

2025 Great Northern Lacrosse League Girls Season Overview + Operations Meeting

2025 GNLL Girls Annual Meeting
Wednesday, November 6 · 7:00 – 8:30pm
Time zone: America/ChicagoGoogle Meet joining info

Video call link: <https://meet.google.com/rsb-ixiv-ecr>
Or dial: (US) +1 803-620-3314 PIN: 570 277 246#

More phone numbers: <https://tel.meet/rsb-ixiv-ecr?pin=4152385690723>

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. Two horizontal blue lines are positioned above and below the "GREAT NORTHERN" text.

GREAT NORTHERN
LACROSSE LEAGUE

Agenda

- Introductions
 - Jing Peng - Director of Leagues and Events
 - Megan Ulland- Asst. Director of Leagues and Events
 - Kathryn Knippenberg- Girls Director (Spring & Summer)
 - Matt Burke- USA Lacrosse Midwest Regional Manager
 - Drew Devore- MLUA Official
 - Aron Lipkin- Homegrown Lacrosse President & Co-founder
- [Attendance Form](#)
- USA Lacrosse Updates- Matt Burke
- Officials Rules Review & Updates (include training)
- 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

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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Girls Officiating & Rules Updates

USA Lacrosse Rules Interpretation Meeting:

December 12th @ 7pm CST

February 24th @ 7pm CST

[Link to register](#)

Training Info:

Youth Specific Officials Training Sessions 2025

January 25th - URW Dome, Minneapolis

February - Champions Hall, Eden Prairie

March -

[Interest Form for HS Players and Adults Becoming a USA Certified Lacrosse Official](#)

Officiating Points of Emphasis

- Safety
 - Calling fouls and violations early to ensure we are keep the game safe from the start
- Coaches Conduct
 - Ensuring coaches understand the rules
 - Ask questions before the game if you need clarity on rules
- Understanding not all contact is a foul
 - Utilize USA lacrosse resources on legal defense to understand that even if there is contact there may not be a foul called
- Stick to Body Contact
 - Needs to be called more frequently and often
 - Emphasis on 12U & 14U levels
- Rules Knowledge Amongst Different Age Groups
 - MLUA continues to emphasize understanding the varying rule sets
- Illegal Picks
 - Setting picks within the shoulder width of your body. No horizontal sticks when setting (becoming more frequent)
- Growing number of officials
 - Partnering with GNLL to host youth officiating clinics to promote the growth of the officiating community
 - There is a need for more officials with the growing girls lacrosse community

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](#)

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

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 two dedicated full-time directors and one part-time director, 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 Girls Spring League (Mid April–Early June)

[GNLL Girls Spring Field League](#)

League Dates:

Spring Regular Season: Saturday April 12–Thursday May 22, 2025

No Games May 24–25, 2025

Spring Youth State Tournament: Friday–Sunday May 30– June 1, 2025

Administrative Dates:

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

Team Registration Deadline: Friday February 28, 2025

Spring Scheduling Meeting: Saturday March 1, 2025 1–4 PM

League Fees:

	8U	10U	12U	14U
Team Fee	\$50	\$50	\$50	\$50
Game Fee	Free, no officials	\$48/game	\$80/game	\$80/game

West	Central	NW	NE	North	South
Buffalo	ACYLA	Andover	Blaine	218	Rochester
Delano	Breck	Anoka	Centennial	Duluth	Rosemount
Hutchinson	Minneapolis	Becker	Forest Lake	Grand Rapids	Owatonna
Minnetonka	St. Louis Park	Elk River	Hudson	Moorhead	
Orono		Maple Grove	Mounds View Irontdale	Superior	
Wayzata		Monticello	Stilwater		
		STMA	White Bear Lake		
			Woodbury		

2024: 35 Associations; 118 teams

[8U Officials Survey](#)

2025 GNLL Girls Summer League (Mid June-End of July)

Girls Summer Field League

League Dates:

Summer Regular Season: Monday June 9-Wednesday July 23, 2025
 (Wednesday July 16 for 8/10U)
 No games on Fridays or July 3rd.
Summer 8U Jamboree (Saturday Only) & 10U Tournament: Saturday & Sunday
 July 19-20, 2025
Summer 12/14/18U 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:

	8U	10U	12U	14U	18U
Team Fee	\$700	\$1,150	\$1,300	\$1,300	\$1,300

West	NW	NE
Armstrong Cooper	Andover	218
Buffalo	Anoka	Blaine
Delano	Champlin Park	Centennial
Minneapolis	Elk River	Chisago Lakes
St. Louis Park	Maple Grove	Forest Lake
Westonka	Monticello	Hudson
	Rogers/Otsego	Mahtomedi
	STMA	Mounds View Irondale
		Roseville
		White Bear Lake

2024: 24 Associations; 82 Teams

2025 Girls 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 be completed every year.

8U Split Into Spring & Summer Seasons

- The 8U Hybrid season has been removed and will follow the spring and summer season outlines. Games in the spring are doubleheader weekend jamborees and games in the summer are weeknights M-Thur, with officials provided. Can look to do Jamboree weeknight games in the summer if associations desire.

2025 Girls Operating Policy and League Updates

Addition of 18U Summer Season

- Many of our summer associations support 18U teams and would like us to offer 18U for next season to allow for easier team administration and scheduling.

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 4 game tournament Saturday & Sunday July 19-20 at Delano HS
- 12/14U will be a 4 game tournament Friday-Sunday July 25-27 at White Bear Lake HS North Campus

2025 Girls 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)

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.

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](#)

Girls Officials in Minnesota

- [Minnesota Lacrosse Umpires Association](#) (MLUA)
- [GNLL form](#) for HS players and adults to indicate interest in becoming a USA Lacrosse Certified official



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



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
- Free Homegrown Lacrosse Boys & Girls On-Field Coaching Clinic Saturday March 1: 9-1PM at Concordia Dome prior to Girls Spring Scheduling Meeting
 - More info will be sent by January 1st



Questions/Challenges/Discussion

