

2020 Boys' Lacrosse Preseason Bulletin

Rules, Revisions, and Interpretations



PIAA Officials' Staff:

Patrick Gebhart, Assistant Executive Director
Ryan Hartman, Chapters' Secretary
Jacqueline Rocco, Officials' Secretary
Kim Hill, Officials' Corresponding Secretary

JANUARY

Statewide Rules Interpreter:
Scott Dede

2020 NFHS BOYS' LACROSSE RULE CHANGES

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| 1-9-1 | Equipment and Uniform Standards Alerts are being introduced in order to prepare schools for these changes in 2021 and 2022. |
| 2-7-2f | The ruling states that the CBO is no longer responsible for determining if a team has too few players on the field. |
| 4-5, 4-22 | Restart: In the effort to maintain the quicker pace of play, the committee has adopted a change in restarts. The new ruling will allow an immediate whistle (unless an offensive teammate is within 5 yards of the player in possession.) The defending player on any restart shall establish a distance of 5 yards. If the defender is within that 5-yard distance, that player may be liable to be penalized for "delay of game." The defender not beyond the 5-yard distance may not play the player in possession or obstruct the player in possession's direct path toward the goal. Once the 5 yards' distance has been satisfied, the defender then may play the ball and/or the player in possession of the ball. |
| 4-24-6 | A time-out charge for concussion-type symptoms will be designated as an official's time-out. |
| 5-5 | Illegal crosse: In an effort to simplify the penalty for crosse violations, all crosse violations will be assessed a two-minute non-releasable penalty. The crosse may be adjusted and allowed to be used in the game. Every crosse in the bench area is subject to be inspected and need not have been used in the game in order to be inspected. |
| 5-10 | In an effort to prevent a player from throwing a crosse under any circumstance, a clarification has been written to explain the penalty for throwing of the crosse. Throwing a crosse at a player, the ball or other game personnel regardless of contact will result in a penalty of one-, two- or three-minute non-releasable unsportsmanlike conduct |
| 6-1-1, 6-2-1 | These changes are relocated to be consistent with the Rule 7-8- 2 changes regarding slow-whistle technique from 2018. |
| 6-5-2 | A player throwing a crosse for other reasons, i.e., personal frustration or poor player/coach crosse exchange, shall be ruled as a technical foul |

2020 POINTS OF EMPHASIS**Sportsmanship and Conduct**

The NFHS Boys Lacrosse Rules Committee advocates for continued commitment by players and coaches to respect the game and each other, on and off the field. Head coaches are asked to monitor and discuss sportsmanship with their players and assistant coaches to ensure the game is held to the highest standard. The committee expects all participants to continue to work together to exhibit good sportsmanship from pregame through postgame.

Player Safety

Continued emphasis is needed regarding player safety rules, particularly contact to the head/neck as well as contact against defenseless or unsuspecting players.

- a. Contact to Head/Neck: Shall result in a two- or three-minute non-releasable penalty. Excessive violence may result in ejection.
- b. Defenseless Player: Player shall not body-check a player in a defenseless position. Hitting a defenseless player will result in a two- to three-minute non-releasable penalty or ejection.
- c. Targeting: When a player intentionally takes aim at an opponent's head/neck. Targeting shall result in a three-minute non-releasable penalty or ejection.
- d. Targeting a Defenseless Player: Targeting a defenseless player shall result in a three-minute non-releasable penalty or ejection.

Pace of Play

A 2019 questionnaire completed by both coaches and officials indicated a concern regarding pace of play. In an effort to address these concerns, the committee took the following steps:

- a. Officials shall restart play as soon as possible.
- b. Restarts: Play may restart with defensive player(s) within 5 yards of a player in possession of the ball. However, the defensive player may not play him until a distance of 5 yards has been established. Play will not resume with an offensive player(s) within 5 yards of the ball.
- c. Particular attention should continue to be given to the definition and application of stalling rules.

Future Equipment and Uniform Changes

- a. Effective January 1, 2021, all goalkeepers shall wear chest protectors designed for lacrosse that meet the NOCSAE ND200 standard at the time of manufacture.
- b. Effective January 1, 2022, all field players shall wear shoulder pads designed for lacrosse that meet the NOCSAE ND200 standard at the time of manufacture.
- c. Effective January 1, 2022, The Home team will be required to wear WHITE jerseys, and the away team will be required to wear non-white jerseys

2020 COMMENTS ON RULES

1-9-1	Equipment and Uniform Standards Alerts are being introduced in order to prepare schools for these changes in 2021 and 2022
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HOW TO SUBMIT A RULE CHANGE

Coaches and officials wishing to submit rule change proposals must reach out to their chapter interpreters for guidance on how to enter their proposal via the NFHS online portal. Considerable discussion should occur between the coach or official and the interpreter prior to entry to ensure accuracy of the proposal.



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Future Equipment and Uniform Changes

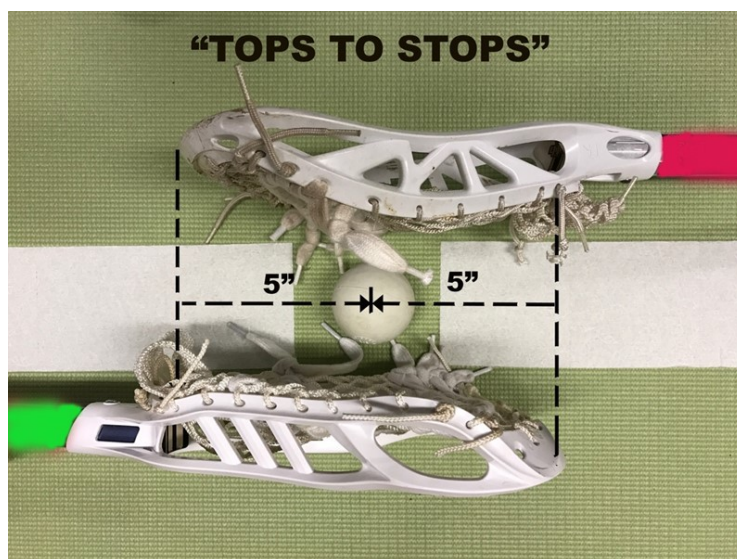
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2020 PIAA ADOPTIONS AND MODIFICATIONS

- Adopt the 2020 NFHS Boys' Lacrosse Rules Book.
- Modify Rule 3-5, a game:
 - 1) which is interrupted because of events beyond the control of responsible authorities that occurs prior to the end of the third period shall be picked up at the point of interruption,
 - 2) which is interrupted because of events beyond the control of responsible authorities that occurs after the end of the third period and a winner can be determined shall be considered final
 - 3) tied when interrupted because of events beyond the control of responsible authorities shall be continued at the point of interruption.

STICK PLACEMENT MECHANIC FOR FACE-OFFS

When placing sticks for the face-off, officials shall align the top of each player's stick with the stop-area of the throat of his opponent's stick. The ball shall be placed equidistant from the stop-area of each stick. (See photo)



CONTACT ON FACE OFFS

NOTE: Under NFHS rules, there is no requirement to play the ball first on a face-off. However, illegal body checks, including spearing with the head, should be strictly enforced.

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 or solid black pants.
Belt	Black, if worn (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	Solid Black or Black with white accents with black laces. White soles around the shoe are not considered an accent mark.
Gloves	Solid black (if worn)
Lanyard	Black.
Whistle	Black.
Turtleneck	Black (if needed).
Jacket	Solid black or black-and-white 1-inch vertically striped jackets are acceptable.
Jewelry	Officials 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 officials.

The wearing of jewelry (except wedding bands and medical-alert bracelets) is prohibited.

Smoking and/or tobacco chewing is prohibited.

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 2020 BOYS' LACROSSE SCHEDULE

First Practice Date	Monday, March 2
First Inter-School/Scrimmage Date	Saturday, March 7
First Regular Season Play Date	Friday, March 20
Last Regular Season Contest Date and District Championship Deadline	Saturday, May 23
PIAA Boys' Lacrosse Championships:	
First Round	Tuesday, May 26
Quarterfinals	Saturday, May 30
Semi-Finals	Tuesday, June 2
PIAA Boys' Lacrosse Championship Finals	
West Chester East HS	Saturday, June 6
AA Championship Game	2:30 pm
AAA Championship Game	4:30 pm
Championship Schedule subject to change.	

PIAA SPORTSMANSHIP MESSAGE

This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.

PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, 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 contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today's contest.

The proper procedure is head coaches and captains MUST attend the pre-game reading of the sportsmanship message. 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 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.



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.

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 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. [Click here for the Officials Manual.](#) 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 Tuesday. Before the varsity contest is a scheduled junior varsity contest, player/coach cannot participate in any of Tuesday's 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.

****Note to officials: the enforcement of the rules as written and the use of the mechanics when ejecting personnel from a contest cannot be stressed enough. PIAA cannot defend the lack of enforcement of sportsmanship rules nor the failure to use approved mechanics with regard to these ejections.****

**PIAA BY-LAWS—ARTICLE XV; SECTION 5
RECOMMENDATION OF A WRITTEN CONTRACT**

PIAA member schools should enter into written (paper or electronic) contracts with the officials retained by the schools or assigned by an assignor to officiate regular season contests. The terms of such contracts must not violate the PIAA Constitution and By-Laws, Policies and Procedures and Rules and Regulations. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor.

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. Officials can also view the expiration dates of their clearances on their profile page at this site, www.piaa.org.

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.

OUTDOOR EVENTS: SPECTATOR DECORUM

The presence and/or the use of balloons, whistles, and/or portable listening devices (without earphones) are PROHIBITED! The Principal and Athletic Director of each school will be requested to confiscate these items from their cheerleaders and/or the spectators from their school and community. The use of pom-poms by cheerleaders and small portable listening devices with earphones is permitted. Spectators are prohibited from removing their shirts and/or using body paint while in attendance at District and Inter-District Championship Contests. Principals and Athletic Directors of competing schools shall announce and publicize these regulations.

The principal, athletic director, coaches, team physician, team trainer, players in uniform, managers, ball holders, and statisticians will be the only persons permitted in the team box.

As copied from the PIAA Policies and Procedures Manual.



**26th ANNUAL OFFICIALS'
CONVENTION
AUGUST 7-8, 2020
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.

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.

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 PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

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. 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.

*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.

Revised and Approved March 2018

PIAA DISTRICT

NOTES

