



Northern California Junior Lacrosse Association

2017 Girls' 8U Rules

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

Coaches acting as officials 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:

- Coaches must present *NCJLA Coaching Certification* credentials to opposing coaches at 8U.
- Coaches' conduct rules pertain to not only their actions on the field during the game but before, after, and in the surrounding facilities.
- If a coach acts inappropriately on the field, please file a sportsmanship incident report (SIR).
- One coach from each team may remain on the field at all times to both coach and umpire the games. It is recommended that as the season progresses that coaches begin to move towards the sidelines to coach.
- Only three coaches per team are permitted on the player sideline per team (inclusive of coach serving as an official).

US Lacrosse Rules Updates and NCJLA Modifications:

Field Set-Up: Teams play 4v4 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.

No goalies.	No checking allowed.	No score is kept.
--------------------	-----------------------------	--------------------------

Game Timing: Two 20-minute running-time halves. Two time outs per team, per game, either after a goal is scored or on the whistle by the coach whose team has possession of the ball. Clock will stop for time outs only. Halftime is 5 minutes long. NO OVERTIME during regular season games. Coach may call a substitution time out after a goal and before play resumes or during any other stoppage of play.

Regular NOCSAE Certified Ball: Players will not use a "soft" lacrosse ball.

Draw: A draw will be taken at the beginning of each half. During the draw a coach may choose to have up to 2 players on the center line. All players not taking the draw must be at least 8M away. NJCLA recommends at least 1 player on the attack side and 1 player on the defense side during the draw. No draw after a goal; the defense is given the ball for a clear.

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.

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 if at anytime the player with the ball moves her stick into an uncheckable position.

Yellow Cards: Yellow cards should not be given at this 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 pulling them off the field and may substitute another player onto the field for the remaining duration of the penalty.

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.

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 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.

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