



# Northern California Junior Lacrosse Association Boys' U11 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. Delaying ordering could cause issues if quantities are limited. For more details, visit [uslacrosse.org/2014BallStandard](http://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.

### **Mercy Rule:**

For U11B only, at any point during a game when there is a six-goal lead, the trailing team may choose to take the ball at the midfield line in lieu of a face-off as long as the six-goal lead is maintained.

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

### **Goalie Arm Pads**

Goalie arm pads are 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.

### **Time**

A game consists of four 12-minute running-time quarters. Regular season games are allowed *one* 5-minute running time sudden victory overtime period if the game is tied at the end of regulation play.