

NFHS Girls Lacrosse Rules Changes 2026

July 10, 2025

2-4-5: Stick checks may be requested at any point during a quarter break, halftime, a team time-out, prior to the start of an overtime period, prior to the start of a draw, and immediately following goals in regulation and overtime periods.

Rationale: Specifies the appropriate times when stick check requests may be made to eliminate potential gamesmanship, maintain pace of play, and allow officials to focus on administration of the game.

2-8-3 (NEW) & PENALTY: No on-field player can wear an audio or video device during the game.

Rationale: Clarifies the prohibition of electronic communications with and by players during the game and aligns with other NFHS rules codes.

4-3-3d, 3 NOTE (NEW): If a possession time-out is called when the goalkeeper has possession of the ball in the goal circle, play will resume at the closest dot and any player may restart play.

Rationale: Aligns the restart procedure for a team time-out when the goalkeeper has possession of the ball in the goal circle with other team time-outs when the ball is in the critical scoring area.

5-2 PENALTY 1: When one player draws illegally, the free position may be taken by any player on the opponent's team at the spot of the ball.

Rationale: Improves the flow of the game without disadvantaging the non-offending team.

7-3 PENALTY 1: When a goal circle foul is committed, the offending player shall move 4 meters away from the player taking the free position instead of behind.

Rationale: Improves the flow of the game and creates consistency in penalty administration of non-major fouls.

2026 Girls Lacrosse Editorial Changes

2-7-1a, 4 & 5 (NEW); 4-4; 5-4-1 & 2; 7-1-3; 8-1-1 NOTE; 10-1 PENALTIES; 10-1 PENALTIES 6; 11-1-1; 11 PENALTIES 1; 11-2 PENALTIES 1; 12-3-2; 13 FLAG; 13 LOWER SIDE OF CROSSE

2026 Girls Lacrosse Points of Emphasis

1. Enforcement of Delay of Game
2. Draw Administration & Efficiency
3. Identifying Cardable Fouls During Scoring Plays