



April 29, 2026

NFHS Boys Lacrosse Weekly Rule Interpretations

Technical Fouls – Holding

Language was added this year to clarify the definition of holding. Holding now includes hooking, lifting, or pinning an opponent's body with the crosse. The additional descriptors help define holding and create a clearer understanding of illegal actions trending in the game.

SITUATION 1: A1 is in possession when B1 hooks and lifts A1's arm with their crosse impeding A1's movement. **RULING:** Technical foul - holding by B1. **COMMENT:** B1 must leave the field and serve a 30-second penalty. (6-1 PENALTY 1, 6-3-2c)



SITUATION 2: On the faceoff, A1 clamps the ball to the ground with the crosse. B1 then pins A1's crosse to the ground with B1's crosse. **RULING:** Technical foul – holding by B1. **COMMENT:** The ball shall be awarded to Team A in its offensive half of the field at the center. (6-1-1 PENALTY 2, 6-3-1)

SITUATION 3: B1, with gloved hand over end of crosse, is exerting pressure from the rear against A1, who has possession of the ball. B1 exerts enough pressure to (a) prevent A1 from advancing toward the goal; or (b) force A1 away from the goal. **RULING:** In (a), legal play. In (b), technical foul - holding against B1. **COMMENT:** Only equal pressure can be used on a hold from the rear. (6-3-3b)