



2026 NFHS BOYS LACROSSE RULES INTERPRETATIONS

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SITUATION 1: A1 is in possession when B1 pushes A1 from behind, causing A1 to fall and A1's helmet to come off. **RULING:** Flag-down, slow-whistle for the push; as soon as A1's helmet comes off, the official shall immediately sound the whistle, ending the flag-down. B1 serves a 30-second technical foul for the push and A1 must be substituted and leave the field to properly secure the helmet and may re-enter after the next dead ball following the resumption of play. Team A shall retain possession. **COMMENT:** When illegal contact occurs, whether technical or personal, causing an opponent's helmet to come off, the appropriate foul is administered, and the player whose helmet came off must leave the field until after the next dead ball. (4-24-8, 6-5-2y, 7-8-1, 7-8-2f)

SITUATION 2: A1 is in possession when B1 pushes A1 from behind, causing A1 to step out of bounds, fall, and have the helmet come off. **RULING:** Flag-down, slow-whistle for the push; the official sounds the whistle when A1 steps out of bounds, creating the dead ball. B1 serves a 30-second technical foul for the push and A1 must be substituted and leave the field to properly secure the helmet and may re-enter after the next dead ball following the resumption of play. Team A shall retain possession. **COMMENT:** Even though the helmet came off after the whistle, A1 must still leave the field until after the next dead ball because the loss of the helmet was a continuation of the illegal contact that occurred before the dead ball. (4-6-1, 4-24-8, 6-5-2y, 7-8-1, 7-8-2f)

SITUATION 3: A1 has possession of the ball while driving to the goal and is illegally contacted by B1 (technical or personal foul) causing A1 to lose their

helmet while shooting and the ball is still in flight but has not yet crossed the goal line. **RULING:** Flag down slow whistle on the illegal contact, followed by an immediate whistle, ending the flag down, as soon as A1 loses their helmet. No goal, because the play was blown dead due to the loss of a helmet before the ball crossed the goal line. B1 is assessed the penalty for illegal contact and A1 is substituted and must leave the field to secure their helmet and may re-enter after the next dead ball following the resumption of play. The ball shall be awarded to Team A. **COMMENT:** A goal cannot be scored during a dead ball which occurred as soon as A1's helmet fell off. (4-24-8, 6-5-2y, 7-8-1, 7-8-2f)

SITUATION 4: A1 is in possession and driving to the goal when B1 commits an illegal contact [(a) technical, (b) personal] as A1 shoots. After the ball completely crosses the goal line, A1 falls and the helmet comes off. **RULING:** Flag-down, slow-whistle for the illegal contact. In both (a) and (b), the goal counts because the ball crossed the goal line before A1's helmet came off and A1 is substituted and must leave the field to secure the helmet and may re-enter after the next dead ball following the resumption of play. In (a), when B1's foul is a technical foul, the goal cancels the penalty, and play is restarted with a faceoff. In (b), when B1's foul is a personal foul, B1 serves the designated penalty time and play is restarted with a faceoff. **COMMENT:** Because the goal was scored before the loss of the helmet in both (a) and (b), the goal stands, and the foul is adjudicated in accordance with slow-whistle procedures. In both instances, play is restarted with a faceoff since the foul occurred during a live ball. (6-5-2y, 7-8-2f, 7-9-1, 7-9-2)

SITUATION 5: A1 is in possession and driving to the goal when B1 initiates legal contact while A1 is shooting. After the ball completely crosses the goal line, A1 falls, and their helmet comes off. **RULING:** The goal is good. Dead ball technical foul on Team A for A1's helmet coming off as a result of a legal play. No faceoff, award the ball to Team B at the center in its offensive half of the field. A1 is substituted and must leave the field to secure the helmet and may re-enter after the next dead ball following the resumption of play. **COMMENT:** Because a goal is scored before the loss of the helmet, the goal stands, and the technical foul is adjudicated in accordance with dead-ball, technical foul, procedures when a faceoff is pending. (4-24-8, 6-5-2y, 7-5)

SITUATION 6: A1 is in possession, takes a shot, and falls to the ground losing their helmet, (a) before the ball crosses the goal line, or (b) after the ball crosses the goal line. **RULING:** In (a), immediate whistle when A1 loses their helmet. There is no goal because play is dead as soon as A1's helmet comes off. Technical foul on A1, award the ball to Team B. In (b), the goal is good. Play is stopped when the goal is scored. Dead ball technical foul on A1. No faceoff, award the ball to Team B at the center in its offensive half of the field. In both (a) and (b), A1 is substituted and must leave the field to secure the helmet and may re-enter after the next dead ball following the resumption of play. **COMMENT:** In (a), the technical foul for loss of helmet is assessed to A1 since it occurred during a live ball (before the ball crossed the goal line). In (b), the technical foul for loss of helmet is assessed to A1 during a dead ball (after the goal was scored), the ball is awarded to Team B. (4-24-8, 6-5-2y, 7-5)

SITUATION 7: A1 is in possession when B1 legally body-checks A1, causing A1 to step out of bounds, stumble, fall, and have their helmet come off. **RULING:** The ball becomes dead when A1 steps out of bounds, and Team B is awarded possession. Flag down, 30-second technical foul on A1 for their helmet coming off as a result of a legal play. A1 is substituted and must leave the field to secure the helmet and may re-enter after the dead ball following the resumption of play and the expiration of penalty time. **COMMENT:** The whistle sounds when A1 steps out of bounds. A1's helmet coming off occurs

during the dead-ball. The technical foul is adjudicated in accordance with the dead-ball, technical foul procedures. The ball is awarded to Team B either at the center in its offensive half of the field or at the spot the player went out of bounds if the play occurred in Team B's offensive end of the field. (4-6-1, 4-24-8, 6-5-2y, 7-5)

SITUATION 8: During a loose-ball situation, B1 illegally contacts A1 [(a) technical or (b) personal], causing A1 to go offside, fall, and have the helmet come off. **RULING:** In (a), play on with an immediate whistle when A1 steps

offside. In (b), flag down and an immediate whistle. B1 serves the appropriate penalty time. In both (a) and (b), there is no penalty for A1's helmet coming off as it was a result of an illegal action by Team B. A1 is substituted and must leave the field to secure the helmet and may re-enter after the next dead ball following the resumption of play. Team A is awarded possession. **COMMENT:** Because B1's illegal contact caused A1 to be offside, A1 is not penalized for the offside/illegal procedure but still must leave the field due to the loss of the helmet and may re-enter after the next dead ball. (4-10-2c, 4-24-8, 6-5-2y)