

Rule Questions and Answers from 2026 Season

1. Are soft nose and ear "plugs" legal?

No. NFHS Rule book page 23, section 2.7.5 situation B

2. Can goalies sub at the end line?

Yes. The NYS waiver is still in effect.

3. Q3: clarification regarding undergarments. **Teams MUST wear light under light and dark under dark on top (no black sleeves under white).** Rule book: Article 5 (p. 21)

4. If players from the same team have different undergarments, is this legal?

No. All visible undergarments worn under the uniform must be one solid color, and must be white, gray, black or one of the team's uniform colors. All team members must wear the same color. Penalty for illegal uniforms that cannot be corrected prior to the beginning of the game shall be penalized with a free position for a minor foul at the center to begin the game. This can only be enforced at the beginning of the game. rule book page 21, section 9, art.5

5. Are we allowing re-sets at the draw per player request?

No. Due to the special draw stick head technology, we are not allowing this request. The official can decide to reset if needed. Players are asking for a reset due to not having control of the ball in their heads upon ball placement. Officials must make sure they are putting the sticks in the proper position before the ball is introduced. Hold to make sure the official is satisfied and then leave for the whistle to start play.

6. Are we placing players four meters behind or away on major fouls?

Only if the fouled player stops their progress and holds for defense to give them proper spacing (4 meters) then we are to direct the penalized player to move four meters behind. If offense begins play, the ball is live and the player can be engaged. This is also true if the fouled player continues after the foul without coming to a stop.

7. If a goalie commits a cardable foul, what is the procedure?

If the goalie commits a cardable foul and the team has a second dressed goalie, the second goalie enters the game, carded goalie plus a field player selected by the coach serves the 2 minute penalty. The goalie plus a field player, selected by the coach, will be placed in the penalty area. This means the team will only have 11 players on field until the card time has elapsed. If no

second dressed goalie - coach selects a field player to serve the 2 minute penalty. Goalie (second dressed goalie or the primary goalie) are placed 4 meters behind. **HS rule book page 68 (bottom) "Goalkeeper Misconduct Penalties"**

8. Please meet with the clock operators before the game. It does not matter how many games the operators have done. It may be your first time at the site - have a brief conversation and go over what you both need and expect.

9. Do we stop the game clock on an offside with a 10 goal differential?

No. The game clock will continue to run however the PC is stopped and reset to 90.

10. Do we stop the game clock in the last minute for an eight-meter free possession shot with a 10 goal differential?

No. The game clock will continue to run however the PC is stopped.

11. A is on scoring play inside the 8 meter arc. D checks to head. Flag raised. A continues to goal and takes a shot unaffected by the foul. Goalie makes the save ending the scoring play.

Ref calls TO. Administers the card.

How does play restart? 8 m shot? But A already got her unabated shot on goal. Dot?

Play will restart on a hash nearest the spot of the foul. RB pg 66; rule 11 sec 2 - penalties 1.

12. Question: Does the game clock stop for a Possession Clock violation in the CSA when under a minute left in a quarter?

Yes, the game clock stops on ALL fouls in the CSA under a minute. Whistle restart is required.

13. Question: When lined up for an 8m, and the players are in the critical scoring area, can any player move back or away at any time before the whistle? As long as they don't go forward? Or is there no movement until the whistle?

Yes, they can move back and away or along the 8m as long as they don't encroach within 4-meters around the shooter or encroach the restricted area.

14. Illegal Draw - anyone can start play from spot of ball. If a player is fouled, the restart needs to be at spot of foul with the fouled player taking the restart.

15. Teams switch ends at the end of every quarter

16. Reset the possession clock after all cards.

17. Overtime rules for JV is the same as varsity.