

Points of Emphasis

1. Use of the Green Card/Delay of Game
2. Managing Safe Play in the 8-Meter Arc
3. Offensive Fouls Inside the Critical Scoring Area



PLAY.
PERFORM.
COMPETE.
TOGETHER.

Rules Revisions

1. The clock will stop on the official's whistle after each goal and when a foul is called in the critical scoring area during the last minute of each quarter.
2. When one player draws illegally, the free position will be from the spot of the ball; and when both players draw illegally, a re-draw will be at the center line.
3. The indirect free position for a minor foul by a defense player occurring in the 12-meter fan has been eliminated, and the player who is fouled may shoot from a free position on the 12-meter fan.
4. For a pick 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.
5. The definition of a major foul for Illegal Stick Contact now includes contact with the opponent's crosse when a player's crosse is held in a horizontal position.
6. The definition of a Rough/Dangerous Check now includes checking an opponent's hand.

Sport image provided by Minnesota State High School League.



2025 GIRLS LACROSSE

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Girls Lacrosse Rules Changes - 2025

By NFHS on July 11, 2024

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4-1-2: Establishes that the clock will stop on the official's whistle after each goal and when there is a foul called in the critical scoring area during the last minute of each quarter.

Rationale: Provides consistency in clock management at the end of each quarter and eliminates the potential for time to expire before a free position can be administered when there is a foul in the CSA at the end of each quarter.

5-2 PENALTIES 1 & 2: Moves the free position from the center line to the spot of the ball when one player draws illegally and maintains that a re-draw will occur at the center line when both players draw illegally.

Rationale: Improves the flow of the game by eliminating the need to bring the ball back to the center for a re-draw when a player draws illegally.

9-1 PENALTIES for Violation of 9-1a, b and e-r: 4a, b; 13 Definition of Terms: Eliminates the indirect free position for a minor foul by a defense player occurring in the 12-meter fan and allows the player who is fouled to shoot from a free position on the 12-meter fan.

Rationale: Simplifies the penalty application for minor fouls in the critical scoring area while maintaining a balance of offense and defense.

10-1p, 13 Definition of Terms: Establishes player body and crosse positioning for a legal pick.

Rationale: Clarifies the body and crosse positioning a player must have when setting a safe and legal pick.

10-1r(1): Expands the definition of a major foul for Illegal Stick Contact to include contact with the opponent's crosse when a player's crosse is held in a horizontal position.

Rationale: Clarifies that it is illegal for a player to make contact with an opponent's crosse or body when the player's crosse is in a horizontal position.

10-1v(2): Expands the definition of a Rough/Dangerous Check to include checking an opponent's hand.

Rationale: Clarifies a player's hand is part of their body and should be protected against rough and dangerous checking.

2025 Girls Lacrosse Editorial Changes

2-2-4; 2-5-2e; 2-7-5a; 2-7-7 NOTE; 2-9-4; 3-5-3g (NEW); 3-6-1; 4-3-3b, c; 4-7-1; 4-7-5a; 5-3; 5-4-4; 8-1-1 NOTE (NEW); 9-1m(6); 10-1 PENALTIES 6; 10-1 PENALTIES 13 (NEW); 12 NOTES 1 & 2 (NEW); 12-8 TEAM CARD PENALTIES

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