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2025 USA YOUTH BOYS' RULES PRESENTATION

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DISCLAIMER

This PowerPoint presentation is intended solely for educational purposes and serves as a supplementary resource to facilitate understanding of the 2025 boys' youth lacrosse rules. It is not a substitute for reading and studying the official rulebook.

Please be aware that the information presented here is subject to monthly updates, and revisions may occur. For the most accurate and current information, it is strongly recommended to consult the official rulebook and refer to any published memos provided by NFHS/USA Lacrosse.

Individuals seeking clarification or interpretation of rules are encouraged to reach out to their state or local rule interpreter for guidance. The content herein is not exhaustive, and any discrepancies should be resolved through reference to the official rulebook and relevant communications from the governing lacrosse authorities.



AGENDA

- Clarifications for 2025
 - 1-9-1a Proper Chinstrap Placement
 - 2-1-1 Goalkeeper Equipment Issues
 - 4-3-1 Possession After Faceoff Fouls
 - 4-16 Checking with the Crosse
 - 4-22-4 Restarts Near the Table Area
 - 4-24-7 Suspending Play for Lost equipment in a scrimmage area
 - 7-8-3 Slow Whistle Situations Involving a Shot or Pass
 - 7-13-3 Clarification on Inadvertent Whistles Situations During Faceoffs
- Major Rule Differences – Youth vs HS



2025 CLARIFICATIONS



PROPERLY WORN CHINSTRAPS

A protective helmet, designed for lacrosse, which met the NOCSAE standard at the time of manufacture and has a visible, exterior warning label regarding the risk of injury. The chinstrap shall be worn on the chin and shall be firmly attached at all the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chinstrap from the attachment point(s). All helmet decals and external markings shall be school-issued. All players of a team shall wear helmets of the same color or colors



POSSESSION ON FACEOFF FOULS

ART. 1

Play shall be started at the beginning of each period and after each goal by facing the ball at the Center.

EXCEPTIONS:

1. When a period ends with a player-advantage situation or a flag-down creating a player advantage, the next period starts by awarding the ball to the team in possession or entitled to possession at the same relative position on the field. Players are not confined behind the defensive-area lines on the restart.
2. When a player or team commits a foul before the faceoff, the ball will be awarded to the offended team in its offensive side of the field at center. Players are not confined behind the defensive-area lines on the restart.
3. When a player delays resumption of play by any action after “down,” the ball will be awarded to the offended team in its offensive side of the field at center. Players remain confined behind the defensive area-lines until the whistle restarting play.
4. When a player moves his crosse or any part of his body after "set," gaining an advantage, the ball will be awarded to the offended team in its offensive side of the field at center. Players remain confined behind the defensive area-lines until the whistle restarting play.



CHECKING WITH THE CROSSE

ART. 1 . . . A player may check an opponent's crosse with their own crosse when the opponent:

- a. has possession of the ball;
- b. is within 5 yards of a loose ball; or
- c. is within 5 yards of a ball in flight.



LOST EQUIPMENT IN SCRIMMAGE AREA

ART. 7 . . . Play shall be suspended immediately if a player loses any mandatory equipment while in the scrimmage area. **If that player's team is in possession or entitled to possession, that team will be awarded possession on the restart.** If the ball is loose outside the crease, the ball will be awarded using the alternate-possession rule. If the ball is loose inside the crease, award the ball to the defensive team. If a player outside of the scrimmage area and not in possession of the ball loses mandatory equipment in a legal way and no other players are in the immediate vicinity, then the play may continue. A loss of equipment during the play of the game triggers an official's time-out and should not be confused with a player entering the game without some item(s) of mandatory equipment which is a foul.



SLOW-WHISTLE TECHNIQUE

ART. 3 . . . The slow whistle shall be used when:

a. A foul is committed against the player in possession of the ball or some other member of the attacking team.

b. A personal foul is committed against the team last in possession during a shot or pass.



INADVERTENT WHISTLES

ART. 3

Inadvertent Whistles – In the event of an inadvertent whistle, play shall be suspended immediately. The team with possession or entitled to possession when the whistle was blown shall retain possession. If the ball was loose outside the crease, possession shall be awarded by alternate possession. If the ball was loose inside the crease, award to the defensive team. **If the inadvertent whistle occurs prior to the ending of a faceoff, reface**



2025 YOUTH AND HS MAJOR RULE DIFFERENCES



YOUTH LEGAL CONTACT

- **Legal Checking with the Crosse:** A player may only check an opponent's stick if the opponent has possession of the ball or is within **3 yards** of a loose ball.
- **Legal Contact/Body Checking:** Body checks are only allowed if the opponent has possession of the ball or is within **3 yards** of a loose ball.
- **Difference from High School:** In high school lacrosse, the distance for legal checking and body contact is **5 yards**, making the youth rule more restrictive.



No “Take Out” Body Checks

- **8U/10U/12U:** Limited body contact is permitted, but body checking is not allowed.
- **14U** - A legal body check may only be delivered when both players are upright, and the player initiating the check has both hands on their crosse. The check must be directed to the front or side of the opponent and can only make contact between the shoulders and the waist.
- **TAKE-OUT CHECK:** An excessive body check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.



TARGETING - Head/Neck Fouls

- **Targeting:** Deliberately aiming at an opponent's head or neck to initiate violent contact is illegal. This includes using the crown of the helmet (spearing) to strike an opponent's head or neck. Additionally, players may not intentionally target an opponent in a defenseless position.
- **Penalty Differences:** The consequences for targeting vary between youth and high school lacrosse:
 - **Youth:** An automatic ejection; no discretion.
 - **High School:** An ejection is possible but not mandatory, depending on the discretion of officials



FOULING OUT

- **Fouling Out:** A player fouls out of the game if they receive **three fouls** or **five minutes** of personal foul penalty time. Once a player fouls out, they can no longer participate in the game.
- **Penalty Differences:** The threshold for fouling out differs between youth and high school lacrosse:
 - **Youth:** A player fouls out after accumulating **3 total** personal foul penalty time.
 - **High School:** A player fouls out after accumulating **5 minutes** of personal foul penalty time.
- **Fouling Out vs. Ejection:** Fouling out does **NOT** mean a player is ejected. A fouled-out player is removed from the game and may play in the next scheduled game; ejections typically result in a suspension.



ONE HANDED STICK CHECKS

- **8U/10U:** Any contact, regardless of intent, is considered a foul.
- **12U/14U:** Contact may be legal if it is not a slash.
- **Slashing:**
 - Deliberately swinging a crosse at an opponent's crosse or body with viciousness or recklessness



SLOW-WHISTLE TECHNIQUE

- **Slow Whistle:** If a defending player fouls an attacking player while the attacking player has possession of the ball, the official will drop a signal flag and verbally signal "flag down."
- **GOODIES+:**
 - Goal
 - Out of Bounds
 - Offensive Fouls
 - Defending team gains possession of the ball
 - Injury
 - Expiration of the Game Clock
 - Second Foul
 - + Ball Hits the Ground except on a shot



Important Dates

- Rule Proposals Due to USA Lacrosse – April 18th
- Email: boysrules@usalacrosse.com
- Rule Proposal Deadline – May 1





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