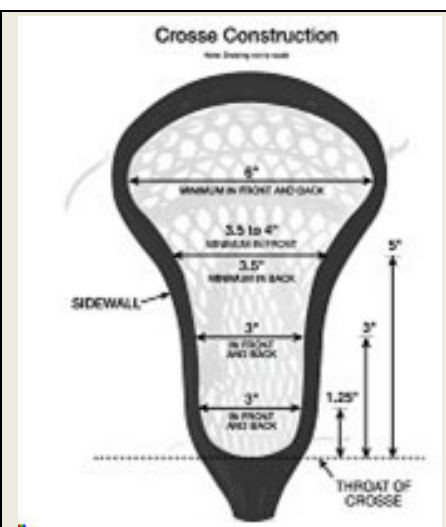


2026 GMSAA Select Rules

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
Field Size	NFHS Also a 120 yard Unified Girls/Boys Field is a legal
Officials	2 Adults
Legal Sticks	NFHS Rule (40 to 42" or 52" – 72")
Overtime Rules	NFHS
Timing Rules	10 Minute Stop Quarters
Counts (10 & 20 sec)	Yes, NFHS
Keep it in	Yes, NFHS
Stalling	Yes, NFHS
Time-outs	2 Per Half (Clock Stops)
Body Checking	Limited: No Takeout Checks
Mercy Rule	No
Goalie Penalties can in-home serve	No (Unless team only has 1 goalie)
Fouling out	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 2026: <https://www.usalacrosse.com/boys-and-mens-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

2026 Rule Changes Information:

- U12 and higher levels, the goalie not longer gets "5 seconds" to return to the crease
- When a player has his helmet come off during play, play shall be immediately suspended. The loss of a helmet is an illegal procedure unless it is due to direct contact to the head by an opponent.
- Crowbar is illegal if hooking, lifting or pinning an opponent's body with the crosse in describing illegal actions related to holding.
- Mandatory equipment must be worn as the manufacturer intended and all equipment must be specifically designed for lacrosse.

Previous Rule Changes & Rule Emphasis:

- One-handed stick checks for 12U and 14U youth play are allowed.
- 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 required, but officials will not check!
- illegal crosses no longer have different penalties. All illegal crosse penalties are two-minute, non-releasable, and the crosse can be fixed before returning to play.
- On a restart a defensive player within 5 yards of the player in possession 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. FDSW technical foul against a defensive player for Delay of Game.
- "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 (i.e a 10-count must end).
- 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.
- A second flag down will result in a whistle to stop play once the offensive is no longer *in progress*.
- A shot is when the ball is 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 or above the goal line extended.
- Sub-High School games don't require 6" of tape/paint for the faceoff players crosse.
- 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.