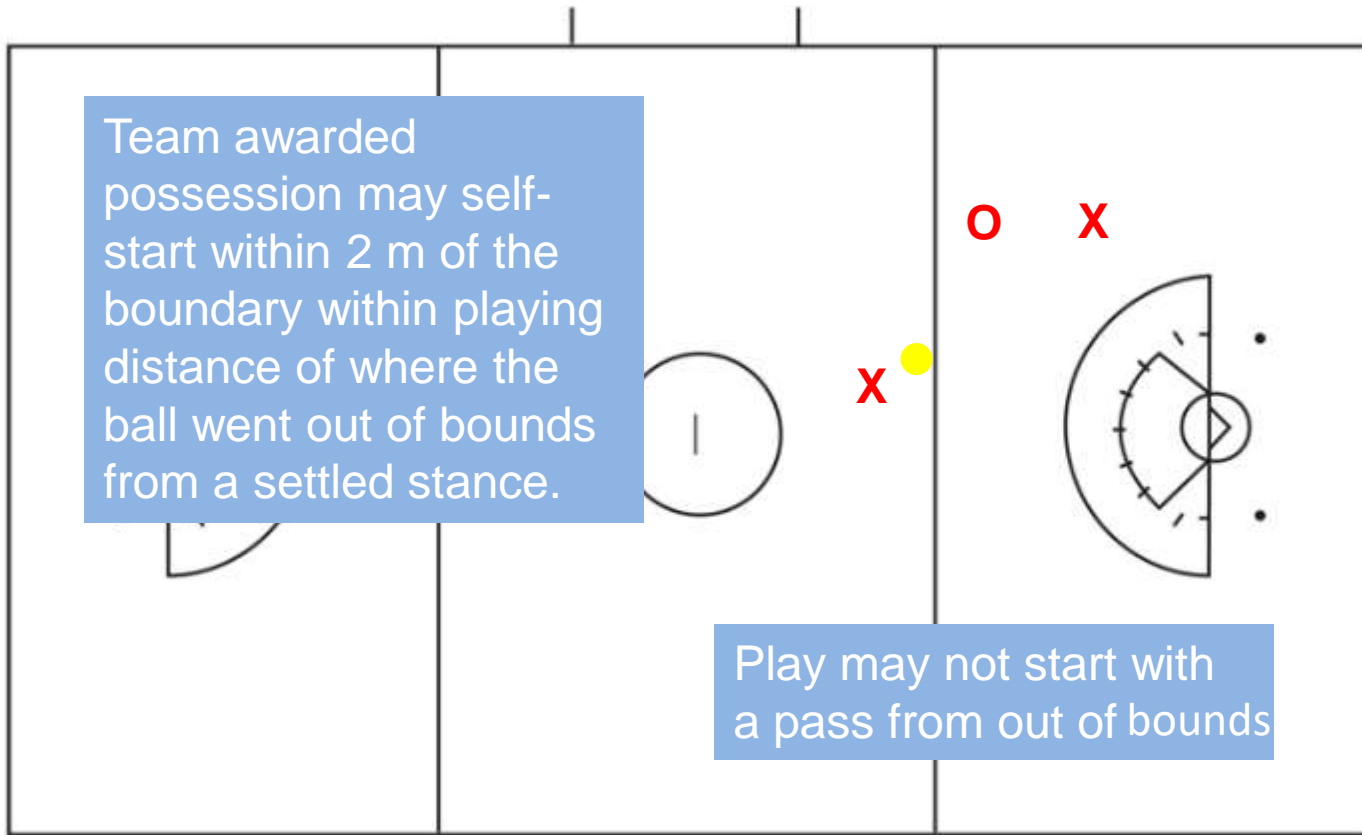
If the goalkeeper, while within her goal circle, is the nearest to the ball when it crosses the boundary, she will remain in her circle to restart play on the whistle.



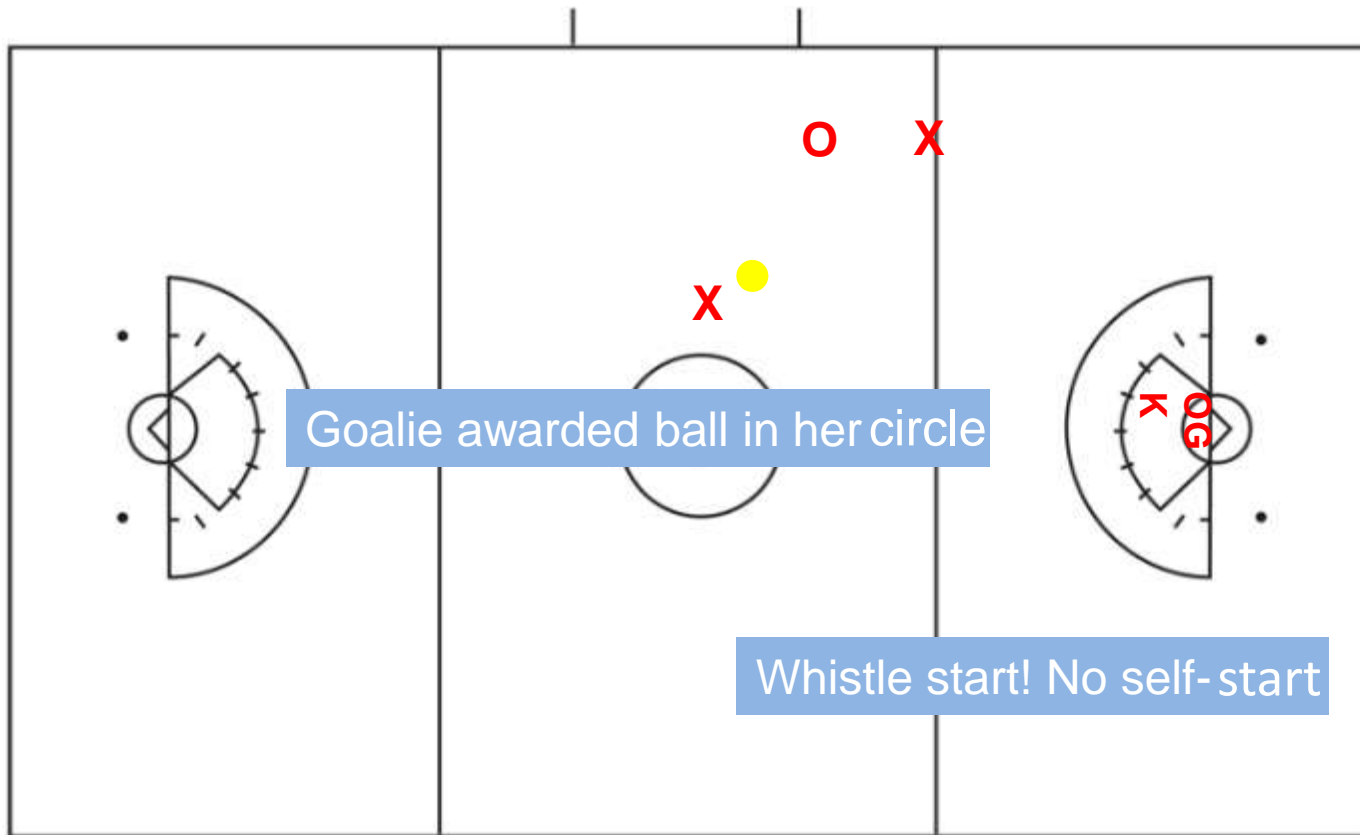
BOUNDARY (SIDELINE & ENDLINE): SELF-START

Team awarded possession may self-start within 2 m of the boundary within playing distance of where the ball went out of bounds from a settled stance.

Play may not start with a pass from out of bounds



BOUNDARY: GOALIE RESTART



RULE 9-1c(3): MINOR FOULS

(P. 51)

Delay of game – 9-1c(3):

Repeated self-start from beyond the playing distance or when self start is not allowed.



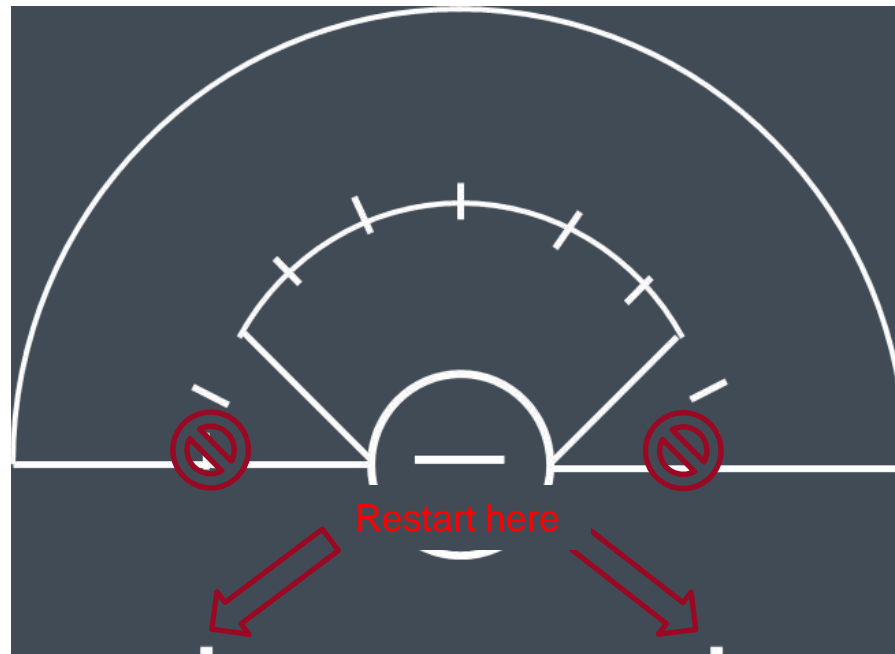
RULE 5-5-3b: ALTERNATE POSSESSION (P. 41)

5-5-3b Alternate possession awarded inside the critical scoring area shall be awarded at the closest dot.

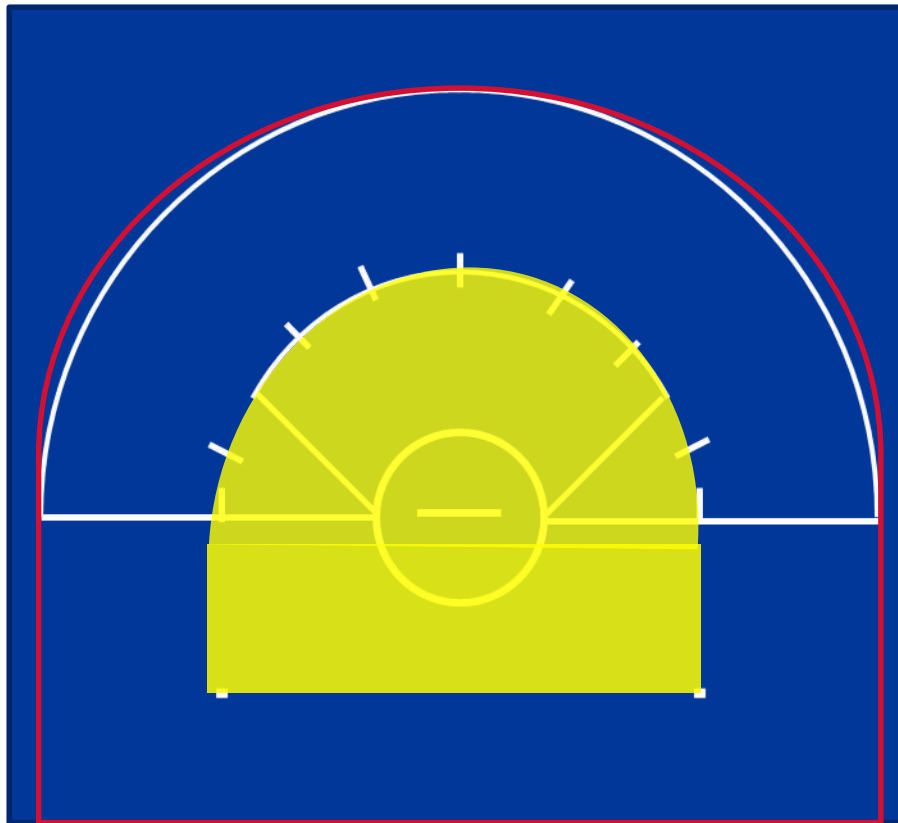


RULE 7 PENALTIES 1 (P. 46)

For goal circle fouls by the defense, other than illegal deputy, a free position is awarded at the dot.



RULE 13 (NEW) DEFINITION OF TERMS: PENALTY ZONE (P. 74)



The area 8 meters away from the goal circle above the goal line extended (includes the entire 8-meter arc and both “pie” areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots.

PENALTY ZONE: ADMINISTRATION

(P. 57)

10-1 PENALTIES 4 – For a major foul by a defense player which occurs 8 meters away from the goal circle and above goal line extended:


- a. The player who was fouled will move to a hash mark nearest the spot of the foul on the 8-meter arc. The player with the ball may have her crosse in the arc but must have her feet behind the arc.
- b. The player who fouled moves to the 12-meter fan directly behind the player taking the free position.
- c. All players and crosses must be out of the penalty zone.
- d. The goalkeeper in the penalty zone may clear back into the goal circle if she did not foul.
- e. All players remaining in the penalty zone must take the shortest route out.




PENALTY ZONE: ADMINISTRATION

10-1 PENALTIES 4 NOTE: Clearing remaining players from the Penalty Zone

 Shortest route out.

 Maintain position relative to one's position inside the penalty zone.

 If opposing players are cleared to an adjacent hash, defense gets the hash.

PENALTY ZONE: ADMINISTRATION

(P. 62)

11-2 PENALTIES 5 – If the goalkeeper is outside the goal circle when the foul was committed and the flag was raised, she will remain outside when the free position is set up except:

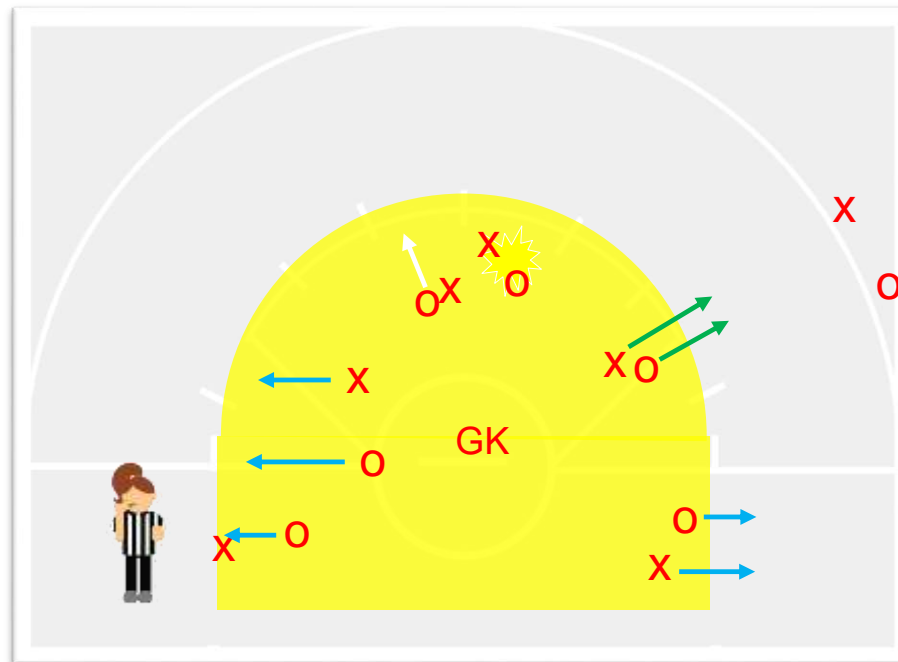
She has not fouled and was in the penalty zone when the scoring play ended and the penalty zone is to be cleared.



CLEARING THE PENALTY ZONE

1. All players stand on the whistle

2. Free position at center hash; offending player 4 m behind



3. Players take the shortest route out

4. If opposing players are moved to adjacent hash, defensive player gets the hash

RULE 12-8 EJECTION PENALTIES 3 (P. 67)

Clarifies state administrative options for ejections by not requiring the attendance of ejected players at the next game.



RULE 12-8 EJECTION PENALTIES (P. 67)

- NFHS affiliated schools shall follow state high school association ejection policies.





Points of Emphasis

2019 NFHS/USL GIRLS LACROSSE



2019 POINTS OF EMPHASIS

- OBSTRUCTION FOR FREE SPACE TO GOAL - OPPORTUNITY TO SHOOT
- ROUGH AND DANGEROUS PLAY
- EMPTY STICK CHECK – INTENTIONAL VS. INCIDENTAL CONTACT





OBSTRUCTION OF FREE SPACE TO GOAL

- The Free Space to Goal (shooting space) foul continues to be one of the most difficult rules to understand and officiate in girls lacrosse. In an effort to clarify this major foul, the NFHS/USL Girls Lacrosse Rules Committee is emphasizing the importance of understanding the criteria needed when evaluating the potential foul.





OBSTRUCTION OF FREE SPACE TO GOAL

- The official must note:
 1. The location of the ball. The ball must be above the goal line extended and within the critical scoring area.
 2. The attacker must be in active pursuit to goal while her hands, stick and feet are in position to shoot safely.
 3. If there are players in the lane to goal, a safe shooting opportunity does not exist. This action must be created by the attacker showing engagement to goal, and the call must be made if the defense is in illegal defensive positioning.



ROUGH AND DANGEROUS PLAY

- **Limiting rough and dangerous play** is a priority of the NFHS/USL Girls Lacrosse Rules Committee, not only because it disrupts the flow of play, but because it also places the player(s) at risk for injury.
- Any check that occurs within playing distance from an opposing player that is performed in a reckless, dangerous or intimidating manner must be called. No player's crosse may hit or cause her opponent's crosse to hit the opponent's body.
- Any other action with the crosse in which the official's opinion amounts to dangerous or intimidating play should be considered rough and dangerous.



EMPTY STICK CHECK: INTENTIONAL VS INCIDENTAL CONTACT

- This point of emphasis is to clarify **incidental versus intentional stick contact** during the pursuit of a playable ball. When the ball is in the air or on the ground and is playable by both teams, incidental stick contact by players who are actively pursuing possession of the ball is legal. However, when the ball is in a playable situation it is illegal for one player to initiate contact with the opponent's crosse in an effort to prevent her from gaining possession. The official must be able to evaluate the intent and impact of the player initiating the contact. In addition, an area of particular concern is during the draw. When the ball is in the air, an empty stick check should only be called when a player's action is to intentionally check her opponent's stick to prevent her from gaining possession.





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- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



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27 DIFFERENT SPORTS AND ACTIVITIES

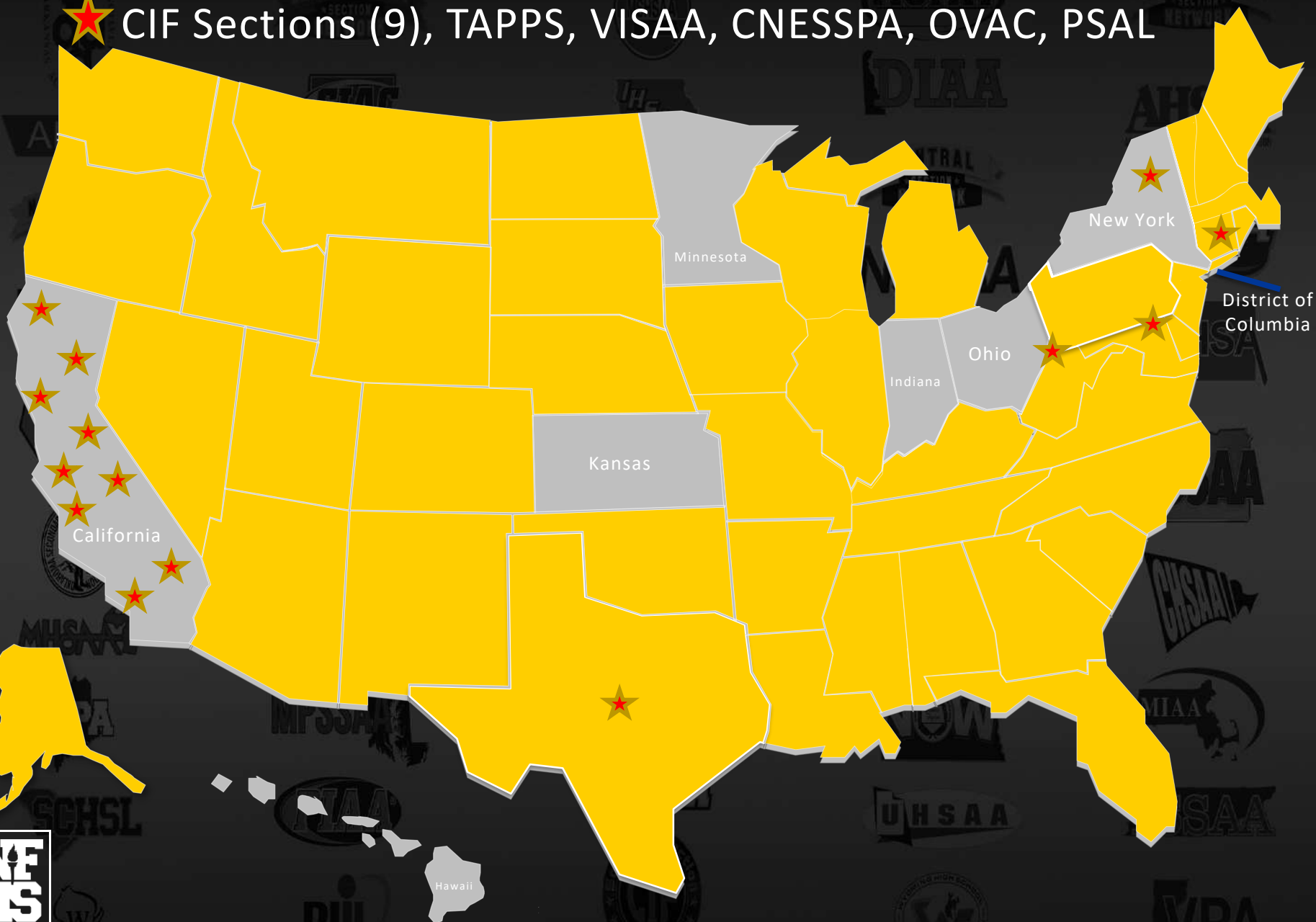


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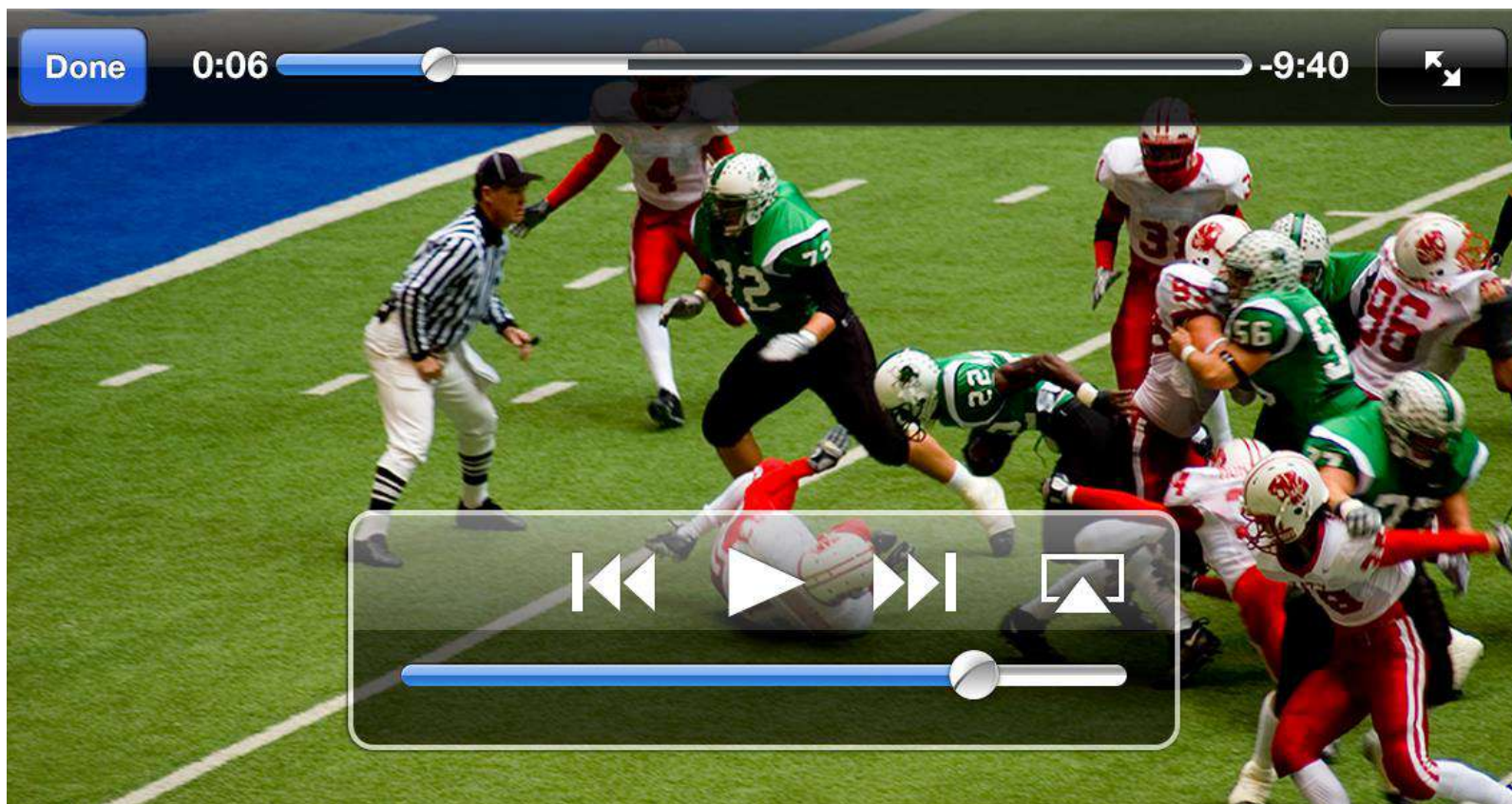
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