



March 11, 2026

NFHS Girls Lacrosse Weekly Rule Interpretations

Uniforms/Equipment

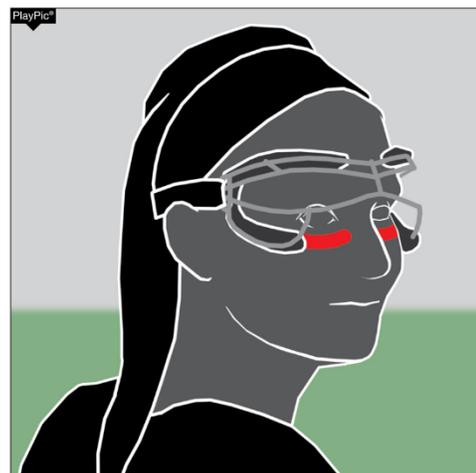
As girls lacrosse seasons begin across the country, it is a good time for both coaches and officials to review uniform and equipment rules. There are no major changes to player equipment or uniform rules for the 2026 season. Editorial changes address eyeshade and tooth and mouth protectors.

Coaches are responsible for verbally certifying that all team equipment is legal under the rules and all field players and goalkeepers are properly equipped. 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, goals, balls, crosses, clothing, shoes, jewelry and protective equipment to ensure they are in accord with the rules. 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.

Eyeshade:

SITUATION: A player is wearing red eye shade in one solid stroke under the eye. **RULING:** Legal. **COMMENT:** Eye shade can be any color as long as it is a solid stroke with no words, numbers, logos or other symbols and shall not extend further than the width of the eye socket or below the cheekbone. (2-7-6)



LEGAL

SITUATION: The official notices a player wearing black eye shade in one solid stroke under the eye with three strokes running down each cheek: (a) before the game; (b) after the game has begun. **RULING:** (a) and (b) illegal. **COMMENT:** In (a), the player may be asked to remove and/or correct the eye shade before entering the game. In (b), the player is removed, a free position for a minor foul is awarded and the player may not return until the illegal eye shade is removed and/or corrected. Eye shade must be applied in a solid stroke with no words, numbers, logos or other symbols and shall not extend further than the width of the eye socket or below the cheekbone. (2-7-6; 2-7 PENALTIES 2)



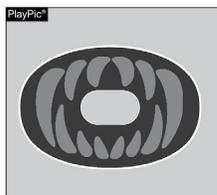
ILLEGAL

Tooth and Mouth Protectors:

SITUATION: Before the draw, the official notices one of the field players: (a) with a tooth and mouth protector that covers both the player's teeth and lips with the tab completely cut off that is commonly used to connect the mouth protector to a helmet in football; (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:** Tooth and mouth protectors that cover both the teeth and the lips are legal. Field players are not permitted to wear tooth and mouth protectors with any protrusions such as a ring or tab. In (b), the player must be replaced by a substitute or immediately correct the equipment without delay. If the illegal equipment was discovered after play had begun, a minor foul would be enforced. (2-7-1a, 2-7 PENALTIES)



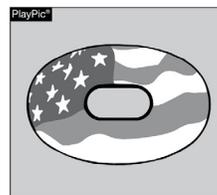
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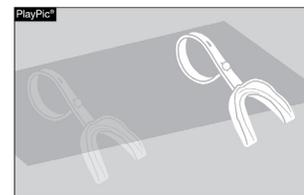
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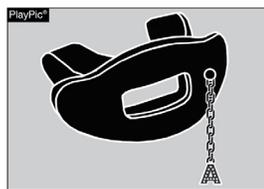
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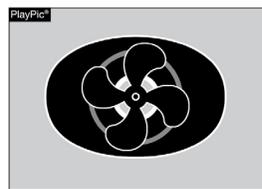
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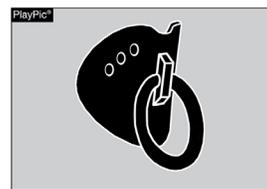
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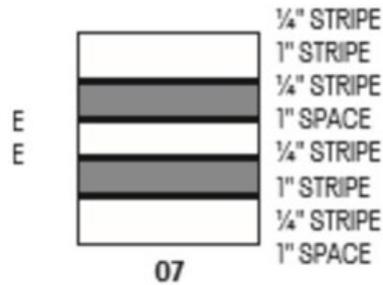
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ILLEGAL

Uniforms

SITUATION: The official notices before the game that the home team uniform has cuffs around the sleeve that include the pattern and measurements below:



The color of the body will be the middle stripe (white in the builder)
The "Color 1" is the smallest stripe (black in the builder)
The "Color 2" is the two on the sides (red in the builder)

RULING: Illegal. **COMMENT:** The total measurement of a collar, cuff and/or waistband must not be more than 1 inch wide. (2-9-4a) See Girls Lacrosse Uniform guide below.

SITUATION: The visiting team is wearing dark red jerseys with a lighter red design element throughout the body of the jersey. **RULING:** Illegal. **COMMENT:** Jerseys must be a single solid color. Any use of different shades of the same color is illegal unless used within the 3-inch-wide side insert or the 1-inch-wide collar, cuff or waistband. (2-9-2)

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. (2-9-3)



GIRLS LACROSSE UNIFORMS

FRONT VIEW



BACK VIEW



SIDE VIEW



SLEEVELESS OPTION FRONT



A SHIRT COLOR

1. Shirt shall be a **single, solid color**.
2. Goalkeeper's shirt must be worn over protective equipment.
3. Shirts shall be of contrasting colors for opposing teams. The coaches/schools shall agree on uniform colors prior to the day of the game. If both teams should have similar colors the home team will be obligated to change or wear numbered pinnies of contrasting color.
4. Home team jerseys shall be light and visitor jerseys shall be dark.

B UNIFORM TRIM

1. Collar, cuffs, and waistband may be of contrasting colors, but not more than **1-inch wide**.
2. Side inserts (armpit to waistband) may be of contrasting colors, but not more than **3-inches wide**.

C NUMBERS

1. Numbers shall be centered vertically and horizontally and must be a minimum of **6-inches tall** on the front and a minimum of **8-inches tall** on the back.
2. Numbers must be a solid contrasting color regardless of trim. Trim not to exceed **1 inch** (the number shall contrast with the body of the shirt).
3. Duplicate numbers on shirts shall not be permitted on the same team.
4. Legal numbers are 0-99. Double-digit numbers from zero through 9 are prohibited.

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.

NOTE: Non-compliant identifying marks/names will be illegal beginning January 1, 2027.

E KILT/SHORTS/PANT

1. All players on the same team shall wear kilts/shorts/pants of the same dominant color.
2. Goalkeeper may wear the team's dominant color or black, gray or white.
3. Kilts/shorts/pants do not have to be a solid color.

F MANUFACTURER'S LOGO INFORMATION

1. One manufacturer's logo/trademark or reference, not to exceed 2¼ square inches or 2¼ in any dimension, is permitted on the outside of each item. The manufacturer logo/trademark restriction includes any company reference.

NOTES:

1. 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.
2. Visible long or short-sleeve undergarments that are worn under the jersey/shirt must correspond to the team's predominant jersey color or be light with a light jersey and dark with a jersey.