



2026 Girls Lacrosse Rules Interpretations

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.
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2026 NFHS Girls Lacrosse PowerPoint Clarifications: (Underlining shows additions; ~~strikethrough~~ shows deletions.)

Slide 14, Deputy Rules – Rule 7 PENALTIES 1a, 3a: When a goal circle foul is committed by the defense, the offending player – except the goalkeeper or deputy within the goal circle – shall move 4 meters away from the player taking the free position instead of behind. When a goal circle foul is committed by the offense, the offending player shall move 4 meters away from the goal circle.

Slide 17, Editorial Changes – 2-2-4: Adds language back in to clarify wear ~~where~~.

2026 NFHS Girls Lacrosse Rules Book: Page 20, 2-9-4d – (See Girls Lacrosse Uniforms, page ~~88~~ 89)

SITUATION 1: The Red team goalkeeper blocks a shot on goal, and the official starts the 10-second count for the goalkeeper to clear the ball. The official is at five seconds when the Red team requests a time-out. After the time-out the Red team resumes play at the closest dot.

RULING: Correct procedure.

COMMENT: Any Red team player may restart play at the dot. (4-3-3d)

SITUATION 2: The Red team goalkeeper fails to clear the ball within 10 seconds after it has entered the goal circle.

RULING: Illegal. Goal circle foul by the Red team goalkeeper.

COMMENT: A free position is awarded at the closest dot; all players must be 4 meters away from the player taking the free position. (7-1 PENALTIES 1a)

SITUATION 3: A Blue team attacker has possession of the ball and steps on the goal circle line.

RULING: Illegal. Goal circle foul by the Blue team attacker.

COMMENT: A free position is awarded to the goalkeeper within the goal circle, and the offending player shall move 4 meters away from the goal circle. (7-1 PENALTIES 3a)