



Northern California Junior Lacrosse Association 2014 Girls U9 Rules



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

The NCJLA follows the rules and guidelines as administrated by US Lacrosse Youth Rules unless as noted below. A PDF version of the Girls' Lacrosse Rule Book can be downloaded by going to:

www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx

Coaches' Conduct:

- Coaches must present *NCJLA Coaching Certification* credentials during team's stick check.
- Coaches' conduct rules pertain to not only their actions on the field during the game but before, after, and in the surrounding facilities.
- If a coach acts inappropriately on the field please contact the division commissioner.
- One coach from each team may remain on the field at all times to both coach and umpire the games. It is recommended that as the season progresses that coaches begin to move towards the sidelines to coach.

US Lacrosse Rules Points of Emphasis and NCJLA Modifications:

Draw: During the draw a coach may choose to have up to five players between the restraining lines.

Game Timing: *Two 20 minute running-time halves. Penalty shots after the clock has run out will not be permitted. 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.*

Checking: *In accordance with US Lacrosse Youth Rules there is NO checking at this level.*

Field Set-Up: *Teams play 7v7 on a half field setup. Games are not played with goalies at this age division. The crease and 8m arc must be lined in accordance with US Lacrosse rules. Small youth cages or a regulation-sized goal with its triangular base used as the opening must be used. A center line must be lined on the field splitting it into halves. During play, only 5 girls will play on the offensive/defensive sides of the field (keeping two from each team back behind the center line).*

Yellow Cards: **Yellow cards should not be given at this level.** *If a player's actions should result in a yellow card it is suggested that the coaches who are umpiring talk with the player after pulling them off the field and may substitute another player onto the field.*

Three-Second Rule for Good Defense: *If a player with the ball is closely guarded by a defender, and the defender could legally check if full checking were allowed, and the defender has both hands on her stick, and 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 if the player with the ball moves her stick into an uncheckable position.*

Four Goal Differential: *When one team is winning by four or more goals, instead of a draw after a goal, the ball is awarded to the losing team and the winning team's center is set at a 45 degree angle in front of the girl with the ball (not behind). This is an Indirect Free Position. The team to which the ball is awarded may choose to take a draw.*

Free Position on Goal: *There will be no free position on goal even if a major foul is committed within the 8m arc. Fouls below the 12m fan will always result in an indirect shot requiring a pass or touch of the ball by the same team before it can be shot.*

NCJLA Additional Rule(s):

Three Pass Rule: *Off the draw or from a change in possession, a team must "attempt" to pass the ball three times before a goal may be scored (passes do not need to be completed). Trying to score prior to three attempted passes results in a minor foul and change in possession. The Deputy (a field player who acts as goalie when there are no goalies present during crease fouls or endline fouls) will receive the ball and the attacking player will be placed at the 12m goal line extended. If the ball is dropped and the opposing team does not gain possession of the ball then the count remains until possession is lost or a goal is scored. If a girl is awarded a free position after a major foul has occurred in the 8m arc, and the three passes have NOT been completed, then the player takes an Indirect Shot on the goal.*