



Northern California Junior Lacrosse Association 2017 Boys Rules

All players, coaches and officials must have US Lacrosse membership

Head coaches must meet with referees during the required pre-game certification to understand how they will call the game and show all NCJLA certified coach's cards for each participating coach. Coaches who do not have a 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.

Standard NFHS rules will apply to the 2017 season. All NCJLA modifications are listed below on this card.

Rule	8U	10U	12U	14U	HS
Stick Length	37" to 42"	37" to 42"	NFHS: A/M: 40"-42"; D: 50"-72"; G:40"-72		
Goalie Arm Pads	No Goalie	Recommended for all levels			
Overtime	No overtime; games can end in a tie.	One 5-minute, running-time, sudden-victory overtime period. Game can end in a tie if not a playoff.	One (1) 4-minute sudden-victory overtime period. Game can end in a tie if not a playoff.	Up to two (2) 4-minute sudden-victory overtime periods. Game can end in a tie if not a playoff.	NFHS
Timing	12-minute running time quarters		10-minute stop time quarters		NFHS
One-Handed Checks	Slash				NFHS
Counts (10 & 20 sec)	Waived		NFHS		
Time-outs (each team)	1 per half.	2 per half, 1 in OT.		2 per half, 1 per OT period.	
Mercy Rule	4 goal margin; award ball in lieu of face-off. May be waived.	10UB only: 6 goal margin; award ball in lieu of face-off. May be waived.	10-goal margin in second half, game goes to running time.		12-goal margin in second half, game goes to running time.
Fouling Out	n/a	4 personal fouls or 5 min personal foul time			5 min personal foul time

- 1. Take-Out & Neck/Head Checks:** Neck/head checks are illegal at all levels, and take out checks are prohibited at the 10U, 12U and 14U levels. **Take-out checks** are defined as any body checks in which the player lowers his head or shoulder, that are considered more aggressive or more physical than necessary, or that are against a player in a defenseless position. **Neck/head checks** are any check to an opponent's neck or head with a slash, cross-check, or with any part of his body including any follow through to the neck or head. Also, blocking of an opponent with the head or initiating contact with the head, including by an offensive player in possession of the ball (known as spearing).
- 2. Goalie Time Serving Penalties:** Except at the HS level, the In-home 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.
- 3.** The home team is responsible for contrasting jerseys. Rule conforming pinnies are acceptable.
- 4.** An official shall eject from the game any player, substitute, non-playing member of a 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, color, gender, sexual orientation, or ethnicity.
- 5.** At all youth levels all stick checks, body checks (except 8U and 10U - no body checks), legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight.
- 6. 10U Modifications-** Players 8v8: 2 Attackmen, 3 Midfield, 2 Defenseemen and 1 Goalie. Goal size will be 4x4ft. Field Dimension is between 53 ½-60yds long and 35-40 yards wide. One certified official is required. Time serving penalties.
- 7. 8U Modifications-** Players 4v4, no goalie or offsides. Goal size is 4x4ft. Field Dimension is between 53 ½-60yds long and 35-40 yards wide. 1 completed pass in the offensive half of the field must be completed before a team can shoot. No time serving penalties. No rakes. Coaches may substitute players on-the-fly or pull the player aside on the field for teachable moment. NOCSAE balls required. Coach officiated.