

2020 Nfhs Boys Lacrosse Rules: Everything You Need to Know

Lacrosse, one of the oldest sports in North America, continues to grow in popularity, captivating athletes and fans alike with its fast-paced action and skillful gameplay. With the arrival of the new year, the National Federation of State High School Associations (NFHS) has introduced several changes to the boys lacrosse rules for 2020. In this article, we will walk you through these updates and provide you with a comprehensive understanding of the regulations governing the sport.

The Importance of Knowing the Rules

In any sport, it is crucial to be well-versed in the rules to enjoy the game fully and play it safely. Understanding the current regulations is particularly important for athletes, coaches, officials, and even spectators, as it ensures fair competition, mitigates injuries, and promotes sportsmanship. With the 2020 Nfhs boys lacrosse rules, knowing what's permitted and what's not becomes even more vital, as the changes may impact strategy, gameplay, and player safety.

Notable Changes in the 2020 Rules

In an effort to align the boys lacrosse rules more closely with the rules of other major lacrosse organizations, such as the NCAA and World Lacrosse, the NFHS has made several noteworthy changes for the year 2020.

2020 NFHS Boys Lacrosse Rules Book

by NFHS (Kindle Edition)

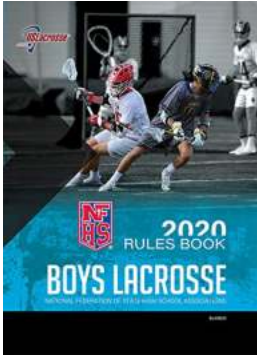
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1. Faceoff Procedure

The faceoff procedure has been modified to enhance safety and fairness. The new rules require the players taking the faceoff to have all their feet, gloves, and the head of their crosse in the designated areas. Additionally, any player taking a faceoff must have at least two feet not exceeding 4.75 inches in height from the back of their heels within their true vertical position. These changes aim to reduce injuries and avoid an unfair advantage for players.

2. Defensive Shaft Length

Previously, defensive players in high school lacrosse were allowed to use shafts measuring up to 72 inches in length. However, with the 2020 Nfhs rules, the maximum length of the defensive shaft has been reduced to 60 inches – in line with the collegiate rules. This adjustment ensures consistency across different levels of play and contributes to a more standardized experience for players transitioning to higher levels of competition.

3. Scorer's Position

The scorer's position, whereby a dedicated person sits at the scorer's table to record goals and assists, has undergone a change. Now, the scorer must be

positioned on the same sideline as the table, near the centerline and away from the team benches. This alteration aims to reduce unnecessary contact between scorers and players, ensuring the safety of all involved.

4. Stalling Rules

To encourage more energetic play, the 2020 Nfhs boys lacrosse rules have introduced a visible shot clock to minimize stalling tactics. Once a team is warned for stalling, they have 30 seconds to take a shot on goal. Failure to do so results in a turnover. This adjustment adds an exciting element to the game and motivates teams to maintain an active playstyle, promoting competitiveness and spectator engagement.

Player Safety Improvements

Player safety is a paramount concern for any sport, and lacrosse is no exception. The 2020 Nfhs boys lacrosse rules have incorporated various changes with the aim of minimizing injuries and ensuring a safer playing environment.

1. Checks to the Head and Neck

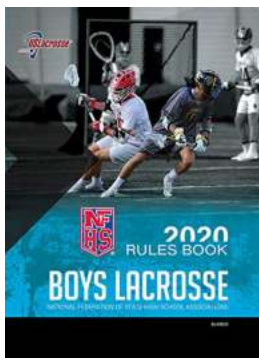
To mitigate the risk of serious head and neck injuries, the rules have been updated to more strictly penalize checks to the head or neck area. Illegal body checks targeting the head, neck, or below the waist from the front or side can result in penalties, including ejection from the game. These changes prioritize player safety and emphasize a responsible approach to gameplay.

2. Mandatory Equipment

The NFHS is committed to ensuring that players have appropriate protective equipment for their safety. In line with this commitment, mouthguards are now required to have a color that is not clear or white, making it easier for officials to assess compliance. This rule change helps officials confirm that players are

wearing the necessary equipment and allows for more effective enforcement of safety measures.

As the 2020 high school boys lacrosse season gets underway, it's essential to familiarize yourself with the latest rules and understand their significance. By knowing the 2020 Nfhs boys lacrosse rules, players can adapt their strategies, coaches can provide informed guidance, officials can enforce the regulations more effectively, and spectators can appreciate the game with a deeper understanding. Ensuring compliance with the rules not only enhances the overall lacrosse experience but also ensures the safety and well-being of everyone involved. So let's embrace the changes and enjoy another exciting year of boys lacrosse!



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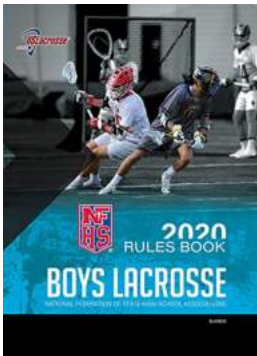
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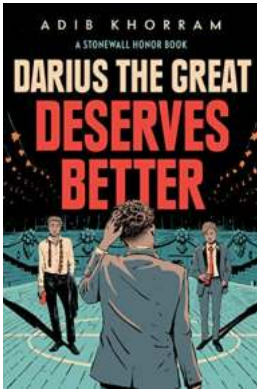
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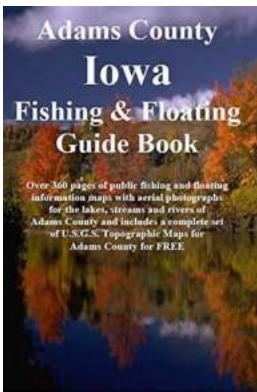
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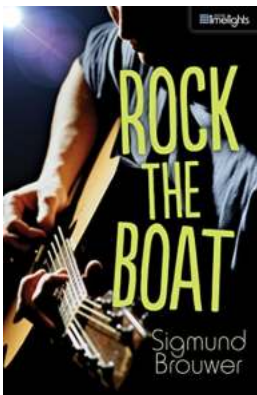
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