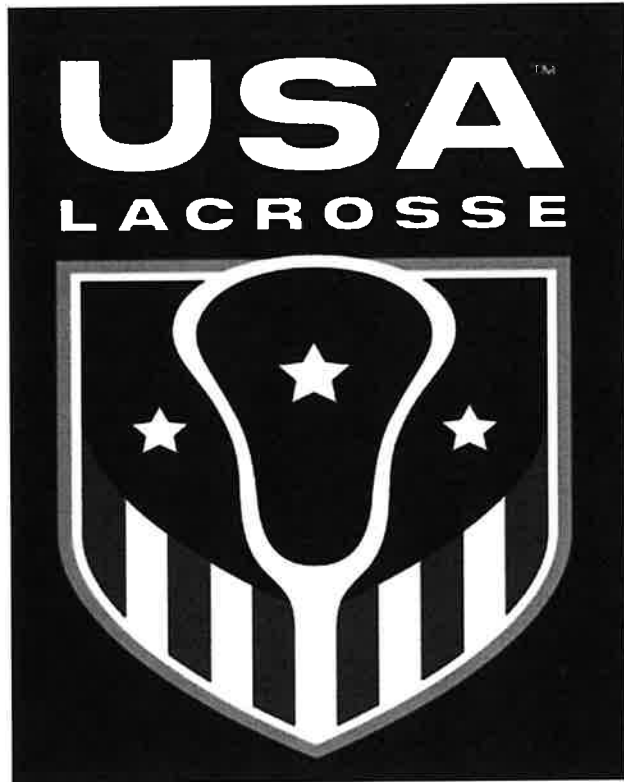


2025 GIRLS' NHYLA YOUTH
LACROSSE RULES
INTERPRETATION

RULES MEETING
FOR
NHYLA
COACHES



NHYLA “Cheat Sheet”

- covers the change in rules, not all the rules of the game.

See the Youth Guidebook and the NHFS Rule book for rules of the game



NOTABLE RULE CHANGES FOR HIGH SCHOOL

- » **4-1-2** — Establishes that 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.
- » **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.
- » **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.
- » **10-1p, 13 Definition of Terms** — Establishes player body and crosse positioning for a legal pick.
- » **10-1q(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.
- » **10-1u(2)** — Expands the definition of a Rough/Dangerous Check to include checking an opponent's hand.

YOUTH ONLY CHANGES

- » **6U & 8U:** USAL Lacrosse certified coaches can be on the field to assist and officiate.
- » **10U Restart After a Goal is Scored:** Official removes ball from goal and gives it to a player from the scored upon team along the goal line to side of 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.
- » **12U Modified Checking:** 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.
- » **14U Transitional Checking:** 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.
- » **Sixes: Walling:** Two or more defensive Defense players crowding in front of their goal or forming a stack/wall formation in front of their goal – not within a stick's length of an opponent. Comparable to double shooting space – modification for players 14 and under to use one defensive player for walling criteria.

Rules Distinct from High School

- » **Self-Start (5-4-1)** USAL Youth Rules will continue to require a player to momentarily pause when self-starting for appropriate skill development and game management.
- » **10-1r** USAL Youth Rules prohibits stick to body contact initiated by defense. This rule provides guardrails for the 14 and under athlete to develop a foundation of safe defensive skills.

POINTS OF EMPHASIS



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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.



2025 GIRLS' YOUTH LACROSSE RULES

RULE CHANGE - Editorial

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.



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.



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.



2025 GIRLS' Youth LACROSSE RULES



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.



2025 GIRLS' YOUTH LACROSSE RULES

USALAX RULE CHANGES



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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.



2025 GIRL'S YOUTH LACROSSE RULES



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 – 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.



2025 GIRLS' YOUTH LACROSSE RULES

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.



2025 GIRLS' YOUTH LACROSSE RULES

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.



2025 GIRLS' YOUTH LACROSSE RULES



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.



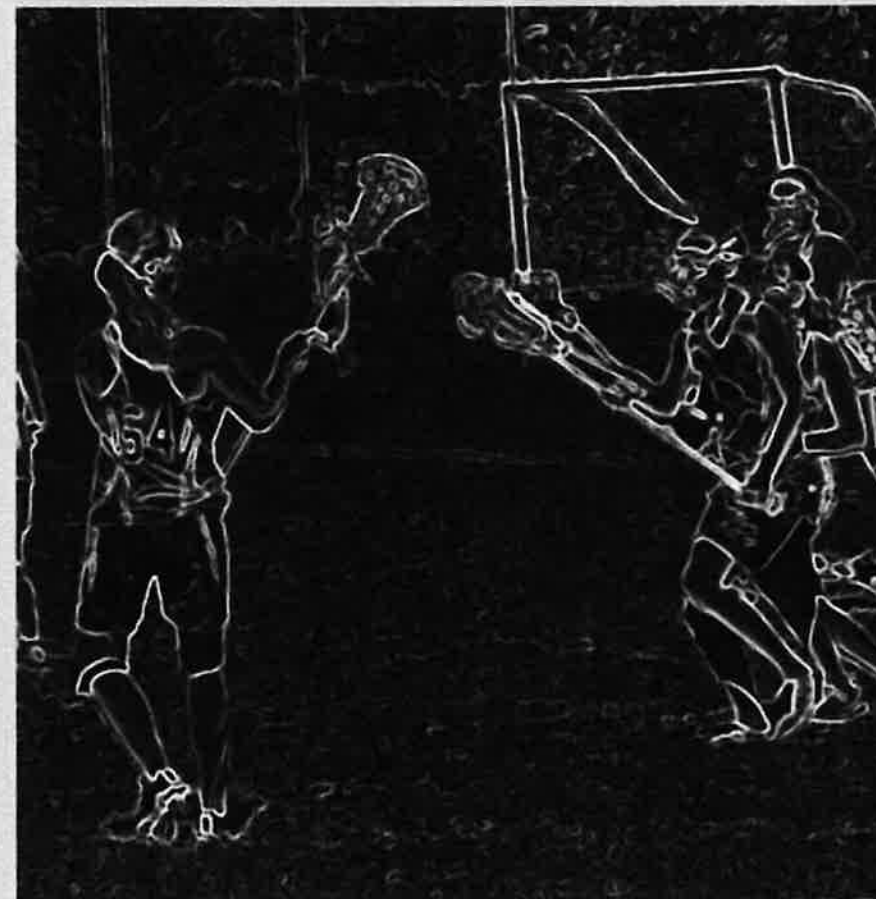
2025 GIRLS' YOUTH LACROSSE RULES

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.



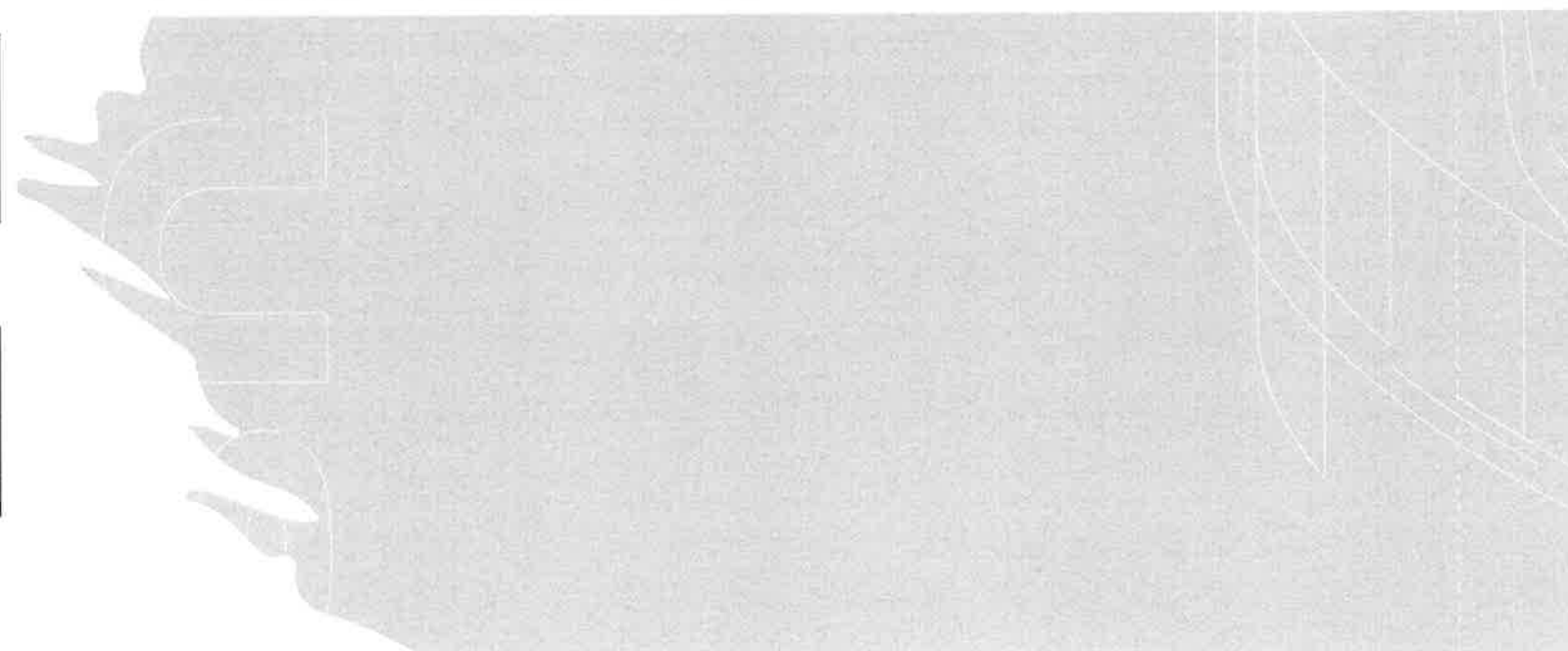
2025 GIRLS' YOUTH LACROSSE RULES

Review: MODIFIED CHECKING

Only for U12 – 3 Second Defense still Applies
MAJOR FOUL

Is an attempt to dislodge the ball from an
opponent's crosse in which the checking crosse
movement solely occurs **BELOW THE SHOULDERS** of
the player with the ball.

The check must be down and away from the body.
The penalty is an illegal check and is a MAJOR FOUL.

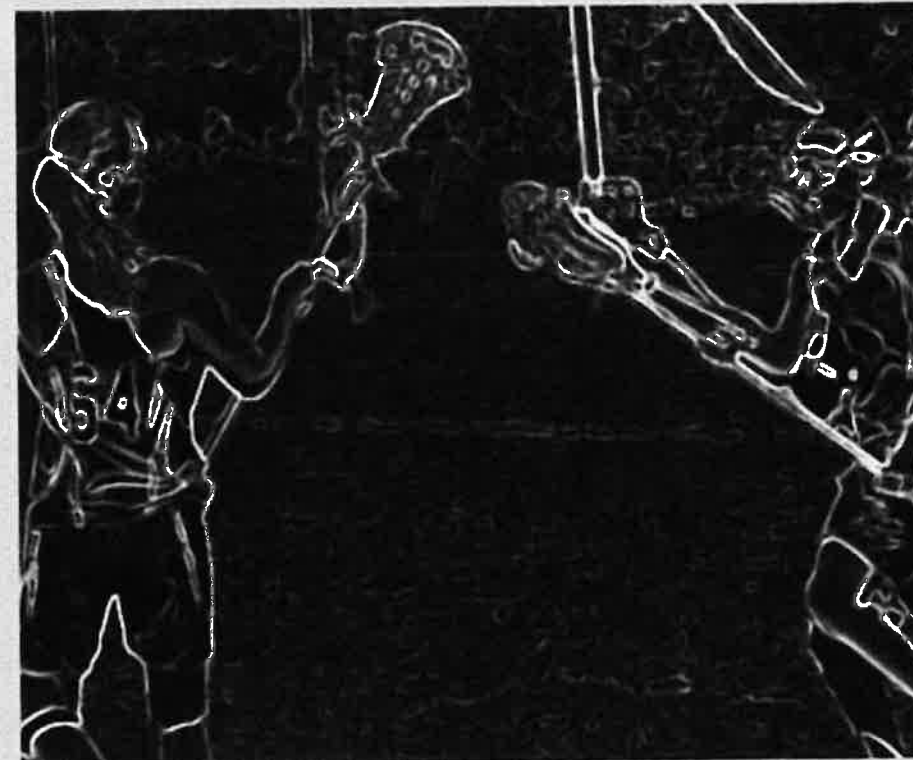


RULE CHANGE - YOUTH

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.



2025 GIRLS' YOUTH LACROSSE RULES



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.

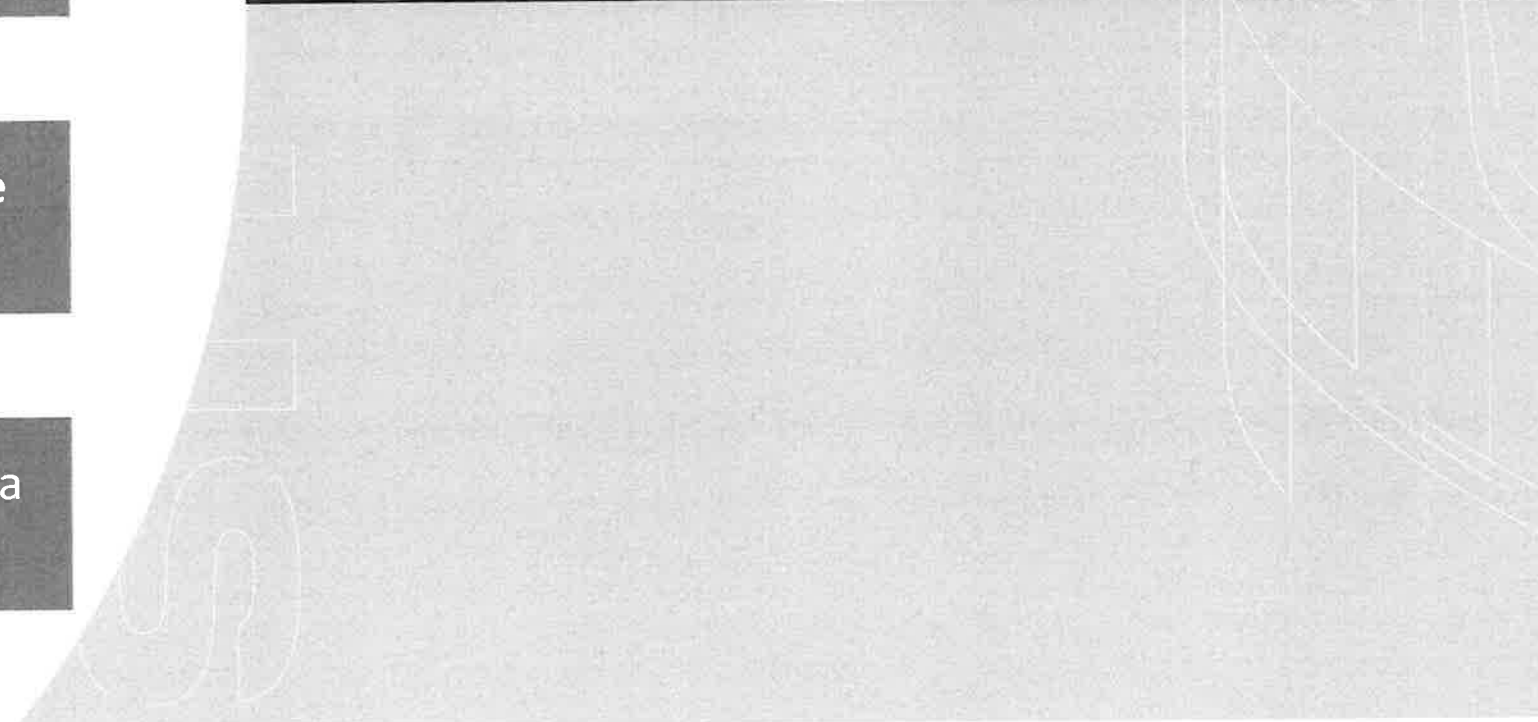


Review: Transitional Checking

Only for 14U Transitional Checking

Can Check OUTSIDE of the 12 INCH Sphere
MAJOR FOUL

NOT ILLEGAL to CRADLE inside the 12 inch (a ruler) sphere, but it is in the 7 inch sphere



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 players 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.



2025 GIRLS' YOUTH LACROSSE RULES

USLAX Rule Reminders



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NO RULE CHANGE: Please Note

YOUTH ONLY CHANGES - Rules Distinct from High School



- » **Self-Start (5-4-1)** USAL Youth Rules will continue to require a player to momentarily pause when self-starting for appropriate skill development and game management.

Momentary pause - Settled Stance:
Both feet stationary, on the ground, with
the ball in the head of the crosse



RULE CHANGE

YOUTH ONLY CHANGES - Rules Distinct from High School

» **10-1r** USAL Youth Rules prohibits stick to body contact initiated by defense. This rule provides guardrails for the 14 and under athlete to develop a foundation of safe defensive skills.

Note – Prohibits stick to body contact initiated by the defense

Rule Intent: To promote safe play and develop proper defensive skills.

Point of Emphasis: Legal and safe stick to body contact is identified as a point of emphasis for 2024 and 2025 in the USA Lacrosse Youth Guidebook and NFHS Girls Lacrosse



Special NHYLA Rules Changes and Reminders



USALACROSSE.COM/LAXCON

One Handed Check

NHYLA Special

New 2025 -

Rule – One handed check is considered a slash.

Penalty – Treat as mandatory card.

Officiating the Rule

- NHYLA is concerned regarding checking at the youth level. No one handed checks are allowed.
- Remember – Two handed check uncontrolled or player is off balance – then upgrade to slash and card



Mercy Rule

NHYLA Special



8U

Draw to start each period no matter what the score.

6 goal difference – team with lower score gets ball at centerline. Player positioning for draw does not apply. Pass rule does not apply

10U & 12U & 14U

6 goal difference – team with lower score gets ball at centerline. No draw. Player positioning for draw does not apply



Time Factors

NHYLA Special

Playing Time

8U = 4 quarters x 12 minutes each
10U = 4 quarters x 12 minutes each
12U = 4 quarters x 12 minutes each
14U = 4 quarters x 12 minutes each

**ALL RUNNING TIME
EXCEPT FOR LAST MINUTE OF EACH QUARTER
clock stops for all fouls in the critical scoring
area**

Halftime and Quarter Breaks

- Halftime is up to 5 minutes; may be less if agreed upon by the coaches prior to the game.
- There is a 2-minute break between Quarter 1 and 2 & Quarter 3 and 4. Players must change ends to begin each quarter.

Clock Stops

- When official signals timeout
- **NOT** After each goal signal, - youth is running time.
- During overtime. OT for only for **12U & 14U**



Rosters

NHYLA Special

Rule - Head coach must provide a roster to opposing coach before the start of the game

Penalty - Offending team plays down 1 player for 1st half of the game.

Officiating the Rule

- Rosters must be exchanged before the game starts.
- Exchange can be hard copy or electronic.
- Add to coaches meeting - ask if the rosters have been exchange.
 - Yes - all is good
 - No – tell them to take care and exchange rosters
 - No, I can't or will not – assess the penalty



Pass Rule

NHYLA Special

Rule - Pass Rule -- only applies to 8U and 10U. Does not apply to 12U & 14U –

One attempted pass is required after the ball and the ball carrier completely cross their respective offensive restraining line before a shot can be taken at the goal. An additional pass is not required until the ball leaves the offensive side of the field beyond the restraining line.

Penalty - If a shot is taken before the pass is attempted, it is considered a goal circle violation and the ball is awarded to the goal keeper in the goal circle with offender behind.

Officiating the Rule

Hand offs” are not sufficient to be considered a pass in girls 8U, and 10U. A pass or attempted pass is the exchange of the ball through the air from one teammate’s crosse to another teammate’s crosse. A handoff where the ball is dropped from one crosse into another or a roll to a teammate/open space doesn’t constitute a pass.

» ATTEMPTED PASS occurs when a player attempts to pass using the mechanics of a throwing motion in the specific direction of a teammate.

NHYLA Special

Rule - Pass Rule 8U Clarification

Pass Rule – once the pass rule is satisfied, the team can shoot on goal.



Example =

- *White team has ball and can shoot*
- If the defensive team (blue team) gains possession and clears the ball past the restraining line, this is a reset and when the white team gets the ball again they will need one pass before they can shoot.
- If the defensive team (blue team) gains possession and DOES NOT clear the ball past the restraining line before the white team gets the ball, the white team can shoot on goal.

8U – Same as above except:

- White team shoots and scores. The score is considered a reset.
- Blue gets the ball on the goal line extended (no draw)
- If the white team gains possession the pass rule applies and the white team must have one pass before they can shoot on goal.

NHYLA Special

8U, 10U, 12U, 14U

Rule – *End of Quarter / End of Game*

the horn blows to end the quarter or game, and the official has already awarded a Free Position on the 8 meter, the player will be allowed to take the shot, with a 3-second time limit from the whistle

Officiating the rule

- Continue to administer the 8m Free Position. Player may only go directly to goal.
- Passing ends the possession.



Ejections

NHYLA Special

Rule - Any coach, player or individual ejected from a game must be reported

Officiating the rule:

Reported ejection needs to be reported by the umpire to GirlsVP@NHYLA.org by the end of the day of day when the game is played.

Report needs to include –

- Team - Town and Age Group
- Player number
- Reason for ejection
- If coach – need to advise Town and Age Group.



Coaches

NHYLA Special

All Levels –

- 3 coaches on the team bench maximum.
- Must all adults.

8U Only

- May have one “Parent Helper” in place of one of the 3 coaches
- On-field coach can only be within 5 yards of sideline –



Reminders

Some of the most common question and reminders

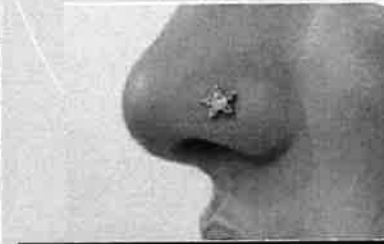


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Jewelry

Shall not be worn by players.

- Earrings ARE NOT ALLOWED.
Tape applied to earring does NOT make them legal.



Medic-alert medals are not considered jewelry and shall be taped to the body and the alert must be visible



Optional Personal Equipment



All of these are **LEGAL**



Review: Short Field Offsides

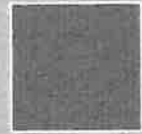
- For Short Field 8U and 10U.
 - Restraining line is the center line for short field games.
 - Two players from offensive side and three player from defensive side must remain behind the restraining line.
- Note for full field games - 12U / 14U
 - Four players from offensive side and Five players from defensive side must remain behind the restraining line



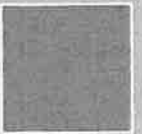
Review: 3 SECOND GOOD DEFENSE



Only for U8, U10 , and U12



Is when a player with the ball holds the ball for more than (3) three seconds while closely guarded/marked – MAJOR FOUL



A player may not hold the ball for more than 3 seconds, when they are closely guarded, the defense has both hands on their stick, and the defense is in a position to legally check if it were legal.



Coaches Editorial



usalacrosse.org

Three Methods that Official uses to note a foul has been seen

Blow the whistle



Raise Yellow flag to note advantage –
only on scoring play



Raise arm noting
advantage –



THINGS TO REMEMBER ABOUT YOUTH OFFICIALS...

What to do when a youth official makes a mistake during the game?

- Live with it. This is a game and the officials are in high school.

If you are concerned with the knowledge or performance of any official on the field, youth or adults, do not make any comment to the official. Let your town administrator know and they can report to NHYLA - Jay Gallipo

If the game is unsafe – take your players off the field and end the game. Report the game and circumstances to the town administrator and they can report to Jay Gallipo

THINGS TO REMEMBER ABOUT YOUTH OFFICIALS...

- Youth officials are only 2 years or 3 years older than the players you are coaching.
- Youth officials are someone's child. How would you want your child spoken to?
- The **MAIN** reason why youth officials do not return is because of coaches and fans **BEHAVIORS** during a game.
- Youth officials are going to call the basic calls, they are learning.
- Remember nobody is perfect we all make mistakes it's how we learn just like the players, coaches, and officials.
- Players don't get every goal, save every goal, catch every ball, but we still **ENCOURAGE**.
- There are 24 players on the field it is impossible to watch everyone and everything in a fast pace game, especially when you are learning

Contacts:

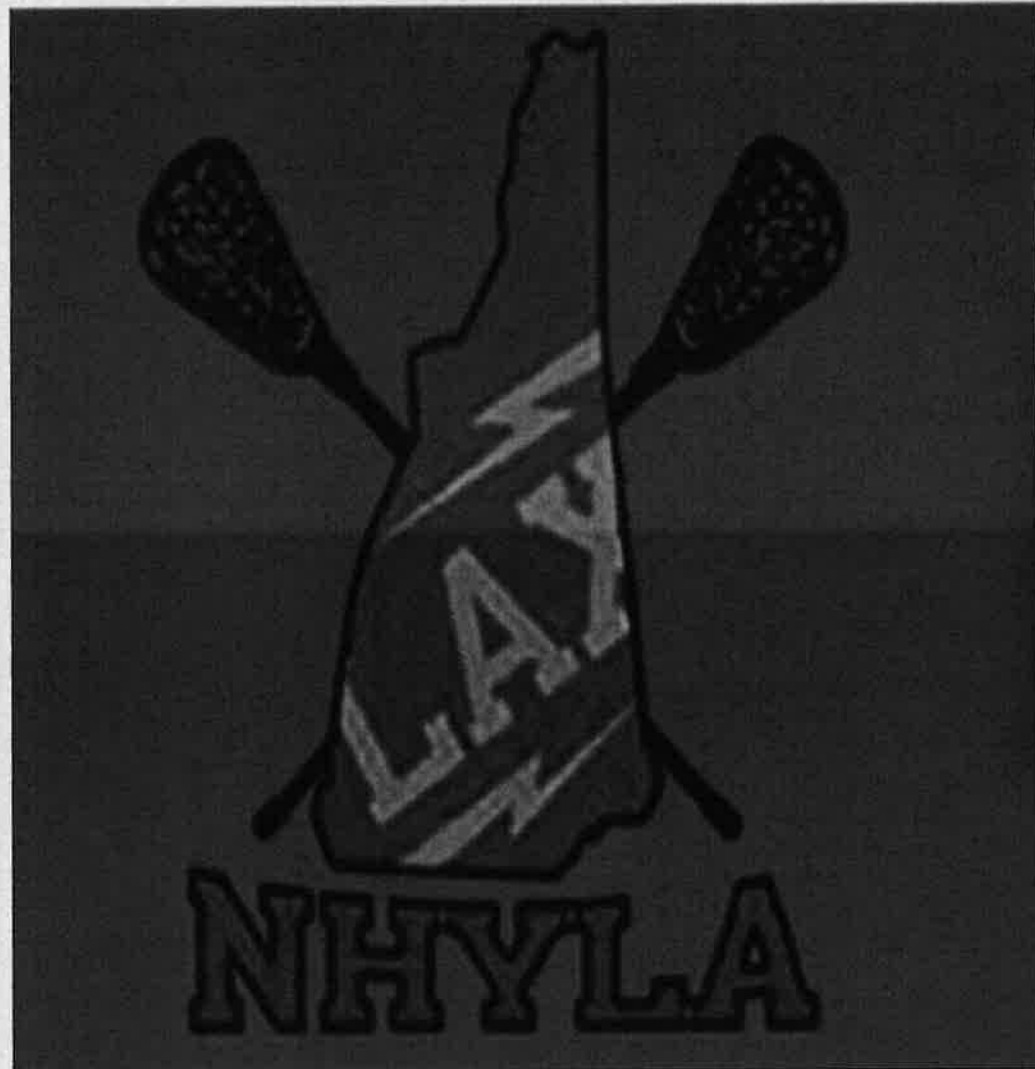
- Head Trainer = Jackie Driscoll
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Youth Officials Coordinator = Jay Gallipo
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Questions

