**2022 NFHS BOYS Lacrosse Rules**

**2022 POINTS OF EMPHASIS**

**Sportsmanship and Conduct**

The NFHS Boys Lacrosse Rules Committee advocates for continued commitment by fans and spectators to respect the game and each other, on and off the field. Fans and spectators are asked to monitor and maintain sportsmanship while encouraging both teams involved in the contest. Fans and Spectators are reminded that comments directed towards coaches, players, and officials are expected to be positive in nature. The committee expects all participants to continue to work together to exhibit good sportsmanship from pregame through postgame.

**Equipment and Uniform Changes**

A. 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.

B. Effective January 1, 2022 - A protective cup or pelvic protector is required for all players, each player is personally responsible for wearing this protective equipment and the equipment shall not be modified from the manufactured state and shall be worn in the manner the manufacturer intended.

C. Effective January 1, 2022 - The home team will be required to wear white jerseys, and the away team will be required to wear a non-white jersey.

**Faceoffs**

The NFHS Boys Lacrosse Rules Committee has aligned with the NCAA faceoff rules in using the Standing Neutral Grip. Players shall stand as they get into position for the face off and must remain standing as the whistle sounds to start play. Upon the whistle starting play, each player must attempt to play the ball first before body checking their opponent.

A. When the whistle sounds to start play, the players in the wing areas shall be released but must avoid body checking the faceoff players battling for control of the ball in the initial faceoff spot. Players engaged in a faceoff are to be considered in a vulnerable and defenseless position.

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.

**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.

**E. A player shall not body-check a player in a defenseless position**, which now includes a player laying on the ground.

**Official Mechanics Manual**

The NFHS Boys Lacrosse Rules Committee is partnered with USALacrosse to provide the most up to date mechanics for officials. In order to accomplish this, the NFHS Boys Lacrosse Committee has adopted the USA Lacrosse 2-Man and 3-Man Mechanics Manuals. These manuals are a way for officials, coaches, players, and spectators to see consistency in High School Officiating across the country. Click here: [www.usalacrosse.com/officials](http://www.usalacrosse.com/officials)

**COMMENTS ON THE 2022 NFHS RULES CHANGES**

**1-9-1f** — One of the core beliefs of the NFHS Rules is the minimization of the inherent risk of sports. A protective cup helps prevent blunt trauma injuries to the groin area that can cause serious damage, including severe bruising, internal bleeding, testicular fracture, or rupture. This can have serious, if not permanent damage to athletes. Each player is personally responsible for wearing this protective equipment and the equipment shall not be modified from the manufactured state and shall be worn in the manner the manufacturer intended.

**3-1-2** — After the first half, any time the score differential reaches 12 goals or more, starting with the whistle resuming play, the clock will only be stopped for a team time-out, official's time-out, or an injury time-out. No longer will normal play resume if the goal differential is reduced to fewer than 12 goals.

**4-3-3b** — Once the players are down they are to move into their faceoff position as quickly as possible. Players may kneel or shall stand as they get into position for the faceoff.

**4-3-3c** — 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. All fingers of both hands shall be gloved and wrapped around the crosse. The crosse head and the gloved hands shall be touching the ground. The hand closest to the throat shall be in a palm up position.

**4-3-3i (New)** — Upon the whistle starting play, each faceoff player must attempt to play the ball first before body checking their opponent.

**4-4-2** — When the whistle sounds to start play, the players in the wing areas shall be released but must avoid body-checking the faceoff players battling for control of the ball in the initial faceoff spot.

**5-3-3** — Body-checking of an opponent who has any part of their body other than their feet on the ground or in a crouched position

on the ground.