

# **The Ultimate Guide to the 2020 NFHS Girls Lacrosse Rules: Stay Ahead of the Game!**

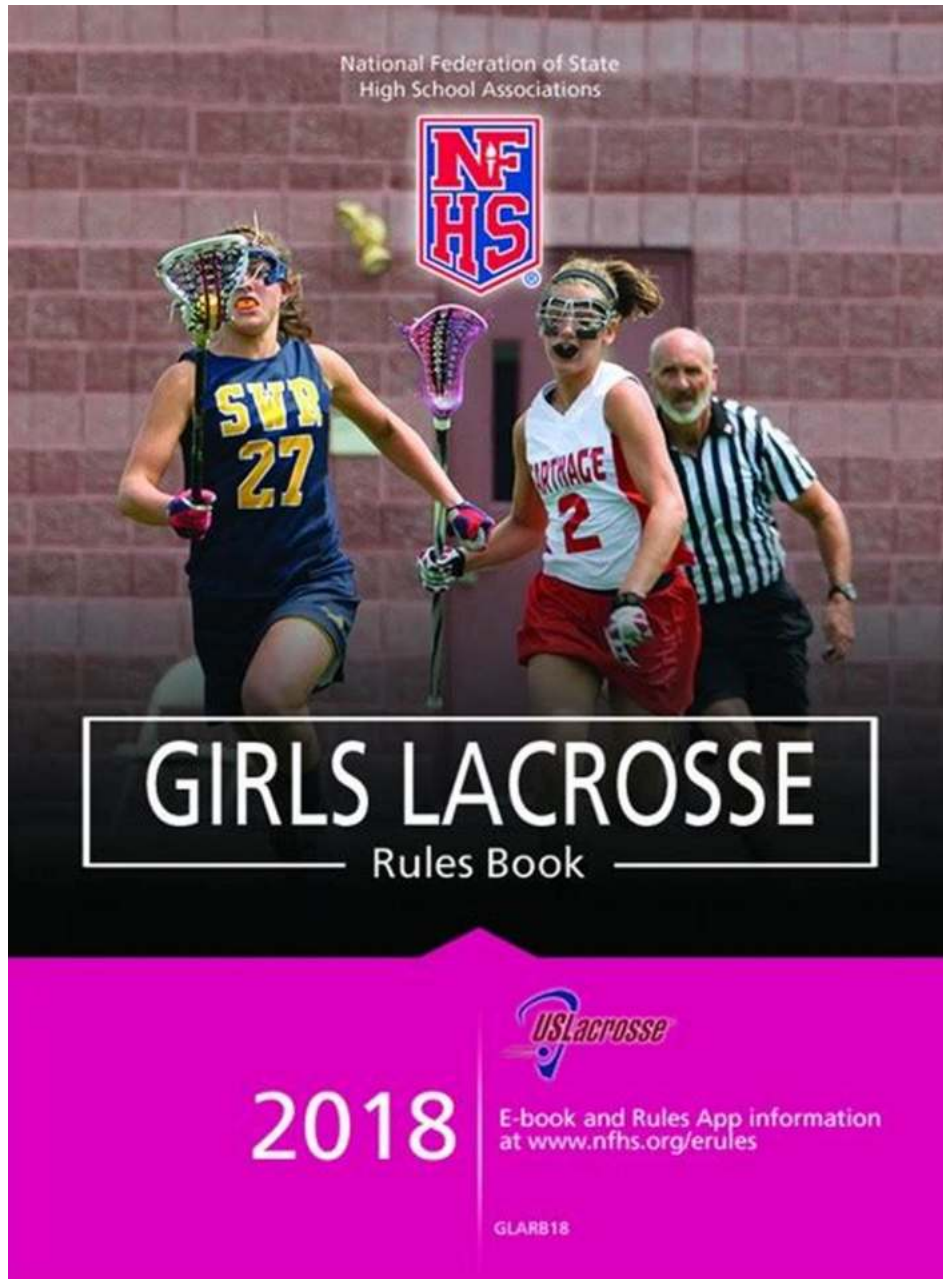
## **The New Era of Girls Lacrosse Has Arrived**

As we enter into the new decade, exciting changes have been implemented in the 2020 NFHS Girls Lacrosse rules. Whether you are a player, coach, or simply a fan of the sport, it's crucial to stay updated with these changes and understand how they impact the game. In this comprehensive guide, we will walk you through the key rule updates, highlight important points, and provide valuable insights to help you navigate the lacrosse field with confidence. So, let's dive in!

## **The Importance of Familiarizing Yourself with Rule Changes**

Lacrosse is a dynamic sport that constantly evolves to ensure fair play, safety, and an enhanced playing experience. It's imperative for players and coaches to familiarize themselves with the rule changes to avoid penalties, gain a competitive advantage, and most importantly, ensure the safety of all participants. Let's explore the significant rule changes for the 2020 season.

### **1. Shot Clock Implementation**



## 2020 NFHS Girls Lacrosse Rules Book

by NFHS (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 3063 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 158 pages  
Lending : Enabled



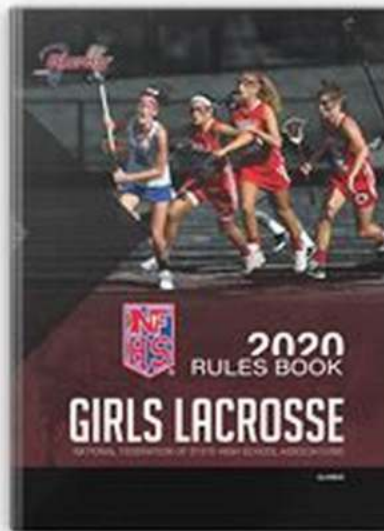
## **2. Checking Regulations for Safety Enhancement**

Another crucial update revolves around checking in the game. With player safety being a top priority, the 2020 rules have placed stricter regulations on checking techniques. Above-the-shoulder checks are now illegal, emphasizing the significance of proper body positioning during defensive play. This change aims to reduce head and neck injuries, fostering a safer environment for players.

## **3. Draw Control Adjustments**

The draw has long been a critical element in lacrosse, determining possession after a goal or at the start of a period. In 2020, the NFHS has made adjustments to ensure fairness during these crucial moments. Players in the center circle are now required to stand with their feet outside the draw circle until the whistle is blown, reducing the advantage of early movement and ensuring a fair start.

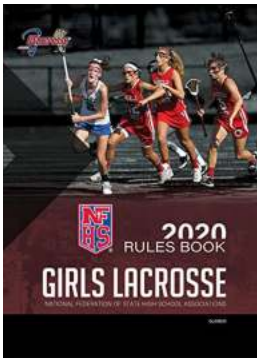
## **4. Mandatory Eye Protection**



## 5. Expanded Penalty Areas

Penalty areas have been expanded in the 2020 NFHS Girls Lacrosse rules, allowing for quicker restarts and increased offensive opportunities. Defenders must retreat 4 meters (about 13 feet) away from the ball carrier who is awarded a free position. This change creates more space for the offensive player, reducing defensive pressure and fostering a more fluid and dynamic game.

Staying up to date with the 2020 NFHS Girls Lacrosse rules is essential for players, coaches, and fans alike. These rule changes aim to improve the sport by enhancing safety, increasing excitement, and ensuring fair play. By familiarizing yourself with these updates, you can better understand the game, avoid penalties, and fully appreciate the skills and strategies employed on the lacrosse field. As we embrace the new era of girls lacrosse, let's embrace these changes and elevate the sport we love.



## 2020 NFHS Girls Lacrosse Rules Book

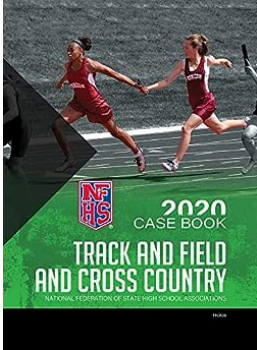
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Contains the official case plays for girls lacrosse and are designed to explain all aspects of the sport.



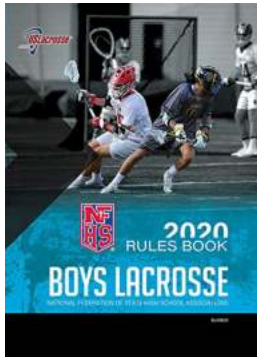
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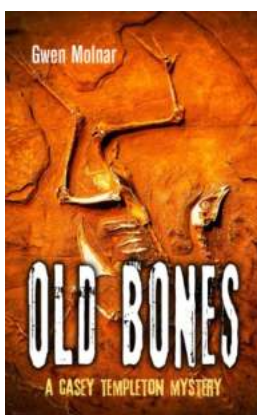
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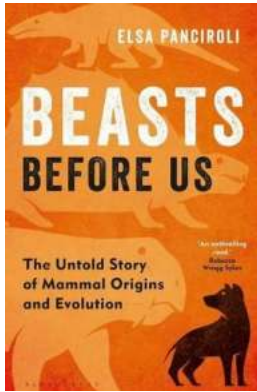
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