

RULE CHANGES for 2025

Rule 1.1 – Field Dimensions	The playing area will be marked with a solid lined rectangular boundary, 91.4m to 100m long between end-lines, and 50m to 60m wide between side-lines.
Rule 5.1 – Goal Area Lines	In each half of the field a line shall be marked from side-line to side-line, between the goal line and the centerline, 22 meters (24.06 yards) from the goal line. These lines shall be designate the goal area lines.
Rule 6.1 – Wing Lines	Lines parallel to the side-lines shall be marked on each side of the field, 18 meters (19.69 yards) from the center of the field and extend 10 meters on each side of the centerline. These lines shall be designated the wing lines.
Rule 29.2 Increase Playing Time	<p>Existing rule becomes 29.2.i.</p> <p>ii. The game clock and, if applicable, the penalty clock(s) shall stop after the officials have blown their whistle for the scoring of a goal, or for the awarding and relaying of time-serving penalties to the Scorers, and they shall restart whenever play is restarted.</p> <p>iii. Such stoppages of play shall not be considered an official's time- out.</p>
Rule 34.11 – Foul during a center face-off	<p>During or after a center face-off, but before "Possession" or "Free ball" have been called, if the official stops play for a foul that is committed, then the appropriate penalty will be applied and all confined Players will be released from the Goal Areas.</p> <p>Where the foul occurs in the offended team's Defensive half of the field the Free Play will be awarded at the Centerline.</p> <p>Where the foul occurs in the offended team's Offensive half of the field the Free Play will be awarded where the ball was when the whistle was blown to stop play.</p>
Rule 37.2 – Distance from Goal on restarts	A free play, other than an out of bounds on the endline, shall not take place closer to the opposing goal than 18 meters (20 yards) in any direction except when on the endline, and the ball shall be moved laterally to a point 18 meters (20 yards) from the goal , if required.
Rule 49.3 – Goal Crease	<p>When inside the goal crease, the goalkeeper, or the defender must move the ball out of the goal crease within 5 seconds of gaining Possession of the ball in the goal crease.</p> <p>This shall be audibly and visually counted by the nearest Official as "1001, 1002, 1003, 1004, 1005".</p> <p>Once initiated the count will continue even if the ball becomes loose inside the goal crease.</p>

49.5 Goal Crease	Once a team gains possession of the ball in the goal crease area and the ball subsequently leaves the goal crease area, the team must not intentionally return the ball to its goal crease area until the ball has been possessed by an opposing Player.
Rule 67 – Conduct Foul	<p>A Conduct foul is where a player or coach behaves in such a manner as to be approaching the threshold of incurring an Unsportsmanlike Conduct personal foul.</p> <p>The Official may choose to apply the Conduct technical foul or the Unsportsmanlike Conduct personal foul, whichever they deem is appropriate to the situation.</p>

Editorial Changes - Information Only	
RULE	
	Change all dimensions to read metric first, imperial second.
	Rename technical / personal fouls to minor / major fouls.
	Removal of redundant (34.11 and AR 55.3) or deprecated (Rule 61.7) parts.
Remove	<p>34.11</p> <p>If a foul is committed during or after a center face-off before “Possession” or “Free ball” have been called, then confined Players will not be released from the goal areas until the whistle blows to resume play.</p>
Remove	<p>AR 55.3</p> <p>A Red Player is about to pick up a loose ball.</p> <p>An opponent <u>lifts</u> the Red Player’s stick or their gloved hand holding the stick, with their own stick or their own gloved hand holding the stick.</p> <p>The ball is fewer than 9 feet (2.74 meters) from the Red stick.</p> <p>RULING: Legal Play</p>
Remove	<p>61.7</p> <p>Failure to be at least 5 yards (4.57 meters) from an opponent or a Teammate having a free play is a technical foul.</p>
10.1	<p>The bench areas are located off the playing field and next to the special substitution area and with a length of 14 meters [...]</p> <ul style="list-style-type: none"> <i>Rationale: fixed length instead of varying independent of field length</i>
11.1	<p>The area bounded by the sideline, a line parallel to and 4 meters (4.37 yards) from the sideline, the special substitution area line, and a line marking a length of 14 metres shall be designated the Coaches’ area.</p> <ul style="list-style-type: none"> <i>Rationale: fixed length instead of varying independent of field length</i>
24.1	To include a whistle in the BM's personal equipment, also

	To cover scenarios in which a BM is not present or occupied to signal the end of a period.
32	To have the final score for a defaulted game be addressed in the by-laws of the event.
56	“Kicking an Opponent’s stick” to be integrated in Illegal Procedure.
NEW 56	“Warding Off.”
65	‘Offside’ corrected in regard to Live Ball.
67	“Lateness” to be integrated in Illegal Procedure.
83.1	‘Play on’. Provide a heading.
Over & Back	Further guidance on over & back, especially on restarts.
Shot	Further guidance on definition of shot.
Penalty Release during Face-off	Further guidance on penalty release during a face-off.
Free Play	Further guidance on definition of Free Play.
Minor (Technical) Fouls	Further Guidance on the nature of Minor (Technical) Fouls.