



## Northern California Junior Lacrosse Association



# 2011 Rules

for Lightning (U-11 7v7) boys

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

The Lightning U11 7v7 will play under the following guidelines.

All rules of lacrosse will be used with the addition of these following changes

1. All players must have been born ON or AFTER 1/1/2000.
2. The game will be played by two teams of 7 players each consisting of a 1 goalie, 2 defensemen, 2 midfielders and 2 attackmen.
3. The Division is open to boys and girls.
4. A team's game jersey should be of a single, dominant color with numbers on the front and back of sufficient size to be clearly visible by coaches/game officials anywhere on the field. Under garments, if used should be all the same single color. Shorts of the same color are encouraged but not required.
5. The home team is responsible for contrasting jerseys or pinnies.
6. 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 within each club to officiate these games.
7. The game will be played with all equipment as specified in Section 9 of the NFHS rule book. Cups will be required for all boy players. Shoes are required and cleats are recommended. Mouth guards are required and must comply with Rule 1, Section 9, Article 1.c. Mouth guards can not be white or clear.
8. The field will be rectangular, between 60 and 80 yards long and approximately 40 – 50 yards wide (about  $\frac{3}{4}$  the size of a full size lacrosse field).
9. Goals shall have an opening 4 feet x 4 feet. The goal should be of one color and the net of one but a different color.
10. The goal crease around the goal shall be a plainly marked circle. The circle shall be marked by using the midpoint of the goal line as the center and drawing a circle with a radius of 9 feet.
11. Goals shall be placed 10 to 12 yards from each end line.
12. All goals will count as one (1) point.
13. Playing time of a game shall be four periods of 10 minutes running time.
14. There will be a two minute interval between the 1<sup>st</sup> and 2<sup>nd</sup> quarters and the 3<sup>rd</sup> and 4<sup>th</sup> quarters. Half time will be 8 minutes. Each team will be entitled to one 2-minute time out per half.
15. A standard lacrosse ball will be used. It may be of any color as long as both head coaches agree prior to any ball other than WHITE being put into play.
16. Crosses may be of any length between 36 and 42 inches, except the goalie cross which can be 36 – 60 inches in length.
17. Two players must remain on their offensive side of the field at all times. Three players must remain on their defensive side of the field at all times.
18. Body Checking is NOT allowed. Body Checking is defined as a deliberate intent of a player initiating body to body contact. "Boxing out" an opponent is encouraged within five yards of a loose ball.
19. Checking an opponent's crosse with his own crosse when that opponent has possession of the ball or is within five yards of a loose ball or when the ball in flight is within five yards of the players is legal.
20. Technical fouls will follow Rule 6 except that all penalties will be a change of possession. There will be no time serving technical fouls.
21. Personal fouls will require the offending player to report to the substitution box where they will do 10-20 pushups after play has been initiated. The player's coach on the sideline will assure compliance with the referee's call and the player can self-release after completing the penalty. (This rule is to introduce this level of U11 players to the concept of coming off of the field of play for a period of time). High stick checks that result in a "brush" should be called a slash. Should a player demonstrate unsportsmanlike behavior it will be incumbent on his coach to substitute out the player and have the offending player "sit out" until he/she is ready to constructively participate.
22. The game will start with a face off and there will be a face off at the beginning of each quarter and after each goal.