



## NCJLA 2018 Girls' Rules – All Age Groups

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

**Coaches' Conduct:** Head coaches must meet with officials and sideline managers during the required pre-game certification to discuss division rules, player numbers, and show all NCJLA certified coaches' cards for each participating coach. Only three coaches are permitted on the player sideline per team. Coaches' conduct rules pertain to their actions not only on the field during the game but before, after and in the surrounding facilities. Sideline managers are responsible for encouraging and maintaining an atmosphere of positive sportsmanship for the duration of the game(s).

**Participant Ejection:** An official shall eject from the game any player, non-playing member of the team, coach, assistant coach or anyone officially connected with a competing team or fan using a racial slur or derogatory term related to race, religion, gender, sexual orientation, or ethnicity.

Age Group	Number of Players	Field Size	Goal Size	Game Length	Halftime	Stop Clock	Mercy Rule	Checking	Kicking the Ball
HS	NFHS	NFHS (110-140 X 60-70 yds)	NFHS	2-25 min halves	5-7 min	2 min end of each half	6 goals & running clock	Full	Yes, (NFHS)
14U	NFHS	NFHS (110-140 X 60-70 yds)	NFHS	2-25 min halves	5-7 min	2 min end of each half	4 goals & running clock	14UA's – Full 14UB's – Modified	Yes, (NFHS)
12U	12 v 12	USL (110-140 X 60-70 yds)	NFHS	2-20 min halves	5-7 min	2 min end of each half	4 goals & running clock	Modified	Yes, (USL)
10U	8 v 8	USL (60 X 35 yds)	USL (4x4)	2-20 min halves	5 min	None	4 goals	No checking	No, (USL)
8U	4 v 4, no goalie	USL (60 X 35 yds)	USL (4x4)	2-20 min halves	5 min	None	No score kept	No checking	No, (USL)

### Points of Emphasis

**NOCSAE Balls:** required at all levels.

**Mandatory cards:** Contact with the head at all levels is a mandatory card; umpires have discretion for whether it is yellow or red.

**Contact:** At all levels contact is illegal if it does not follow USL rules. [Legal contact can occur between opponents during the process of play. However, contact that occurs that physically forces an opponent off of her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called. See pages 27, 37, 47 & 57 of USL rule book.]

**The Draw:** 1) The crosses must be parallel to and above the center line during set-up for the draw. 2) Players on the circle and the restraining line will be allowed to let their sticks touch the ground behind the lines so long as it does not detain another player's movement. 3) Players below the restraining lines on the draw may not cross until possession has been established, sticks may cross the lines to reach for a loose ball. Violation is a minor foul at the spot of the ball.

**Time Outs:** Two per team per game, either after a goal is scored or on the umpire's whistle by the coach whose team has ball possession.

**Overtime Played at HS Level Only:** 3 minutes stop clock play, after coin toss. Winner of coin toss chooses first possession or end of field. First goal wins.

**Three-Second Violation:** A player defending in the 8M arc may not remain in that area for more than 3 seconds unless one is marking an opponent within a stick's length. The free position for a three-second violation will be on the spot of the ball.

**Three-Second Rule for Good Defense:** Applicable in modified and no checking games only. If a player with the ball is 1) closely guarded by a defender, 2) the defender could legally check if full checking were allowed, 3) the defender has both hands on her stick, and 4) 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 anytime the player with the ball moves her stick into an uncheckable position.

**Conflicting Jersey Color:** The home team is responsible for changing to a non-conflicting color. Rule conforming pinnies are acceptable.

### **Yellow Cards**

**GHS, 14U & 12U:** If a coach or player receives a yellow card they must stand or kneel in the penalty box (located next to the scorer's table) for 2 minutes. There is no substitution for the carded player; the team plays down.

**10U:** If a coach or player receives a yellow card they must stand or kneel in the penalty box (located next to the scorer's table) for 2 minutes. The coach may substitute in another player for the duration of the penalty. Team does not play down.

**8U:** Yellow cards should not be given at 8U level. If a player's actions should result in a yellow card it is suggested that the coaches who are umpiring talk with the player after taking her off the field and may substitute another player onto the field for the duration of the penalty.

### **Red Cards**

**GHS, 14U, 12U & 10U:** If a player 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. The coach who receives a red card must leave the field and contest facilities (including parking lot). If the coach is responsible for transportation of a player or coaching staff, they must remain in their vehicle.

**8U:** Not applicable.

### **10U Additional Information**

**Field Set-up:** A crease and 8M arc should be lined in accordance with US Lacrosse rules by using paint, chalk or flat cones. A center line must be lined on the field splitting it into halves.

**Draw:** A draw will be taken at the beginning of each half and after each goal. During the draw a coach may choose to have up to 3 players on the center line. All other players not taking the draw must be behind one of the goal lines extended (GLE). Players can choose to be near their own goal circle or their opponents. NCJLA recommends 2 field players on the attack side and 2 field players on the defensive side during the draw.

**Contested Ground Balls:** A loose ball shall be contested by no more than 2 players. If a third player comes into the scrum, then the ball will be awarded via alternate possession and set up as a minor foul.

**1v1 Defense Required:** Players are expected to play 1v1 defense on the defensive end. No double teaming. Penalized as a minor foul.

**Off sides:** During play, only 5 girls will play on the offensive/defensive sides of the field, keeping 2 from each team back behind the center line.

### **8U Additional Information**

**Field Set-up:** Same as 10U.

**Draw:** No draw after a goal; defense is given the ball for a clear.

**Contested Ground Balls:** Same as 10U.

**1v1 Defense Required:** Same as 10U.

**Coaches Officiate:** One coach may remain on the field at all times to both coach and umpire the game. Only three coaches (inclusive of coach serving as umpire) are permitted on the player sideline per team.

**One Pass Rule:** Off the draw or from a change in possession, a team must "attempt" to pass the ball at least one time beyond the midline before a goal may be scored (passes do not need to be completed). Trying to score prior to one attempted pass results in a minor foul and change in possession. The Deputy (a field player who acts as a goalie when there are no goalies present during crease fouls or end line fouls, 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.

**Free Position On Goal:** There will be no free position on goal even if a major foul is committed within the 8M arc. 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.