

NFHS Table of Adjudication - Multi-minute Fouls

Rationale

At the national level of lacrosse officiating, there has been strong messaging that officials should be assessing more multi-minute fouls, especially in plays that result in offensive players being illegally checked in to the goal crease and goal mouth. As a result, this resource is offered as a starting point for considering what time penalty to assess when adjudicating fouls.

Defenseless Player

A player shall not bodycheck a player in a defenseless position. This includes but is not limited to:

- body-checking player from his “blind side”
- body checking a player whose head is down to play a loose ball
- body checking a player whose head is down to turned away to receive a pass, even if that player turns toward the contact immediately before the bodycheck
- body checking a player laying on the ground.

NFHS Penalty – two- three- minute non-releasable foul, at the referee’s discretion. Excessive violations of this rule may result in an ejection from the game.

Targeting the Head/Neck

- A player shall not initiate contact to an opponent’s head or neck with a cross-check, or any part of their body (head, elbow, shoulder, etc.) or stick. Any follow-through that contacts the head or neck shall be considered a violation of this rule.
- A player shall not initiate an excessive, violent, or uncontrolled slash to the head/neck
- A player, including an offensive player in possession of the ball, shall not block an opponent or initiate contact with the head (known as spearing)
- A player shall not initiate a bodycheck legally that slides up into or follows through to an opponent’s head or neck

NFHS Penalty – two- three- minute non-releasable foul, at the referee’s discretion. Excessive violations of this rule may result in an ejection from the game.

Intentional Targeting

- A player shall not initiate targeting that intentionally takes aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent
- A player shall not initiate targeting that intentionally takes aim at a player in a defenseless position.

NFHS Penalty – Intentional targeting shall result in a three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.

Illegal Body Check

Illegal Body Check includes the following actions:

- The body checking of an opponent who is not in possession of the ball or within 5 yards of a loose ball
- Initiating contact with an opponent from the rear or at or below the waist
- Initiating contact with an opponent who has any part of their body other than their feet in contact with the ground, or while crouched for a face-off

Unnecessary Roughness

- An excessively violent infraction of the rules against holding or pushing
- Deliberate and excessively violent contact made by a defensive player against an offensive player who has established a screening position
- Any avoidable act on the part of a player that is deliberate and excessively violent, whether it be with the body or crosse. This may include a legal bodycheck
- A check delivered with a hand or hands that is a punching blow

Penalty Time	Rule Violation	Releasable Example	Non-releasable Example	Coach Communication
1-minute	The fouling player violated one of the criteria of the rule(s)	On a loose ball, a defender, B1 takes two steps to body check an offensive player, A1, who is 6 yards away from the ball. The check is from the front and both of B1's hands are on the crosse, and there is no follow-through by B1.	In the NFHS Rules there are no 1-minute nonreleasable foul situations.	"The other player was more than 5 yards away. That is an illegal body check."
2-minute	The fouling player violated at least two of the criteria of the rule(s)	During a goal scoring opportunity, player A3, is threatening the goal. Defensive player, B2 sees the threat and hits A3 in the head without follow-through or excessive violence.	During a goal scoring opportunity, player A3, is threatening the goal. Defensive player, B2 sees the threat and deliberately runs to deliver violent a check to A3. B2, hits A3 in the head without follow-through or excessive violence.	Releasable: "The contact was deliberate and from the rear. That is a two-minute foul." Non-releasable: "The contact was deliberate and violent. That is a 2-minute non-releasable foul."

		<p>from deliberately runs to deliver a check to A3. B2 hits A3 from the rear, but above the waist.</p>		
3-minute	<p>The fouling player violated at least three of the criteria of the rule(s)</p>	<p>During a face-off scrum, a LSM, wing player A7, deliberately runs toward the scrum and contacts B4. Before the contact the A7 slows down. A7 contacts B4 from the side and below the waist. Only one hand of the A7 is on the cross when he contacts the B4. The check sends B4 headfirst into A3 the other face-off player.</p>	<p>During a face-off scrum, an LSM, wing player A7, runs toward the scrum and contacts B4, who is looking down. Before the contact the A7 slows down. A7 contacts B4 from the side and in the neck. Only one hand of the A7 is on the cross when he contacts the B4. The check sends B4 headfirst into A3 the other face-off player.</p>	<p>Releasable: “The contact was deliberate, below the waist and your player was not in control of his crosse. That is a 3-minute foul.”</p> <p>Nonreleasable: “The contact was against a defenseless player in the neck. That is a 3-minute nonreleasbale foul.”</p>

