



# 2025 NFHS GIRLS LACROSSE RULES POWERPOINT



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Rules Changes  
Editorial Changes  
Points of Emphasis

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# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
  - National leader and advocate for high school athletics and performing arts programs.
  - Serves 51 state associations, 19,500 high schools and 12 million student participants.
  - Writes playing rules for 17 high school sports for boys and girls.
  - Offers online education courses for high school coaches, officials, parents, students and others.
  - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.



# NFHS RULES REVIEW COMMITTEE

- The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



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Chief Operating  
Officer



**Lindsey Atkinson**  
Boys and Girls  
Lacrosse and  
Volleyball



**Bob Colgate**  
Football and Sports  
Medicine



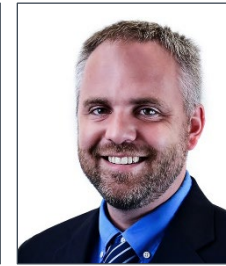
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Diving and Water Polo



**Elliot Hopkins**  
Baseball and  
Wrestling



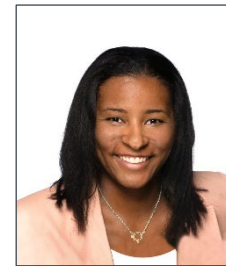
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Ice Hockey



**Monica Maxwell**  
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Hockey, Gymnastics



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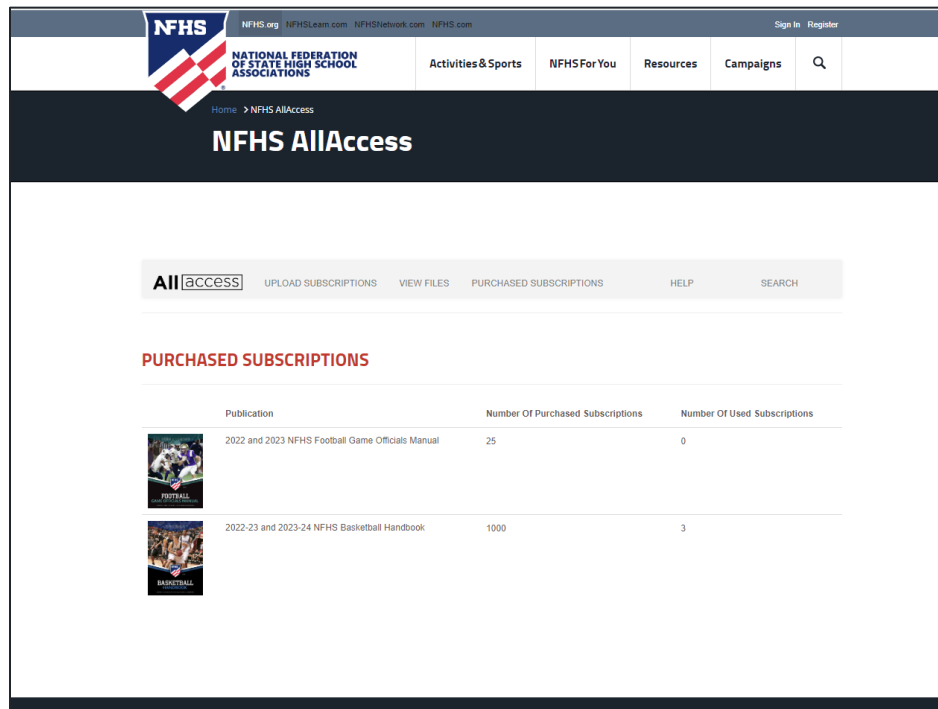
# NFHS PUBLICATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
  - Publishes 4 million pieces of materials annually.



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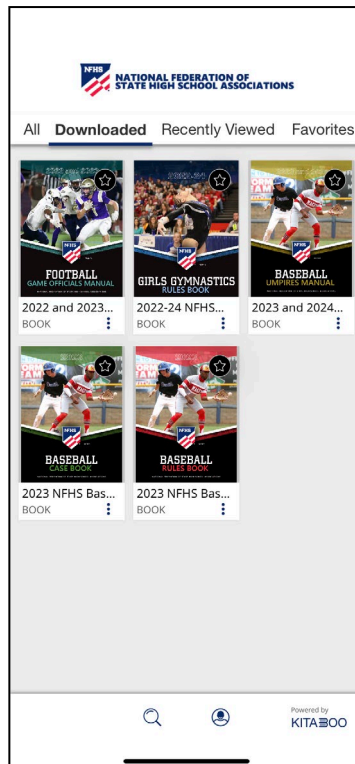


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Rules Changes

# 2025 NFHS GIRLS LACROSSE



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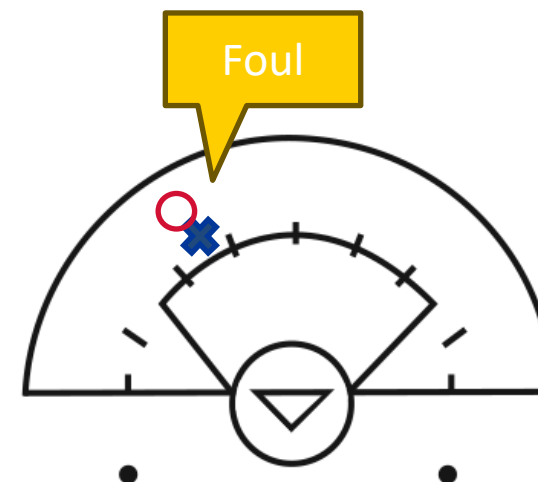
# DURATION OF PLAY

## 4-1-2

- 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.
- **Rationale:** Provides consistency in clock management and eliminates the potential for time to expire before a free position can be administered.



Time-out



## STARTING PLAY – DRAW 5-2 PENALTIES 1 & 2

- When one player draws illegally the free position will be taken at the spot of the ball.
- A re-draw will occur at the center line when both players draw illegally.
- **Rationale:** This improves the flow of the game by eliminating the need to bring the ball back to the center for a redraw when an illegal draw by one player occurs.



# MINOR FOULS

## 9-1 PENALTIES for Violation of 9-1a, b and e-r; 4a, b; 13 Definition of Terms

- 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 may 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.





# MAJOR FOULS

## 10-1p, 13 Definition of Terms

- Body and stick positioning is identified for a legal pick:
  - The player's 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.
- **Rationale:** Clarifies legal body and stick positioning for a legal and safe pick.



# MAJOR FOULS

## 10-1q(1)

- **Major Foul – Illegal Stick Contact –** expanded to include contact with the opponent's crosse when the defender's crosse is held in a horizontal position.
- **Rationale:** This clarifies that it is illegal for a defender to contact an opponent's body or crosse when the defender's crosse is in a horizontal position.



# MAJOR FOULS

## 10-1u(2)

- **Major Foul – Rough/Dangerous Check** – expanded to include checking on opponent's hand.
- **Rationale:** This clarifies a player's hand is part of their body and should be protected against rough and dangerous checking.







Editorial Changes

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## MAJOR EDITORIAL CHANGES

- **3-6-1** – Requires the home team to have direct electronic communication with the scorer if the scorer is not seated at the scorer's table.
- **8-1-1 NOTE (NEW), 12-8 TEAM CARD PENALTIES** – Clarifies that a team playing short due to a suspension or ejection of a player(s) shall play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time.
- **10-1 PENALTIES 13 (NEW)** – Adds language to clarify that the same penalty administration for cards issued for misconduct applies to yellow and red cards for a major foul.



## OTHER EDITORIAL CHANGES

- **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.
- **2-5-2e** – It may be re-inspected between quarters,...
- **2-7-5a, b** – a. Medical-alert ~~medals items~~...b. Religious medals and/or other religious items shall be taped to the body and covered.
- **2-7-7 NOTE** – Each state association may,...individual participants with disabilities ~~and/or special needs, as well as those individuals with~~or unique and extenuating circumstances.
- **2-9-4** – ...~~The coaches/schools shall agree upon uniform colors prior to the day of the game...~~





## OTHER EDITORIAL CHANGES

- 3-5-3g (NEW) – Remind team representatives that all team personnel shall display good sportsmanship.
- 4-3-3b, c – b...the official should signal for time-out, set up the free position, ~~signal for the time-out~~...c...the player being awarded the ball for the free position...
- 4-7-1 – ...after every goal and after each quarter ~~at halftime~~.
- 4-7-5a – ...no more than 12 players of each team on the field...
- 5-4-4 – ...from a position farther than 4 meters ~~from a playing distance~~ from the spot of the foul...



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## OTHER EDITORIAL CHANGES

- **9-1m(6) (NEW)** – 6. Take part in the game with equipment that does not comply with the rules.
- **10-1 PENALTIES 6** – 6. For a false start by the goalkeeper or the deputy, while in the goal circle, the ~~free position will be taken at the closest dot. The~~ goalkeeper may remain in the goal circle.
- **12 NOTES 1 & 2 (NEW)** – **NOTES:** 1. No participant, team personnel, coach or contest official shall use any form of alcohol or tobacco or be under the influence (i.e., impaired by) a controlled or illicit substance(s), beginning with arrival at the competition site until departure following the completion of the game. 2. Prior to the game, referees shall meet with the head coach and captains to discuss sporting conduct expectations.



Points of Emphasis

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## USE OF GREEN CARD/DELAY OF GAME

- Proper use of the green card by officials is important to discourage and penalize fouls that interrupt the flow of the game.
- Officials should be aware and knowledgeable of all delay-of-game behavior and use the green card procedure whenever 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.

## USE OF GREEN CARD/DELAY OF GAME

- The following are common examples of delay of game violations that should be penalized with a green card:
  - Defenders failing to promptly move 4 meters away from a free position;
  - Offenders continuing to run down the field after committing a foul in the midfield rather than taking action to move 4 meters away or behind the ball carrier;
  - Players failing to promptly clear the penalty zone; and
  - Teams failing to promptly return to the field after the time-out or time between quarters has expired.

## USE OF GREEN CARD/DELAY OF GAME

- Proper Delay of Game Procedures:
  - Time-out is called to administer a delay-of-game card.
  - First violation – a green card shall be issued against the offending team. A change of possession takes place if applicable for the minor foul.
  - Second violation – a green/yellow card shall be issued against the offending player and award the appropriate penalty for a major foul. The offending player must leave the field and enter the penalty area for two minutes of elapsed playing. The team will play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time. This card is not included in the team or player's card count.
  - Third/subsequent violation – will result in a yellow card for misconduct and will be included in the team and player's card count.



# 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 respect and abide by all playing rules that minimize risk in the 8-meter arc due to the proximity of players in this area.
- Teaching and practicing safe play will decrease the risk of injury and help maintain the pace of play that upholds the integrity of the game.
- Officials must recognize and penalize the following:
  - Any use of the stick in an unsafe manner that jeopardizes the safety of the opponent's head or neck area.
  - Illegal contact by the defense with the crosse or body in a dangerous or uncontrolled manner during or after a shot on goal.
  - Use of the stick in a horizontal position that makes contact with an opponent's body or crosse.
  - Any check that contacts another player's crosse, body, or hand(s) that is rough, dangerous, or intimidating.



# OFFENSIVE FOULS INSIDE THE CRITICAL SCORING AREA

- It is important for officials to properly adjudicate the rules regarding illegal play by offensive players with a focus on offensive fouls that are not consistently called by officials. These include:
  - Attack players pushing and/or displacing defenders by backing into them;
  - Forcing through;
  - Illegal cradling;
  - Charging into defenders after a shot, and;
  - Dangerous propelling when a defender is in shooting space.





# OFFENSIVE FOULS INSIDE THE CRITICAL SCORING AREA

- Officials must work together to avoid penalizing the defender who has established and maintained legal positioning prior to the attack player initiating illegal contact.
- When an attack player charges or forces through defenders (provided there is no illegal use of stick or body by the defense), officials should properly enforce the rules by calling the offensive foul.
- Trail and Lead officials need to work together to properly officiate these offensive fouls, along with illegal picks, offensive holding, dangerous follow-through, and dangerous propelling.







# NFHS AUTHENTICATION MARK UPDATE



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- This mark is for use of licensees only.

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# LACROSSE

Old Size



OR

Current Size



Alternative Size



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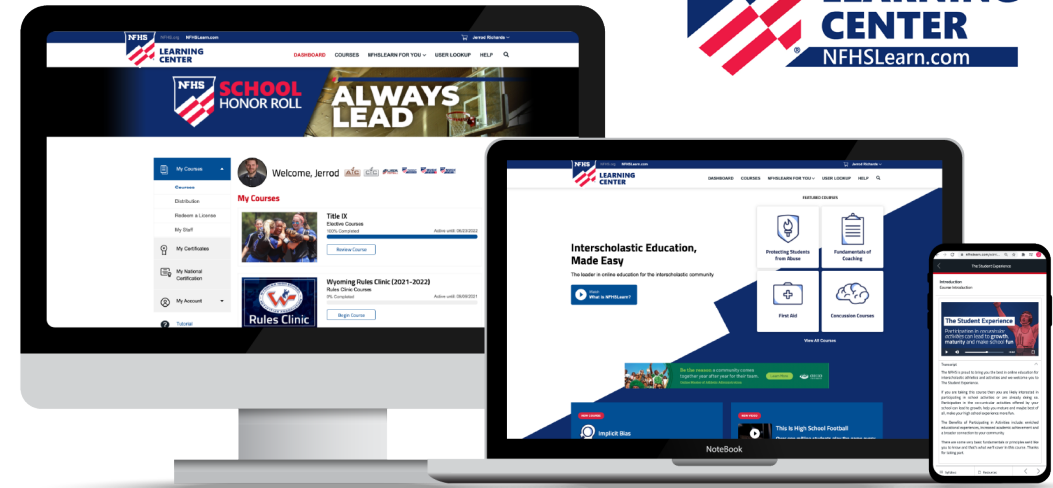
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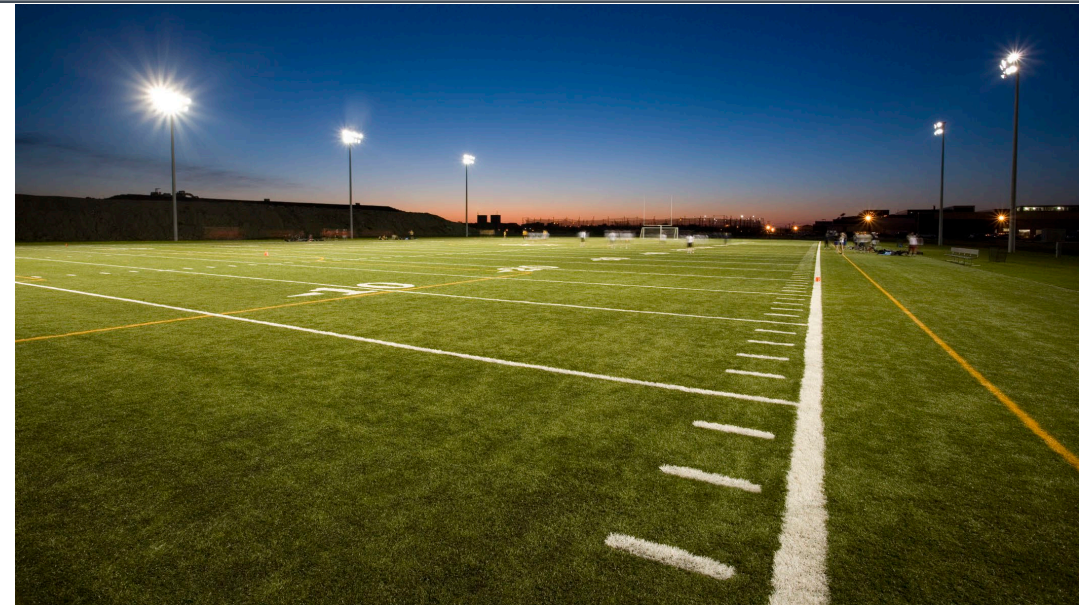
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