



April 15, 2026

NFHS Girls Lacrosse Weekly Rule Interpretations

Delay of Game

The following are common examples of delay-of-game violations that should be penalized with a green card:

- Defenders failing to promptly move 4 meters away from a free position.
- Offenders continuing to run down the field after committing a foul in the midfield, rather than taking action to move 4 meters away from or behind the ball carrier.
- Players failing to promptly clear the penalty zone.
- Players failing to promptly move to draw positioning after a goal.

The penalties for delay of game are:

- **First violation** – A **GREEN** card is issued to the offending team and a change of possession.
- **Second violation** – A **GREEN/YELLOW** card is issued to the offending player for a major foul. The offending player must leave the field for two minutes. This card is not included in the team or player's card count.
- **Third and subsequent violations** – A **YELLOW** card is issued to the offending player or team for misconduct. A player will leave the field for two minutes. The card is included in the team and player's card count.

Proper use of the green card helps prevent game delays, improves game flow and contributes to a more enjoyable game experience.

SITUATION 1: A1 commits a foul in the midfield by continuing to run down the field without moving 4 meters away from Team B's free position. This is Team A's first delay of game offense. **RULING:** Delay of game – Green card. **COMMENT:** The official calls a time-out to administer the card. Team B maintains possession and the free position is administered with the offending player 4 meters away. (9-1c, 9-1c PENALTIES)

SITUATION 2: A2 commits the team's second delay of game foul by failing to move four meters behind when instructed by the official. **RULING:** Delay of game – Green/Yellow card. **COMMENT:** The official calls a time-out to administer the cards. A2 must leave the field and enter the penalty area for two minutes of elapsed playing time. The card is not included in the team or player's card count. (9-1c, 9-1c PENALTIES)

SITUATION 3: A3 commits the team's third delay of game foul by failing to promptly clear the penalty zone. **RULING:** Delay of game/Misconduct – Yellow card. **COMMENT:** The official calls a time-out to administer the card. A3 must leave the field and enter the penalty area for two minutes of elapsed playing time and the card is included in the team and player's card count. (9-1c, 9-1c PENALTIES, 12 MISCONDUCT PENALTIES)