



2026 GIRLS LACROSSE RULES CHANGES

2-4-5: Stick checks may be requested at any point during a quarter break, halftime, a team time-out, prior to the start of an overtime period, prior to the start of a draw, and immediately following goals in regulation and overtime periods.

Rationale: Specifies the appropriate times when stick check requests may be made to eliminate potential gamesmanship, maintain pace of play, and allow officials to focus on administration of the game.

2-8-3 (NEW) & PENALTY: No on-field player can wear an audio or video device during the game.

Rationale: Clarifies the prohibition of electronic communications with and by players during the game and aligns with other NFHS rules codes.

4-3-3d: If a possession time-out is called when the goalkeeper has possession of the ball in the goal circle, play will resume at the closest dot and any player may restart play.

Rationale: Aligns the restart procedure for a team time-out when the goalkeeper has possession of the ball in the goal circle with other team time-outs when the ball is in the critical scoring area.

5-2 PENALTY 1: When one player draws illegally, the free position may be taken by any player on the opponent's team at the spot of the ball.

Rationale: Improves the flow of the game without disadvantaging the non-offending team.

7-3 PENALTIES 1a, 3a: When a goal circle foul is committed, the offending player shall move 4 meters away from the player taking the free position instead of behind.

Rationale: Improves the flow of the game and creates consistency in penalty administration of non-major fouls.

2026 Girls Lacrosse Editorial Changes

2-2-4; 2-7-1a, 4 & 5 (NEW); 2-7-6; 4-4; 5-4-1 & 2; 7-1-3; 8-1-1 NOTE; 10-1 PENALTIES; 10-1 PENALTIES 6; 10-1 PENALTIES 13b; 11-1-1; 11-2 PENALTIES 2 thru 6; 12-3-2; 12-8 MISCONDUCT PENALTIES 3e; 12-8 COACH MISCONDUCT PENALTIES 2; 13 FLAG; 13 RESTRAINING LINE

2026 Girls Lacrosse Points of Emphasis

1. Identifying and Managing Fouls During Scoring Plays
2. Efficient Draw Administration
3. Delay of Game/Use of the Green Card