



October 23, 2026

To: Women's lacrosse manufacturers, pocket makers and stringers

Re: 2027 Women's Pocket Stringing – Interpretation of Rule 2-3

The three women's lacrosse rule-making bodies – the NFHS, NCAA and USA Lacrosse Rules Committees – have jointly issued the following interpretations of the 2027 stringing language (NFHS Rule 2-3 and the corresponding NCAA and USA Lacrosse rules). They apply at all levels of play, so manufacturers, stringers, officials and players have one consistent standard.

For the intent of this rule language, the committees intended “runners” to mean longitudinal thongs: the lengthwise strings of a pocket. The term does not refer to a traditional prefabricated Runner, or to a mesh product sold or described as a “Runner.”

Interpretations

- **Full length and anchored (1a):** Each runner (thong) must run continuously from the ball stop to the scoop and be anchored at both ends. A runner may not split, stop partway, or join another runner within the pocket.
- **Size (1b):** Each runner must be 0.3 cm to 1.0 cm in diameter (or width, for a flat runner).
- **Placement (1c):** Runners may not be bunched together across the head, woven back up through the pocket, or touch each other in the top one-third of the head.
- **Mesh runners (1d):** A runner or thong made of fused mesh, coiled mesh or any mesh construction that forms dedicated longitudinal strands separate from the mesh pattern, of equal or greater diameter than the surrounding mesh, is a runner and must meet requirements (a) through (c).
- **Mesh pattern:** Variations in diamond shape, size or pattern formed within the mesh itself – including patterns that create vertical, V- or Y-shaped lines when those lines are formed by the same strands as the surrounding mesh – are part of the mesh construction. They are not dedicated longitudinal strands and are not runners or thongs under this rule.

Definitions

- **Anchored:** Attached directly to the head through a stringing hole at the ball stop and at the scoop or tied tightly to the sidewall string at the stringing hole, with minimal gap between the knot and the hole.
- **Integral:** Part of the pocket's structure, tied or stitched in so that it holds the pocket together or connects it to the head. Sidewall strings are integral because they attach the pocket to the head. Components added on top of the pocket that serve no structural or necessary attachment purpose are not integral. Strings that are not part of the plane of the pocket would not be integral. The plane of the pocket is the surface formed by the pocket itself; strings strung on the back of the head separate from the pocket plane or raised above the pocket surface are not integral.

All pockets remain subject to the existing requirement that the ball move freely in all parts of the pocket, and to on-field checks by officials.

On behalf of the NCAA, NFHS and USA Lacrosse Rules Committees
