



# Northern California Junior Lacrosse Association Girls' U15 A/B, U13 A/B 2014 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 Girl's Lacrosse Rule Book can be downloaded by going to:

[www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx](http://www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx).

## **Coaches' Conduct:**

- Coaches must present their *NCJLA Coaching Certification* credentials to the umpire during their 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.*

## **US Lacrosse Rules Points of Emphasis:**

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**Draw:** Only three players from each team will be permitted between the restraining lines during the draw.

**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.***

**Coaching Area:** All age divisions the coaches' area extends from their team's substitution box to the end line.

**Checking:** Modified checking permitted. Ball carrier's stick head must be below their shoulder. Checks must be away from the body.

### **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.*

## **NCJLA Modifications of US Lacrosse Rules:**

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### **Game Timing:**

*Two running-time halves with level-dependent stop time rules. 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.*

- **U15A:** 25 Minute Running Halves with 2 minute stop clock at the end of each half
- **U15B:** 25 Minute Running Halves with 2 minute stop clock at the end of each half
- **U13A:** 20 Minute Running Halves with 2 minute stop clock at the end of each half
- **U13B:** 20 Minute Running Halves **with 2 minute stop clock at the end of the second half only**

### **Six Goal Differential:**

*When one team is winning by six or more goals, instead of a draw after a goal, the ball is awarded to the losing team. The team to which the ball is awarded may choose to take a draw.*