



Northern California Junior Lacrosse Association Girls U15 and U13 2012 Rules



All players, coaches, and officials must have a current US Lacrosse membership

Rules: The NCJLA follows the rules and guidelines as administrated by US Lacrosse Youth Rules unless as noted below. A PDF version of the Girls' Lacrosse Rule Book can be downloaded by going to:
www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx.

Coaches' Conduct:

- Coaches must present their *NCJLA Coaching Certification* credentials to the umpire during their team's stick check. 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.
- Coaches' conduct rules pertain to not only their actions on the field during the game but before, after, and in the surrounding facilities.
- Depending on the division and level, the coaches' area may extend to different areas of the field. *2012 US Lacrosse Youth Rules modifications:*
 - **U15A, U15B, U3A-** Coaches area extends from their team's substitution box to the endline.
 - **U13B-** Coaches area extends to the full length of the field but must go *behind* the opposing team's bench.

Game Timing:

Two running-time halves with level-dependent stop time rules. Penalty shots after the clock has run out will not be permitted. Two time outs per team, per game, either after a goal is scored or on the umpire's whistle by the coach whose team has possession of the ball. Clock will stop for time outs only. Halftime is 5 minutes long. NO OVERTIME during regular season games. 2012 US Lacrosse Youth Rules Modifications:

- **U15A:** 20 Minute Running Half with **2 minute stop clock** at the end of each half
- **U15B:** 20 Minute Running Half with **2 minute stop clock** at the end of each half
- **U13A:** 20 Minute Running Half with **2 minute stop clock** at the end of each half
- **U13B:** 20 Minute Running Half

Checking:

Depending on the division and level with the following 2012 US Lacrosse Youth Rule modifications:

- **U15A, U15B, U13A, & U13B-** Modified checking permitted. Ball carrier's stick head must be below their shoulder. Checks must be away from the body.

Three Pass Rule:

Off the draw or from a change in possession, a team must pass three times before a goal may be scored (passes do not need to be completed). Trying to score prior to three attempted passes results in a minor foul and change in possession. The goalie will receive the ball and the attacking player will be placed at the 12m goal line extended. If the ball is dropped and the opposing team does not gain possession of the ball then the count remains until possession is lost or a goal is scored. If a girl is awarded a free position after a major foul has occurred in the 8m arc, and the three passes have NOT been completed, then the player takes an Indirect Shot on the goal.

- **U15A, U15B, & U13A-** No three pass rule.
- **U13B-** Three pass rule **IS** in effect.

Three Second Rule for Good Defense:

If a player has her stick in a checkable position above the shoulders and a defender is playing stick side for 3 seconds without the ball carrier changing her stick to an uncheckable position it is a Minor Foul and the ball is awarded to the defender.

Four Goal Differential:

When one team is winning by four or more goals, instead of a draw after a goal, the ball is awarded to the losing team. The team to which the ball is awarded may choose to take a draw.