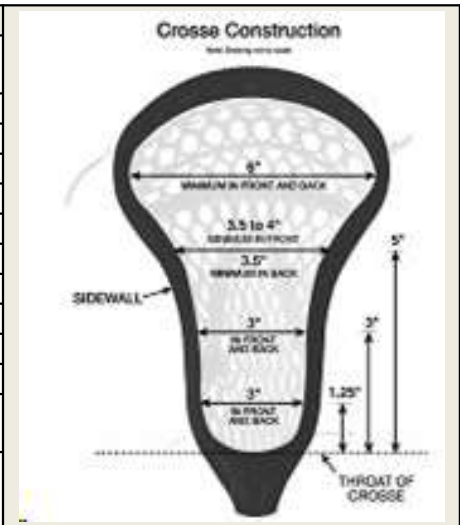


## 2025 GMSAA Select Rules

**Format of the following Section:** Existing NFHS Rule and Section reference, followed by the corresponding US Lacrosse Boys Youth Rule section modification. All divisions will follow NFHS Boys Lacrosse Rules with the following modifications:

Rules	Select
<b>Field Size</b>	NFHS Also a 120 yard Unified Girls/Boys Field is a legal
<b>Officials</b>	2 Adults
<b>Legal Sticks</b>	NFHS Rule (40 to 42" or 52" – 72")
<b>Overtime Rules</b>	NFHS
<b>Timing Rules</b>	10 Minute Stop Quarters
<b>Counts (10 &amp; 20 sec)</b>	Yes, NFHS
<b>Keep it in</b>	Yes, NFHS
<b>Stalling</b>	Yes, NFHS
<b>Time-outs</b>	2 Per Half (Clock Stops)
<b>Body Checking</b>	Limited: No Takeout Checks
<b>Mercy Rule</b>	No
<b>Goalie Penalties can in-home serve</b>	No (Unless team only has 1 goalie)
<b>Fouling out</b>	3 personal fouls OR 5 min of penalty time



Officials will meet with both coaches 10 minutes prior to contest for the coaches' certification & to confirm rules  
**USA Lacrosse Youth Rules Video for 2025:** <https://www.uslacrosse.org/rules/boys-rules>

### Points of Emphasis:

- Sportsmanship: make sure to work with the sideline manager (or head coach) if parents get out of control.
- Violent Collisions: Especially defenseless players and excessive body-checks.
- 3 yard rule for checking with cross instead of 5 yards (rule 4, section 15, NFHS book).
- No take out checks

### 2024-2025 Rule Changes Information:

- The allowance of one-handed stick checks for 12U and 14U youth play.
- When a player has his helmet come off during play, play shall be immediately suspended, the player must leave the field, and the player cannot return until the next dead ball following the resumption of play.
- Mandatory equipment must be worn as the manufacturer intended and all equipment must be specifically designed for lacrosse.

### Previous Rule Changes & Rule Emphasis:

- The substitution box is now 5 yards on either side of the center line (10 yards total instead of 20)
- Face-offs: no knee on the ground and the hand closest to the head of the cross must be facing up (no motorcycle grip)
- Protective cup are now required, but officials will not check illegal crosses no longer have different penalties. The penalties are all now two-minute, non-releasable in duration, and the crosse can be fixed before returning to play
- The restart rule allows for play to resume while a defensive player is within 5 yards of the player in possession. In all cases, the opposing player is required to allow the ball carrier a path to the goal and may not play the ball carrier until a minimum distance of 5 yards has been achieved. Foul against a Defensive player is Delay of Game, flag down, technical foul
- "Targeting" checks with crosse or body will result in a 3-minute non-releasable penalty and ejection from the game.
- It is **illegal** for the offensive player to Ward Off their opponent by using their body to create separation when making **contact** with a **defensive player BODY**. It is **legal** for a player with the ball with two hands on their crosse to **contact the crosse or the glove hand of the defensive player**.
- Possession has to be established in the offensive box for Over & Back to be called. A defensive player may reach over the midline with his crosse and bat the ball to keep it in his team's offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body except his gloved hand wrapped around his crosse. If he does so, it shall be turnover
- During a Flag Down Slow Whistle (FDSW), the offensive team is no longer required to keep the ball in the attack box.
- A second flag down will result in a whistle to stop play once the offensive is no longer *in progress*.
- A shot is considered a ball propelled (either thrown from a crosse, kicked, or otherwise physically directed) toward the goal by an offensive player with the intent of scoring a goal. A shot can only be made when the ball is parallel to or above the goal line extended.
- Sub-High School games don't require 6" of tape/paint for the face-off players.
- A goal is good if the shot is released before the clock turns 0 and the shot may hit the ground and/or a defensive player.
- If a stall warning is issued (and not under 2 minutes with less than four goals differential) and there is a shot, which the goalie saves or hits the pipe of the goal will end the stall warning.