



March 18, 2026

## NFHS Girls Lacrosse Weekly Rule Interpretations

### Stick Checks

A change was made for the 2026 season eliminating the option for stick check requests during general clock stoppages. This change was made to maintain the pace of play, discourage gamesmanship, and allowing officials to focus on managing the game. Stick checks may be requested during:

1. Quarter breaks
2. Halftime
3. Team time-outs
4. Immediately following a goal
5. Prior to the start of a draw



### **CORRECTION TO 2.4.5 SITUATION B (p. 22):**

**SITUATION:** No. 13 from the Blue team is awarded an 8-meter free position with less than one minute in the second quarter. The Red team coach requests a stick check prior to the 8-meter shot being taken. **RULING:** ~~Legal~~ **Improper** request. **COMMENT:** The stick check request will not be granted as stick check requests may only be made during a quarter break, halftime, team time-out or prior to the start of the draw or overtime period.

**NOTE:** Requesting a stick check at a time when it is not allowed is an improper stick request as there is no penalty unless the request contributes to a delay of game.

**SITUATION:** Red No. 12 scores a goal. The Blue team: (a) immediately requests a stick check; (b) requests a stick check during the next team time-out following the draw to restart play after the goal by Red No. 12. The official determines the crosse used to score the goal does not meet the criteria of a legal crosse. **RULING:** (a) No goal; (b) goal stands. **COMMENT:** In (a), the request was made before the draw to restart play after the goal. Since the crosse was illegal it results in

no goal and play is resumed with a free position by the Blue team at the center line. In (b), the request was made after play had restarted with the draw so the goal stands. Play will resume with a free position by the non-offending team nearest the ball when play was stopped. In both situations, the crosse is removed from play and. (2-4 PENALTIES 3)

**SITUATION:** Red No. 12 scores a goal. The Blue team requests a stick check on Red No. 7. The official determines the crosse does not meet the criteria of a legal crosse. **RULING:** Goal stands.

**COMMENT:** If after a goal is scored and before the game is restarted with a draw, any player other than the shooter is found to have a crosse not meeting the criteria for a legal crosse, the goal stands, and a free position will be taken by the Blue team at the center line. (2-4 PENALTIES 4)