



2025 Girls Lacrosse Comments On The Rules

4-1-2 — Stopping the clock 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 provides consistency in clock management and eliminates the potential for time to expire before a free position can be administered.

5-2 PENALTIES 1 & 2 — Moving the free position from the center line to the spot of the ball when one player draws illegally improves the flow of the game by eliminating the need to bring the ball back to the center for a re-draw. A re-draw will still 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 — Eliminating the indirect free position for a minor foul by a defense player occurring in the 12-meter fan and allowing the player who is fouled to shoot from a free position on the 12-meter fan 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 — Establishing player body and crosse positioning for a legal pick clarifies for players, coaches and officials the positioning a player must have when setting a safe and legal pick.

10-1q(1) — Expanding 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 clarifies that it is illegal for a player to make contact with an opponent's crosse in addition to the body when the player's crosse is in a horizontal position.

10-1u(2) — Expanding the definition of a Rough/Dangerous Check to include checking an opponent's hand clarifies a player's hand is part of their body and should be protected against rough and dangerous checking.