



NCJLA 2019 Boys Rules

All NCJLA modifications to the NFHS rules for HS, 14U and 12U are listed below.
 All NCJLA modifications to the US Lacrosse rules for 10U and 8U are listed on the reverse

Coaches' Conduct: Head coaches must meet with officials and both team's sideline managers during the required pre-game certification meeting to discuss division rules, player numbers, and show all NCJLA certified coaches' cards for each participating coach for a legal game to proceed. **Only four coaches** are permitted on the player sideline per team. Coaches who do not have an NCJLA certified coach's card shall not stand on the team's side of the field or "coach" from the spectator's side of the field. Coaches' conduct rules pertain to their actions not only on the field during the game but before, after and in the surrounding facilities. They 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.

Boys Age Groups	Number of Players	Field Size	Goal Size	Game Length	Time Outs	Mercy Rule	Overtime Rule	Ball Specs	Age Group Stick Specifications		
									Short Pole	Long Pole	Goalie
HS	NHFS	NHFS	NHFS	NHFS	NHFS	12-goal margin in second half, game goes to running time	NHFS	NOCSAE	40" - 42"	52" - 72"	40" - 72"
14U	NHFS	NHFS	NHFS	10 min stop time quarters	2 per half, 1 per OT period	10-goal margin in second half, game goes to running time	Up to two (2) 4-min sudden victory periods, can end in a tie	NOCSAE	40" - 42"	50" - 72"	40" - 72"
12U	NHFS	NHFS	NHFS	10 min stop time quarters	2 per half, 1 per OT period	10-goal margin in second half, game goes to running time	Up to one (1) 4-min sudden victory periods, can end in a tie	NOCSAE	40" - 42"	50" - 72"	40" - 72"
10U	7 field players + 1 goalie	60' x 35'	4' x 4'	10 min running time quarters, 2 min break b/t quarters	none	10UB only: 6 goal margin; award ball in lieu of face-off. May be waived. A Level only: 10-goal margin in second half. May be waived.	10A Up to one (1) 4-min sudden victory periods, can end in a tie. B level - No overtime, ends in tie	NOCSAE	37" - 42"	N/A	37" - 54"
8U	4 field players, goalie optional	60' x 35'	4' x 4'	10 min running time quarters, 2 min break b/t quarters	none	No score kept	No score kept	Soft Balls	37" - 42"	N/A	37" - 54"

Points of Emphasis

- Cross-Check Holding:** Holding is permitted if a player uses the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.
- Body Checking:** at 12u and 14u are permitted but must be a necessary part of the play and cannot be excessive. There are no body checks in 8U and 10U.
- Targeting:** A player shall not intentionally take aim at an opponent's head for the purpose of making violet contact to a player in a defenseless position. The penalty for targeting at 12U and 14U shall be an ejection. However, a player's check that starts legally and slides into a player's head or neck, shall not be considered targeting.
- One Handed Checks:** Considered a slashing penalty at all youth levels; permitted at HS level
- Goalie Time Serving Penalties:** Except at the HS level, each coach is required to name a **starting defender** at the beginning of the game who will serve penalties for teams that dress one goalie. The starting defender shall serve the penalty time for the goalie when the penalty is releasable and one minute or less. The goalie's number and foul shall be recorded on the score sheet, and he is subject to disqualification. If one team has two goalkeepers and the other has not, both teams shall have the option of using the nominated defender rule. This is in addition to designating an In-Home.
- Slow-Whistle Technique:** NFHS rules for slow-whistle in the last 2 minutes shall be applied at all youth levels.
- For Specific rules regarding play for 8U and 10U see modifications section.** The NCJLA modifies rules from the US Lacrosse Boys Rule Book for 8U & 10U teams.

10U – NCJLA Modifications of USL Rules

8U–NCJLA Modifications of USL Rules

1. **Players:** 8 v 8 - 2 attack, 3 Mid-field, 2 Defense, 1 Goalie
2. **Goals:** 4x4
3. **Sticks:** no long poles
4. **Off sides Rule - In effect:**
 - 3 players in the defensive end at all times
 - 2 players in the offensive end at all times
5. **Penalties:** Served per USL rule book
6. **Raking shall be permitted**
7. **Face-Off & Wing Play**
 - Attack and defense start behind goal line extended until possession is gained
 - Wing players start one step in from the sideline

1. **Players:** 4 v 4 – goalies optional. If coaches elect to have goalies, and agree in writing prior to the game, they are required to wear a helmet, gloves, throat guard, protective cup, mouth guard and chest protector.
2. **Penalties:** follows USL rule book
3. **1 completed pass** in the offensive half of the field before a team can shoot
4. **Faceoff & Wing Play** – all players except faceoff players must be behind goal line extended at either end until possession is gained
5. **Stick checks:** stick must be initiated from below the shoulder and make contact to the stick below the shoulder. Players may lift, poke and downward check a stick.
6. **No Rake No Cover** (exception: on face-off to pull the ball out). In a scrum situation, coach shall stop play and award the ball via alternate possession.
7. **Less Equipment option:** Should teams wish to play without a helmet, gloves, chest or arm pads. The teams must agree in writing when the game is scheduled and **play by the US lacrosse 6U rules as written in the current season USL rulebook.** Players must still have a protective cup and mouth guard.