



The IHSA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

IHSA 2021 LACROSSE CONSIDERATIONS

This document is intended to provide guidance for schools for the 2021 IHSA Boys & Girls Lacrosse season. The guidelines explained in this document are intended to decrease potential exposure to COVID-19. This is not an exhaustive list, and school officials may take additional measures based on requirements set forth by their school district and/or local health officials. Please understand that even with this guidance, there is still risk of transmitting illness at events. Additionally, with the changing nature of the circumstances surrounding the pandemic, these guidelines are subject to change.

SEASON DATES

The modified boys and girls lacrosse season is as follows:

- Practice may begin on April 5
- After 7 practice dates – First Contest may be played
- June 7 or June 14 – Start of IHSA State Series
- June 19 – End of Season

Game Limits: Per IHSA By-laws 5.040 and 5.190, teams can play no more than 20 varsity contests not including the IHSA State Series.

IDPH Competition Limits: Currently, schools can compete against other schools within their conference or within their IDPH region with respect to their COVID-19 regional status of Phase 4. In addition, schools may compete against non-conference opponents within a 30-mile radius of their school and whose region is also in Phase 4.

SAFETY REQUIREMENTS AND CONSIDERATIONS:

IDPH: All guidelines of the [IDPH All-Sports Policy](#) must be adhered to.

Masks: Face coverings are required for all players, coaches, and team personnel. In lieu of a traditional face covering, a mask or masking device approved by NFHS/NOCSAE/US LACROSSE can be affixed to the inside of the helmet’s facemask for all boys players and girls goal keepers. Any mask modification requests, due to a documented medical condition, must come through an Accommodation Request through the IHSA School Center.

Social Distancing: Social distancing between individuals not on the field of at least 6 feet must be maintained at all times. Handshakes, fist bumps, hugging, etc. should be avoided.

Contest Capacity & Spectators: Please see the chart on [IHSA.org/Resources/COVID-19](https://www.ihsa.org/Resources/COVID-19) for the latest IDPH spectator limitations. Schools may be more restrictive in their spectator limitations.



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Transportation: For transportation to and from extracurricular events, schools may adhere to the same guidance provided by ISBE regarding transporting students to and from school.

GAME MODIFICATIONS

Some slight modifications will be made to the game to improve safety.

1. Stick Checks

Girls Stick Checks: Officials should wear gloves and players should be socially distanced as they wait for their stick check to occur prior to and during the contest.

Boys Stick Checks: Officials should wear gloves for any stick checks. Limit required stick checks to one per half. It is suggested that coaches limit their requests for stick checks during the contest to situations of supposed blatant disregard of the rule.

2. Officials Table

- Place officials table sufficiently away from the to allow for additional space for substitutes.
- Place required table personnel six feet apart.

3. Team Benches

- Social distancing should be practiced by all individuals within a team bench whenever possible.
- Extend the size of each team's team bench by double to allow for greater social distancing.
- If possible, place team benches opposite the spectator seating, if spectators are allowed.

4. Mask Breaks

Girls Mask Breaks: Two mask breaks per half. A 90-second mask break will occur after a natural stoppage of play near or after the 17:00 mark of each half and again near or after the 8:00 mark of each half.

Boys Mask Breaks: One mask break per quarter. A 90-second mask break will occur after a natural stoppage of play near or after the 6:00 mark of each quarter.

5. Pregame Conference With Officials

- Limit pregame conference to one coach and minimize players beyond captains and faceoff personnel from each team.
- All individuals maintain a social distance of 6 feet or greater and suspend any handshakes during the Pregame Conference.

OFFICIALS

1. Masks

Officials are required to wear face coverings at all times.



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2. Draw/Faceoffs

Girls Draw

Official should try to limit contact of players and crosses while setting up for the draw.

Boys Faceoff

Officials will place ball on the ground, step back, ask players to go down into faceoff stance.

Officials should not touch the heads of crosses on "set". Retreat and then blow the whistle to start play.

STATE SERIES

Boys and Girls Lacrosse is currently the only traditional IHSA spring sport that is currently classified as high-risk by IDPH. Currently, high risk sports are subject to travel restrictions by the IDPH All-Sports Policy that would prevent a full state tournament from being conducted. As a result, there are two State Series options being considered.

Option A: Sectionals only for teams allowed to compete from June 14-19

Option B: Full State Series tournament from June 7-19

Questions: Questions may be addressed to IHSA Lacrosse Administrator Matt Troha (mtroha@ihsa.org).