



**April 1, 2026**

## **NFHS Girls Lacrosse Weekly Rule Interpretations**

### **Scoring Play Fouls**

One of the Points of Emphasis for the 2026 season is Identifying and Managing Fouls During Scoring Plays. It is critical for officials to understand, recognize and penalize major fouls to minimize the risk to student-athletes. These fouls can include cross checking, crosse in the sphere, illegal stick-to-body contact by the defense and forcing through and charging by the ball carrier. Additionally, identifying and penalizing cardable fouls is necessary and decreases risk during a scoring play. Such fouls include dangerous follow-through, dangerous propelling, checks to the head and dangerous contact to a defenseless player.

**Officials:** Watch for defenders that play legally and with safe and proper contact during a scoring play. This improves officials' ability to recognize when attack players are creating dangerous play. Take swift and stringent actions when either offense or defense commits a foul during a scoring play to minimize risk and create a better experience for all participants.

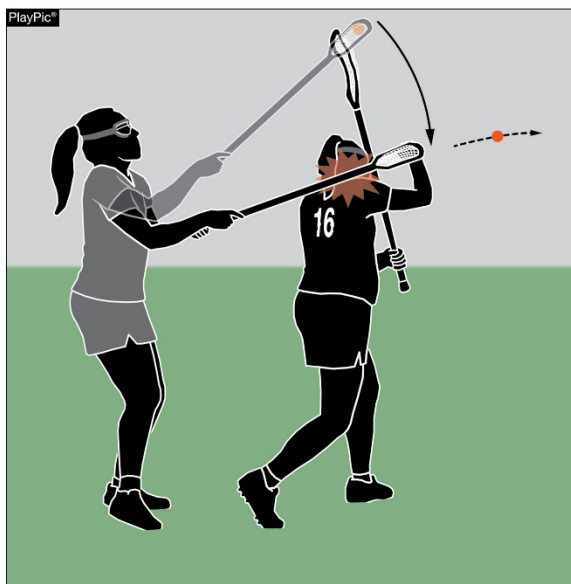
**Coaches:** Educate players on proper defensive techniques to eliminate illegal contact during scoring plays. Additionally, train offensive players to recognize appropriate scoring opportunities and safe shooting techniques to minimize risk during scoring plays.

**SITUATION 1:** A1 has possession of the ball inside the 8-meter arc. (A) B1 uses the crosse to push A1 away from path to goal; (b) B1 reaches their crosse into A1 sphere and waves the crosse in front of A1's face; (c) B1 charges into A1 with their shoulder. **RULING:** (a), (b) and (c) Major foul. **COMMENT:** A1 is given an 8-meter free position and B1 must move to the 12-meter fan directly behind A1. (10-1b, 10-1d, 10-1q(2) & 10-1 PENALTY 5)

**SITUATION 2:** A1 has possession of the ball in the critical scoring area. A1: (a) cradles the ball within A1's sphere making it impossible for B1 to make a legal, safe check; (b) charges into B1 knocking B1 to the ground and giving A1 a clear path to goal. **RULING:** (a) and (b) Major fouls. **COMMENT:** B1 is awarded a free position at the spot of the foul and may self-start unless the

game clock is stopped. No players may be within 4 meters of B1. (10-1b, 10-1d(2), 10-1 PENALTIES 3

**SITUATION 3:** A1 has possession of the ball between the 8-meter arc and 12-meter fan. B1 attempts to check A1's stick and and: (a) contacts A1's head; (b) recklessly swings or slashes their stick at A1's arm. **RULING:** Major foul – mandatory card on B1. **COMMENT:** B1 must leave the field and enter the penalty area for two minutes (yellow) or four minutes (red) of elapsed playing time. A1 will be awarded a free position on the 12-meter fan closest to the spot of the foul. All players' bodies and crosses must clear the penalty lane. (10-1c, 10-1w, 10-1PENALTIES 7, 10-1 PENALTIES 13a)



**SITUATION 4:** A1 takes a shot on goal inside the 8-meter and: (a) strikes B1 with the cross during the follow-through; (b) is out of control with no regard for defenders' positioning. **RULING:** Major foul – mandatory card on A1. **COMMENT:** A1 must leave the field and enter the penalty area for two minutes (yellow) or four minutes (red) of elapsed playing time. B1 will be awarded a free position no closer than 8 meters from the goal circle and may self-start unless the game clock is stopped. (10-1f, 10-1h, 10-1 PENALTIES 2, 10-1 PENALTIES 12b, 10-1 PENALTIES 13a)