



Northern California Junior Lacrosse Association

2017 Girls' 10U Rules

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

An official shall eject from the game any player, 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, gender, sexual orientation, or ethnicity.

Coaches' Conduct:

- Head coaches and home team sideline managers must meet with umpires during the required pre-game certification to discuss division rules, player numbers, and show all NCJLA certified coaches' cards for each participating coach.
- Coaches' conduct rules pertain to their actions not only on the field during the game but before, after, and in the surrounding facilities.
- Only three coaches permitted on the player sideline per team.

US Lacrosse Rules Updates:

Field Set-Up: Teams play 8v8 on a half-field setup. From restraining line to end line would be one field or 60-70yds by 35-45yds on a free standing grass field. A crease and 8m arc should be lined in accordance with US Lacrosse rules using paint, chalk or flat cones. Small youth cages (ideally 4x4) or a regulation-sized goal with its triangular base used as the opening must be used. A center line must be lined on the field splitting it into halves.

Goalies required.

No checking allowed.

Alternating Possession: The throw for offsetting fouls has been eliminated and replaced by alternate possession. The winner of the coin toss shall have the option of choosing ends of the field or having the first possession.

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.

Kicking the Ball: Players may not use their bodies to play the ball. No kicking is allowed

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 seconds violation will be the spot of the ball.

Three-Second Rule for Good Defense: 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.

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

Red Cards: If a player/coach 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 (ie parking lot). If the coach is responsible for transportation of a player or coaching staff, he must remain in his vehicle.

Goal Differential / Mercy Rule: Instead of a draw after a goal, the ball is awarded to the losing team if there is a 4 or more goal differential. The team to which the ball is awarded may choose to take a draw.

NCJLA Modifications of US Lacrosse Rules:

Game Timing: Two 20-minute running-time halves. Two time outs per team, per game, either after a goal is scored or on a possession time out on the official's whistle. Clock will stop for time outs only. Halftime is 5 minutes long. NO OVERTIME during regular season games.

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 players not taking the draw must be at least 8M away. NCJLA recommends 2 players on the attack side and 2 players on the defense side during the draw.

Offsides: 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).

1v1 Defense is Encouraged: No more than 2 players may mark the girl with the ball. Penalized as a minor foul.