2016 NFHS Boys Lacrosse Rule Revisions
Major Rules Changes
Situations and Rulings
Points of Emphasis
NFHS Rules E-Books

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$5.99 Apple or Android
National Federation of State High School Associations

2016 NFHS Boys Lacrosse

Major Rules Changes

Take Part. Get Set For Life.™
Beginning in 2018, minimum stick specifications shall be as follows:

<table>
<thead>
<tr>
<th>Measurement from throat (inches)</th>
<th>Minimum distance between narrowest point of head (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.25</td>
<td>3 (all measurements)</td>
</tr>
<tr>
<td>3.0</td>
<td>3 (all measurements)</td>
</tr>
<tr>
<td>5.0</td>
<td>3.5 to 4 on front, 3.5 on back</td>
</tr>
<tr>
<td>Widest point</td>
<td>6 (all measurements)</td>
</tr>
</tbody>
</table>
Beginning this season…Any additional strings or laces (e.g., shooting strings, V channels) must be located within 4 inches of the top of the crosse.
A crosse that has been altered in such a way as to give an advantage to an individual is illegal. Adjustable-length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal. The use of pull strings to alter the depth of the pocket is illegal. No more than one sidewall string on each side is allowed. A broken crosse is considered as no crosse.
NOTE: One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
k. Goalkeepers shall wear:
   1. Throat protector designed for lacrosse.
   2. Chest protector.
Deletes old ART. 3 through Article 6

- **New Article 3:** The official conducting the faceoff will start the procedure by holding the ball and bringing the players together.
  - a. The official shall indicate to the players the spot on which the faceoff will take place and instruct the players to prepare for the faceoff by saying “down.”
  - b. Once the players are down they are to move into their faceoff position as quickly as possible. Players may kneel or stand as they get into position for the faceoff.
c. The crosses and gloves shall rest on the ground along the center line, parallel to each other up to, but not touching, the center line.

d. The official shall make certain that the reverse surfaces of the crosses match evenly and are perpendicular to the ground. Each player must have both hands wrapped around the handle of his own crosse, touching the ground. The right hand may not touch any part of the head of the crosse. The player’s feet may not touch his crosse. Both hands and feet of each player must be to the left of the throat of his crosse. Each player must be positioned so his entire body is to the left of the throat of his crosse. It is legal to lean over the center line.
• e. If the players are not positioned properly, the officials may adjust the players positioning (including crosses) to ensure the faceoff will be conducted fairly for both players.

• f. Once the players are in the proper position, the official shall place the ball on the ground, in between the head of each crosse, paying close attention to placing the ball in the middle of the head of each crosse.
g. Once the official is satisfied with the placement of the ball and the positioning of the players’ crosses, he shall instruct the players to remain motionless by saying “Set.” The official will still have his hand on or near the ball or crosses when the command “Set” is given. For hearing-impaired players, a reasonable accommodation for the "set" command and whistle sound will be provided.

h. After the “Set” command, the official shall back out and blow the whistle when clear of the scrimmage area. The official does not have to be stationary, and in all likelihood will still be moving backwards, when he blows the whistle to start play. The whistle cadence will vary with every faceoff.
• i. A violation will be called if a player picks up and carries the ball on the back of his stick. It is still legal to clamp the ball with the back of the stick, but it must be moved, raked or directed immediately. Immediately is defined as within one step.

• j. A player may not lie on the ball or trap it with his crosse longer than necessary for him to control the ball and pick it up with one continuous motion, or withhold the ball from play in any other manner.
• k. It is illegal to kick, step on, or place any other body part to his crosse or the crosse of the opponent. It is illegal for a faceoff player to use his crosse to hold or pin down either player’s crosse.

• l. It is illegal for a player to use his hand or fingers to play the ball. This shall be enforced immediately as an unsportsmanlike conduct penalty. Inadvertent touching of the ball when the hand is grasping the stick should not be called as an unsportsmanlike conduct foul.
• m. It is illegal for a player to grab an opponent’s crosse with the open hand or fingers. This shall be enforced immediately as an unsportsmanlike conduct penalty.

• n. A single-wrap of tape must be applied to the handle of the crosse for any player taking a face-off. The tape is to begin (but not touching) the plastic at the throat of the crosse and continuing six inches down the handle. Tape must be of contrasting color to the head, gloves, and shaft.
ART. 3 . . . During the faceoff in all penalty situations, there must be four players in the defensive area and three players in the offensive area. Exception: When a team has three players in the penalty area, a player may come out of his defensive area to take the faceoff but must remain onside. (See 4.10 SITUATION JK).
n. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal shall be disallowed. An attacking player may legally score a goal and touch the crease area, provided the ball enters the goal before to the contact with the crease and his feet are grounded prior to, during and after a shot. (Same wording in 4-19-1)
Once the ball has been successfully advanced into the goal area, a team is provided the opportunity to run its offense in its offensive half of the field. If the offensive team carries, passes or propels the ball to its defensive half of the field and the offensive team was last in possession, and last touched the ball (except on shot), the result will be an immediate turnover or play-on.

If the ball does not touch or go over the centerline, no infraction has occurred Defensive players may legally bat the ball to keep it in the offensive half of the field, but if it is possessed and their feet are in the defensive half, it shall be a turnover.
ART. 2 . . . Any non time-serving violation on the defense that occurs while the ball is in the goal area will result in the ball being awarded to the offensive team laterally outside the goal area.

ART. 3 . . . Any non time-serving violation on the offense that occurs while the ball is in the goal area will result in the ball being awarded to the defensive team. The defense will restart play with the ball in the goal area or in the crease.
d. For the purpose of determining when a player or players may be released from a penalty, for all time-serving penalties called on players of opposing teams from the time the flag is dropped or the whistle sounds stopping play (whichever occurs first), until the sounding of the whistle resuming play, the longest common penalty time between players of opposing teams is non releasable, as is all penalty time of a shorter or equal duration.
Mistakes by Officials - When a timekeeper, scorer or official makes a mistake that would result in a team or player being disadvantaged and an official becomes aware that a mistake is being made, the official shall promptly correct the mistake if a goal is scored during the ensuing play and the mistake is brought to the attention of the referee before the next live ball, the referee must allow or disallow the goal, depending on the circumstances. In such situations:

- a. If all officials are fully aware of the ruling and have sufficient time to call attention to the mistake, the correction must be made before the next live ball.

- b. If the officials do not have sufficient time to call attention to the mistake prior to play restarting (e.g., when the mistake itself is an improper restart), the correction must be made before the second live ball.

- c. Once a faceoff occurs, no prior goal may be disallowed.
Inadvertent Whistles – In the event of an inadvertent whistle, play shall be suspended immediately. The team with possession or entitled to possession when the whistle was blown shall retain possession. If the ball was loose outside the crease, possession shall be awarded by alternate possession. If the ball was loose inside the crease, award to the defensive team.
2016 NFHS Boys Lacrosse

Situations and Rulings
*4.10 SITUATION I: A1 is in the penalty box serving a penalty. Team A has either six players in its offensive half of the field or seven players in its defensive half of the field.

RULING: Team A is offside. NOTE: For purposes of determining offside, player(s) serving penalties in the penalty box count as player(s) on the field.
Rule 4-18
Goal-Crease Privileges

*4.18.1 SITUATION E: Two or more defenders from Team B are standing in the crease in front of the goal with a clear intention of blocking shots, not defending another player.

RULING: Conduct foul on Team B. If Team A was in possession, Team B in-home serves a 30-second penalty. A second violation by Team B should be enforced as unsportsmanlike conduct.
**Rule 4-19**  
Goal-Crease Prohibitions

- **4.19.1 SITUATION A:** A1 drives toward the goal and jumps or dives into the crease. The ball (a) goes into the goal; (b) does not go into the goal.

- **RULING:** (a) No goal. The ball is awarded to Team B; (b) play-on or whistle.
Rule 4-19
Goal-Crease Prohibitions

*4.19.1 SITUATION B: A1 dives or jumps toward the crease and, while in the air, is illegally checked into the crease. The ball (a) goes into the goal; (b) does not go into the goal.

RULING: (a) Flag-down, no goal, assess penalty; (b) flag-down, assess penalty.
Rule 4-19
Goal-Crease Prohibitions

*4.19.1 SITUATION C: A1 dives or jumps into the air space over the crease and, while in the air, is legally pushed or checked, landing in the crease. The ball (a) goes into the goal; (b) does not go into the goal.

RULING: (a) No goal. The ball is awarded to the defensive team; (b) play-on for the defense or whistle.
Rule 4-19
Goal-Crease Prohibitions

*4.19.1 SITUATION D: A1 jumps and is over the crease. The goalkeeper is in the crease and contacts A1 while he is in the air.

**RULING:** No goal. Award the ball to Team B.
Rule 4-19
Goal-Crease Prohibitions

- **4.19.1 SITUATION E:** A1, with his feet grounded prior to, during and after the shot, shoots and the ball enters the goal. During the play, he (a) is legally pushed into the crease with the ball entering the goal before A1 lands in the crease; (b) is illegally pushed into the crease.

- **RULING:** (a) The goal counts; (b) flag-down. The goal counts if the ball enters the goal before A1 lands in the crease.
Rule 4-19
Goal-Crease Prohibitions

- **4.19.1 SITUATION F:** A1 dodges B1 and continues towards the goal crease. He shoots and scores. After the ball enters the goal, A1 runs through the crease area.

- **RULING:** The goal counts. A1 did not deliberately launch himself or become airborne during the play. Running through the area of the crease is considered to be different than becoming airborne and landing in the crease.
*7.3 SITUATION D: After a faceoff and before possession has been declared or the ball crosses the defensive-area line, B4, who was behind the defensive-area line at the beginning of the faceoff, comes across the defensive-area line to play the loose ball.

RULING: Technical foul against B. Ball awarded to Team A at the spot where the ball was when play was suspended.

NOTE: The ball is no longer awarded to Team A in its offensive half of the field. This ruling is the result of the deletion of language from the Exception in Rule 7-3 in the 2016 Rules Book.
Resuming Play After Penalty

Editorial revision….

- **RULING:** Technical foul against B. Ball awarded to Team B at the spot where the ball was when play was suspended.

*7.3 SITUATION D:* After a faceoff and before possession has been declared, the ball crosses the defensive-area line, B4, who was behind the defensive-area line at the beginning of the faceoff, comes across the defensive-area line and play the loose ball. **RULING:** Technical foul against B. Ball awarded to Team B at the spot where the ball was when play was suspended.

**NOTE:** The ball is no longer awarded to Team A in its offensive half of the field. This ruling is the result of the deletion of language from the Exception in Rule 7-3 in the 2016 Rules Book.
Points of Emphasis

1. Contact
2. Lacrosse Helmet Fitting
3. Halftime Warm-up
4. Helmets During Pre-Game and Practice Time
5. Defending the Crease – Defending the Goal Crease Area
Points of Emphasis
Contact

- Boys lacrosse is a contact sport with a rich tradition and history. Checking and using the stick to dislodge the ball are integral parts of the game. As with any contact sport, continued awareness to minimize risk for all participants is important. Additionally, with the heightened awareness of the seriousness of concussions, reasonable actions must be maintained to reduce the risk of injury for all participants in the game of boys lacrosse.
Points of Emphasis
Contact

- The penalty for excessive hits to the head and neck is in place as an effort to eliminate this type of contact from the game. A section is in place to address penalties for hits to defenseless players and blindside hits. These revisions have had positive results to minimize the risk of injury.
Points of Emphasis

Contact

- The NFHS will continue to use the data collected by the NFHS Injury Surveillance System and all other appropriate professional sources to identify areas of concern and then consider rules revisions to address those concerns. To improve the data collection and assist in rules writing, we are asking for schools to consider participation in NFHS Reporting Information Online (RIO) Survey. For additional information, contact Susie Knoblauch at sknoblauch@nfhs.org.
Lacrosse helmets shall meet the current NOCSAE standard and be properly fitted and worn. Padding of the helmet shall give firm and uniform pressure about the head. The skin of the forehead should move as the helmet is moved from left to right and from front to back.
Points of Emphasis
Lacrosse Helmet Fitting

- There must be a four-point chin-strap attached to the helmet. The chin-strap should be tightened so that there is no slack. When fitting players with helmets, the hairstyle of the players should be considered; if the player has a great deal of thick hair and then receives a haircut, the helmet must then be refitted. Properly fitted helmets should never cause headaches.
Points of Emphasis
Halftime Warm-Up

- It is important that all players properly warm up at the end of an extensive interruption of game play. It is recommended that the final three minutes of intermission be used for a team warm-up period.
Points of Emphasis
Helmets During Pre-Game and Practice Time

- It is important that players properly wear the mandatory protective helmet when engaging in drills that involve passing, shooting or scrimmaging. Coaches are urged to educate players on the need to be properly equipped at all times.
It is recommended that coaches not teach nor encourage field players to block the goal when the goalkeeper has vacated the goal crease area for any reason. Field players do not have the same protective gear (chest and throat protector) as goalkeepers and, therefore, create a safety risk when they attempt to stop a shot. Furthermore, teams may not place multiple defenders in the goal crease area in order to block the goal from the attacking team. This is dangerous and prohibited.
*laterally outside the goal area was omitted from the sentence.

If the ball was in the goal area when play was suspended, it shall be restarted *laterally outside the goal area nearest to the spot of the ball at the time of the whistle.

SECTION 3: RESUMING PLAY AFTER PENALTY

When a penalty occurs and the ball is in the offended team’s offensive half of the field, the ball shall be put in play by the team awarded the ball, at the spot where the ball was when play was suspended. If the ball was in the goal area when play was suspended, it shall be restarted nearest to the spot of the ball at the time of the whistle. If the ball has crossed the end line prior to the penalty occurring, the ball shall be restarted at that spot.

When a penalty occurs and the ball is in the offended team’s defensive half of the field and a penalty is to be served, the ball shall be awarded to any player of the offended team in its offensive side of the field at the Center. When no penalty time is to be served, the ball will be put in play at the spot the ball was when the whistle blew.

EXCEPTION: For simultaneous fouls where time is to be served by each team, the ball will be put in play at the spot where the ball was when the whistle blew or nearest to the spot of the ball at the time of the whistle.
2016

Lacrosse Clinic

Tra Waters, Director
Sports & Championships
Important Dates

- Date of 1\textsuperscript{st} Practice: February 15\textsuperscript{th}
- Date of 1\textsuperscript{st} Contest: No earlier than February 29\textsuperscript{th}
Playoff Dates

Reporting Deadline: May 2, 2016 (6 AM)
1st Round: May 4th
2nd Round: May 6th
3rd Round: May 10th
4th Round: May 13th
Regional: May 17th
State: May 20-21
Dead Periods

✧ 2016-17 Summer Dead Periods:
  ✧ July 4<sup>th</sup> – July 10<sup>th</sup>
  ✧ July 18<sup>th</sup> – July 24<sup>th</sup>
Season Limitation

- No more than 16 total games, or 17 with one being an approved Endowment Game
- Handbook update: Teams and individuals are limited to one game per day. Teams are limited to no more than three (3) games per week.
MaxPreps

- Official Statistics Provider
  - Records and standings for post-season qualifications
    - 2015-16: MaxPreps Record = Official Record
    - Incorrect record subject to DQ from playoffs
  - All game results MUST be entered by Saturday, May 7th at 11:59 p.m.
    - Triple check your record!
  - Instructions can be found on the NCHSAA website
Sportsmanship

The quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials and teammates.

- Wholesome athletic environment
- Good Sportsmanship > Victory
- Modest in victory, gracious in defeat
- Respecting judgment and integrity of game officials
- Role modeling good behavior
Sportsmanship

- Teaching & Modeling Behavior Course
  - Required for any coach ejected during a contest
  - Required for any coach who has player(s) ejected for fighting
- NFHS Sportsmanship Course
  - For any ejected/disqualified player
  - Free, on-line course (nfhslearn.com)
- All certificates must be sent to NCHSAA
Eligibility & Compliance
Eligibility

PowerPoint

- Required viewing for all coaches
- Should be done with the athletic director
- Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.
Eligibility

Preseason Meeting
- Required attendance by all parents
- Time to share rules, regulations, expectations, philosophy etc.
- Time to get all required signatures—pledges, Gfeller-Waller information, etc.
- **NEW FORM** – Eligibility and Authorization
Gfeller-Waller Concussion Law

Requirements of the Law:

- Concussion signs and symptoms
  - Given prior to participation
  - Parents/athletes sign indicating “receipt of” Return to Play (RTP) form signed by a physician licensed to practice medicine
  - An up-to-date Emergency Action Plan (EAP)
    - Must be on-file
    - Must be posted
    - Must be updated annually

- “When in doubt, sit them out”
Coaches’ Education

NFHS Fundamentals of Coaching Course

- **All** coaches must have satisfied the requirement to take this course by the first date of competition this season.
- Complete prior to first contest; subject to a $500 fine; continuing to coach without completion = another $500
Course Objectives

- Understand what concussions are & their impact on players
- Recognize the complications associated with concussions
- Recognize signs and symptoms of concussion
- Know when additional medical attention is needed
- Understand what your responsibilities are in concussion management
- Understand the proper concussion management

Units

- Concussion Overview
- The Problem
- Your Responsibility

More Information at nfhslearn.com!

Take Part. Get Set For Life.™
Coaches’ Education

Concussion Management Certification

- The NFHS Concussion Course (free on-line course) or an equivalent course must be completed by all coaches.

- THIS IS AN ANNUAL COMMITMENT. Must be taken after June 1, 2015 and prior to February 15, 2016.

- Prior to the first date of practice for that sport; subsequently, the certificate of completion must be on file at the individual school; subject to $500 fine.
NFHS Suggested Guidelines for Management of Concussion in Sports

In the Appendix of all the 2016 NFHS Rules Book
New Safety Policy

Effective Aug 1, 2017

That all head and paid coaches must be CPR/AED certified.
Coaches’ Education

Accredited Interscholastic Coach (AIC)

- Requires completion of 4 courses:
  - Fundamentals of Coaching
  - 1st Aid, Health & Safety for Coaches
  - Sport Specific Course or Teaching Sports Skills
  - Concussion in Sports (Free)

North Carolina is currently 7th in the nation.
Accredited Interscholastic Coach – National Coach Certification Program –

Level One National Certification Course Requirements:

• Fundamentals of Coaching
• First Aid, Health and Safety for Coaches
• Sport-specific Course or Teaching Sports Skills

More Information at nfhslearn.com!

Take Part. Get Set For Life.™
Coaches’ Education

Certified Interscholastic Coach (CIC)

- Completion of AIC requirements
- Plus:
  - Teaching & Modeling Behavior
  - Engaging Effectively with Parents
  - Sportsmanship
  - Creating a Safe and Respectful Environment
  - Strength & Conditioning
  - 2 additional courses (User Choice)
  - **North Carolina is currently #1 in the nation!**
2016 NFHS Boys Lacrosse Rule Presentation

Thank you for your participation!