

NCJLA 2019 Girls' Rules – All Age Groups

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

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

Age Group	Number of Players	Field Size	Goal Size	Game Length	Time outs	Halftime	Stop Clock	Mercy Rule	Stick Pocket	Checking	Kicking the Ball	Ball
HS & 14A	12 v 12	NFHS (110-140 X 60-70 yds)	NFHS	2-25 min halves	2 per team	5-7 min	2 min end of each half	6 goals	NFHS	Full	Yes, (NFHS)	NOCSAE
14UB	12 v 12	NFHS (110-140 X 60-70 yds)	NFHS	2-25 min halves	2 per team	5-7 min	2 min end of each half	4 goals	USL	Modified	Yes, (NFHS)	NOCSAE
12U	12 v 12	USL (110-140 X 60-70 yds)	NFHS	2-20 min halves	2 per team	5-7 min	2 min end of each half	4 goals	USL	Modified	Yes, (USL)	NOCSAE
10U	8 v 8	USL (60-70 X 35-45 yds)	USL (4x4)	2-18 min halves	1 per team	5 min	1 min end of each half	4 goals	Modified	No checking	No, (USL)	NOCSAE
8U	4 v 4, no goalie	USL (60-70 X 35-45 yds)	USL (4x4)	2-12 min halves	None	4 min	None	No score kept	Modified	No checking	No, (USL)	SOFT

Points of Emphasis

Self Start: Adopted for ALL levels of play. "For a whistle blown for a foul outside the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle." Used for restart outside of the critical scoring area. Rules Affected by SS (self-start):

-Re-draw – no SS; illegal draw – player may SS

-Alternate possession in the Critical Scoring Area will be moved to the dot (clock stops; no SS)

-Restraining Line Violation/Offside/Issuing Cards: clock will stop and players must wait for the official's instructions and whistle. Card time is recorded.

New Penalty Zone: applies to 8U-HS, player with the ball is placed by the official at the spot the penalty will be administered, all other players must clear out in the direction that they came, should an attacker and defender be in the same location near an 8 meter hash, the defender will have priority and the attacker must give them space. When clearing the penalty zone all players must clear beyond the GLE to the dots behind the goal circle. No free position will be placed on the GLE, all goal circle fouls will be awarded at the closest dot.

Contact: Contact is illegal AT ALL LEVELS if it does not follow USL rules.

1. **Field Set up:** A crease and 8M arc should be lined in accordance with the US Lacrosse rules by using paint, chalk or flat cones. A center line must be lined on the field splitting it into halves.
2. **Draw-** will be taken at the beginning of each half and after each goal.
3. **Positioning for the draw:** Each team will place 7 field players and 1 goalie on the field to start the game. One of the field players will be at the center to take the draw. All other field players will be placed within the 8 meter in either the offensive end or defensive end. Players must hold in the 8 meter until the official has signaled that possession has been attained.
4. **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 to the offended team.

1. **Field Set up-** same as 10U, except 8 meter lines are optional.
2. **Draw-**at the start of each half. No draw after a goal; defense is given the ball for a clear.
3. **Positioning for the draw:** Same as 10U, except all players not taking the draw must remain next to/In front of the goal circle instead of inside the 8 meter. Players are released when the whistle sounds for the draw, they do not have to wait for possession.
4. **Contested Ground balls-** same as 10U
5. **Coaches Officiate-**One coach should remain on the field at all times to both coach and officiate the game. Only four coaches (inclusive of coach serving as umpire) are permitted on the player sideline per team.
6. **Less Equipment option:** Should teams wish to play without goggles. The teams must agree in writing when the game is scheduled and play by the USL 8U Rules as written in the USL rule book. Players must still have a mouth guard.