

# MIAA Boys 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) Sportsmanship from the NFHS Boys Lacrosse Committee – Points of Emphasis 2026:  
**Sportsmanship and Role of Head Coach**  
Sportsmanship starts with team leadership. Coaches can set the tone for their programs by encouraging respect by players, coaches and spectators toward officials and opponents. Coaches lead by both words and actions. It is important to not just talk about good sportsmanship, but to demonstrate it in every interaction before, during and after the contest.
- 3) Resources for NFHS Rule Changes and Points of Emphasis can be found on the NFHS Boys Lacrosse Resources Page [here](#).
- 4) A few rules to highlight for this spring (more changes can be found at the above link):
  - 1-2-12d: Requires a cone be placed at the corner of the coaches area and the team area to clearly mark the team area.
  - 1-12: Requires a working horn be accessible at the sideline table.
  - 3-5-1 & 2 (NEW): Establishes that an interrupted game that cannot be resumed on the same day is considered complete if 75% of playing time has elapsed.
  - 4-8: Clarifies that a goal is scored if the ball is or becomes loose behind the plane regardless of who caused the ball to cross the line.
  - 4-18-4 PENALTY; 5-6-2 (NEW): Reclassifies the foul for a player, other than the properly equipped goalkeeper, that enters the crease with the intent to block a shot as a personal foul for illegal equipment.
- 5) 2026 NFHS Points of Emphasis (more POE can be found at the above link):
  - **Properly Wearing Equipment**  
It is the job of both coaches and officials to enforce the proper use of protective equipment for players on the field. Coaches have an opportunity every practice to create positive habits for players to properly wear equipment. Appropriately fastening the chin strap on a helmet, securing a tooth and mouth protector in the

mouth, and properly covering the elbow with the arm pads are all basic safety measures that should be good habits.

- **Personal Foul – Contact with the Head/Neck**

There is an inherent risk to participating in any sport. One role of the playing rules is to minimize risk while maintaining the sound traditions of the sport. Personal fouls and the penalties associated with them are meant to help regulate fair play and minimize risk. The NFHS rules committee continues to focus on the protection of the head and neck area of all players.

6) Important Tournament Dates:

- Cut-off Date: May 25, 2026
- Bracket Release: May 27, 2026
- Tournament Begins: May 29, 2026 Note: If both ADs agree, games may be played on May 28, 2026
- Anticipated State Finals: June 12-14, 2026

\*Dates Subject to change

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