



2011 NCJLA Boys' U9 Lacrosse



DESCRIPTION: To introduce the game of lacrosse to younger players and include the spirit of the NCJLA and its mission to create more opportunities for players to experience the sport.

GUIDELINES: All rules of Lacrosse will be used with the below listed modifications:

1. All players must have a birth year of 2002 or younger to participate. They may not be 9 years old on December 31, 2010.
2. The game will be played by two teams of 7 players each.
1 Goalie, 2 Defensemen, 2 Midfielders, and 2 Attackman
3. The U9 Division is open to girls and boys.
4. Jerseys will consist of single, solid color. Numbers on front and back. Pennies may be used and undershirts can be contrasting or the same color as the pennies. All undershirts should be the same single color. Shorts of the same color are encouraged, but not required.
5. All games will be officiated by one designated team coach from each team. It is preferred that they wear a striped referee's uniform. It is encouraged to use young officials with each respected club to officiate these games.
6. The game shall be played with full pads (for both boys and girls). To include: helmet, arm pads, shoulder pads. Shoes are required and cleats are recommended. All male players will be required to wear a protective cup. The Crosse may be of any length between 36 and 42 inches.
7. The field will be rectangular, between 53 $\frac{1}{3}$ and 60 yards long and approximately 35 to 40 yards wide. Players will use the GLE (Goal Line Extension) as restarting line.
8. Goals shall form an opening that is 4 feet wide by 4 feet high (4X4, inside measurements). Goals shall be approximately 10 to 12 yards from each end line. Goal creases around each goal shall be a plainly marked circle. This circle shall be marked using the midpoint of the goal line as the center and drawing a circle with a radius of 6 feet. Chalk, low cones or tape may be used to mark field.
9. A standard lacrosse ball will be used. It may be any color, as long as both Head Coaches agree prior to any ball other than WHITE being put into play.
10. All goals will count as (1) point.
11. Playing time will be four (10) minute periods of running time. One time out per half. All penalties will be stopped time. Half time will be (8) minutes long.
12. Two players must remain on their offensive side of the field at all times.
13. Three players must remain on their defensive side of the field at all times.
14. Body checking is NOT ALLOWED. Body checking is defined as a deliberate intent of a player initiating body to body contact. Poke checking is allowed. "Boxing Out" an opponent is encouraged within 5 yards of a loose ball.
15. There will be NO league standings at this level. The use of score sheets is encouraged for learning purposes.