



Northern California Junior Lacrosse Association

2011 Rules

High School, Senior (U15), Junior (U13) and Lightning (U11) Boys



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 2011 Rule Book:

1. Standard NFHS rules will apply to the 2011 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 required, current PCA cards for all coaches. Officials will notify the league of those who do not comply. There will be no game time penalty for lack of a PCA card.
3. For all levels except U15 and high school: The Goalie/Defensive player has a four second count to clear his crease, but there is no count to advance the ball into the goal attack area or out of the defensive end. However, stalling can be called. The "keep it in" rule will be applied in the last two minutes of the game and is enforced at all levels.
4. Seniors (U15 all levels) and high school: Both the 20 second count for clearing the ball over center line and 10 second advance the ball into the goal attack area are in effect.
5. Home teams are responsible for contrasting jerseys. New NFHS uniform rules apply except size of numbers. 10" numbers on the back are acceptable and pennies with large numbers on front and back are also acceptable.
6. No mouth guards is an immediate one minute non-releasable penalty. No warnings! Mouth guards must comply with Rule 1, Section 9, Article 1.c. Mouth guards can not be white or clear.
7. Body Checking for all youth games follows the Youth Rules in the back of the 2011 NFHS rulebook.
 - a. We want to promote skill not violence.
 - b. Referees should remember that the unnecessary roughness call is always available and may be a 1-3 minute releasable penalty.
8. Checking rules - For Lightning (U11) no body checks allowed, minimal boxing out is allowed. No take out checks (lower head or shoulder to take out player, this includes the "bull dodge").
9. Stick lengths (Long sticks are legal for U11, U13, U15, and high school divisions)
 - a. Bantam (U9) – 37" – 42" for all players
 - b. Lightning (U11) - 37"- 42" for offensive players. 37"-72" for defensive players. It is highly recommended that U11 defensive players using long sticks should use a stick no longer than the height of the player to promote proper skill development.
 - c. Junior (U13), Senior (U15), and High School - 40"-42" for offensive players, 50"-72" for defensive players. Note: This rule modifies the US Lacrosse rule minimum length for defensemen to allow defensemen to use goalie shafts.
 - d. Goalies: The goalie's stick may be any length shorter than 72".
 - e. Number of long sticks on the field: Teams are allowed up to 4 long sticks in the game.
10. Time factors: (pre-game lineups are to be held at all levels)
 - a. High school, Seniors (U15) and Juniors (U13) will have four 10 minute stop time quarters.
 - i. Sudden victory overtime: Each overtime period will be 4-minute stop time until a goal is scored. Seniors (U15) will be allowed two overtime periods. Juniors (U13) will be allowed one overtime period. If no goal is scored the game ends in tie. Playoff/Championship games will continue with additional 4-minute overtime periods until a goal is scored.
 - b. Lightning: Four 12-minute running time quarters.
 - c. It is the responsibility of the coaches and the officials to keep the game on schedule.
 - d. 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.
 - e. 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.
11. If one official does not 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.
12. 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.
13. Face Off (Rule 4, Section 3 pg. 90) - At any point during a regular season game there is a four point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-point lead is maintained, unless waived by the coach of the trailing team.
14. Mercy rule - 10 goal rule: game will change to run time in the 2nd half (in a stop-time game).
15. 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.