

MIAA Girls Lacrosse

Season Welcome – Spring 2026

March 23, 2026

Dear Athletic Director and/or Coach,

Welcome to the 2026 lacrosse season. We all recognize this is an exciting time for students and coaches as you begin the season, hold tryouts and get ready for the first contests! On behalf of the MIAA Lacrosse Committees, I write to you with a few updates and notices for all:

- 1) A focus on sportsmanship, at all times, is important to our teams, schools, students and coaches. Attention to this ideal “from the field of play” is paramount in creating the best environment for interscholastic athletics. The actions of the players and the coaches directly impact the contest. Fair play within the rules, respect for others, respect for officials, and concern for the health and safety of other players must be the guiding perspective to start every game. Work to make this season the best for all of our MIAA teams.
- 2) The Girls Lacrosse Committee is focused this year on facilitating better communication with coaches and officials. Use this spring season to professionally clarify understanding of rules during play and foster constructive dialogue before and after contests.
- 3) Resources for NFHS Rule Changes and Points of Emphasis can be found on the NFHS Girls Lacrosse Resources Page [here](#).
- 4) A few rules to highlight for this spring (more detail can be found at the above link):
 - 2-4-5: Stick checks may be requested at any point during a quarter break, halftime, a team time-out, prior to the start of an overtime period, prior to the start of a draw, and immediately following goals in regulation and overtime periods.
 - 2-8-3 (NEW) & PENALTY: No on-field player can wear an audio or video device during the game.
 - 4-3-3d: If a possession time-out is called when the goalkeeper has possession of the ball in the goal circle, play will resume at the closest dot and any player may restart play.
 - 5-2 PENALTY 1: When one player draws illegally, the free position may be taken by any player on the opponent’s team at the spot of the ball.
 - 7-3 PENALTIES 1a, 3a: When a goal circle foul is committed, the offending player shall move 4 meters away from the player taking the free position instead of behind.
- 5) 2026 NFHS Points of Emphasis (more POE can be found at the above link):
 - **Identifying and Managing Fouls During Scoring Plays**
Increased attention to offensive and defensive fouls during a scoring opportunity is needed because of a high risk of illegal play. Understanding, recognizing and penalizing major fouls is critical for officials to manage a safe game. These fouls include cross-checking, crosse in the sphere, and illegal stick-to-body contact by the defense; as well as forcing through and charging by the ball carrier.

- **Efficient Draw Administration**

Players, coaches and officials play a role in improving the efficiency of the draw and decreasing the time between goals and the start of play. Delayed draw administration, due to lack of readiness by a team or lengthy set up of the draw by officials, detracts from the flow of the game.

- **Delay of Game/Use of the Green Card**

Proper use of the green card by officials continues to be a point of emphasis. This is important to discourage and penalize fouls that disrupt the flow of the game. Effective green card management will enforce fair play and minimize repeated violations.

6) Important Tournament Dates:

- Cut-off Date: May 20, 2026
- Bracket Release: May 22, 2026
- Tournament Begins: May 24, 2026 Note: If both ADs agree, games may be played on May 23, 2026
- Anticipated State Finals: June 12-14, 2026
- *Dates Subject to change

7) [MIAA 2026 Girls Lacrosse Format](#)