



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.

The NHIAA Girls Lacrosse Committee highly recommends and encourages schools to wear face coverings (cloth is permissible if the nose and mouth are covered) during practice and competition. Pending NHIAA Council approval the 2021 NHIAA Girls Lacrosse Tournaments will require face coverings for all participants at all times.

RETURN TO COMPETITION:

General Considerations:

- Have hand sanitizer and wipes available at the field.
- The NHIAA Girls Lacrosse Committee highly recommends and encourages schools to wear face coverings (cloth is permissible if the nose and mouth are covered) during practice and competition. Pending NHIAA Council approval the 2021 NHIAA Girls Lacrosse tournaments will require face coverings for all participants at all times.
- Ensure that players substituting, coaches, and the table personnel are maintaining social distancing.
- Team bench area may be extended to accommodate for six feet of social distance.
- 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.
- Following a scored goal, the goalie should roll or throw the ball to the official.

Pregame:

- Limit attendees to one coach from each team and lead official (team captains should not attend the pre-game meeting).
- Ensure the pre-game meeting is away from sideline and all individuals are expected to maintain a social distance of 6 feet. Mask use by coach and official is required during the meeting.
- Eliminate handshakes following pre-game meeting.
- Pre-game stick and equipment checks will be completed by one official per team. Each team will place their sticks along their sideline at an appropriate safe distance from the team bench area 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.
- Limit to essential personnel only at the table. Statisticians or visiting scorer personnel are not essential. Home team scorer and timer are essential. Essential personnel are expected to maintain six feet of social distance and wear face coverings.



Post-Game:

- No handshakes.
- Teams stay in their team areas, no running onto the field or dog piles.

Girls Lacrosse Committee Approved – 2/2/2021

Sports Medicine Committee Approved -3/1/2021

NHIAA Council – “took out cloth/mask and added face coverings (cloth is permissible if the nose and mouth are covered) and “cloth is permissible”. Approved 3.19.21