



Northern California Junior Lacrosse Association Boys' U13 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. Note: Sixteen (16) balls are needed on the field at the beginning of the game. Four (4) spaced evenly at each sideline and each end line.

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.

Substitution Procedures: Regular Substitution (Horns Eliminated)

There will no longer be a horn in out-of-bounds situations. Substitution of players may be made when play has been suspended by the officials, in addition to regular substitution procedures.

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.

Face-Off's

In all Face-off's (including penalties) each team must have 4 players in the defensive box and 3 players in the offensive box. In addition, Goalies are no longer permitted to face off in any situation. No face off player is permitted to have tape on the plastic part of the stick near the handle.

Offsides

A team is considered offside when it has more the six players in its offensive half of the field or more than seven players in its defensive half of the field, including players in the penalty area.

NCJLA Modifications of US Lacrosse Rules:

Equipment

Goalie arm pads are recommended, but not required.

Game Jerseys

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

Time

A game consists of four 10-minute stop time quarters. One (1) 4-minute sudden-victory overtime period will be played (provided time permits and coaches and officials are in agreement). In sudden victory overtime, each team is entitled to one timeout per period. Except in playoffs, game can end in a tie.