

Girls Lacrosse Rules Changes - 2025

By NFHS on July 11, 2024

[lacrosse-girls](#)

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

2025 Girls Lacrosse 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