



2020-21 Girls Lacrosse Rules Considerations

In support of the Guidance for Opening Up High School Athletics and Activities, the NFHS/USL Girls Lacrosse Rules Committee offers this document for state associations to consider whether any possible rules could be altered for the 2020-21 season. The considerations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Return to Competition

1. Girls Lacrosse Rules Considerations

- ***Pre-Game Meeting (3-5-3)***
 - Limit attendees to one coach from each team and lead official.
 - Ensure the pre-game meeting is away from sideline and all individuals maintain a social distance of 6 feet. Mask use by coach and official is recommended during the meeting.
 - Suspend the use of the coin toss. The visiting team will start with possession and the home team will choose goal to defend.
 - Eliminate handshakes following pre-game meeting and at the conclusion of the game.
- ***Equipment and protective clothing (2-4-1, 2-7-3, 2-9-5)***
 - Players and officials may wear cloth face masks, gloves, and long undergarments.
 - Pre-game stick and equipment checks will be completed by one official per team. Each team will place their sticks on their restraining line during pre-game meeting. One official will check sticks per team. Recommend glove use by the officials for stick checks. Players return to collect their own stick after pre-game check is completed.
- ***Table Personnel (3-6-1, 3-7-1)***
 - Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential.



- ***The Draw (5-2)***
 - Alternate start at the center with draw positioning to start each half and after goals. This is not alternate possession (AP) and does not impact AP for penalty administration during the game. The start of play is on the whistle for these starts. No other changes to player positioning rules.
 - The goalie should roll or throw the ball to the official after a goal.
- ***8 Meter Positioning (10-1 PENALITIES 4)***
 - Only one player per hash on 8-meter setup, the existing rule that allows the defense to adjacent hashes remains in force.
- ***Substitution and Sideline Protocol (1-1-4h thru l, 4-7-3, 4-7-4)***
 - Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.
 - Split sub box so that each team subs in from their own half of the sub box.
 - If available, recommend that a penalty area be marked off that allows social distancing between penalized players, substitutes, and the table personnel.