

USATM
LACROSSE



2025 GIRLS' HIGH SCHOOL LACROSSE
RULES INTERPRETATION

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RULE RESOURCES

2025 GIRLS' HIGH SCHOOL LACROSSE RULES

RULE RESOURCES



NFHS 2025 GIRLS LACROSSE RULES BOOK:

<https://www.nfhs.com/p-1454-2025-girls-lacrosse-rule-book.aspx>

<https://shop.usalacrosse.com/collections/2025-membership-collection>

USAL 2025 GIRLS HIGH SCHOOL LACROSSE RULES INTERPRETATION PRESENTATION:

<https://www.usalacrosse.com/girls-and-womens-rules>

USAL 2025 WOMEN'S GAME OFFICIALS TRAINING MANUAL:

Available to officials in their Annual Officials Certification Transcript

2025 GIRLS' HIGH SCHOOL LACROSSE RULES





POINTS OF EMPHASIS

2025 GIRLS' HIGH SCHOOL LACROSSE RULES

POINTS OF EMPHASIS

USE OF GREEN CARD / DELAY OF GAME

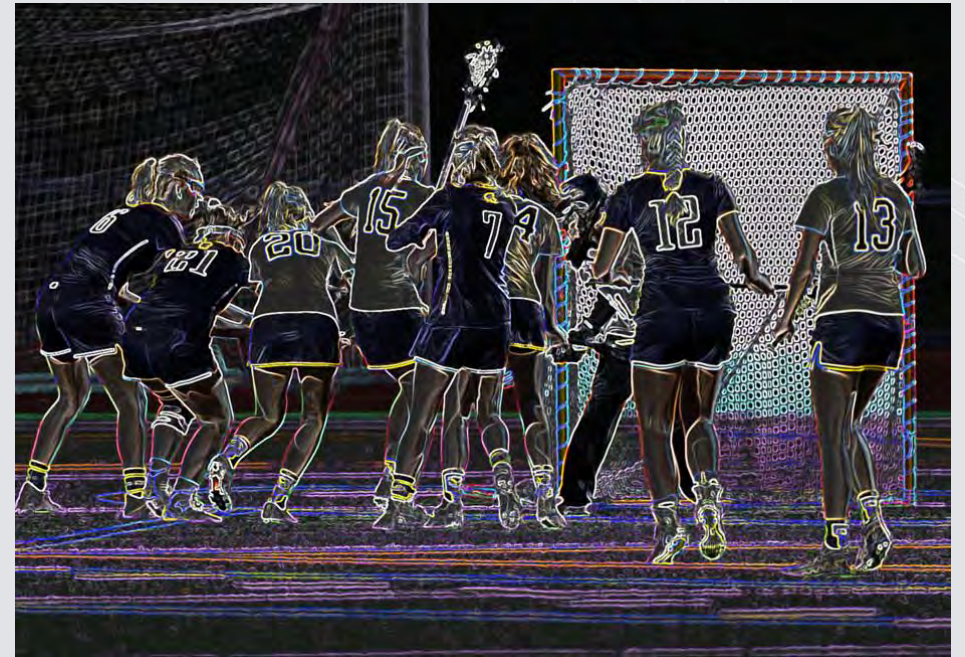
- Proper use of the green card is important to discourage and penalize fouls that interrupt the flow of the game.
- Officials should be knowledgeable of delay-of-game behavior and use the green card procedure when the rule is violated.
- Ignoring the violation or repeatedly resetting the play perpetuates delay-of-game behavior and negatively impacts the flow of the game.
- Effective green card management will enforce fair play and minimize repeated violations.



POINTS OF EMPHASIS

MANAGING SAFE PLAY IN THE 8-METER ARC

- Officials must work together to manage safe play in the 8-meter arc.
- Coaches must teach players to comply with rules that minimize risk in the 8-meter arc.
- Officials must penalize:
 - Checks to the head and the neck.
 - Dangerous and uncontrolled play by defenders both before and after shots.
 - Defenders using a stick in a horizontal position to make contact with an opponent's body or crosse.
 - Rough and dangerous checking including checks to an opponent's body or hands.



POINTS OF EMPHASIS

OFFENSIVE FOULS INSIDE THE CRITICAL SCORING AREA

- Officials must recognize and penalize illegal play by offensive players in the critical scoring area.
- Focus is needed on offensive fouls that are not consistently called by officials.
- Officials must work together to:
 - Avoid penalizing defenders who have established and maintained a legal position.
 - See and call off-ball fouls by offensive players.





RULE CHANGES

2025 GIRLS' HIGH SCHOOL LACROSSE RULES

RULE CHANGE

DURATION OF PLAY

4-1-2 & 3: Summary

- The clock will stop when there is a foul in the critical scoring area during the last minute of each quarter unless a team is leading by 10 or more goals.



RULE CHANGE

DURATION OF PLAY

4-1-2 & 3: Rule Text

- 4-1-2...the clock is to be stopped on the official's whistle and arm signal after each goal during the entire game, and when there is a foul called in the critical scoring area during the last minute of each quarter.
- 4-1-3...If a team is leading by 10 or more goals, the clock will continue to run after goals and when there is a foul called in the critical scoring area during the last minute of each quarter.



RULE CHANGE

DURATION OF PLAY

4-1-2: Application

- 4.1.2 SITUATION: A foul is called inside the critical scoring area with 1:03 remaining on the clock.
 - Play is not resumed until the clock reads 0:57.
 - A coach argues that the timer should have stopped the clock to administer the free position.
- RULING: Correct procedure by timer and official.
- COMMENT: The timer was correct to let the clock run.
 - The clock stops on every whistle for fouls called in the critical scoring area within the last minute of each quarter.



RULE CHANGE

STARTING PLAY - DRAW

5-2 PENALTIES 1 & 2: Summary

- When one player draws illegally, the free position will be taken at the spot of the ball.
- Self-start is permitted unless the clock is stopped.
- A re-draw will occur at the center line when both players draw illegally.



RULE CHANGE

STARTING PLAY - DRAW

5-2 PENALTIES 1 & 2: Rule Text

- 5.2 PENALTIES:
 - .1 When an illegal draw occurs, a free position for the opponent is awarded at the spot of the ball. Self-start is permitted for the free position unless the game clock is stopped...
 - .2 If both players draw illegally or it cannot be determined why the draw was illegal, the official will call time-out and a re-draw will occur at the center line.



RULE CHANGE

STARTING PLAY - DRAW

5-2 PENALTIES: Application

- 5.2 PEN SITUATION B: The official has the two centers in position for the draw.
 - As the official is backing out and blowing the whistle to start play and the game clock, one of the centers fails to draw up.
 - The official blows the whistle to indicate an illegal draw and awards a free position to the non-offending center.
- RULING: A self-start is permitted for the free position at the spot of the ball.
 - Player positioning for the draw shall not apply.
 - No player or crosse is permitted within 4 meters of the player taking the free position.



RULE CHANGE

STARTING PLAY - DRAW

5-2 PENALTIES: Application

- 5.2 PEN SITUATION D: The White center moves after the official says “ready” and before the official’s whistle.
- RULING: Illegal draw.
 - The official blows the whistle to indicate an illegal draw and awards a free position for Blue at the spot of the ball.
 - Player positioning for the draw shall not apply.
 - No player or crosse is permitted within 4 meters of the player taking the free position.
- COMMENT: Play will commence on the official’s whistle since the game clock is stopped.



RULE CHANGE

MINOR FOULS - PENALTIES

9-1 PENALTIES 4a: Summary

- The indirect free position for a minor foul by a defense player occurring in the 12-meter fan has been eliminated.
- A player who is fouled in this situation may shoot from the free position on the 12-meter fan.

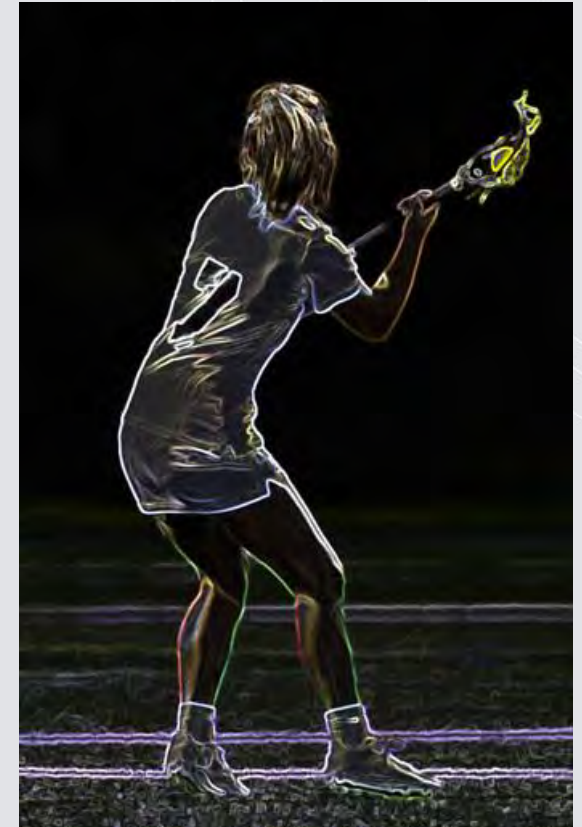


RULE CHANGE

MINOR FOULS - PENALTIES

9-1 PENALTIES 4a: Rule Text

- PENALTIES 4a (Violations of e-1a, b and e-r):
 - 4. For a minor foul by a defense player...occurring in the 12-meter fan...the player fouled will move to the nearest spot on the 12-meter fan.
 - a. The penalty lane shall be cleared. The fouling defense player shall move outside the penalty lane and 4 meters from the player taking the free position, relative to the defensive player's position at the time of the foul.



RULE CHANGE

MINOR FOULS - PENALTIES

9-1 PENALTIES 4a: Application

- 9.1 PEN SITUATION A: A minor foul is called on the Red Team inside the 12-meter fan.
 - The official sets up the Blue free position on the 12-meter fan.
 - The Blue player taking the free position goes to goal and shoots.
- RULING: Legal.
- COMMENT: Players may shoot from a free position for a minor foul in the 12-meter fan.



RULE CHANGE

MAJOR FOULS

10-1p – Illegal Pick: Summary

- A player's body and stick position for a pick is legal when:
 - The crosse is held in a vertical position (between 10 o'clock and 2 o'clock).
 - Their body is in a vertical plane with a stance not wider than shoulder width.



RULE CHANGE

MAJOR FOULS

10-1p and Definition of Terms – Illegal Pick: Rule Text

- 10-1p Illegal Pick: set a moving or stationary pick out of the visual field of an opposing player which does not allow enough time or space to stop or change direction and contact occurs. To be legal, the crosse must be in a vertical position (between 10 o'clock and 2 o'clock) and the player's body shall be in a vertical plane with a stance not wider than shoulder width.
- 13 - Definition of Terms: PICK is a technique in which a player without the ball positions themselves to force the opponent to take another route. To be legal, the crosse must be in a vertical position (between 10 o'clock and 2 o'clock), the player's body shall be in a vertical plane with a stance not wider than shoulder width, and the pick must be set within the visual field of the opponent allowing enough time and space to stop or change direction. It may be moving or stationary.

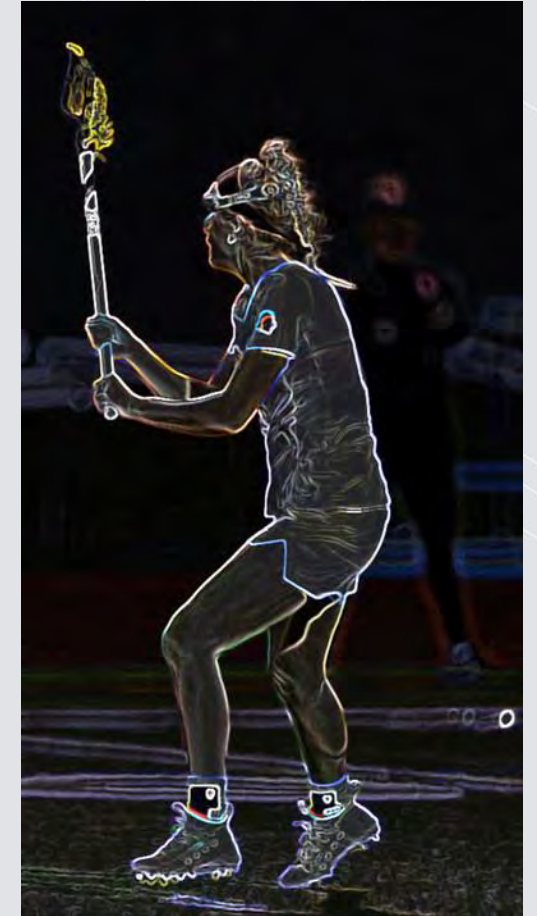


RULE CHANGE

MAJOR FOULS

10-1p – Illegal Pick: Application

- 10-1p EXAMPLE: An offensive player sets a legal pick within the visual field of an opposing player.
 - As the opposing player approaches, the player setting the pick moves their stick to a horizontal position to block the approaching opponent and contact occurs.
- RULING: Illegal pick.
- COMMENT: The player setting the pick committed a foul for an illegal pick by moving their crosse to a horizontal position and making contact.

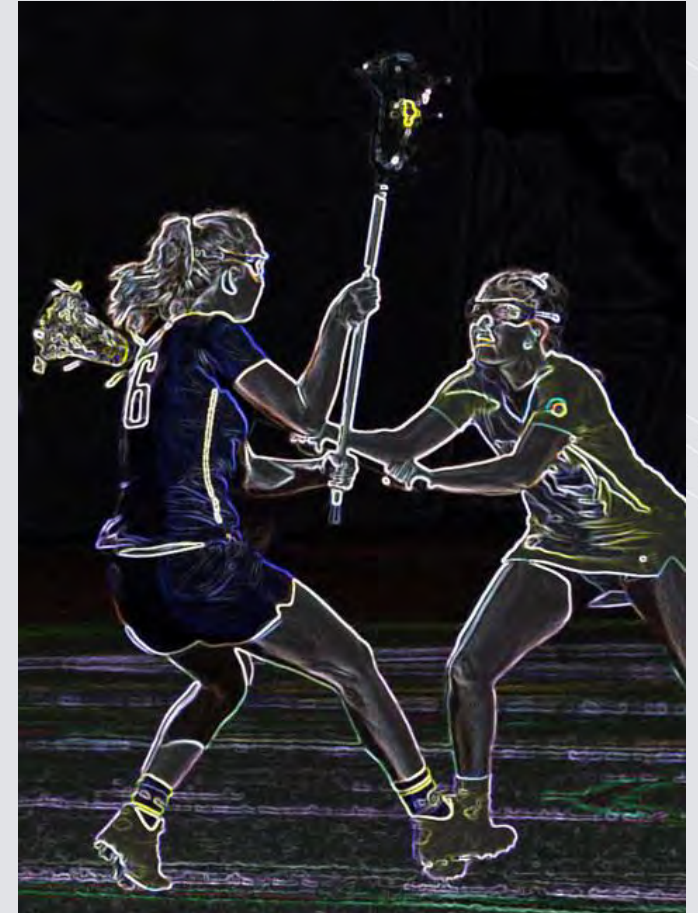


RULE CHANGE

MAJOR FOULS

10-1q(1) – Illegal Stick Contact: Summary

- It is illegal to hold a stick in a horizontal position (not between 10 o'clock and 2 o'clock) and make contact with an opponent's body or crosse.

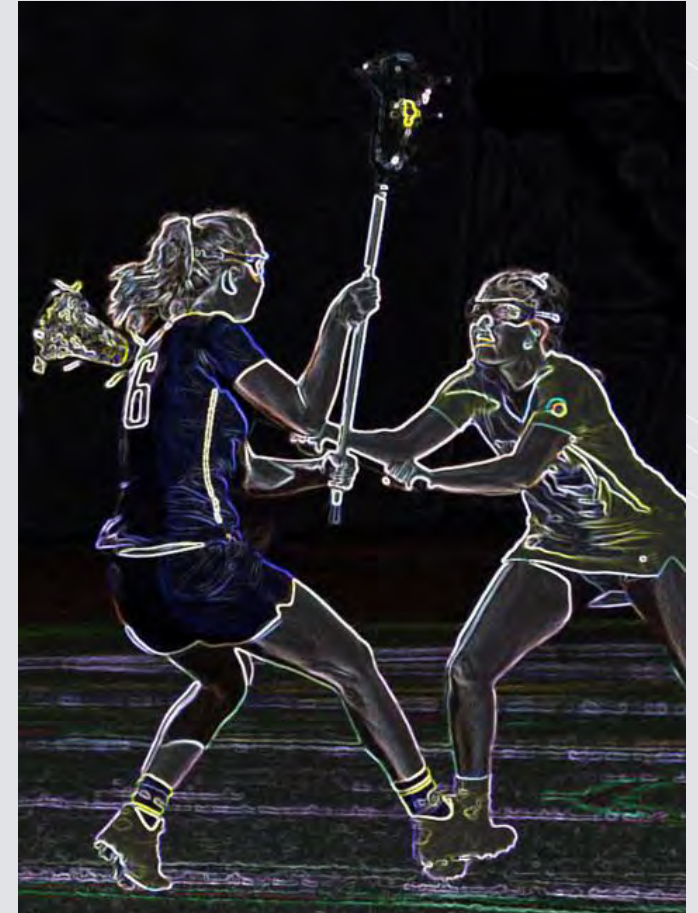


RULE CHANGE

MAJOR FOULS

10-1q(1) – Illegal Stick Contact: Rule Text

- 10-1q: Illegal contact with the crosse, for example;
 1. A stick held in a horizontal position that makes contact with an opponent's body or crosse.



RULE CHANGE

MAJOR FOULS

10-1q(1) – Illegal Stick Contact: Application

- 10-1q EXAMPLE: A defender is holding their stick in a vertical position – between 10 o'clock and 2 o'clock.
 - As an attack player approaches, the defender moves their stick to a horizontal position and shoves it forward into the opponents crosse.
- RULING: Illegal stick contact.
- COMMENT: The defensive player committed a foul by holding their stick in a horizontal position and making contact with an opponent's crosse.



RULE CHANGE

MAJOR FOULS

10-1u(2) – Rough / Dangerous Check: Summary

- A rough and dangerous check occurs when a player checks an opponent's crosse and hits the opponent's hand.



RULE CHANGE

MAJOR FOULS

10-1u(2) – Rough / Dangerous Check: Rule Text

- 10-1u - Rough/Dangerous Check: roughly or recklessly check another player's crosse or use the crosse in a dangerous and/or intimidating manner, for example...
 2. No player's crosse may hit an opponent's body, including the opponent's hand(s), or cause an opponent's crosse to hit the opponent's body.



RULE CHANGE

MAJOR FOULS

10-1u(2) – Rough / Dangerous Check: Application

- 10-1u EXAMPLE #1: As a defender is running down the field along side an opponent with the ball, the defender swings their stick and hits the attack player's hand at the bottom of the crosse to dislodge the ball.
- RULING: Illegal.
- COMMENT: Players may not hit an opponent's hand when checking the opponent's crosse.



RULE CHANGE

MAJOR FOULS

10-1u(2) – Rough / Dangerous Check: Application

- 10-1u EXAMPLE #2: A defender and attack player's sticks are in contact as the defender legally holds her position.
 - While doing so, the position of the sticks change and the defender's crosse touches the attack player's hand.
 - No call is made by the official.
- RULING: Correct procedure.
- COMMENT: This is not a dangerous check because the contact was incidental not caused by checking action of the defender.





EDITORIAL CHANGES



2025 GIRLS' HIGH SCHOOL LACROSSE RULES

EDITORIAL CHANGE

CROSSE FAILURE

- **2-5-2e Summary:** If a crosse shaft breaks or the head disconnects, the crosse shall be placed at the scorer's table and may be re-inspected between quarters.

JEWELRY

- **2-7-5a Summary:** Religious medals and other religious items that cannot be removed for religious reasons are allowed but must be taped to the body and covered.

UNIFORMS

- **2-9-4 Summary:** Coaches and schools are not required to contact opponents to agree on uniform colors prior to the day of the game.



EDITORIAL CHANGE

SCORER

- **3-6-1 Summary:** If the official scorer is not seated at the scorer's table, a person at the scorer's table shall have electronic communication contact with the official scorer.

OFFICIALS

- **3-6-3g Summary:** Prior to the game the officials will meet with the head coach and captains and remind them that all team personnel shall display good sportsmanship.

IMPROPER EQUIPMENT

- **9-1m.6 Summary:** Improper equipment includes all equipment that does not comply with the rules.



EDITORIAL CHANGE

ADMINISTRATION OF CARDS FOR MAJOR FOULS

- **10-1 PENALTIES 13 Summary:** Penalty administration requirements for yellow and red cards for major fouls now includes the same penalty administration requirements identified for misconduct fouls.

MISCONDUCT

- **12 NOTES 1 Summary:** No one involved in the game may use alcohol or tobacco or be under the influence of controlled or illicit substances while at the competition site.



EDITORIAL CHANGE

OTHER EDITORIAL CHANGES

- **Field Crosse 2-2-4...** The nominal diameter of the shooting string nylon cord and side wall string nylon shall be 0.3 cm maximum. The nominal diameter of pocket nylon shall be 0.3 cm maximum unless fused mesh is utilized to attach the pocket to the head of the stick.
- **Authorized Exceptions 2-7-7 NOTE:** Each state association may...authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities or unique and extenuating circumstances.
- **Possession Time-Out 4-3-3b:** When play will resume with a free position, the official should signal for time-out, set up the free position and then allow the teams to leave the field.



EDITORIAL CHANGE

OTHER EDITORIAL CHANGES

- **Possession Time-Out 4-3-3c:** Substitutions will be permitted during this stoppage of play, with exception to the player being awarded the ball for the free position and the offender;
- **Substitution 4-7-1...** Each team may substitute an unlimited number of players at any time during play, after every goal and after each quarter.
- **Substitution 4-7-5a...** The officials will ensure that there are no more than 12 players of each team on the field before the game restarts;
- **Restarting Play 5-3...** No free position may be taken closer than 8 meters to the goal circle except a player awarded the free position in the player's defensive end when the clock is running or by the goalkeeper who may be awarded a free position inside the goal circle.



EDITORIAL CHANGE

OTHER EDITORIAL CHANGES

- **Restarting Play 5-4-4...** If the player who is awarded the free position attempts to self-start from a position farther than four meters from the spot of the foul, the official shall blow the whistle, set the free position up at the spot of the foul, and play may commence with self-start. Repeated attempts to self-start from a position farther than four meters from the spot of the foul may result in a delay-of-game card. Repeated failure to move away from the free position, move behind the ball carrier, or self-start from beyond four meters may result in the official stopping play, warning the offenders and restarting play on the whistle...
- **Offside Fouls 8-1-1 Note:** A team playing short due to a suspension or ejection of a player shall play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time.
- **Delay of Game 9-1c.1:** Repeated self-start from beyond four meters of the foul or when self-start is not allowed.



RULE INTERPRETATIONS

RULE QUESTIONS AND INTERPRETATION REQUESTS

- Individuals may submit rule questions and requests for interpretations to USA Lacrosse at the link shown here:

<https://www.usalacrosse.com/submit-rule-change>



2025 GIRLS' HIGH SCHOOL LACROSSE RULES



RULE CHANGE PROPOSALS

SUBMITTING RULE CHANGE PROPOSALS

- Submit rule change proposals to USA Lacrosse or NFHS:
 - USA Lacrosse:
<https://www.usalacrosse.com/submit-rule-change>
 - NFHS:
<https://www.nfhs.org/RuleChangeProposal>
- Proposals are due by May 15.





THANK YOU



2025 GIRLS' HIGH SCHOOL LACROSSE RULES