



2024 NFHS GIRLS LACROSSE RULES INTERPRETATIONS

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2024 NFHS/USL Girls Lacrosse Rules Book Corrections: Page 3, 2024 Girls Lacrosse Rules Changes: ~~5-4-1~~ 5-4-5, 10-1j – Eliminates the false start...

SITUATION 1: During the pregame stick check, the official inspects the goalkeeper's thigh protection to confirm it has integrated protective padding. **RULING:** Incorrect procedure. **COMMENT:** Officials shall confirm that players' equipment complies with the rules during the pregame meeting by requiring the head coach to verbally certify that all team equipment is legal under the rules. The officials should not inspect thigh padding. (2-6-1, 3-2-2a)

SITUATION 2: A goalkeeper is wearing compression shorts with padding integrated into the shorts underneath sweatpants. **RULING:** Legal. **COMMENT:** Thigh padding must be integrated into part of the goalkeeper's bottoms. The padding could be integrated into compression shorts or pants and worn under uniform bottoms. Certification of equipment compliance is done by the head coach during the pregame meeting. (2-6-1, 3-2-2a)

SITUATION 3: Field players for Team A are wearing tooth and mouth protectors with: (a) a spinner in the middle; (b) a charm hanging from the outside; (c) a tab used to connect it to a helmet that is cut off with a ½-inch protrusion; (d) a clear tooth aligner; (e) fangs printed on the outside. **RULING:** (a), (b), (c) and (d) improper equipment; (e) legal equipment. **COMMENT:** Tooth and mouth protectors for field players shall not have spinning parts, charms or protruding tabs. Tooth aligners, such as Invisalign, are not created for the purpose of protection and are not legal as tooth and mouth protectors. Tooth and mouth protectors that are clear, white, colored and with graphics are permitted. [2-7-1, 2-7 PENALTIES, 9-1m(2)]

SITUATION 4: Team A is attacking as time is running out in the first quarter. A player on Team A is called for a dangerous shot as time runs out. The timer signals the end of the quarter. **RULING:** Correct procedure. **COMMENT:** The clock does not stop during the last two minutes of the first and third quarters for a foul in the critical scoring area. (3-7-2h, 4-1-2, 4-2-2)

SITUATION 5: Team A is attacking as time is running out in the first quarter. A player on Team A is called for a dangerous follow-through with eight seconds left on the clock. The official signals time-out, issues a card, and sets up the free position. **RULING:** Correct procedure. **COMMENT:** A time-out must be taken whenever a card is issued, regardless of the time left on the clock. (3-7-2h, 4-2-2, 10-1f)

SITUATION 6: During the last two minutes of the second quarter, while the clock is stopped, No. 8 on Team A starts play before the whistle from a free position in Team A's defensive end. The official resets the free position rather than calling a false start foul. **RULING:** Correct procedure. **COMMENT:** A false start is only assessed to an offensive player when a foul is committed within the critical scoring area and a free position is awarded to the player in their offensive end of the field at an 8-meter hash mark, 12-meter fan or dot. As a reminder, offensive players cannot self-start within the critical scoring area. (5-4-2, 5-4-5, 10-1j)

