



2025 National Girls Lacrosse League Rules

ROSTERS

All players must be officially rostered through the NGLL. Players who are officially rostered have completed the below requirements:

- Sign all league waivers
- Pay the \$20 / player fee to NGLL HQ

Players must have fulfilled the above requirements or will be deemed an un-rostered player where stepping on the field will result in forfeiture of the team's game and ability to advance to regional play offs. Players may NOT be added to rosters after the start of the first game for each region. No new players may be added for the National Championship. Rosters carry over from Regional to National game play.

Substitute Players: Teams may use players from a lower age group and/or level - meaning: a "B" player can play up an age group and/or division and an "A" player may only play up an age group... Ex. a 2030 "A" player may substitute on a 2029 "A", but NOT a 2029 "B" team.

In the event that substitute players are needed, the number of players added will be limited so as not to exceed a game day roster of 14 players for the team in need. The sole exception is in the case that a goalkeeper is needed to field a team. If you are going to do this, you must email Kaitlin Paukovits & Kate Goldstein before the game is played:

kpaukovits@robinsonsportsinc.com

Kate.goldstein@threestep.com

Failure to comply will result in forfeiture of the game. Any team that forfeits a game due to lack of players or using an ineligible player will not be eligible for the playoffs.

CLUB VERIFICATION

The NGLL has implemented "Club Verification" starting for the 2025 season. All teams must meet the following requirements, unless stated otherwise:

- Have at least two teams in their club and enter the two-team minimum into the league.
- Have played in two tournaments in each the Fall of 2023 & the Summer of 2024, totaling four club events for this past year with publicly recorded scores. *This will apply to only the MidAtlantic Region for the 2025 Season.*

ALL GAMES

- 23-minute halves; the last 2 minutes of the second half are stop time. 2-minute halftime.
- If a game ends in a tie, the officials will immediately start sudden victory overtime. Overtime periods will be 3 minutes running time; multiple overtime periods will be played until the winner is decided. The first goal that is scored wins. No timeouts will be permitted in overtime.
- 2025 National Federation of State High School Associations (NFHS) girls high school rules will apply to ALL grad years 2029-2034 with the following additions/exceptions:
 - Each team will have one (1) 30 second timeout per game. **Clock will stop from the time the TO is called until resumption of game.** Yellow card time does NOT run during the timeout. It may not be used during overtime.
 - 2032, 2033 and 2034 teams will play MODIFIED CHECKING (Checking the crosse only if the entire crosse is below shoulder level. The check must be in a downward direction and away from the body.) POSITION TO CHECK (Player has an opportunity to legally check the crosse without fouling - 3 second count starts when the official deems that the player with the ball could be checked legally if checking were allowed.)
 - The teams listed first on the schedule are the “Home” team. Home team is to wear their light color jersey and away team is to wear their dark color jersey.
 - A **coin toss** will decide first alternating possession between the official and two head coaches.
 - Coaches and club directors are permitted on the teams sideline and are subject to same rules as coaches. Only head coaches may address the officials. **Teams may not have more than 4 coaches on their sideline at any given time.**
 - Games will be played by halves, not quarters.
- Yellow Card times will be kept by the scorekeeper at the table.
- Players receiving a red card in a game may play in the next game, unless decided otherwise by the league director and the head official.
- A purple card will be given to anyone exhibiting unsportsmanlike behavior – such behavior will not be tolerated.
- If a half or game ends on a defensive major foul within the CSA the officials will set up a free position and play will end upon completion of the scoring attempt; a pass is permitted as long as it is a continuation of the scoring play.
- Teams may use players from lower age (graduation year) and level (A/B). An “A” level player may not play in a “B” level game even if she is playing up and age group. Roster changes must be communicated to the opposing coach and scorekeeper before the start of the game. Failure to comply will result in a forfeit.
- Any forfeited game will be scored as a 10-1 win.

WEATHER

- If the fields are open, the games will occur. If the field is determined to be unsafe for play by both officials, the game will be stopped. Games will be played during rain.
- All games will be postponed during lightning and/or thunder. Games will resume 30 minutes after the last sight of lightning and/or crack of thunder is heard, or the “All Clear” from any automated system but they will end 60 minutes after the original scheduled start time.
- A game score will stand at the point it was delayed if at least one complete half has been played.

PLAYOFFS

- Playoff games will follow the same procedure as regular season games.
 - Any team that forfeits a game due to lack of players or using an ineligible player will not be eligible for the playoffs.
 - Tie Breaking Procedures for Playoffs :
 - **Tie breaks in the standings will be decided in order. If #1 does not decide the tie break, then we move on to #2, etc. until the tie break is decided.
1. Teams will be seeded by their record according to the following formula (percentage):
$$\frac{(\#Wins + 0.5*\#Ties)}{(\#Wins + \#Losses + \#Ties)}$$
 2. Head to Head Competition (if there is a three way tie in head to head competition, that tiebreaker is thrown out).
 3. Goals allowed vs. in-division opponents
 4. Goals differential vs. in-division opponents (maximum score difference of 10 per game)
 5. Goals against vs. all opponents
 6. Goals differential vs. all opponents (maximum score difference of 10 per game)
 7. 23-minute tie break game on the first day of the playoffs.