

DISCLAIMER

This PowerPoint presentation is intended solely for educational purposes and serves as a supplementary resource to facilitate understanding of the 2025 boys high school lacrosse rules. It is not a substitute for reading and studying the official rulebook.

Please be aware that the information presented here is subject to monthly updates, and revisions may occur. For the most accurate and current information, it is strongly recommended to consult the official rulebook and refer to any published memos provided by NFHS/USA Lacrosse.

Individuals seeking clarification or interpretation of rules are encouraged to reach out to their state or local rule interpreter for guidance. The content herein is not exhaustive, and any discrepancies should be resolved through reference to the official rulebook and relevant communications from the governing lacrosse authorities.



AGENDA



- 2025 FAQs
- Clarifications for 2025
 - 1-9-1a Proper Chinstrap Placement
 - 2-1-1 Goalkeeper Equipment Issues
 - 4-3-1 Possession After Faceoff Fouls
 - 4-16 Checking with the Crosse
 - 4-22-4 Restarts Near the Table Area
 - 4-24-7 Suspending Play for Lost equipment in a scrimmage area
 - 5-4-2 Indirect/Unintentional Contact
 - 7-8-3 Slow Whistle Situations Involving a Shot or Pass
 - 7-13-3 Clarification on Inadvertent Whistles Situations During Faceoffs
- Points of Emphasis for 2025
 - Eyeshade
 - Properly Worn Mandatory Equipment
 - Scrimmage Area
 - New Field Diagram
 - Unintentional vs Intentional Checks Involving the Head/Neck



2025 CLARIFICATIONS



PROPERLY WORN CHINSTRAPS

A protective helmet, designed for lacrosse, which met the NOCSAE standard at the time of manufacture and has a visible, exterior warning label regarding the risk of injury. The chinstrap shall be worn on the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chinstrap from the attachment point(s). All helmet decals and external markings shall be school-issued. All players of a team shall wear helmets of the same color or colors



GOALKEEPER EQUIPMENT ISSUES

ART. 1 Ten players shall constitute a full team and shall be designated as follows: Goalkeeper, Defense, Midfield, Attack. A team shall begin the game with at least 10 players, and must have a legally equipped goalkeeper on the field at all times, or it forfeits the game.

2.1.1 SITUATION: Goalkeeper B1 leaves the game due to an injury, **equipment issue**, expulsion or penalty. Team B refuses to send in another player to play that position.
RULING: Team B must put a legally equipped goalkeeper on the field or it forfeits the game. The official will allow a full one-minute delay for replacing the goalkeeper on the field beginning with the replacement's warm-up.



POSSESSION ON FACEOFF FOULS

ART. 1

Play shall be started at the beginning of each period and after each goal by facing the ball at the Center.

EXCEPTIONS:

1. When a period ends with a player-advantage situation or a flag-down creating a player advantage, the next period starts by awarding the ball to the team in possession or entitled to possession at the same relative position on the field. Players are not confined behind the defensive-area lines on the restart.
2. When a player or team commits a foul before the faceoff, the ball will be awarded to the offended team in its offensive side of the field at center. Players are not confined behind the defensive-area lines on the restart.
3. When a player delays resumption of play by any action after "down," the ball will be awarded to the offended team in its offensive side of the field at center. Players remain confined behind the defensive area-lines until the whistle restarting play.
4. When a player moves his crosse or any part of his body after "set," gaining an advantage, the ball will be awarded to the offended team in its offensive side of the field at center. Players remain confined behind the defensive area-lines until the whistle restarting play.



CHECKING WITH THE CROSSE

ART. 1 . . . A player may check an opponent's crosse with their own crosse when the opponent:

- a. has possession of the ball;
- b. is within 5 yards of a loose ball; or
- c. is within 5 yards of a ball in flight.



RESTARTS NEAR TABLE AREA

ART. 4 . . . Any restart within the confines of the table area, or within five yards on either side of the table area, shall be moved five yards into the field from the sideline.



LOST EQUIPMENT IN SCRIMMAGE AREA

ART. 7 . . . Play shall be suspended immediately if a player loses any mandatory equipment while in the scrimmage area. **If that player's team is in possession or entitled to possession, that team will be awarded possession on the restart.** If the ball is loose outside the crease, the ball will be awarded using the alternate-possession rule. If the ball is loose inside the crease, award the ball to the defensive team. If a player outside of the scrimmage area and not in possession of the ball loses mandatory equipment in a legal way and no other players are in the immediate vicinity, then the play may continue. A loss of equipment during the play of the game triggers an official's time-out and should not be confused with a player entering the game without some item(s) of mandatory equipment which is a foul.



INDIRECT/UNINTENTIONAL CONTACT

ART. 2 . . . A player shall not make indirect contact to an opponent's head and/or neck. Indirect contact occurs when the initial force of the contact is to the body of the opponent then slides up to the head and/or neck area.

PENALTY: A one-minute non-releasable foul. An excessively violent violation or an intentional slide up to the head and neck area may result in a longer non-releasable penalty or an ejection.



SLOW-WHISTLE TECHNIQUE

ART. 3 . . . The slow whistle shall be used when:

a. A foul is committed against the player in possession of the ball or some other member of the attacking team.

b. A personal foul is committed against the team last in possession during a shot or pass.



INADVERTENT WHISTLES

ART. 3

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. **If the inadvertent whistle occurs prior to the ending of a faceoff, reface**



2025 POINTS OF EMPHASIS



EYE SHADE

- Eyeshade (grease or non-glare strips/stickers) must be a solid stroke with no words, numbers, logos, or symbols.
- Eyeshade extending beyond the eye socket or below the cheekbone is prohibited.
- Violation of the eyeshade rule (1-10-1h) results in a one-minute non-releasable personal foul for illegal equipment
- Officials should check for eyeshade violations and address potential issue before the game begins.



PROPERLY WORN EQUIPMENT

- Chinstrap must be worn on the chin and securely attached at all helmet attachment points. Helmet should not be removable without detaching the chinstrap.
- Rule 5-6: Use of non-conforming equipment is prohibited and penalties for illegal equipment or improper wear are a non-releasable foul.
- New wording clarifies that chinstraps are intended to be worn securely on the chin, not under it.



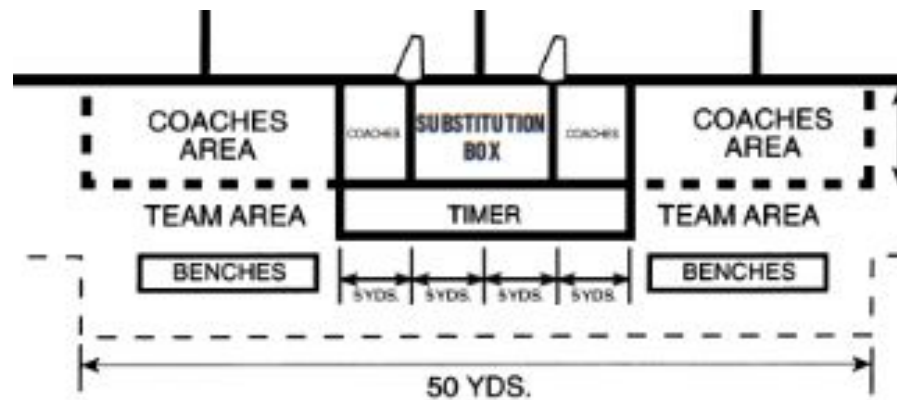
SCRIMMAGE AREA

- The scrimmage area is the area that is roughly within five yards in all directions of the ball or part of active play. The player in possession of the ball is always in the scrimmage area.



NEW FIELD DIAGRAM

- New field diagram clearly defines the Coaches Area and Team Area.
- Expanded Coaches Area provides:
 - Greater separation between teams.
 - Better sightlines for table staff.
 - Improved transitions from the substitution box.
- During live play, off-field players and substitutes must stay in the Team Area until substitution is imminent.
- Substituting players should stay in the substitution box, giving the exiting player the right of way.
- Coaches must stay on the sidelines during live play.



UNINTENTIONAL vs. INTENTIONAL CHECKS INVOLVING HEAD/NECK

- Unintentional Contact to Head/Neck: Occurs if initial force is to the body but unintentionally slides to the head/neck and shall result in a 1- minute non-releasable penalty.
- Intentional Contact to Head/Neck: Players making body checks to the body and intentionally slide up into an opponent's head/neck receive a 2 - 3 minute non-releasable penalty.



FAQs

Questions:

- 1. HS Shot Clocks – NY State Varsity and JV**
 - a. TBD
- 2. Faceoff Mechanics - Did anything change for High School?**
 - a. No
- 3. What happens if a player leaves their feet around the crease in HS games?**
 - a. No Goal. See Page 48 4-19-1b
- 4. When to adjudicate a Foul for Helmet Coming Off**
 - a. Kill it the play immediately. If player has done it on purpose, assess UNC penalty
- 5. Warding-off in Boys High School Lacrosse**
 - a. Displace the stick vs Displacing the body
 - b. Different from NCAA



NFHS Rulebook For Purchase

- USA Lacrosse Members

- <https://account.usalacrosse.com/login/>
- Go to Member Shop
 - \$8 Print
 - \$5 Digital

- USA Lacrosse Officials

1. Where is my FREE NFHS digital rulebook on the NFHS AllAccess App
 - Email membership@usalacrosse.com or 410-235-6882 Ext. 102
2. Having access issue? Email allaccess@nfhs.org

The image shows two screenshots from the USA Lacrosse account interface. The left screenshot is titled "YOUR PROFILE" and displays the profile for RICHARD LAKE, a Coach Official. It includes a membership number (000002913618), validity dates (Valid Thru: 07/2025, DOB: 04/1984), and certification information (Background Check Expiration: 02/08/2025, Abuse Prevention Expires: 07/06/2026, Certifications: BOYS COACHES - BRONZE CERTIFICATION (2024)). A sidebar on the right contains buttons for "VIEW/EDIT PROFILE", "AGE VERIFICATION", "BACKGROUND CHECK", "ABUSE PREVENTION", and "MY TRANSCRIPT". The right screenshot is titled "RICHARD LAKE'S HOUSEHOLD SETTINGS" and features a grid of icons for "MY HOUSEHOLD USERS", "BUY/RENEW MEMBERSHIPS", "PAYMENT OPTIONS", "ACCOUNT ADDRESSES", "NOTIFICATION PREFERENCES", "TRANSACTIONS HISTORY", "MAGAZINE SUBSCRIPTION", "MY EVENTS", and "MEMBER SHOP". A red arrow points to the "MEMBER SHOP" icon. Below the grid is a light blue bar with the text "No activity to display".



NFHS Rulebooks Corrections

- Page 36 - 4.5.3 SITUATION A: During normal play, A1 makes a pass to A2. While the ball is in flight, B1 commits (a) a technical foul or (b) a personal foul. RULING: In (a), the official calls out "play on" and the "play on" is over if the pass is completed. If the pass is not completed, award the ball to Team A. In (b), Flag down, slow whistle.



Questions?

Email: boysrules@usalacrosse.com





usalacrosse.org