



Northern California Junior Lacrosse Association 2014 Girls U11 Rules



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

The NCJLA follows the rules and guidelines as administered 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 to the umpire 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, the umpire shall verbally warn the coach. If poor conduct continues, the coach can receive a yellow card, and if it escalates further a red card. If a coach receives a red card they must leave the field for the remainder of the game. *Please notify division commissioner if a coach receives any cards.*

NCJLA Modifications of US Lacrosse Rules:

- Coaches' area extends to the full length of the field but must go *behind* the opposing team's bench. Coaches may come on the field only after a goal is scored for up to 1 minute to coach players and place them in correct positions.
- During the draw a coach may choose to have up to five players between the restraining lines.

US Lacrosse Rules Points of Emphasis:

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 by the coach whose team has clear 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.*

Yellow Cards: *If a player receives a yellow card they must stand or kneel in the penalty box (located next to the scorers table) for 2 minutes. 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.***

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: *If a major foul is committed within the 8m arc the team on offense will be awarded a free position and a Direct Shot on goal. 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 Rules(s):

Three Pass Rule: *Off the draw or from a change in possession, a team must pass 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 goalie 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.*