

2019 MPSSAA Boys Lacrosse Quiz #1 – NFHS Rule Changes

1. Under the new “slow whistle technique”, play will no longer be terminated simply because the ball becomes loose. True or False?
2. Under the “slow whistle” technique, a second defensive foul or any foul will immediately result in the termination of play. True or False?
3. Contrary to past interpretations of the “ward off” rule, a player on offense with both hands on his stick can no longer be called for “warding off” when pushing the opponent’s stick away. True or False?
4. Under the “ward off” rule, whether the player has one hand on the stick or two, he cannot push off of his opponent in order to create separation between himself and his opponent. True or False?
5. Under the new interpretation of “holding”, a defensive player may now run alongside an offensive player with the ball, provided he applies no more than equal pressure to his opponent’s torso/upper body and his hands are no more than shoulder width apart. True or False?
6. As a continued point of emphasis, if a body check begins as “legal” but as a result of the player’s follow through, ends up in contact with the head, the penalty shall be a minimum of two (2) minutes non-releasable. True or False?
7. “Targeting” is now defined as “any intentional act which takes aim at the head/neck area for the purpose of making violent contact”. The minimum penalty for such a violation is three (3) minutes and may result in a possible ejection. True or False?
8. A “defenseless player” is now defined as body checking a player: a.) from the “blind side”, b.) whose head is down in an attempt to play a loose ball, and c.) whose head is turned away to receive a pass, even if the player turns toward the contact immediately before the body check. True or False?
9. Once there is a flag down for a penalty by the defense, any second foul will kill the play unless a shot is “imminent”. True or False?
10. This year a coach who is on the field “obstructing play” can be penalized by a one (1) minute unsportsmanlike, which is a “releasable” foul. A coach’s ejection from the game shall result in no more than a 1 minute unsportsmanlike, “non-releasable” served by the in-home. True or False?