



NFHS Girls Lacrosse: In-Season Rules Focus

In-season rules document for NFHS girls lacrosse officials, focused on block/charge reads, illegal pick standards, and check to the head decisions.

1. What to Read First on Contact Plays

- Who owned the path or space first?
- Was the defender in the attacker's visual field?
- Was there enough time and distance for the attacker to stop or change direction?
- Has the attacker worked to get level or even with the defender?
- Who created the contact – attack, defense, or both?

Officials should read the entire play, not just the moment of the collision. NFHS points of emphasis stress understanding, recognizing, and penalizing major fouls, including charging and forcing through by the ball carrier during scoring opportunities.

2. Block / Charge Focus

Charge indicators

- Attacker drives into a defender who has established legal position in the visual field and provided enough time and distance for avoidance.
- Attacker continues into clearly occupied space after seeing the defender.
- Attacker leans, lowers the shoulder, or uses the body to force through a defender or opposing crosse.
- Attacker changes angle late to create contact with a legally positioned or legally retreating defender.

Block indicators

- Defender steps late into the attacker's path and removes the attacker's real chance to stop or change direction.
- Defender is outside the visual field and contact occurs before the attacker can reasonably react.
- Defender moves into the route after the attack has worked to get level and earned that path.
- Defender extends the body or stick outside a legal stance to create contact.

No-call / shared-responsibility cues

- Both players move legally and only incidental contact occurs.
- Both players are aware of each other and neither clearly avoids contact.
- The contact does not clearly create a foul advantage or disadvantage.

A player does not need to hit the ground for a block or charge to be present. The decision is about space and legal position, not whether someone falls.

Do not over officiate the defense, but do not miss late or blind-side defender actions that take away space illegally. Likewise, do not bail out the attack when the attacker chooses a path that is no longer available.

3. Picks

An illegal pick occurs when a moving or stationary pick is out of the visual field of an opposing player, does not allow enough time or distance to stop or change direction, and contact occurs. To remain legal, the crosse must stay vertical and the body must stay in a legal stance.

- Read picks with the same visual field and time-and-distance principles used for block/charge.
- A moving pick can still be legal if those principles are met.
- If the picker widens, extends, or removes the route after establishing the pick, the picker created the foul.

4. Check to the Head

Check to the head is a mandatory card, so the call must be based on illegal contact by the defender. Contact with the head by itself does not answer the question.

- First ask whether the defender made a true checking motion.
- If the defender's stick is legal and already in place, do not turn attacker-created contact into a mandatory card.
- If the attacker rises, drives, or leans into a legal stick, that alone should not become check to the head.
- Because the penalty is severe, officials should be exact and should never guess.

5. In-Season Reminders

- Reward legal defenders who arrive early, stay in the visual field, and maintain a legal stance.
- Hold ball carriers responsible for charging and forcing through when they create the illegal contact.
- On every contact play, base the decision on whether the defender was in the attacker's visual field and whether the attacker was given enough time and distance to reasonably stop or change direction.
- Use the next page as a quick visual reference for charge, block, and no-call situations.

Rule references: NFHS Girls Rule 10-1a Blocking, 10-1b Charging, 10-1p Illegal Pick, 10-1c Check to the Head.

Charge by Attack



Defender has established a position within the attack's visual field that allows enough time and space for the attack to change directions.

Charge by Attack



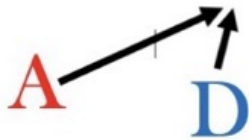
Defender has given ground and tries to avoid contact.

Charge by Attack



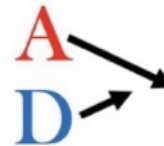
Charge by Attack – Defender has given ground and changes direction in attempt to avoid contact.

Block by Defender



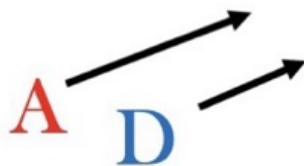
Attack has made effort to go around defender, avoid contact and has established a path. Defender steps into path of attack causing contact.

Block by Defender



Once the attack has worked to get level with defender, the attack has a right to that space.

No Call



The Attack has made the move to avoid contact and the Defender has moved diagonally to maintain the body checking

No Call OR Offsetting Fouls



Players are aware of each other but neither player makes attempt to avoid contact. Either No Call (both players trying to play the ball and some incidental body contact occurs) OR Alternate Possession.

Visual reference sheet for charge by attack, block by defender, and no-call/offsetting foul situations.