

# Helmet Rule

## NFHS & NCAA Differences



### NFHS

Team with Possession  
RETAINS POSSESSION

Loose Ball = AP

### BOTH

STOP PLAY  
IMMEDIATELY!

Player **MUST**  
Leave Field,  
May Return  
After  
Next Dead  
Ball

### NCAA

TURNOVER  
Unless  
Illegal Contact

Up to  
20 Seconds to  
Restart



**Southern Lacrosse  
Officials Association**  
Past, Present & Future... Playing by the Rules since 1923