

2025 Great Northern Lacrosse League Boys Season Overview + Operations Meeting

2025 GNLL Boys Annual Association Meeting

Wednesday, November 13 · 7:00 – 8:30pm

Time zone: America/Chicago

Google Meet joining info

Video call link: <https://meet.google.com/ewu-ybgv-dji>

Or dial: (US) +1 541-838-0193 PIN: 593 551 696#

More phone numbers: <https://tel.meet/ewu-ybgv-dji?pin=3872459935771>

The logo for the Great Northern Lacrosse League is displayed within a white rectangular box. The words "GREAT NORTHERN" are written in a large, bold, blue, italicized sans-serif font. Below this, the words "LACROSSE LEAGUE" are written in a smaller, blue, all-caps, spaced-out sans-serif font. The entire logo is framed by two horizontal blue lines, one above and one below the text.

GREAT NORTHERN
LACROSSE LEAGUE

Agenda

- Introductions
 - Jing Peng - Director of Leagues and Events
 - Megan Ulland- Asst. Director of Leagues and Events
 - Matt Burke- USA Lacrosse Midwest Regional Manager
 - Matt Ripley- NLOA VP
 - Aron Lipkin- Homegrown Lacrosse President & Co-founder
- [Attendance Form](#)
- [State of Play Survey](#)
- USA Lacrosse Updates- Matt Burke
- Boys Officials Rules Review & Updates
- Glance at the 2024 Season & History of GNLL/Homegrown
- Overview of GNLL Spring League
- Overview of GNLL Summer League
- Operating Policy & General Updates
- Resources for Program Leaders
- Resources for Coaches
- Challenges
- Questions/Discussions

State of Play Research

The Great Northern Lacrosse League (GNLL) is dedicated to providing high-quality Boys and Girls Youth Lacrosse Leagues and Events across Minnesota. Our mission is to support local community associations and club teams by fostering player development, promoting inclusivity, and offering competitive, accessible programming that encourages personal growth, teamwork, and leadership on and off the field.

We are currently developing a 3-5 year strategic plan and thinking about how to most effectively conduct annual "state of play" research. This survey aims to understand your experiences, identify areas for improvement, and learn how we can better support you and your community. Your feedback will help shape the future of youth lacrosse in Minnesota, ensuring we create a league that meets your needs and aspirations.

[Link to STATE OF PLAY SURVEY](#)

USA Lacrosse Updates

Program Leader Functions

MATTHEW BURKE'S PROFILE



MATTHEW BURKE
PLAYER COACH OFFICIAL

MEMBERSHIP NUMBER:
000008271305
VALID THRU: 12/2023
DOB: 01/1992
BACKGROUND CHECK REQUIRED
ABUSE PREVENTION EXPIRES: 01/03/2025
CERTIFICATIONS:
MENS GAME LEVEL 1 COACH CERTIFICATION

- VIEW/EDIT PROFILE
- AFFILIATIONS
- BACKGROUND CHECK
- ABUSE PREVENTION
- TRANSCRIPT
- E-LEARNING

Coach Development

COACH DEVELOPMENT PROGRAM
LEARNING PATHWAYS
EFFECTIVE JAN. 1, 2024

CURRENT LEVEL 3	PLATINUM Advanced Level Coach Certification
CURRENT LEVEL 2	GOLD Intermediate Level Coach Certification
CURRENT LEVEL 1	SILVER Foundational Level Coach Certification
ALL COACH MEMBERS INCLUDED WITH COACH MEMBERSHIP	BRONZE INCLUDED WITH COACH MEMBERSHIP Entry level coach certification included with USA Lacrosse membership.

Existing certifications will be transitioned to the appropriate new category at no additional cost

Age Verification



JOHNNY LACROSSE
PLAYER



MEMBERSHIP NUMBER:
010030002183
VALID THRU: 02/2025
DOB: 11/2014

AGE VERIFIED

USA Lacrosse Questions?

MIDWEST REGION CONTACTS



MATT BURKE

Regional Manager

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LOU CORSETTI

Regional Director

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lcorsetti@usalacrosse.com



Boy's Officials Review & Update - 2025 Points of Emphasis

Safety: Every youth lacrosse program should do its best to provide a safe environment at practices and games for everyone involved, including—but not limited to—ensuring that fields are safe, ensuring that all prescribed protective gear fits properly and is worn at all appropriate times, having protocols in place for dangerous weather, and ensuring that players are instructed on how to play the game safely and non-violently.

Slashing: One-handed stick checks are legal for 12U and 14U, but coaches must teach proper technique and should expect players to be penalized if a one-handed check hits anything other than the stick with any force.

Body checking: There are no takeout checks (checks with the force and intent to put the opponent on the ground) permitted at any youth level. There is some legal pushing allowed, and at 14U, completely upright non-takeout checks are legal if not violent.

Boy's Officials Review & Update - 2025 Points of Emphasis



Violent contact: Officials must call penalties for violent contact early in the game and to elevate the length of penalties for excessively violent contact after the first offense by a team. In particular, a second “take-out” or “excessive” body check by the same player should generally be a 3:00 NR penalty or an ejection foul. Note that targeting is always an ejection in youth games.

Communication with officials: Many officials working youth games are newer and will not make every call correctly nor will they have a firm grip on every technical rule. It's critical that coaches understand this. All officials should absolutely be able to throw a flag whenever there is violent contact. If the rules about such contact are not being enforced, it is appropriate for a coach to calmly and politely speak to the officials to remind them to call violations of the stick-checking and body-checking rules for that level of play on both teams.



Boy's Officials Review & Update - 2025 Points of Emphasis

Spectator lines and coaches box lines: A dashed spectator line 6 yards from the far sideline (or soccer discs every 5 yards) and a marked table area and coaches boxes are required. Substitute players must be 6 yards back from the sideline, out of the 6-yard by 20-yard coaches box, except when subbing.

Eye shade/eye black: Coaches must ensure that any players wearing eye shade are doing so legally. See rules for all levels of youth play for details.

All 2024-25 Points of Emphasis are listed in the [2024-25 GNLL Boy's Youth Rules Document](#)



Boy's Officials Review & Update - 8U & 10U Pass Rules

Goal scored: When a goal is scored, both teams will have up to 20 seconds to substitute, and the scored-upon team will start with a player in possession outside the crease anywhere along the goal-line extended. The other players, including the defense, may line up anywhere on the field as long as there is no player within 5 yards of the player in possession. The one-pass rule will apply on the restart. Note: there is no rule requiring the defensive team to wait on the other side of midfield after a goal.

One-pass rule: In any situation in which a face-off would normally be held in a higher-level game (see above), the team awarded possession must attempt one pass before they are allowed to shoot at the goal. That pass attempt may occur anywhere on the field. Note: This rule does not apply on every possession, only in situations where there would normally have been a face-off in a higher-level game.

Boy's Officials Review & Update - 8U & 10U Pass Rules



**PLEASE
enforce this as
written!**

We want standardization so players, coaches, officials, and spectators all know what to expect in every game.

Coaches may decide a handshake agreement for additional restrictions, but officials will only enforce the language as written.

Rule Change Review deadline for 2025-26: July 31, 2025

Boy's Officials Review & Update - Ejections and Unsportsmanlike Conducts



Ejection Review

After any ejection, the crew chief will submit an ejection report to Northland LOA and the GNLL.

After the game, the association may decide to request a review. A form will be made available.

Representatives of both Northland and GNLL will investigate the ejection and can choose to confirm, alter, or waive the normal automatic suspension due to specific factors.

Response will be as quick as possible, difficult mid-tournament.

Cumulative USCs

Officials will report all Unsportsmanlike Conducts given to coaches to Northland LOA and the GNLL. This is regardless of when the infraction occurs (before, during, or after the game).

If an individual receives 3 USCs in a single season, they will be assessed an automatic 1 game suspension. Further violations may produce larger penalties.

Meant to encourage more positive communication and allow for tools for officials to manage matters of conduct.

Boy's Officials Review & Update - Passing Along Feedback



**WE WANT YOUR
FEEDBACK!!**

Harold Buck (Assigner):
haroldbuck@yourassignment.net

Damon Kocina (Pres.):
DamonKocina@gmail.com

Matt Ripley (VP):
mwrapley@mac.com

Northland LOA has a mindset of getting better every time we step on the field. Please let us know if:

- You had a great or negative experience with an official ([Officials Evaluation Form](#))
- Questions about interpretation consistency
- Potential rule changes
- Assigning quirks

If you have game footage, please include. We have an established process for reviewing game film.

Glance at the 2024 Season By the Numbers & History of Homegrown Lacrosse

The Great Northern Lacrosse League (GNLL) represents the League and Events division of Homegrown Lacrosse, a Twin Cities-based 501(c)(3) non-profit organization founded in 2003. Guided by three dedicated full-time directors, GNLL currently administers 14 leagues and 12 tournaments, catering to a wide spectrum of participants, including youth associations, high school teams, club lacrosse programs, and 31 adult teams within the scope of our 2023-2024 fiscal year (September to August).

[2024 Association List](#)

[2021-2024 Program Chart](#)

[2024 Homegrown Programs by Department](#)



2025 GNLL Boys Spring League (Mid April–Early June)

[GNLL Boys Spring Field League](#)

League Dates:

Spring Regular Season: Saturday April 12-Sunday June 1, 2025

No Games May 24-25, 2025

Spring Youth State Tournament: Friday-Sunday June 6-8, 2025

Administrative Dates:

Association Registration Open/Close: Monday January 1-Friday February 14, 2025

Team Registration Deadline: Saturday March 1, 2025

Spring Scheduling Meeting: Sunday March 2, 2025

League Fees:

	6U	8U	10U	12U	14U
Team Fee	Free	\$100	\$100	\$100	\$100
Game Fee	Free, no officials	Free, no officials	\$55/game	\$95/game	\$95/game

West	NW	N/NE	South
ACYLA	Andover	Arrowhead	Eastview Apple Valley
Buffalo	Anoka Ramsey	Blaine	Farmington
BSM 14U	Becker	Cambridge-Isanti	Mankato
Delano	Big Lake	Capital City	Two Rivers
HopkinsPark	Champlin Park	Centennial	New Prague
Hutchinson	Eik River	Chisago Lakes	Owatonna
Maple Grove	Monticello	Duluth	Rochester
Minneapolis	Red River Valley	Forest Lake	Rosemount
Minnetonka	Rocori	Grand Rapids	Woodbury
Orono	Rogers-Otsego	Hill Murray	
Waconia	Sartell-Sauk Rapids	Hudson	
Wayzata	St. Cloud	Mahtomedi	
	STMA	Mounds View Irondale	
		Northern Siege	
		Superior	
		Tri-Mac	
		White Bear Lake	

2022: 41 Associations; 173 Teams
 2023: 45 Associations; 200 Teams
 2024: 48 Associations; 247 Teams

2025 GNLL Boys Summer League (Mid June–End of July)

Boys Summer Field League

League Dates:

Summer Regular Season: Monday June 9-Wednesday July 23 2025
(Wednesday July 16 for 6/8/10U)

No games on Fridays or July 3rd.

Summer 8U Jamboree (Saturday Only) & 10U Tournament: Saturday & Sunday
July 19-20, 2025

Summer 12/14U State Tournament: Saturday & Sunday July 26-27, 2025

Administrative Dates:

Association Registration Open/Close: Monday January 1-Friday February 14,
2025

Host Availability/Scheduling Form: Sunday April 20, 2025

Team Registration: Monday March 3- Sunday April 26, 2025

League Fees (Includes Summer State Tournament/End of Season Jamboree):

	6U	8U	10U	12U	14U
Team Fee	\$0	\$750	\$1175	\$1375	\$1375

West	NW	N/NE
ACYLA	Andover	Blaine
Buffalo	Becker	Cambridge-Isanti
Delano	Big Lake	Centennial
Hopkins	Elk River	Champlin Park
Maple Grove	Monticello	Chisago Lakes
Minneapolis	Rocori	Forest Lake
Orono	Rogers	Mahtomedi
St. Louis Park	Sartell-Sauk Rapids	Mounds View Irondale
Waconia	St. Cloud	Roseville
Westonka		White Bear Lake

2022 (Year 1): 25 Associations; 114 Teams

2023: 24 Associations; 108 Teams

2024: 29 Associations; 120 Teams

2025 Boys Operating Policy and League Updates

Age Division Waiver Request Process Change

- All age division requests should be submitted to GNLL by an Association Board member. This is to ensure that associations approve requests prior to submission to GNLL.

Player Release Process Update

- Players wishing to be waived out of their home association must complete the player release form provided on the [Player Requirements & Resources page](#). This requires the approval of both the home association and accepting association.
- The waiver covers one school year and must re-completed every year.

Summer State Tournament Format Update

- Boys & Girls end of season jamborees and tournaments will be joint in 2025.
- 6U-8U will be a 3 game jamboree Saturday July 19 at Delano HS
- 10U will be a two day 4 game tournament Saturday & Sunday July 19-20 at Delano HS
- 12/14U will be a three day 4 game tournament Friday-Sunday July 25-27 at White Bear Lake HS North Campus

Potential Change to 12/14U Summer League Games

- GNLL would like summer associations to vote on decreasing the number of Boys 12/14U games from 10 to 8 to improve the practice-to-game ratio to allow better skill development, team play/strategy, minimize burnout and injury, along with building confidence.

2025 Boys League Points of Emphasis

10U Teams

- GNLL encourages teams to be developmentally focused. Teams should be school based or evenly made based on skill. We recommend associations do not have formal evaluations for 10U.
- We are working on ways to help create appropriate matchups within 10U as we recognize there can be a big difference in skill levels as well. Additional information on this will be forthcoming.

Support of Out-Of-Metro Associations

- The growth of lacrosse associations in all communities should be important to all of us but we want to emphasize support for out-of-metro associations due to their increased time and cost commitments among other barriers. We already do this through some financial means but here are additional ways for associations to support.
 - Support through travel during Spring host days
 - Working to have back to back days in northern areas to allow teams to make a weekend team bonding trip
 - Associations are asked to self select travel at this time and are asked to travel once every three seasons to ensure out-of-metro teams get at least one home date. Records are shared in January for planning purposes.
 - Grand Rapids Shootout May 3-4, 2025
 - Moorhead Spud Showdown (anticipating May 17-18, 2025 pending city approval)

West	Northwest	North	South
Hutchinson	Rocori	Arrowhead Titans	Mankato
	Sartell Sauk Rapids	CEC	Owatonna
		Duluth	Rochester
		Grand Rapids	
		Moorhead	
		Superior	

Coaches Requirements

- 3 Coach Limit in Coaches Box for Youth
- Enforcement of Head Coach Silver Certification Requirements and Bronze for Assistant Coaches

Minimizing Schedule Changes

- Schedule changes affect everyone including officials, facility bookings, other teams, and even spectators. Team admin should list out potential conflicts ahead of the season to guide scheduling or schedule change requests.
- We understand that sometimes changes need to be made, but please work to have these happen at least a week in advance if possible. Remind team managers to collect attendance for games.
 - Please note, our [GNLL Operating Policies](#) outlines change fee amounts for non-weather and weather related cancellations that we have not been enforcing as we strive to be flexible and understanding. However, should we feel that teams are abusing the flexibility, we may enforce it along with a partial officials fee specifically for non-weather related cancellations in 2026 etc.

2025 League Items for Vote

of League Games for Boys 12/14U

- Please vote [HERE](#) for your associations' preference on the number of summer league games for Boys 12/14U. Please communicate with your board so there is only one vote per association.
- Due Dec 1 for associations that participate in GNLL Boys Summer Field
- Cost would be \$1180 for 8 Games & State Tournament or \$1375 for 10 Games & State Tournament. Decreasing to 8 games would bring the cost down along with a better practice to game ratio.

GNLL GOALS

SHORT TERM

- Support 3-4 Regional TryLax Events yearly in various areas of the state
- Host multiple coaching clinics
- Continue partnership with local collegiate programs (UST, Concordia, Hamline etc)
- Become a better resource for the community (local event awareness etc)

LONG TERM

- Helping drive long term growth of the sport which includes players, coaches, officials and board members
- Help facilitate collaboration across association/organizations
- Provide more equitable affordable opportunities for girls players to participate in off-season
- Help develop lacrosse in cities further away from the Twin Cities

RESOURCES FOR PROGRAM LEADERS

USA Lacrosse

- [Grant Options](#)
 - Equipment Grants
 - Player Clinic Grants
 - Financial Support
- [Certificates of Insurance](#)
 - Liability protection for facility rentals and events
 - Medical coverage for player injuries during organized lacrosse activities
 - New coverage starting January 1, more info to come
- Midwest Regional Manager Support from Matt Burke
 - mburke@usalacrosse.com
- [Online Lacrosse Team Management System](#)
- [League Standards and Best Practice Guidelines](#)
- [Flex 6](#)
- Hardship Memberships
 - Contact mburke@usalacrosse.com

Homegrown Lacrosse

- Private Clinics
 - Contact kyle@homegrownlacrosse.org

Great Northern Lacrosse Leagues

- [Operating Policies](#)
- [Association Grant Applications](#)
- TryLax Support
 - Equipment and Volunteer Coaches
- Clinic Support
 - Equipment and Volunteer Coaches

OFFICIALS' RECRUITMENT

USA Lacrosse

- [USA Lacrosse Officials Resources](#)

Boys Officials in Minnesota

- [Northland Lacrosse Officials Association](#) (NLOA)
- [Upper Midwest Lacrosse Officials Association](#) (UMLOA)



RESOURCES FOR COACHES

Great Northern Lacrosse Leagues

- On-Field Coaching Clinic Saturday March 1, 2025 9-1PM at Concordia Seafoam Stadium (more information to be sent by Jan 1)
- Virtual Preseason Coaches Meetings
 - Spring Season - Wednesday April 9, 2025
 - Summer Season - Wednesday June 4, 2025
- Virtual Coaching Series
 - Sessions focused on both coaching and administrative duties for directors
 - Ex. Offensive Strategies, Practice Planning, Coach Recruitment and Retention, Lax 101 for Parents
 - These sessions will be recorded and will live on our website for you and your staff to review when needed/convenient.



RESOURCES FOR COACHES

USA Lacrosse

- [Coaching Resources](#)
 - Mobile Coach
 - Rule Changes
 - USA Lacrosse Academy - [Denver](#) & [Dallas](#), December 7 & 8th, 2025
- USA Lacrosse Coach Development Clinics no longer running

Homegrown Lacrosse

- Shadow [Homegrown Academy Sessions](#)
 - Contact Kyle@homegrownlacrosse.org if interested

Great Northern Lacrosse Leagues

- [Boys Drill Compilation & Coaching Resources](#)
- [Girls Drill Compilation & Coaching Resources](#)



Questions/Challenges/Discussion

