

NFHS Rule 1 - The Game, Field, and Equipment - 2019

1. A1 takes a shot. Goalkeeper B2 makes the save, which rebounds in front of the crease. A3 kicks the ball into the goal. Which is the correct ruling?
 - a. Sound whistle to stop play and award possession to Team B.
 - b. Sound whistle to stop play and award possession to Team A outside the attack area.
 - c. Sound whistle to stop play; goal is good.
 - d. Sound whistle to stop play; penalize A3 1-minute for unsportsmanlike conduct.

2. Upon entering a game site located in a football stadium, the officials observe the field includes both end zones in their entirety, the cages and goal lines are set on the 5-yard lines, and it is marked with various arcs used for girls' lacrosse. The officials will...
 - a. Assess a technical foul on the home team.
 - b. Delay the start of the game until all necessary adjustments can be made.
 - c. Start the game at its scheduled time.
 - d. None of the above.

3. Where are spectators and media (including photographers) NOT permitted?
 - a. Behind the end lines (unless permanent seating exists).
 - b. Immediately behind the benches or table area.
 - c. Inside the limit lines.
 - d. All of the above.

4. The home team's field does not have a clearly marked center line due to a logo in the center. What is the required adjudication?
 - a. The home team is assessed a three-minute non-releasable foul to begin the contest.
 - b. The visiting team receives an additional timeout.
 - c. Possession of the ball goes to the visiting team to begin the contest.
 - d. All of the above.

5. Which of the following is true about the table area?
 - a. It should be 20 yards wide and only players serving penalty time or players ready to substitute should be in the area.
 - b. Coaches are allowed in the table area at any time to consult with their players.
 - c. The official scorer and timer are allowed in the table area.
 - d. Both a and c.

6. The bench areas:
 - a. Are 6 yards from the sideline.
 - b. Shall extend from the table area 15 yards parallel to the sideline.
 - c. The bench area is on the opposite side of the field from the table.
 - d. Both a and b.

7. Officials arrive at a game and find that the home team cannot provide balls with the label "Meets NOCSAE Standard." Under which of the following conditions can the game be played?
 - a. If balls with the NFHS mark (but without the "Meets NOCSAE Standard" label) are available, the game may be played, but the officials must report this to the sponsoring authority.
 - b. If the visiting team has balls available to be used with the label "Meets NOCSAE Standard," the game may be played. The officials shall assess a technical foul on the home team to start the game and report this to the sponsoring authority.
 - c. If both coaches agree, balls without the "Meets NOCSAE Standard" label may be used and the game may be played
 - d. The game may be played in all of these situations.

8. Immediately after a goal the officials notice that the ball being used does not have the label "Meets NOCSAE Standard." How should the game proceed?
- The goal counts. The ball is removed and the game continues with a properly marked ball.
 - The goal is disallowed. The ball is removed and the game continues with a properly marked ball. The ball is awarded to the offensive team outside the goal/attack area.
 - If scored by the home team, the goal is disallowed. If scored by the visiting team, the goal stands. The ball is removed and the game continues with a properly marked ball. The game continues either by awarding possession to the visiting team or with a faceoff.
 - The goal is disallowed. The home team's In-Home serves a 3-minute non-releasable penalty. The illegal ball is removed and the game continues with a proper marked ball. The ball is awarded to the visiting team at Center X.
9. Which of the following would be an illegal crosse length for a field player (not the goalie)?
- 40 inches
 - 46 inches
 - 37 inches
 - b and c are both illegal.
10. Which of the following is the correct procedure for checking a crosse?
- Place ball in the pocket and insure that the pocket is not "deep."
 - With the ball in the crosse, horizontal to the ground at the deepest point of the pocket, tip the crosse forward 90 degrees to ensure that the ball rolls out of top end of the head.
 - Hold the crosse perpendicular to the ground, place the ball in the throat of the head, rotate the head forward and ensure that the ball rolls freely out of the throat of the head.
 - All of the above.
11. During an equipment inspection, the officials encounter a crosse measuring 6 inches across its widest point, strings with a hanging length of 1.75 inches, a tape ring measuring 3.75 inches in circumference that is located 2.5 inches from the butt end of the handle, and the end cap is missing from the handle's butt end. Which is the correct ruling?
- Assess a 3-minute non-releasable penalty.
 - Assess a 3-minute releasable penalty.
 - Assess four minutes of non-releasable penalty time.
 - All is legal, but for the crosse to return to the game it must be fitted with an appropriate end cap.
12. For a crosse to be legal, how many sidewall strings on each side are allowed?
- One
 - Two
 - Three
 - Zero
13. Required equipment for field players includes:
- Helmet with face mask and 4 chin straps, mouthpiece, protective gloves, shoulder pads, shoes, and arm pads.
 - Helmet with face mask and 4 chin straps, mouthpiece, protective gloves, shoulder pads, shoes, arm pads, and knee pads.
 - Helmet with face mask and 4 chin straps, protective gloves, shoulder pads, shoes, arm pads, and eye shield.
 - Helmet with face mask and 4 chin straps, mouthpiece, protective gloves, shoulder pads, shoes, arm pads, and shin guards.
14. To be legal, a mouthpiece must
- Cover all upper teeth.
 - Cover all lower teeth.
 - Be any color, including clear or white.
 - Either a or b.

15. What should be done if player A1 has eye black in the shape of a triangle on his face?
- a. Award the ball to Team B.
 - b. Technical foul - Player A1 must serve a 30 second foul.
 - c. Unsportsmanlike foul - player A serves 1 minute non-releasable.
 - d. The player is only allowed one solid stroke and has to leave the field until he removes the triangle - fix it only.
16. Exposed undergarments on a boys' lacrosse player must be:
- a. White only.
 - b. Black only.
 - c. Gray only.
 - d. White, gray, or one of the team's official colors.

True/False

- A. The NFHS recommends that all players wear a protective cup.
- B. A 4-inch square that is a contrasting color may be used to replace the traditional Center "X."
- C. Unless both coaches agree, game balls shall be white.
- D. If a ball stop is used, more than one may be used as long as the maximum dimensions are not exceeded.
- E. Any strings or leathers are limited to a hanging length of 2 inches.
- F. At the beginning of the game the home team is required to provide a table, working horn, score book and timing device.
- G. If, at the start of a game, the home team's field is without a clearly marked center line and there are no additional pre-game penalties, possession of the ball goes to the visiting team.
- H. All hollow crosse handles must have an end cap; tape is not considered an end cap.
- I. A crosse that measured at 39 inches would be a legal stick length for a field player (not a goalie).
- J. A crosse may contain a pocket consisting of a nontraditional synthetic material specifically manufactured for lacrosse so long as it is uniformly attached to the head, does not form an ensuring lip or hook, and is relatively straight from the butt end to the top of the head.
- K. The tooth and mouth protector must cover all of the upper or lower teeth with adequate thickness and shall be of any readily visible color other than white or clear.
- L. A player may wear a clear, molded and non-rigid helmet eye shield and tinted glasses.
- M. Goalkeepers must wear chest and throat protectors and use a crosse measuring 10 to 12 inches at its widest inside point.
- N. Arm pads are required equipment for all players including goalkeepers.
- O. Players of the same team must wear uniform shorts of the same dominant color.

- P. If a player is wearing a hard cast on his wrist, the cast must be padded to prevent injury.
- Q. The scorer's table should be at least 6 yards from the sideline.
- R. Any additional strings or laces such as shooting strings must be within four inches from the top of the crosse.
- S. If a flat-iron goal is used on a natural surface field, it may be secured to the ground with ground anchors.
- T. A properly equipped goalkeeper must always be on the field.
- U. The length of the head shall be a minimum of 10 inches from the outside edge of the head to the beginning of the throat of the crosse as measured at the front (face) of the head.
- V. The pocket whether it is constructed of mesh or traditional stinging must be completely attached to the head and the side walls, leaving no gaps large enough for a ball to pass through.