



Northern California Junior Lacrosse Association Girls 2015 Rules GHS, GU15 A & B, GU13 A & B, and GU11

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

An official shall eject from the game any player, 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, gender, sexual orientation, or ethnicity.

Coaches' Conduct:

- Head coaches must meet with umpires during the required pre-game certification to discuss division rules, player numbers, and show all NCJLA certified coaches cards for each participating coach.
- Coaches' conduct rules pertain to their actions not only on the field during the game but before, after, and in the surrounding facilities.
- Only three coaches permitted on the player sideline per team.

US Lacrosse Rules Points of Emphasis (All Divisions Unless Otherwise Stated):

Draw: Only three players from each team will be permitted between the restraining lines during the draw.

Coaching Area: All age divisions the coaches' area extends from their team's substitution box to the end line.

Checking:

HS & U15A- Full Checking	U15B, U13A & U13B- Modified Checking	U11- No Checking
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Three-Second Rule for Good Defense (applicable in modified/no checking only games):

If a player with the ball is 1. closely guarded by a defender, 2. the defender could legally check if full checking were allowed, the 3. defender has both hands on her stick, and 4. this continues for 3 seconds, the ball will be awarded to the defense and penalized as a minor foul. The 3-second count will stop anytime the player with the ball moves her stick into an uncheckable position.

Yellow Cards: *If a coach or player receives a yellow card they must stand or kneel in the penalty box (located next to the scorers table) for 2 minutes. *U11 Only- A coach may substitute in another player for the duration of the penalty.*

Red Cards: *If a player/coach receives a red card the team must serve a **4-minute penalty and the player may not return to play or dress for the next game.***

*Note: U15 FC – a check to the head is a **MANDATORY** red card, not Yellow.*

NCJLA Modifications of US Lacrosse Rules:

Game Timing: *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.*

Division	Halves	Stop Clock
High School	25-minute running	2-minute at end of each half
U15A	25-minute running	2-minute at end of each half
U15B	25-minute running	2-minute at end of each half
U13A	20-minute running	2-minute at end of each half
U13B	20-minute running	2-minute at end of 2nd half only
U11	20-minute running	none

Goal Differential: *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.*

HS- None	U15A, U13A & U13B- 6 goals	U11- 4 goals
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