



Northern California Junior Lacrosse Association Boys U11 thru High School 2012 Rules



All players, coaches and officials must have US Lacrosse membership

The following are Points of Emphasis and/or variations from the National Federation of State High School Associations (NFHS) Boy's Lacrosse 2012 Rule Book and US Lacrosse youth adoptions:

1. Standard NFHS rules will apply to the 2012 season. All NCJLA modifications are listed below on this card.
2. Head coaches must meet with referees during the required pre-game certification to understand how they will call the game and show all NCJLA certified coach's cards for each participating coach. Individuals who do not have a NCJLA certified coach's card shall not stand on the team's side of the field or "coach" from the spectator's side of the field.
3. Advancing the Ball: U13 thru high school both the defensive 20 second count will be used, the 10 second advance the ball into the goal attack area, and the "keep it in" rule will be applied in the last two minutes of the game and is enforced at all levels except U11.
4. Jerseys: The home team is responsible for contrasting jerseys. Rule conforming pinnies are acceptable.
5. Equipment: No mouth guard is an immediate one minute non-releasable penalty. No warnings! Mouth guards cannot be white or clear. Arm pads for goalies are recommended but not required.
6. Body Checks: Body Checking is permitted. At the U13 and U15 levels to be legal a body check should be delivered in a generally upright position with both hands together on the stick. Any body check in which the player lowers his head or shoulders with the force and **intent** to put the other player on the ground will be penalized. U11: No body checks allowed, minimal boxing out is allowed.
7. Stick Checking: One-handed checks are not allowed at U11 through U13 and will be considered a slash, whether or not it makes contact with the opposing player. U15 thru High School allows for controlled one-handed checks.
8. Take-Out & Neck/Head Checks: Neck/head checks are illegal at all levels, and take out checks are prohibited at the U11, U13 and U15 levels. **Take-out checks** are defined as any body checks in which the player lowers his head or shoulder, that are considered more aggressive or more physical than necessary, or that are against a player in a defenseless position. **Neck/head checks** are any check to an opponent's neck or head with a slash, cross-check, or with any part of his body including any follow through to the neck or head. Also, blocking of an opponent with the head or initiating contact with the head, including by an offensive player in possession of the ball (known as spearing).
9. 3 Yard Rule (U11-U15): At all youth levels all stick checks, body checks (except U11 - no body checks), legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight. This is a change from the previous rule of 5 yards.
10. Stick Lengths: Long sticks are legal for U11 thru high school, but not recommended in U11B.
 - a. U13 thru and High School: 40"-42" for offensive players. High School 52"-72", U13 and U15 50"-72" for defensive players. Note: This rule modifies the US Lacrosse rule minimum length for defensemen to allow defensemen to use goalie shafts.
 - b. U11: 37"- 42" for offensive players. 47"-52" for defensive players. If a U11B defensive players does use a long stick it is recommended the stick height be no taller than the height of the player to promote proper skill development.
11. Game Time Factors:
 - a. Pre-game lineups are to be held at all levels
 - b. High school: Four 12 minute stop time quarters. U13 and U15: Four 10 minute stop time quarters. For regular seasonal games U15 is allowed up to two (2) four (4) minute stop time sudden victory overtime periods in the event the game is tied at the end of regulation play. U13 is allowed one (1) four (4) minute stop time sudden victory overtime period in the event the game is tied at the end of regulation play.
 - c. U11: Four 12-minute running time quarters. U11 is allowed one (1) five (5) minute running time sudden victory overtime period in the event the game is tied at the end of regulation play for regular seasonal games.
 - d. It is the responsibility of the coaches and the officials to keep the game on schedule.
 - e. Referees must start and stop games on time. If running behind, the game time factors shall be adjusted **before** the start of the game with agreement of both coaches or before the start of the final period if lost time due to injuries or weather is deemed excessive.
 - f. If a team is late (not dressed, warmed up and ready to play) it forfeits with a score of 1-0. However, they may play a scrimmage during the remaining scheduled time.
12. Fouling out (U11-U15): Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game
13. Six-Goal Lead: For U11B only, at any point during a game when there is a six-goal lead, the trailing team may choose to take the ball at the midfield line in lieu of a face-off as long as the six-goal lead is maintained.
14. Mercy Rule: If at any point a team leads by 10 goals in the 2nd half of a stop-time game, the clock will revert to run time for the remainder of the game. Should the score differential be reduced to fewer than 10 goals, then normal play will resume.
15. Referee No-Shows: If one official is a no-show, the attending official will assume the duties of the referee and may assign assistants. If no officials show then a member from each team may serve as officials.
16. The 3-Chair Rule: If the visiting team wishes to have a representative at the score table then they may do so, thus the need for a third chair. This allows the visiting team to make sure the information is being recorded accurately.
17. An official shall eject from the game any player, substitute, non-playing member of a team, coach, assistant coach or anyone officially connected with a competing team or fan using a racial slur or derogatory term related to race, religion, color, gender, sexual orientation, or ethnicity.