



## Northern California Junior Lacrosse Association

# 2015 Boys Rules

**All players, coaches and officials must have US Lacrosse membership**

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. Coaches 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.

**Standard NFHS rules will apply to the 2015 season. All NCJLA modifications are listed below on this card.**

Rule	U11	U13	U15	HS Var & JV
<b>Stick Length</b>	Offense: 37" to 42" Defense: 47" to 54"		Offense: 40" to 42" Defense: 50" to 72" Goalie: 40" to 72"	
<b>Goalie Arm Pads</b>	Recommended at all age levels			
<b>Game Time Factors</b>	12-minute running time quarters	10-minute stop time quarters		NFHS
<b>Length of Game</b>				
<b>Advancing the Ball (10 &amp; 20 second counts)</b>	Not enforced	The defensive 20-second count will be used The offensive 10-second count will be used		
<b>Final Two Minutes of Regulation Play and **Stalling</b>	Stalling rule shall be WAIVED (**see note)	Stalling rule shall be ENFORCED "Get It In" / "Keep It In"		NFHS
<b>Overtime</b> Note: Game CAN end in a tie after OT if not a playoff.	One (1) 5-minute, running-time, sudden-victory overtime period.	One (1) 4-minute sudden-victory overtime period.	Up to two (2) 4-minute sudden-victory overtime periods.	NFHS
<b>Time-Outs (each team)</b>	2 Time-Outs / per half and 1 Time-Out / per OT period			
<b>Mercy Rule</b>	U11B only: 6 goal margin; award ball in lieu of face-off. May be waived by coach	10-goal margin in second half, game goes to running time		NFHS 12-goal margin in second half, game goes to running time
<b>One-Handed Checks</b>	Any one-handed check shall be considered a slash, whether or not it makes contact with the opposing player			NFHS
<b>Body Checking</b>	<b>NO</b> body checking of any kind is permitted	Limited body checking is permitted		NFHS
<b>3-Yard Rule</b>	All stick checks, body checks (at U13 and U15 only), legal holds, and legal pushes must be on a player in possession of the ball or within <b>3 yards</b> of a loose ball or ball in flight.			NFHS
<b>Fouling Out</b>	4 personal fouls OR 5 minutes in personal foul penalty time			NFHS
<b>Substitution Procedures</b>	Sideline <b>HORN</b> substitution permitted	Players may substitute "On The Fly". NO sideline horn.		

- \*\*Stalling:** No "Get It In / Keep IT In" at U11 however, the team in possession must use a reasonable effort to advance the ball in the attack zone to within five yards of an opposing player as per Rule 6-10. Game officials' discretion.
- Take-Out & Head / Neck Checks:** Take-Out Checks or Excessive Body-Checks are prohibited at every age level. Head/Neck checks are illegal at all levels. Penalty time for Unnecessary Roughness at youth level is non-releasable.
  - A Take-out check or Excessive Body-Check** is defined as any body-check in which the player lowers his head or shoulder, with the force and intent to put the other player on the ground, or against a player in a defenseless position.
  - Head / Neck checks** are any check to an opponent's head or neck 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).
- Contrasting Jerseys:** Home team is responsible for contrasting jerseys. Rule conforming pinnies are acceptable.
- Ejection:** 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.