



Northern California Junior Lacrosse Association

2017 Girls' Rules

GHS, G14UA/B, G12UA/B

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:

HS & 14UA* - Full Checking	14UB, 12UA & 12UB - Modified Checking
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Draw: *Players below the restraining lines on the draw may not cross until possession has been established. Violation is a minor foul at the spot of the ball.*

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.*

Kicking the Ball: *Players may not use their bodies to play the ball EXCEPT with a kicking action on a non-shooting attempt. If body contact is initiated it will be subject to the appropriate penalty.*

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: *Applicable in modified 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.*

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. There is no substitution for the carded player; the team plays 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. Note: 14UA* Full Checking – a check to the head is a MANDATORY red card, not yellow.*

NCJLA Modifications of US Lacrosse Rules:

Game Timing: *Two time outs per team, per game, either after a goal is scored or on the umpire's whistle by the coach whose team has possession of the ball. Clock will stop for time outs only. Halftime is 5-7 minutes long.*

Division	Halves	Stop Clock	Overtime
High School	25-minute running	2-minute at end of each half	3 min of stop clock play, after coin toss. Winner of coin toss chooses first possession or end of field. First goal wins.
14UA/B	25-minute running	2-minute at end of each half	No overtime
12UA/B	20-minute running	2-minute at end of each half	No overtime

***Girls Will Play Full Checking at 14UA:** *This is a modification of US Lacrosse rules.*

12UA/B NOT Required to Play 1v1 Defense: *12U players are NOT required to play 1v1 defense on any part of the field. They may double team, play zone defense, etc.*

Goal Differential / Mercy Rule: *Instead of a draw after a goal, the ball is awarded to the losing team. The team to which the ball is awarded may choose to take a draw.*

HS - 10 goals and running clock	14UA/B, 12UA/B - 6 goals and running clock
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