

2014 Boys' Lacrosse Preseason Bulletin

Rules, Revisions, and Interpretations



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FEBRUARY 2014

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2014 NFHS BOYS' LACROSSE RULE CHANGES

Rule 1-2-7, 8, 9: Increases the size of the scorer's table area to allow more space for players to get on and off the field and to create better site-lines for table personnel.

Rule 1-7-5: Specifies that any crosse used in a faceoff may not have tape on the plastic throat of the head.

Rule 1-9-1g6: Stipulates that legal player numbers are 0-99 and that a team may not have both 1 and 01, 2 and 02, etc. as they are considered the same number. Beginning in the 2017-18 school year, double-zero, 01, 02, 03, etc. are not legal numbers.

Rules 1-10-1c, 1-10-2 and 6-6-3a: Revises the rules regarding the use of electronic equipment to allow coaches, and non-playing team members, athletic trainers and/or others officially connected with a team to use such equipment while still prohibiting the use of electronic audio equipment to communicate with the 10 on-field players.

Rule 1-10-1h: Stipulates that eye shade that is not a solid stroke or includes words, numbers, logos or other symbols is not allowed.

Rule 2-5: Revises the recommendation regarding the number of officials to be used in a game to indicate that a minimum of three officials should be used.



Rule 2-5-2e: Revises the recommended official's uniform to allow short black socks that cover the ankle.

Rule 2-6-1 Note: Stipulates that the officials maintain administrative responsibilities in games that are interrupted or suspended prior to the conclusion of regulation play.

Rule 2-6-1 and 2-6-7: Specifies that the officials' authority ends when they leave the immediate playing facility.

Rule 2-10-1: Specifies that, in addition to the four balls placed on each end line, four balls are also to be placed on each sideline and that the four balls on the bench side of the field are to be placed at the scorer's table.

Rule 4-4-3: Stipulates that there must be four players in the defensive area and three players in the offensive area during faceoffs in penalty situations, except when a team has three players in the penalty area.

Rule 4-10: Revises the requirements for offside to more accurately reflect the unfair advantage created by an offside situation and allows the officials to "count forward," keeping their attention focused on the active side of the field.

Rule 4-11: Revises the procedures for offside enforcement to eliminate some confusing language.

2014 NFHS BOYS' LACROSSE RULE CHANGES (cont'd)

Rule 4-21: Revises the substitution procedures eliminating the requirement to sound the horn for substitutions when play is suspended.

Rule 5-3-5: Stipulates that a body check that targets a player in a defenseless position is illegal and specifies a minimum two- to three-minute non releasable penalty for this violation.

Rule 5-4: Revises the penalty for hits to the head/neck to a minimum of a two- to three-minute non releasable penalty.

Rule 7-2f: Stipulates that no more than three players on a team can be in the penalty area at any time. If more than three players on a team have been assessed penalty time concurrently, the additional penalized team members must wait in the bench area until the penalty time of one of the three players in the penalty area expires.

Rule 7-8-2k: Specifies that, during a Flag Down situation (Slow Whistle), the officials will stop play to enforce penalties should a subsequent defensive foul occur "during the final two minutes of regulation play with the team that is ahead possessing the ball in the goal/attack area, unless a scoring play is imminent."

2014 POINTS OF EMPHASIS

Age Specific Rules: The rules in this book are designed for high school aged players. For games played by younger age groups, age specific rules should be utilized. US Lacrosse has established such age specific rules for youth play which are contained in this book beginning on page 94.

Properly Worn Equipment: The rules require players to wear a number of items of protective equipment including a helmet with a face mask, a mouth guard, protective gloves, shoulder pads, shoes and arm pads. Further, the rules state that these items must be professionally manufactured and not altered. Coaches, officials and players are reminded that these items must be properly fitted and properly worn to maximize protection. Items of protective equipment that are improperly fitted increase the risk of injury for players. Likewise, items that have been altered from the original manufacturer's specifications reduce the protective characteristics of the product.

Ensuring that players are not playing with illegal equipment and are properly wearing all required equipment or is a major responsibility of all lacrosse coaches. Coaches are reminded of their

obligation to carefully inspect their players' equipment and instruct them on how to properly wear this equipment.

Slashing: There is no place in the game for slashing. All participants are reminded that all slashes are illegal and coaches must properly instruct their player to avoid making such slashes. Officials should be especially alert to call these penalties whenever they occur. If a player commits multiple slashes, multiple fouls should be called.

Balls: All balls are to meet the NOCSAE standards and all game balls must include labeling, which states "Meets NOCSAE standard. NFHS." These standards establish performance requirements in the size weight and compressibility and other characteristics of the ball. These standards were established to minimize risk for the players. Coaches are reminded it is their obligation to supply and only utilize such balls.

2014 PIAA ADOPTIONS

- Adopt the 2014 NFHS Boys' Lacrosse Rules Book.
- Modify Rule 4-25-7 (Concussion Rule), to clarify that "an appropriate health-care professional" is a licensed physician of medicine or osteopathic medicine (MD or DO).

2014 COMMENTS ON RULES

Rule 1-2-7, 8, 9: The size of the scorer's table area is increased. This larger Substitution/Table area complements the new substitution rules by allowing more space for players to get on and off the field; and also creates better sight-lines for table personnel.

Rule 1-7-5: Any crosse used in a faceoff may not have tape on the plastic throat of the head. Tape on the throat area of the head makes it difficult or impossible to tell if a player has his glove on the throat area of the head, which is a deliberate attempt to deceive.

Rule 1-9-1g6: Legal player numbers are 0-99 and that a team may not have both 1 and 01, 2 and 02, etc. as they are considered the same number. Beginning in the 2017-18 school year, double-zero, 01, 02, 03, etc. are not legal numbers. There have been some situations where teams were using both 1 and 01, 2 and 02, etc. and considering them as different numbers. This rule revision is needed to alleviate these problems. The delayed implementation of prohibiting the use of double-zero, 01, 02, 03, etc. will allow schools time to budget for this part of the revision.

Rule 1-10-1c, 1-10-2 and 6-6-3a: Allows the use of electronic equipment by coaches, non-playing team members, athletic trainers, and/or others officially connected with a team to use such equipment while still prohibiting the use of electronic audio equipment to communicate with the 10 on-field players. Officials cannot adequately regulate the use of electronic equipment on the sideline. With

2014 COMMENTS ON RULES (cont'd)

this revision, it becomes the coach's responsibility to determine if he/she will allow the use of electronic equipment on the sideline.

Rule 1-10-1h: Eye shade that is not a solid stroke or includes words, numbers, logos, or other symbols is not allowed. This has been sportsmanship issue.

Rule 2-5: A minimum of three officials is recommended for the game. While the wording of this rule revision changes the fundamental philosophy regarding the number of officials used in a game, it does not require that three officials be used – it is only recommended. With this revision, games could still be played using fewer than three officials if necessary, however this change in philosophy is indicated to control play, especially with the increased speed of the game.

Rule 2-5-2e: The recommended official's uniform now allows short black socks that cover the ankle. The rules were revised last year to allow black shorts and this change was adopted this year to complement that change.

Rule 2-6-1 Note: Officials maintain administrative responsibilities in games that are interrupted or suspended prior to the conclusion of regulation play. This is an editorial revision to clarify the officials' jurisdiction in the event that a game is interrupted or suspended.

Rule 2-6-1 and 2-6-7: Officials' authority ends when they leave the immediate playing facility. This clarifies that the official's authority does not end when they step off of the field of play following a game. If something should occur prior to their leaving the immediate playing facility, they are still authorized to take appropriate action.

Rule 2-10-1: In addition to the four balls placed on each end line, the home team must now also place four balls on each sideline. Putting balls on the sidelines will speed up restarts and shorten overall game times.

2014 COMMENTS ON RULES (cont'd)

Rule 4-4-3: There must be four players in the defensive area and three players in the offensive area during faceoffs in penalty situations except when a team has three players in the penalty area. This will provide a greater opportunity for the offended team to retain its man-advantage.

Rule 4-10: A team is considered offside when it has more the six players in its offensive half of the field or more than seven players in its defensive half of the field. This revises the requirements to more accurately reflect the unfair advantage created by an offside situation and allows the official to "count forward," keeping their attention focused on the active side of the field.

Rule 4-11: Articles 4 and 5 were removed from the offside enforcement rule. This revision will eliminate some confusing language and clarify procedure for offside enforcement.

Rule 4-21: The previous substitution language in rules 4-22, 4-23 and 4-24 was deleted and replaced with a new rule 4-21 called "Substitution Rules." This new language eliminates the use of the horn for substitution when play is suspended and will simplify substitution procedures for coaches, players and officials.

Rule 5-3-5: This new rule stipulates that a body check that targets a player in a defenseless position is illegal and specifies a minimum two- or three-minute non-releasable penalty for this violation. Intentional player-to-player collisions with players in a defenseless position – i.e. while focused on scooping a ground ball, clearing the crease on a loose ball situation in front of the goal, etc. – are a concern and this revision will reinforce the need to eliminate these collisions from the game.

Rule 5-4: With this revision, the penalty for hits to the head/neck will now be a minimum of a two- to three-minute non-releasable penalty. Hits to the head/neck continue to be a concern and this in-

creased penalty will reinforce the need to eliminate these types of hits from the game.

Rule 7-2f: This revised rule specifies that no more than three players on a team can be in the penalty area at any time. If more than three players on a team are assessed penalty time to be served concurrently, the additional penalized team member(s) must wait in the bench area until the penalty time of one of the three players in the penalty area expires. This will eliminate the possibility of a team playing with fewer than seven players because of penalties which will minimize risk for participants. In addition, this change will clarify procedure for administration of penalties and substitution.

Rule 7-8-2k: This revision specifies that, during a Flag Down situation (Slow Whistle), the officials will stop play to enforce penalties should a subsequent second defensive foul occur "during the final two minutes of regulation play with the team that is ahead possessing the ball in the goal/attack area, unless a scoring play is imminent." This change will simplify procedure for the final two minutes of the game and discourage the defensive team from fouling to gain possession.

POLICY ON EYE SHADE

The use of eye shade must be worn as a single, solid stroke under the eye. There shall be no numbers, words, logos, symbols or other detail located in the eye shade. The eye shade shall not extend below the cheek bone and extend no further than the width of the eye socket. Players having eye shade that does not meet the standard are to remove it or comply with the PIAA interpretation before participation in the game. If the players do not comply, the officials may impose unsportsmanlike conduct type penalties as determined by their respective rules code.

OFFICIAL'S UNIFORM

- 1) The PIAA Official's Emblem must be worn on the upper left sleeve of the official's standard shirt when officiating in all PIAA sponsored games.
- 2) All PIAA-registered officials must wear identical uniforms during a contest.
- 3) Required uniform for lacrosse officials:

Cap	Black with white piping.
Shirt	Alternating black and white 1-inch vertically striped, long or short sleeved shirt with a black collar or v-neck collar (any undergarments, if visible, should be black).
Shorts	White or black (minimum 6-inch inseam).
Slacks	Full length solid black nylon wind pants.
Belt	Black (1 1/4—2 inches in width).
Socks	Black stirrup socks with white over-the-calf crew socks on top or knee length one-piece white with 4-inch black top, or short black socks (preferably just above the ankle).
Shoes	Clean and shined solid black with black laces.
Gloves	Solid black (if worn)
Lanyard	Black.
Whistle	Black.
Turtleneck	Black (if needed).
Jacket	May be worn pre-game, halftime, not during the game per PIAA policy. Solid black or black-and-white 1-inch vertically striped jackets are acceptable.
Jewelry	Umpires are NOT permitted to wear jewelry, with the exception of your wedding band and a Medical Alert Bracelet or Necklace while umpiring. The restrictions that pertain to a player for a Medical Alert Bracelet or Necklace also pertain to umpires.

The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited.

Smoking and/or tobacco chewing is prohibited. (Minutes, Board of Control, PIAA Summer Workshop, July 17, 1989, p. 3).

PIAA sports' officials may display an American flag (maximum size 2 by 3 inches) on the right sleeve of the uniform shirt approximately three inches down from the shoulder seam. This will be the same position the PIAA official patch is displayed on the left sleeve.

NOTE: ALL UNIFORM ITEMS MUST BE IDENTICAL TO PARTNER(S) DRESS ALIKE!!!

(This reference is for socks, shorts and sleeves of each official to be the same).

PIAA 2014 BOYS' LACROSSE SCHEDULE

First Practice Date.....	Monday, March 3
First Inter-School/Scrimmage Date	Saturday, March 8
First Regular Season Play Date	Friday, March 21
Last Regular Season Contest Date and District Championship Deadline.....	Saturday, May 24
PIAA Boys' Lacrosse Championships:	
First Round	Wednesday, May 28
Quarterfinals	Saturday, May 31
Semi-Finals	Tuesday, June 3
PIAA Boys' Lacrosse Championship Finals	
HERSHEYPARK Stadium.....	Saturday, June 7
Championship Game.....	2:30 pm

PIAA SPORTSMANSHIP MESSAGE



ALL OFFICIALS MUST READ THIS MESSAGE TO CAPTAINS AND HEAD COACHES PRIOR TO GAMES AT ALL LEVELS.

PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, team, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today's contest reflect mutual respect. Coaches please certify to the officials that your players are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today's contest.

For distribution purposes, this message is printed on the back of all PIAA registered sports officials' 2013-2014 identification cards. Chapter interpreters are requested to remind all officials to read this message at each contest they officiate.

There have been some concerns addressed by the schools that some of our officials are not reading the PIAA Sportsmanship message prior to the contest. This is an improper procedure and this message MUST be read. Officials are not to paraphrase, modify, or develop their own Sportsmanship Message to the captains and head coaches. The proper procedure is head coaches and captains MUST attend the pre-game reading of the sportsmanship message.

This message **MUST BE READ VERBATIM** by the contest officials. Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Boys' Lacrosse Rules. The reading of this message will set the tone for the contest to be played in the spirit of good sportsmanship and have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.

PIAA BY-LAWS: ARTICLE XIII, SECTION 8

Any coach and/or contestant who, while coaching or competing for a PIAA member school, is ejected from a Contest by a state high school association recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct shall be disqualified from coaching and/or participating **for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition.** For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s).

Any coach and/or contestant ejected from the last Contest in that sport in a sport season shall be disqualified from coaching and/or participating in the first Contest(s) in that sport in the subsequent sport season, at the same level (varsity, junior varsity, or otherwise) of competition, at any PIAA member school or, if the student changes levels of competition, such as from junior varsity to varsity, the first Contest (s) in that sport.

In Boys' Lacrosse, the athletic director and principal must meet with the ejected coach/contestant and detail in a report what corrective action has been taken. This report then must be signed by all parties and sent to the district Boys' Lacrosse chairperson. This form is located on the PIAA website on the Boys' Lacrosse page.

When a coach or contestant is disqualified/ejected from a Regular or Post-Regular Season Contest a report must be filed by the official who disqualified/ejected the coach or contestant. When the report is received in the PIAA Office it is viewed by the concerned school Principal and Athletic Director and mailed to the respective District Chairmen, officials' representatives and sportsmanship chair. A copy is also given to the Assistant Executive Director and placed in the school's file.

The official shall file a report on-line with the PIAA Office on the form prescribed for the sport involved, within twenty-four (24) hours following the completion of the Contest in which the ejection occurred. Failure to file such report shall not affect the validity or consequences of the ejection.

OFFICIALS ARE TO FILE A REPORT WITH THE PIAA OFFICE ON-LINE WITHIN 24 HOURS OF THE EJECTION OR THEY MAY BE PLACED ON PROBATION. OFFICIALS SHOULD GO TO THE "FORMS SECTION" UNDER THE OFFICIALS TAB AT www.piaa.org

OFFICIALS MANUAL

All officials could become aware of the contents of the Officials' Manual which can be found under the Officials heading at www.piaa.org.

This manual provides valuable information concerning many aspects of officiating as they relate to PIAA policies and procedures.



**EXAMPLES OF DISQUALIFICATION PROVISION
OF ARTICLE XIII, SECTION 8**

The following examples are for players or coaches and are only examples and not a complete list. What this means is a player or coach ejected from a contest at any level must sit out the remainder of the day and the next day of the next contest at that level.

Example #1: Player/coach gets ejected from a junior varsity contest before a varsity contest. This player/coach gets disqualified for the **remainder of the day and the next day** of the next junior varsity contest. If this contest is followed by a varsity contest **on the same day**, the player/coach gets disqualified for the varsity contest also (**the whole day**).

Example #2: Player/coach gets ejected from a varsity contest on Friday, the team's next varsity contest is Friday. Before the varsity contest is a scheduled junior varsity contest, player/coach cannot participate in any of Friday contests.

Example #3: Player/coach gets ejected from a varsity boys' lacrosse game Saturday. The next varsity contest is a game on next Friday but the game gets postponed to Saturday. On Saturday, the junior varsity team is to compete in another boys' lacrosse game, a player and/or coach eligible to participate in the junior varsity game? Since the Friday contest was postponed the **next varsity game** is the same day as the junior varsity game and the player/coach are not eligible to participate the whole day.

**PIAA BY-LAWS—ARTICLE XV; SECTION 3
REQUIREMENT OF WRITTEN CONTRACT**

All PIAA member schools shall enter into either paper or electronic contracts on the official contract form entitled "Contract for Officials Under PIAA Rules" with all registered sports officials retained by the schools or assigned by an assignor. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor. Disputes arising from oral agreements will not be considered by PIAA.

**PIAA WEBSITE OFFICIALS'
INFORMATION AREA**

The officials' section of the PIAA website may be accessed by registered PIAA sports' official using their individual officials' code. This code is secured individually by utilizing the first four (4) letters of your last name in (CAPS) and the last four (4) digits of your ID number. Items listed in the secured area include: Officials' directory, on-line disqualification forms and on-line injury forms. Other information in the officials' area on our website include: Applications for Becoming an Official; Sportsmanship Message; Rules Interpretation Meetings; Bulletins (Sports Specific); Athletic Officials' Manual; Various Forms; Evaluation Information; Officials' Merchandise; Officials Recognition and Power Point Presentations; along other important officials' information. Please utilize this area for assistance and information in preparing for your games as well as hosting quality chapter meetings.

CANCELLATION OF AN OFFICIAL'S CONTRACT BY A PIAA MEMBER SCHOOL

If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

Comment: It has been brought to our attention on numerous occasions that officials have lost assignments or games because a school or assignor has "double booked" the contest. Officials are reminded that unless there is a written contract executed between the parties, they have no claim to any type of reimbursement from the offending school(s). Many schools have made a "good faith" effort to the officials to get them an additional assignment in the future or offer a scrimmage to pick up the lost fees. However, officially, without a written, signed, properly executed contract between the official(s) and the school(s), there is no recourse for the officials. In this day of technology it is not very hard for assignors, or schools, to execute these contracts. This is part of an assignor's responsibility. Officials should request contracts from their assignors or schools for both parties protection.

PIAA OFFICIALS INSURANCE

For the 2013-2014 school year, American Specialty Insurance Services will provide the following benefits:

- One Million Dollars of Liability Coverage;
- \$25,000 Excess Accident Medical Coverage (with a \$250 deductible);
- \$5,000 Accidental Death and Dismemberment (including a cardiac benefit).

This program is administered by American Specialty Insurance Services and underwritten by USF&G and Mutual of Omaha. Both carriers carry "A" ratings by A.M. Best. Again this year, as a new service for chapters, all regularly scheduled chapter meetings will be covered under PIAA's basic liability coverage. This is a major change from the past when only the annual rules interpretation meetings have been covered. Chapters are requested to please submit their list of regularly scheduled chapter meetings to the PIAA Office to assist procedurally in the exchange of information to have all local associations' meetings covered.

Contact information is as follows:

Drew Smith, Vice-President for Client Services
Sara Douglass, Administrative Assistant
American Specialty Insurances Services, Inc.
142 N. Main Street, P.O. Box 309
Roanoke, Indiana 46783-0309
Phone: 260-672-8800
Fax: 260-673-www.amerspec.com

COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

20th ANNUAL OFFICIALS' CONVENTION
AUGUST 1-2, 2014
HILTON HARRISBURG

INFECTIOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

BLOOD-BORNE INFECTIOUS DISEASE

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.



If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials' Uniforms. Please give them your consideration for any purchases regarding officials' supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports' officiating. Officially Sports may be contacted via email at sales@officiallysports.com, by calling 800-934-4555 or at www.officiallysports.com.

OTHER COMMUNICABLE DISEASES

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During time of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the Infectious Disease and Blood-borne Pathogens” and “Skin Disorders” sections contained in the NFHS Sports Medicine Handbook.

**UNIVERSAL HYGIENE
PROTOCOL FOR ALL SPORTS**

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

**SPORTS MEDICINE COMMITTEE
RECOMENDATIONS**

The PIAA Sports Medicine Committee recommends that each registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators and fellow officials deserve no less. As importantly, officials owe good health habits to themselves and their families if for nothing more, than the health of it. If officials have any chronic health condition, officials are requested to share this information with on site medical personnel at their contest(s).

**GUIDELINES ON HANDLING
CONTESTS DURING
LIGHTNING DISTURBANCES**

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelter.
3. Develop criteria for suspension and resumption of play.
 - When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

As copied from the NFHS 2014 Boys' Lacrosse Rules Book.

Those officials with “smart phones” may want to download the Vanderbilt University “coach smart” application to their phone to assist with lightning disturbances.

