



March 11, 2026

NFHS Boys Lacrosse Weekly Rule Interpretations

Player Equipment

As boys lacrosse seasons begin across the country, it is a good time for both coaches and officials to review the uniform and player equipment rules. There are rules changes impacting tooth and mouth protectors, uniform number sizes and loss of mandatory equipment. Editorial changes include minor changes to arm pads, shoes and undergarment rules.

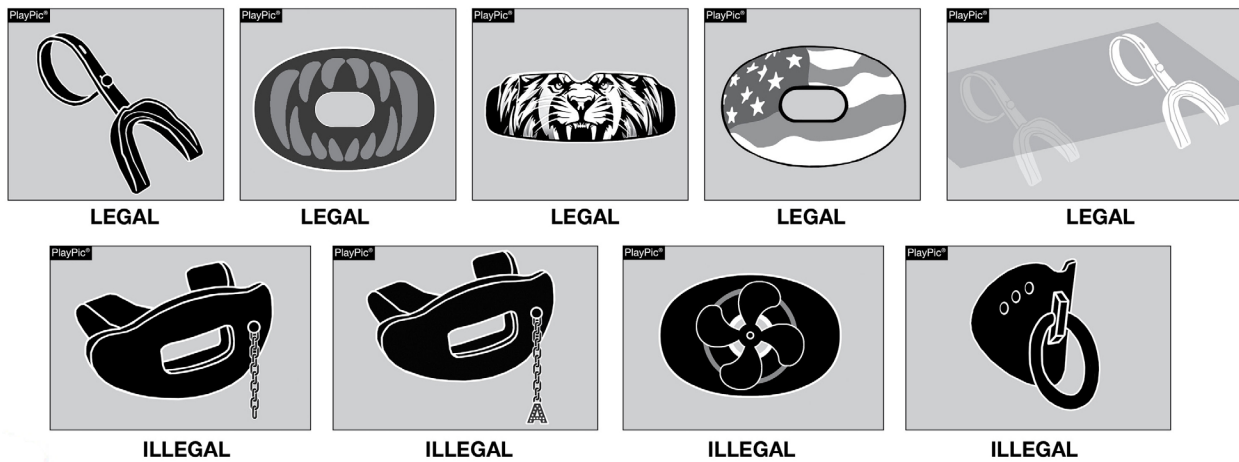
Coaches are responsible for verbally certifying to the referee before the game that all players are properly equipped and that all mandatory equipment will be worn properly. This certification serves as the team warning. It is also their responsibility to ensure player uniforms meet all rule requirements before the season begins and address any issues that are brought to their attention throughout the season.

Officials are responsible for visually inspecting the grounds including lines, markings, cones/pylons as well as playing equipment such as goals and game balls. During the pregame meeting with coaches and captains, officials must verify with each coach that all players' uniforms and equipment are legal. This is the time to address any issues observed during visual inspection. Officials must enforce penalties if uniforms or equipment do not meet the rule requirements. During the game, when any mandatory player equipment is missing or when illegal equipment is found, the player shall be appropriately penalized, or in some cases, the equipment in question shall remain out of the game until it is corrected. The correction shall be made before participation.

Tooth and Mouth Protectors:

SITUATION: Before the start of the game, the official notices A1: (a) with a clear tooth and mouth protector that covers both the player's teeth and lips; (b) with a tooth and mouth protector that looks like a pacifier with a ring on the outside of the lip cover. **RULING:** (a) Legal; (b) Illegal. **COMMENT:** Clear tooth and mouth protectors that cover both the teeth and the lips are legal. In (b), before entering the game, A1 must correct the equipment. If the illegal tooth

and mouth protector is discovered during the game, it will be penalized as a technical foul on A1. (1-9-1b, 5-6-1, 6-5-2x)



Goalkeeper Equipment:

SITUATION: The goalkeeper for Team A is outside the crease when their crosse breaks. The official (a) allows play to continue and treats the goalkeeper as a field player; (b) suspends play immediately to allow for the goalkeeper to replace/repair the mandatory equipment. **RULING:** (a) Correct procedure; (b) incorrect procedure. **COMMENT:** When the goalkeeper is outside the crease they are treated like a field player and must leave the field and get another crosse or be replaced. Play continues until there is a dead ball. (4-24-7)

Uniforms:

SITUATION: The official notices before the game that the home team uniform has stripes on the sleeve as shown in the image to the right.

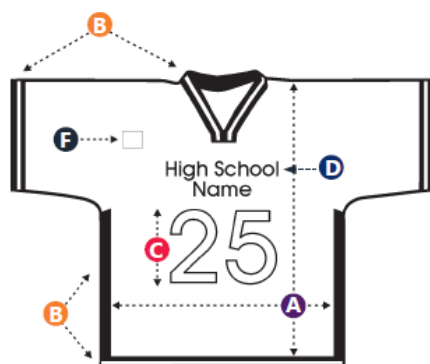
RULING: Illegal uniforms. **COMMENT:** The total measurement of a collar, cuff and/or waistband must not be more than 2 inches wide. [1-9-1h(1)] See Boys Lacrosse Uniform guide below.



SITUATION: The home team is wearing white jerseys with reflective, metallic numbers. **RULING:** Illegal. **COMMENT:** Uniform numbers must be a single solid color and contrast from the uniform top. Reflective, metallic numbers create multi-colored numbers that are not legal on any jersey light or dark. [1-9-1h(4)]

NFHS BOYS LACROSSE UNIFORMS

Front View



Back View



Side View



A JERSEY COLOR

1. Jerseys shall be of a **single, solid color**.
2. The jersey shall completely cover the shoulder pads.
3. Jerseys shall be of contrasting colors for opposing teams. The home team shall wear white jerseys and the visiting team shall wear its dark-color jerseys. The visiting team is responsible for avoidance of similarity of colors, but, if there is doubt, the referee may require the home team to change jerseys.

B UNIFORM TRIM

1. Collar, cuffs and waistband may be of contrasting colors, but not more than **2 inches wide**.
2. Side inserts (no more than armpit to waistband) may be of contrasting color(s), but no more than **3 inches wide**.
3. Contrasting colored piping not to exceed **1/8-inch wide** is allowed.

C NUMBERS

1. Numbers shall be centered vertically and horizontally and at least **8 inches tall** on the front and back.
2. Numbers may contain contrasting color trim(s) not to exceed **2 inches** (the number shall contrast with the body of the jersey).
3. Duplicate numbers on jerseys shall not be permitted on the same team.

NOTE: The body of the numbers shall be a single solid color that clearly contrasts with the color of the jersey beginning January 1, 2027.

D TEAM REFERENCES

1. The school's name, nickname, logo, mascot and/or team member's name are permitted.
2. Team reference, if used, must be placed above the numbers on the front and/or back of the jersey.

E UNIFORM SHORTS

1. All players on the same team shall wear uniform shorts of the same dominant color.

F MANUFACTURER'S LOGO INFORMATION

1. A visible manufacturer's logo/trademark may not exceed **2 1/4 square inches** and **2 1/4 inches** in any direction on the jersey and/or pant/short. Beginning in 2010, no more than one manufacturer's logo/trademark or reference on the outside of each item. (The same size restriction shall apply to either the manufacturer's logo/trademark or reference).

NOTE: An American flag, not to exceed 2 by 3 inches, and either a commemorative or a memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag, nor the patch, interferes with the visibility of the number.



