

GIRLS 2024 RULE CHANGES

NOTABLE RULE CHANGES FOR HIGH SCHOOL

- » **2-4-5** Requires that stick check requests be made before the official's hand is in contact with both centers' sticks for the draw.
- » **2-6-1** Requires goalkeeper's thigh padding to be shorts or pants manufactured with integrated protective padding.
- » **2-7-1** Reorganizes tooth and mouth protector rules, aligns them with other NFHS sport rules, and eliminates restrictions related to color and graphics.
- » **2-7-4 NOTE, 2-9-5** Allows field players to wear compression shirts that meet the NOCSAE ND200 lacrosse standard under the uniform and does not require these shirts to meet the color requirements of visible undergarments.
- » **2-9-4e** Establishes that only school-related or player-identifying names (school's name, nickname, logo, mascot and/or team member's name) will be allowed on the team jersey above the uniform number beginning in 2027.
- » **4-1-1** Changes the duration of play for a game from two 25-minute halves to four 12-minute quarters.
- » **4-2-2 EXCEPTION** Establishes that an official's time-out shall not be called when there is a 10-goal differential when the following occurs: offside foul, inadvertent whistle, or alternate possession.
- » **4-2-3** Allows coaches to coach their players during an injury time-out.
- » **5-4-1** Eliminates the requirement of players awarded a free position outside of the critical scoring area to come to a stop and settled stance before self-starting.
- » **5-4-1** Eliminates the false start penalty when a player self-starts when it is not an option outside the critical scoring area and allows officials to reset play without a penalty.
- » **10-1y - Three Seconds PENALTIES** — Clarifies free position locations for three-second violations and requires a free position to be awarded at the closest dot for a three-second violation when the spot of the ball is outside the critical scoring area and below the goal line extended.

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.
- » **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.