



Northern California Junior Lacrosse Association Boys' U9 Rules

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

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 official shall verbally warn the coach. If poor conduct continues, the coach can receive a conduct penalty and may be ejected from the game.

NCJLA Points of Emphasis

Balls

Beginning in 2014, all lacrosse balls used at NCJLA games must meet NOCSAE standards and include the words "**Meets NOCSAE Standard**". We encourage clubs to order balls now. For more details, visit uslacrosse.org/2014BallStandard

Substitution Box Dimensions

The Substitution Box has increased in size from previous years. The new box extends 10 yards on either side of the center line.

Hits targeting the head and neck

A player shall not initiate contact to an opponent's head or neck with a cross-check, or any part of his body (head, elbow, shoulder, etc.) or stick. Any follow-through that contacts the head or neck shall also be considered a violation of this rule.

NCJLA Modifications of US Lacrosse Rules:

Goalie Arm Pads

Goalie arm pads are recommended, but not required

Game Jerseys

The jersey, pinnie, or an under jersey should conform to the NCJLA Operations Guide.

Substitution Procedures – Horn Substitution Option

NCJLA authorizes substitutions when play has been suspended by the officials after the ball has gone out of bounds on the sidelines. For such substitutions, the timer shall sound a horn upon the request of a coach indicating to the officials that a substitution is desired.