

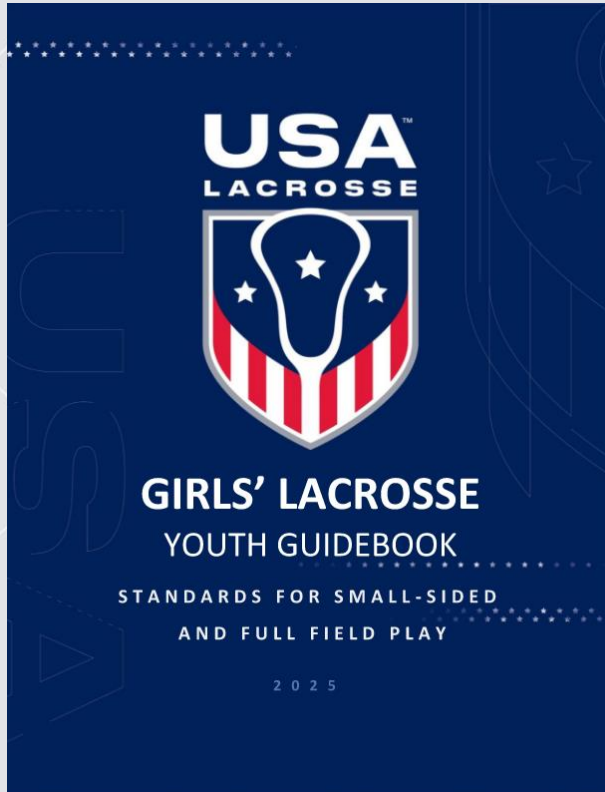
USATM
LACROSSE



2025 GIRLS' YOUTH LACROSSE
RULES INTERPRETATION

BARB MARTINICHIO – USAL RULES SUBCOMMITTEE CHAIR | FEBRUARY 2025

RULE RESOURCES - YOUTH



2025 GIRLS RULES COMPARISON

2025 GIRLS YOUTH RULES

Category	USL 6U & 8U	USL 10U	USL 12U	USL 14U
Players	4v4 / No GK	8v8	8v8 or 12v12	12v12
Field Size	Cross Field	Cross Field	8v8 - Cross or 12v12 - Full	Full Field
Field Lines	No 8 m or restraining line	8 M arc Restraining line	8m Arc (Cross-field) NFHS	NFHS
Balls	Soft ball	NFHS	NFHS	NFHS
Sticks	No pocket limits	Modified pocket	NFHS Pocket	NFHS Pocket
Length of Game	4 x 8 running	4 x 10 running	4 x 10 running	4 x 12 running
Timeouts	1 team timeout	1 team timeout	2 team timeouts	2 team timeouts
Overtime	No overtime	No Overtime	2 x 3 min, sudden victory	2 x 3 min, sudden victory
Start of Game and Half	Coin toss Players lineup in defensive end to start	Draw to start and after goals	Draw to start and after goals	Draw to start and after goals
Start After Goal	Ball to defender to side of goal circle	Draw	Draw	Draw
Restraining Line	None	Midline (5-A and D ahead, +GK)	NFHS	NFHS
Cards	No cards, teams do not play short	Cards, but team does not play short	NFHS Cards	NFHS Cards
Covering Ball	No covering ball at any time	No covering ball at any time	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
1 v 1 Defense	1v1 defense required	1v1 defense in midfield	Not required	Not required
Checking	No checking	No checking	Modified checking	Transitional checking

2025 GIRLS' LACROSSE YOUTH GUIDEBOOK

2025 GIRLS' YOUTH LACROSSE RULES INTERPRETATION

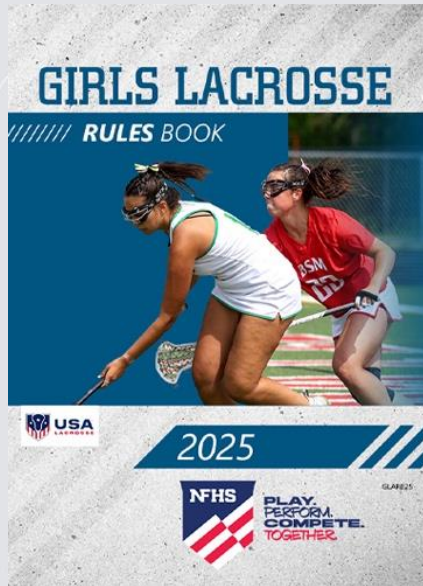
2025 GIRLS' YOUTH RULED COMPARISON

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

2025 GIRLS' YOUTH LACROSSE RULES



RULE RESOURCES – HIGH SCHOOL



NFHS 2025 GIRLS LACROSSE RULES BOOK:

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

USAL 2025 GIRLS HIGH SCHOOL LACROSSE RULES INTERPRETATION PRESENTATION:

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

NFHS 2025 GIRLS LACROSSE RULES INTERPRETATIONS

nfhs.org/sports-resource-content/girls-lacrosse-rules-interpretations-2025/

USAL 2025 WOMEN'S GAME OFFICIALS TRAINING MANUAL:

Available to officials in their Annual
Officials Certification Transcript

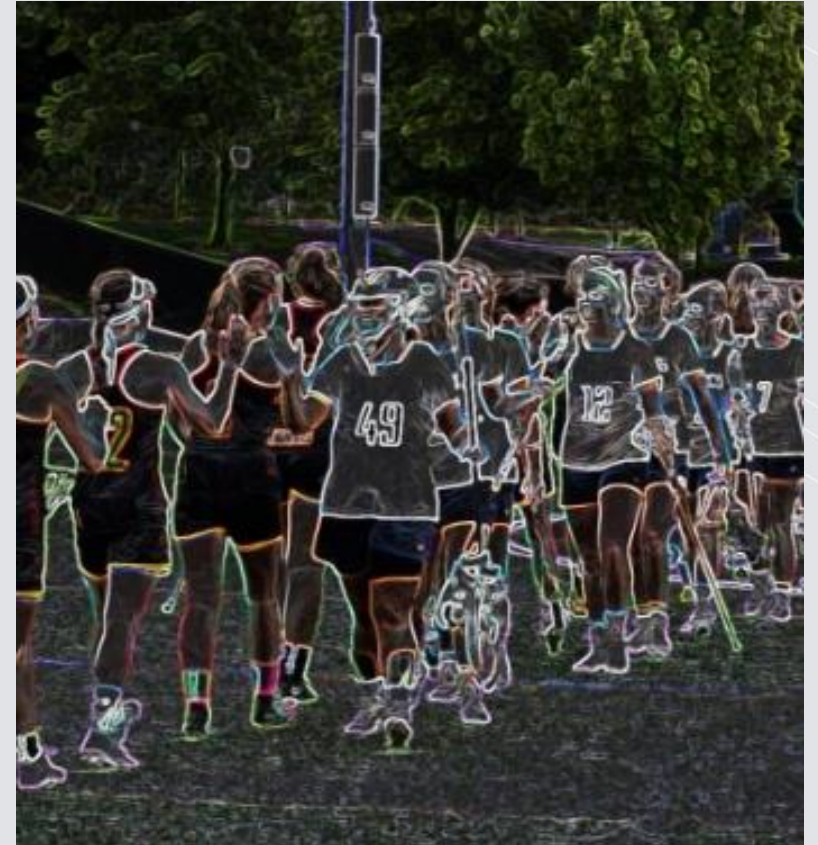
2025 GIRLS' YOUTH LACROSSE RULES



POINT OF EMPHASIS – YOUTH

SPORTSMANSHIP

- Sportsmanship plays a critical role in the safety and positive experience for student athletes.
- Sportsmanship is based on a respect for the rules of the game and respect for one's opponent.
- Coaches, players, officials, game administrators, and spectators are expected to demonstrate a positive and encouraging atmosphere.
- Officials should provide effective communications and game management to deter unsportsmanlike conduct.
- Those in violation should be held accountable with the administration of cards.



POINT OF EMPHASIS – YOUTH

STICK TO BODY CONTACT

- Legal and safe use of the crosse is essential to minimize risk to players.
- Legal and safe use of the crosse is also critical for the preservation of girls' lacrosse as a game played with limited protective equipment.
- The rules prohibit players from using their stick to hit, push, or displace an opponent.
- Officials must recognize, call, and penalize illegal stick-to-body contact as required by the rules.



POINT OF EMPHASIS – YOUTH

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 contact 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.



POINT OF EMPHASIS – YOUTH

PROFESSIONALISM

- All coaches, players, officials, and game administrators are encouraged to conduct themselves in a professional manner before, during, and immediately following all contests.
- Coaches and players are reminded to avoid excessive dissent and abusive language.
- Calm, patient, and productive dialogue is always encouraged amongst coaches, players, and officials.



RULE CHANGE – NFHS

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 – NFHS

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 – NFHS

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 – NFHS

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.

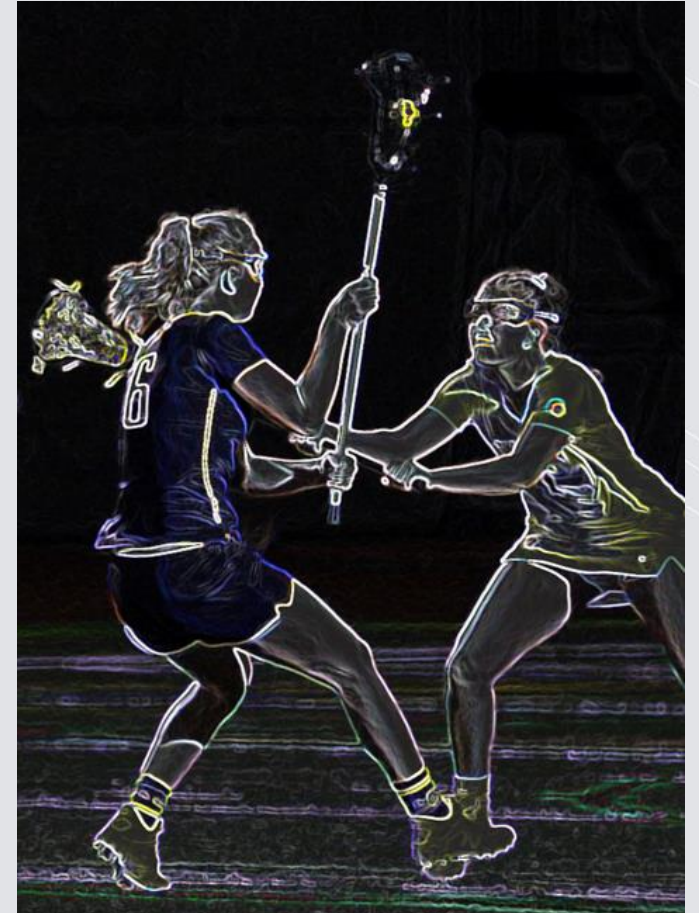


RULE CHANGE – NFHS

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 – NFHS

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 - YOUTH

6U & 8U

Game Summary and Equipment: Summary

- USA Lacrosse certified coaches can be on the field to assist and officiate.



RULE CHANGE - YOUTH

6U & 8U

Game Summary and Equipment: Application

- 6U & 8U GAME EXAMPLE:
 - The head coach for the Red Team is not available and the team is being coached the assistant who is not certified as a coach by USA Lacrosse.
 - The official assigned for the game does not show up and the Red Team assistant coach volunteers to officiate the game.
- RULING: Not allowed.
- COMMENT: The Red Team assistant coach is not allowed to be on the field to assist the players or officiate because they are not a certified coach. They are allowed to coach from the sideline.

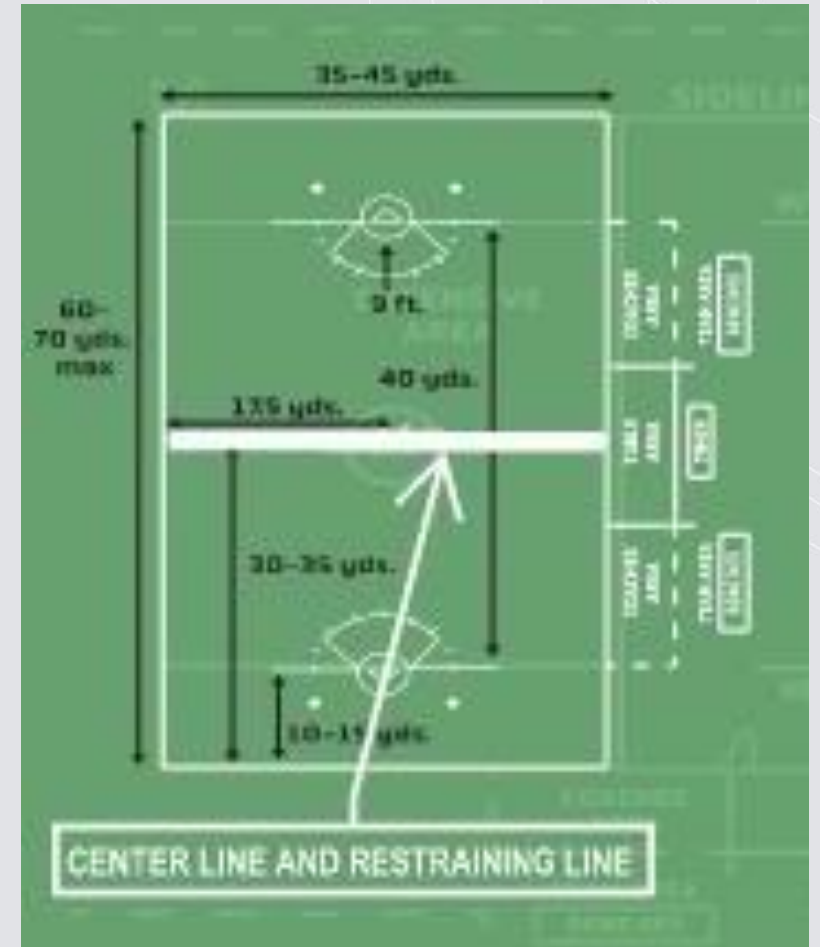


RULE CHANGE - YOUTH

10U

Restraining Line: Summary

- The center line shall serve as a restraining line.
- A team shall not have more than 5 field players below the center line in its offensive and defensive ends of the field.

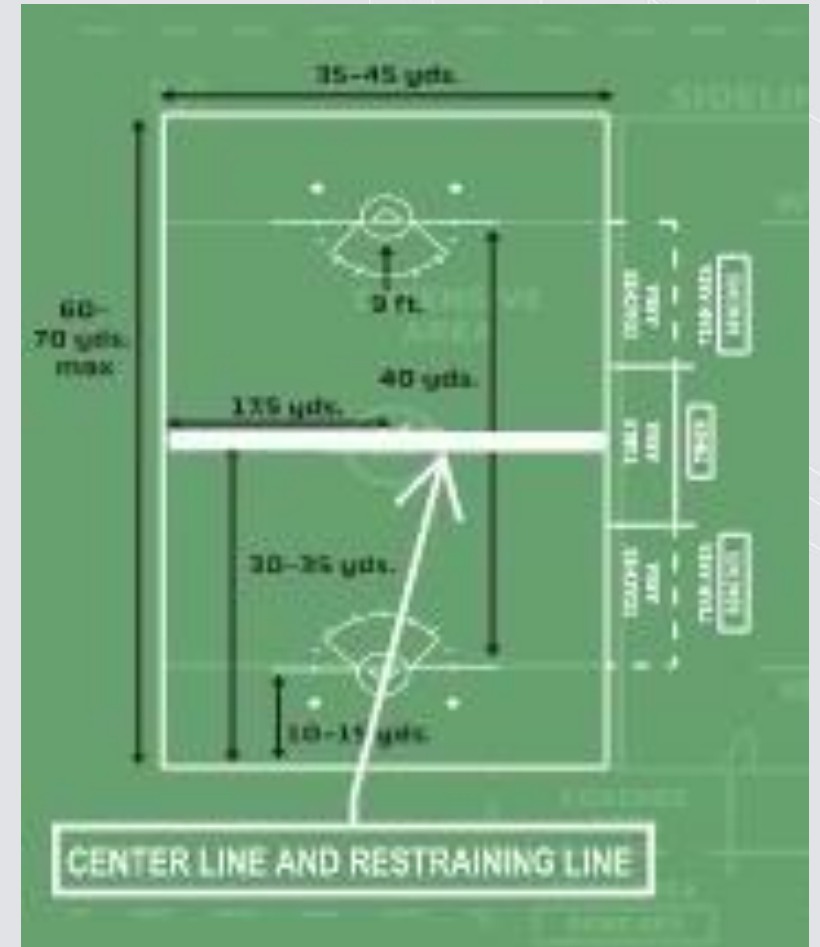


RULE CHANGE - YOUTH

10U

Restraining Line: Application

- 10U GAME EXAMPLE: Team A has the ball in their offensive end of the field.
 - Team A has 6 field players below the center line in their offensive end.
 - Team B has 5 field players playing defense in their defensive end of the field.
- RULING: Team A is offsides.
- COMMENT: The center line serves as the restraining line. A team shall not have more than 5 field players below the center line in its offensive and defensive ends of the field.

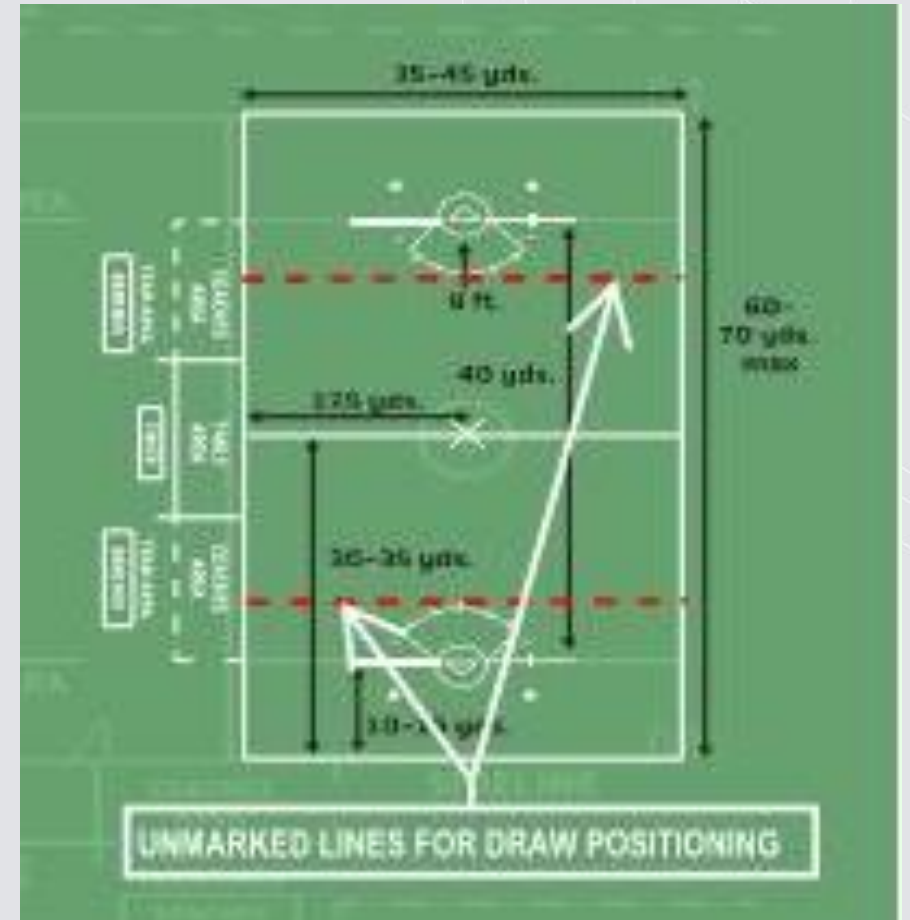


RULE CHANGE - YOUTH

10U

Starting Play with a Draw: Summary

- When play starts with a draw:
 - Each team shall have 1 player at the center for the draw.
 - All other players shall be below an unmarked line that crosses the width of the field at the top of each 8-meter fan.
 - Cones may be placed on the sidelines to indicate this line.
 - A team may not have more than 5 field players on one side of the field.

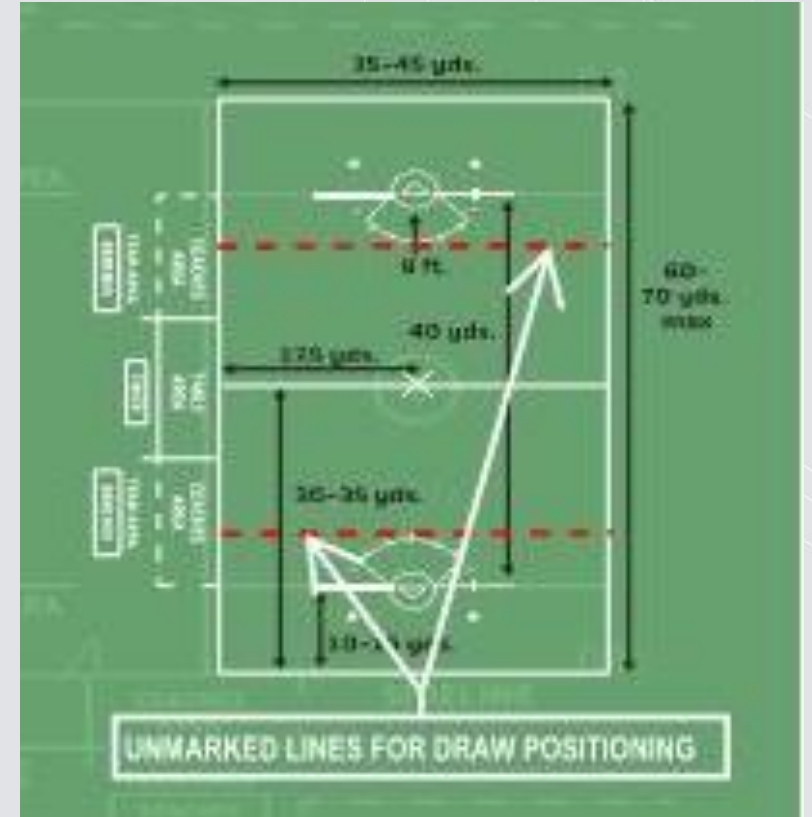


RULE CHANGE - YOUTH

10U

Starting Play with a Draw: Application

- 10U GAME EXAMPLE: The teams have chosen to have a draw at the start of each quarter and after goals. After a goal is scored:
 - Both teams have 1 player at the center and all other players behind an unmarked line at the top of the 8-meter fan on their offensive and defensive ends of the field.
 - Neither team has more than 5 players on one side of the field.
- RULING: Legal. This is legal positioning when play is started with a draw.

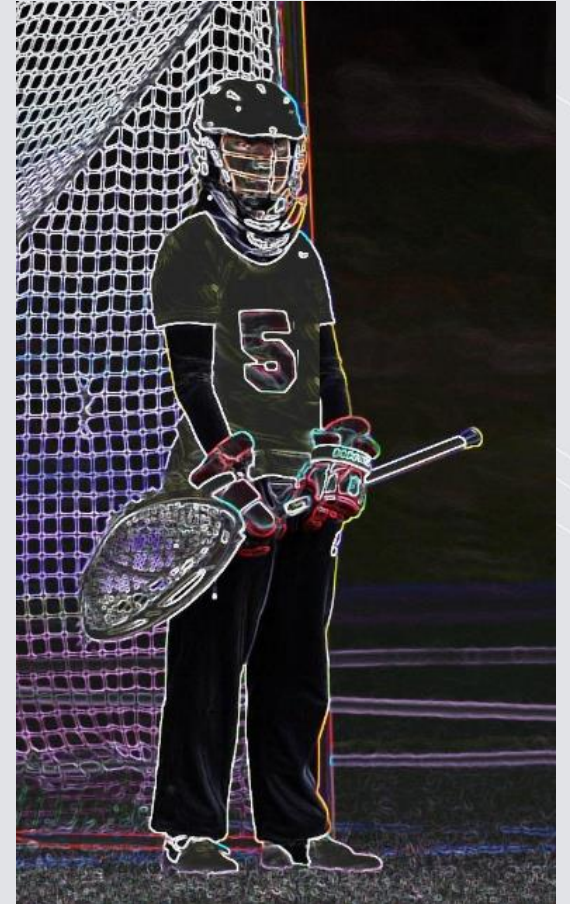


RULE CHANGE - YOUTH

10U

Starting Play after a Goal without a Draw : Summary

- Official removes ball from goal and gives it to a player from the scored upon team along the goal line to side of the goal.
 - All other players will be moved 4 meters away.
- If a goalie is present, the goalie can clear.
 - All players must clear the 8-meter arc before the official begins the 10-second count and remain outside the 8-meter arc until the goalie clears the ball.

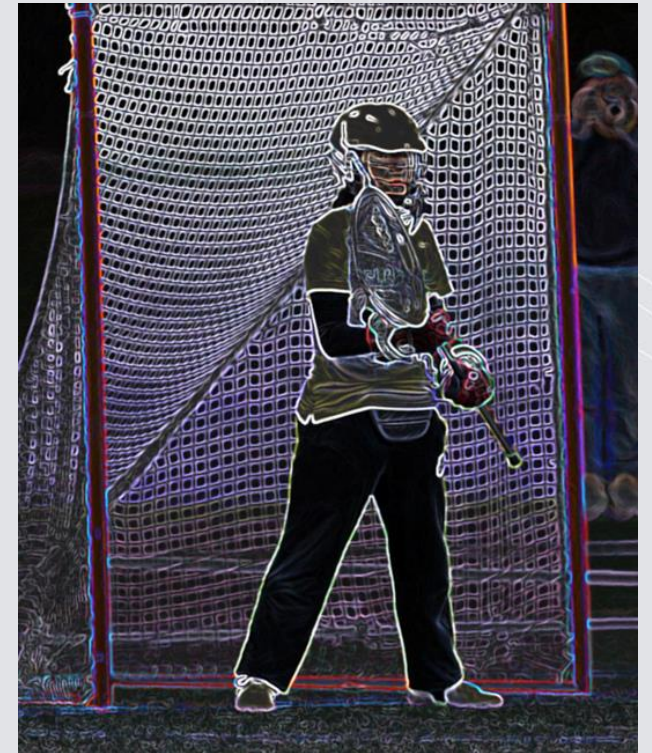


RULE CHANGE - YOUTH

10U

Starting Play after a Goal without a Draw : Application

- 10U GAME EXAMPLE: The teams are playing with goalkeepers. Team A scores a goal against Team B.
 - Before restarting play, the official requires all players to move outside the 8-meter arc and reminds the players to stay outside the arc until the goalkeeper clears the ball.
 - The official gives the ball to the goalkeeper and begins the 10-count.
 - The goalkeeper throws the ball to a teammate behind the goal circle and players on the field run into the 8-meter arc.
- RULING: Legal .



RULE CHANGE - YOUTH

12U

Modified Checking: Summary

- An attempt to dislodge the ball from an opponent's crosse when the checking movement is:
 - down and away from the body, and
 - below the shoulder of the player with the ball.



RULE CHANGE - YOUTH

12U

Modified Checking: Application

- 12U GAME EXAMPLE:
 - The attack player with the ball is running down the field with the head of their stick to their side and above their shoulder
 - A defender runs up from behind the attack player and checks the head of the players stick in a motion that is down and away from the attack player.
- RULING: Not legal.
- COMMENT: While the check was down and away, the checking action started above the opponent's shoulder and is illegal.



RULE CHANGE - YOUTH

14U

Transitional Checking: Summary

- An attempt to dislodge the ball from an opponent's crosse when:
 - The checking movement is outside the 12-inch sphere, and away from the opponent's body.
 - If the defender is behind the ball carrier the checking movement must be:
 - down and away from the body,
 - and below the shoulder of the player with the ball.



RULE CHANGE - YOUTH

14U

Transitional Checking: Application

- 14U GAME EXAMPLE:
 - The attack player with the ball is running down the field with the head of their stick in front of them and even with their shoulder.
 - A defender that is in front of the attack player checks the head of the player's stick in a motion that starts above the attack player's shoulder and is down and away from the attack player.
- RULING: Legal.
- COMMENT: A defender's checking action may start above the shoulder of the player with the ball unless the defender is behind the attack player.



RULE CHANGE - YOUTH

Sixes

Walling: Summary

- 12U and Below: Two defensive players crowding or forming a stack or wall formation in front of their goal and not within a stick's length of an opponent.
- 14U: One defensive player in front of their goal and not within a stick's length of an opponent.



RULE CHANGE - YOUTH

Sixes

Walling: Application

- 12U GAME EXAMPLE:
 - An attack player has the ball in their offensive end of the field. A defender is standing in front of the goal and not marking a player.
 - A second defender follows an opponent running in front of the goal then stops as the opponent continues to run.
 - The attack player shoots the ball and hits one of the defenders on the shoulder.
- RULING: Illegal.
 - The attack player receives a 2-minute penalty for dangerous propelling and is expelled from the game.
 - The second defender receives a one-minute penalty for walling.



EDITORIAL CHANGE - NFHS

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.

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.



EDITORIAL CHANGE

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.

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.

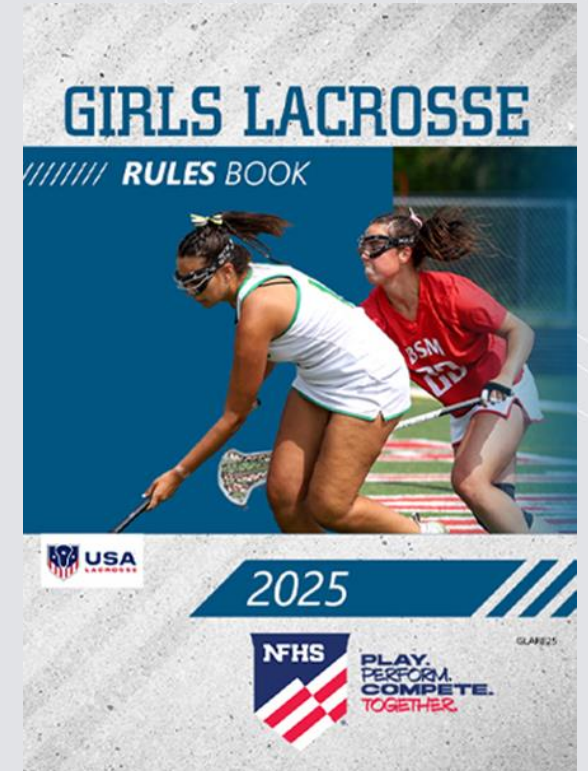
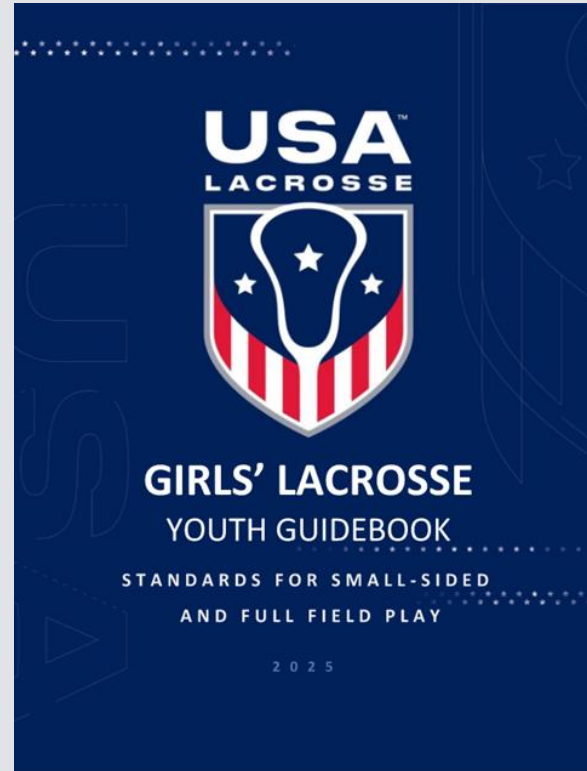


RULE INTERPRETATIONS

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](https://www.usalacrosse.com/submit-rule-change)



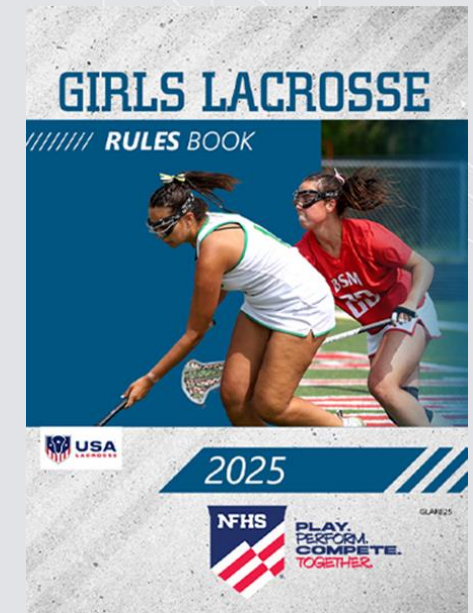
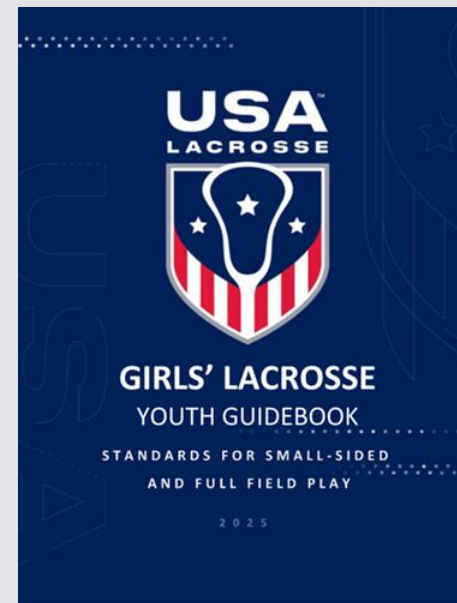
2025 GIRLS' YOUTH LACROSSE RULES



RULE CHANGE PROPOSALS

SUBMITTING RULE CHANGE PROPOSALS

- Submit rule change proposals for youth play to USA Lacrosse.
- Submit rule change proposals for high school play 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.



2025 GIRLS' YOUTH LACROSSE RULES



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QUESTIONS