NCWLO Rule Interpretation Webinar

All participants will be muted till Q&A sections after each agenda item

Agenda:
1. Introductions and Expectations
2. Lines of Communication for CIF and NCJLA
   a. Assignors
   b. NCWLO Grievance, Sportsmanship, and Ejection Forms
   c. Reporting Instructions
3. Rules Interpretation NFHS & NCJLA GHS
4. Rules Interpretation: USL Youth & NCJLA Modifications
5. Officials Only:
   a. Pre-Game Duties for all levels of play
   b. Arbiter & How to get paid
   c. Checking Your USL Rating
6. Closing Remarks and Next Steps

Please type your full name in the chat or right click your profile and add your name.
Introductions and Expectations

Certified USL Trainers for NCWLO

Tyrone Koen (VP Training)
Dave Sandusky
Carlee Duncan
Tanisha Bernard-Tucker
Scott Hamilton
Angela Cherry
Laura Jennings
John Rodgers
Michael Aaronian
Josie Lai
Paul Heathcote
Bonnie Evers (Sorensen)
Brad Dux

Expectations for this Training:
1. Understand the new rules changes for the level of play that you will be officiating or coaching.
2. Understand important procedures that should be followed when interacting with the NCWLO and/or its customers.
3. Provide opportunities for Q&A at the end of each section.
4. Know the specific online forms and where to find them.
Lines of Communication for CIF and NCJLA

Assignors for CIF and NCJLA Games

Responsibility Areas

1. **Marcos Amezcua**: Sacramento CIF/NCJLA & Central West Conferences for NCJLA
   - a. assignor1@ncwlo.org
   - b. Assistant Assignor: David Schutte

2. **Laura Jennings**: All other areas for CIF/NCJLA
   - a. assignor2@ncwlo.org
   - b. Assistant Assignors:
     - i. Daniel Matamoros (CIF BVAL & NCJLA End of Season tournaments)
     - ii. Michael Aaronian: (CIF pending & NCJLA End of Season Tournaments)
**Lines of Communication for CIF and NCJLA**

**Coaches & Athletic Directors CIF:**

1. **CIF Team Athletic Directors:**
   a. Contact assignors first for game changes, additions, cancellations
   b. Use the NCWLO CIF Game Change Form *(Sent to each AD after scheduling closes Feb 1st)*
   c. Less than 24 hours- contact officials when you email or text assignors
   d. Avoid change fees!
   e. Work with your neighboring programs to “stack” games in an area, create round robins
   f. Saturdays are great reschedule days!
   g. Grievances- vptraining@ncwlo.org
Lines of Communication for CIF and NCJLA

Coaches NCJLA Teams: (www.ncjla.org)

1. Assignors, NCJLA Webmaster and NCJLA Girls Director
   a. webmaster@ncjla.org and girlsdirector@ncjla.org

2. Complete the NCJLA Game Change Form (HERE)
   a. No less than 120 hours (5 days) in advance.
   b. Changes, Additions and Cancellations MUST have approval from the Girls Director before the game will be rescheduled by the NCJLA.
   c. Assignors can not add/change/edit games for you
   d. Avoid change fees!
   e. Weather related= different protocol
      i. Less than 24 hours contact: assignor, officials, & opponents ASAP- make contact don’t assume it is received

3. Grievances: girlsdirector@ncjla.org or your assignor
Lines of Communication for CIF and NCJLA

**Reporting Game Results:**

1. **Officials:**
   a. Enter in arbiter sports if you have the red “R” within 24 hours of the game.
   b. Enter all penalty cards that are administered in the penalty notes section:
      i. Team Name, player #, game clock time when the card was given, color of the card, & the foul.
   c. Red Card/Ejections:
      1. CIF Game: submit the [NCWLO Sportsmanship Form](#) - will automatically generate an email to the assignor and send a copy to you for your records.
      2. NCJLA Game: submit [NCJLA Sportsmanship Incident Form](#) - will automatically generate a form via email for the assignor.

2. **Coaches:**
   a. CIF: follow your athletic directors instructions
   b. NCJLA: enter into [www.ncjla.org](http://www.ncjla.org) with 24 hours of the game
Lines of Communication for CIF and NCJLA

Accessing Arbiter Sports Website

1. Officials:
   a. Must log-in and update address and contact information
   b. messaging@arbitersports.com
   c. Check EVERYDAY, assignors need to know if you can work or not so they can let teams know

2. Coaches:
   a. CIF:
      i. You can see your schedule now and officials (3 days out)
      ii. Only Athletic Directors can change games- via NCWLO form
   b. NCJLA:
      i. Most clubs have 1 arbiter log in for all their coaches
      ii. If you want specific access email your assignor
Rule Changes for NFHS Girls High School Varsity, JV and NCJLA GHS

Resources:

USL Officials Training Manual

NFHS Girls High School Rules Interpretation
Carry Over from 2019

Self Start Rules

Equipment specs, proper use & ASTM F3077-17

Penalty Zone
NFHS Rule Changes for CIF & NCJLA GHS

Self Start Refresh (pg 40 NFHS Rule book)

● Ball carrier can wait until the offender goes 4 meters behind or away
  ○ depends on the foul

● No Self Start:
  ○ Clock stops; Last 2 min of play (exception mercy rule, running clock)
  ○ Foul In the CSA
  ○ Re-draws
  ○ Off-sides
  ○ Issuing cards
  ○ Alternate possession is being awarded
  ○ Officials inadvertent whistle
  ○ Goal is scored
NFHS Rule Changes for CIF & NCJLA GHS

Pre-Game Duties: (page 12-18 USL Training Manual)

1. Coaches, Officials Captains Meeting:
   a. Equipment must be SEI certified
      i. Verbal confirmation needed
      ii. **No SEI mark required till 2025** *ALL LEVELS!*
         1. NCJLA Board Vote Completed 1.25.2020
   b. Sideline managers or facility admin must be present at meeting for game to proceed
      i. CIF Home team head coach can serve this role
      ii. For NCJLA Sideline Managers are spectator volunteers who **must** attend pre-game meeting
NFHS Rule Changes for CIF & NCJLA GHS

Pre-Game Duties: (page 12-18 USL Training Manual)

2. Checking the field equipment and lines

   a. Score table, visible clock, scoreboard and horn or buzzer required
      i. exception NCJLA-visible clock not required
   b. Flat base to goals -no rounded practice goals
      i. Unless visiting team is informed prior to the game and agrees in writing to play with rounded goals without padding
   c. Cones for boundaries that stay in place
   d. Visible lines- grievance procedure if not in compliance
   e. Padding is required for field goals that are closer than 10 yards to boundary
NFHS Rule Changes for CIF & NCJLA GHS

Stick Check Procedure

Rules 2-2-5e and 2-4-3c:
• Check stick to confirm the ball rolls out of back of pocket when placed in upper third of the head at its widest part and the stick and head are tilted 90 degrees.

Notes:
Continue to check for:
• Pocket depth
• No flat shoelaces as shooting strings
• Shooting strings are attached and in U-shape
• No after market modification to the head
• No holes that are larger than a standard golf ball
• P14 Training Manual
Section 4: Crosse Inspection (2-4)

How To Perform a Stick Check:

1. Conduct a stick check to make certain sticks meet specifications. All sticks that might be used in the game, including each player’s extra sticks, must be checked. When performing the stick check, also check that each player has a mouth guard and is not wearing jewelry.

2. Instruct the teams to form a line with sticks raised to shoulder height. Drop the ball into the pocket of the horizontally held stick. With the stick held at her eye level the official will ensure that the top of a ball is visible/seen above the top of the wooden or plastic sidewall after reasonable force with one hand has been applied one time and released from the ball. Roll the ball towards the ball stop and back, ensuring that the ball moves freely within all parts of the head/ pocket both laterally and along its full length. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden stick, or in the ball stop or under the walls of a plastic/molded head stick. The ball must easily fall out of the pocket when the stick is turned upside down. If the stick is legal, the player moves on. If the stick is illegal, the player moves to the side of the line, adjusts her pocket and has it re-inspected by the official. All players with illegal sticks are instructed to remain together and to have their pockets re-checked.

3. If a stick is discovered to be illegal during the stick check, and if the problem cannot be corrected before the start of the game, the stick will be placed at the scorer’s table. The stick may not be removed from this area, but team personnel may come to the table area to fix/adjust the stick. It can be rechecked at half time if the problem has been corrected.

4. During the stick check, visually check sticks to see that they are legal in length. Measure any stick that appears questionable. Visually check the head and stop of molded head sticks to determine if they have been altered in any way. Check to be sure there are no more than two shooting/throw strings in the field player’s stick and that these two shooting/throw strings are not rolled, coiled or twisted more than twice between each thong. Shoelaces may not be used as shooting/throw strings.
NFHS Rule Changes for CIF & NCJLA GHS

Personal Equipment

Rule 2-7-2:

- All eyewear on the playing field must be SEI certified and will be listed on the SEI website.
- [https://seinet.org](https://seinet.org)

Best Practice for Officials:
Print the SEI certified list and put in a ziplock bag in your game day officials bag.

NCJLA- will follow NFHS Correction from Rep meeting Jan 21
NFHS Rule Changes for CIF & NCJLA GHS

Personal Equipment

Rule 2-7-4:
- Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.
- No adornments or accessories allowed such as:
  - Face shields
  - Mohawks
  - Go Pro Cameras
- Paint, decals and tape are permitted.

Notes:
1. Prescription glasses worn by goalies that have transition lenses are considered medically necessary.
   *Pending ruling from NFHS*
2. Tape over jewelry that is not medically necessary is a foul.
3. Mouth guards shall fully cover teeth.
NFHS Rule Changes for CIF & NCJLA GHS

Section 7: Personal Equipment (2-7)

Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

1. Mouthpiece -- All players must wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth. It shall include occlusal and labial portions and shall cover the posterior teeth with adequate thickness, as well as protecting the anterior (leading) dental arch. It shall be of any color other than clear or white and must not have graphics of WHITE teeth. There may be no protruding tab for field players. Failure to properly wear a mouth guard is a minor foul.

2. Eye protection -- Properly worn eye protection is mandatory. The eye protection must meet the ASTM standard F3077 for women’s lacrosse. If a player is wearing any “approved” protective equipment, the eye protection is still required to be worn under the protective equipment. Failure to properly wear eye protection is a minor foul. All eyewear must bear the SEI mark for certification by January 1, 2025.

3. Headgear -- Any player choosing to wear headgear will only be allowed to wear headgear that has been tested by the manufacturer and meets ASTM F3137 standard for women’s lacrosse headgear. The headgear must be labeled that it meets the standard. Any headgear must be properly worn and securely fixed with the chinstrap in place as intended for use. Any headgear manufactured on or after 1/1/2018 must be permanently labeled with the SEI certification mark. All ASTM women’s lacrosse eyewear and headgear that is legal for play is listed on the US Lacrosse website.

4. Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder are prohibited unless padded with a closed-cell, slow-recovery foam padding no less than 1/2” thick. Knee and ankle braces that are unaltered from the manufacturer’s original design/production do not require any additional padding.

5. Jewelry -- Check all players to see that they are in compliance with the “no jewelry” rule. If an official notices that a player has tape on any exposed area that might be covering jewelry (earrings, bracelets, rings, etc.), then ask the player to remove it to see if it is covering jewelry. If any jewelry is found, that player cannot enter the game until the player removes the jewelry.

6. Players may wear securely taped medic-alert jewelry with information visible and close-fitting cloth sweatbands. Any other adornment will be considered jewelry and may not be worn.
Video or photo submissions:

- NCJLA will allow submission of video for instances of sportsmanship but will NOT overturn an official's call related to the rules.
- CIF Athletic Directors have considered video and photos as they relate to sportsmanship however there is no CIF rule requiring them to take action.
- Equipment must not:
  - Obstruct view of players or personnel
  - Be distracting or interfere with play or communication with score/time keeping
  - Provide communication means with players on the field
Starting Play - Draw

Rule 5-2-2:

• Any number up to 12 players of each team may be on the field before the start of each draw.

Notes:
No hanging out in the sub-box until
the whistle blows or possession is gained unless the substitution is imminent.
Starting Play - Draw

Rule 5-2-2 Note:

- Players may not enter the field after official’s hand is on the sticks for the draw.
- Violation of this rule is:
  - Minor Foul
  - Early Entry on Draw
NFHS Rule Changes for CIF & NCJLA GHS

Changes to the administration of the Draw:

- Illegal draw will be administered at the center line
- Must draw up
- Any player may self start with the ball on an illegal draw free position
- If both draw illegally it is not alternate possession it is a redraw
Possession Time Out

Rule 4-3-3:
When a possession time out is called:

- Play will resume at the spot of the ball.
  - Unless the ball is in the CSA.
- When the ball is in the CSA, play will resume at the closest dot.
  - Unless time out has been called prior to administration of a free position, then play will resume with administration of the free position.
- Substitutions will be permitted with the exception of a player being awarded the ball for a free position and the offender.

Notes:
2 Minutes starts when the whistle/horn is blown, NOT when players reach the bench. Warning will sound at 1:45 min. Delay of game can be issued for failure to return by 2 min.
NFHS Rule Changes for CIF & NCJLA GHS

Possession Time Out

Player Positioning:
When a possession time out is called:

- Players may move freely on the field when returning after the time out except for a player being awarded the ball for a free position and the offender.

- Players may not be closer than 4M to the ball carrier unless it is a boundary ball restart.

- If play is resume at a boundary line with a boundary ball, then defensive players shall provide 2M of clear space from the spot where the player steps onto the field from out of bounds.

- If play is restarted with a free position, player positioning for administration of the foul shall apply.

Notes:
Officials will request that the player in possession of the ball leave their stick and the ball at the spot where play will restart.
Substitutions

Rule 4-7:
Previous substitution rules that are unchanged:
• All substitutions must be through substitution area.
• Substitute may not enter field during play until player she is replacing has entered the substitution area.
• After a goal, substituting players may immediately enter the game.
• No substitutions allowed:
  ✓ After official’s hand on sticks for the draw.
  ✓ During a re-draw.
  ✓ During injury time out except for replacing injured player.
  ✓ During misconduct time out.

Notes:
If officials stop the game for an injury the player must leave the field and a sub may take her place.
Notes:
1. Yes you can sub in your best defenders
2. No subbing the person taking the free position.
3. Possession time out & no foul-yes you can sub the ball carrier; exception (stopped in the CSA) ball must go to dot.
4. Pg22 of Training Manual (Correction pending)
NFHS Rule Changes for CIF & NCJLA GHS

Starting and Restarting Play

Free Movement When Play is Outside the CSA:
• Players not involved in a free position may move freely on the field during a whistle or stoppage of play except they shall:
  ✓ Move 4M away from player taking a free position.
  ✓ Give ball carrier at least 2M of free space (stick and feet) where she steps onto field from out of bounds.
• Goalkeeper may move back to goal circle if she is not involved in a free position, there is not an illegal deputy foul, or she is not bringing a ball in from out of bounds from a position at the boundary line.

Notes:
Offender must make an effort to move away or behind depending on the foul
Starting and Restarting Play

Free Movement When Play is Within the CSA:

- Players not involved in a free position may move freely on the field and within the CSA during a whistle or stoppage of play except they shall:
  - Move 4M away from player taking a free position.
  - Give ball carrier at least 2M of free space (stick and feet) where she steps onto field from out of bounds.
  - Clear the penalty zone or penalty lane when applicable.
  - A defensive player is entitled to each hash mark adjacent to 8M free positions.
- Goalkeeper may move back to goal circle if she is not involved in a free position, there is not an illegal deputy foul, or she is not bringing a ball in from out of bounds from a position at the boundary line.

Notes:
No language about who gets the spot next to that defender on the hash. Every player for themselves.
Boundaries

Resuming Play - Rule 6-3-1:

- When a ball goes out of bounds:
  - Opponent nearest the ball shall bring ball inbounds.
  - Ball carrier shall bring ball inbounds relative to the spot where the ball went out of bounds.
  - Opponents must give the ball carrier at least 2M of free space (stick and feet) from where she steps inbounds.
Boundaries

Resuming Play - Rule 6-3-1:

- When the ball goes out of bounds, the player bringing ball inbounds:
  - May self-start from out of bounds.
    - She is not required to come to a stop before commencing the self-start from out of bounds.
    - She may not pass from out of bounds.
  - May step in bounds and self-start from a settled stance within 2M of where she entered the field.
  - May step in bounds and wait for a whistle start within 2M of where she entered the field.

Notes:
Officials be prepared to provide a whistle start
NFHS Rule Changes for CIF & NCJLA GHS

Boundaries

Resuming Play:
Boundary Self-Start on the Field:

- Ball carrier enters the field and pauses within 2M from where she entered the field, then restarts play; she has self-started:
- ✔ Defense may engage in play with the ball carrier when she steps or passes after pausing.
**Boundaries**

**Resuming Play:**
**Boundary Whistle Start on the Field:**
- Ball carrier enters the field and stops within 2M from where she entered the field and waits for a whistle start:
  - Defense may engage in play with the ball carrier when the whistle is blown.
NFHS Rule Changes for CIF & NCJLA GHS

Boundaries

Resuming Play:

- If the defense engages the ball carrier before allowed on a boundary ball:
  - Official shall direct player positioning.
  - Ball carrier may self-start, if self-start is allowed, or wait for a whistle start.
- A delay of game card may be given for repeated violations.

Notes:
Delay of Game card is green & 1 min
NFHS Rule Changes for CIF & NCJLA GHS

Boundaries

Resuming Play - Rule 6-3-2:

• When a shot or deflected shot goes out of bounds the player whose body or crosse is inbounds and nearest the ball when it crosses the boundary will gain possession.

✓ Ball carrier shall bring ball inbounds according to the boundary rules.

Notes:
Officials be in position to make the call. Players wait to see the signal for which team will have possession.
Minor Fouls

Rule 9-1b - Covering:

- Cover a ground ball with her foot, body or crosse preventing an opponent from playing the ball.
NFHS Rule Changes for CIF & NCJLA GHS

Minor Fouls

Rule 9-1c.1 – Delay of Game:

- Failure to stand when a player is required to stand excluding the false start penalty for an illegal self-start.

Notes:

Delay of Game = green card.
1st green- change possession

2nd Green/Yellow- change possession, 2 min play down (Not included in team/player card count)

3rd & subsequent: included in count
NFHS Rule Changes for CIF & NCJLA GHS

Minor Fouls added/clarified for 2020:

● Covering
● Delay of Game
● Early Entry
● Improper equipment (failure to wear properly)
NFHS Rule Changes for CIF & NCJLA GHS

Changes Regarding Critical Scoring Area for the Defense

- All players except the ball carrier and offender may move to more advantageous position during a free position—watch off ball!
- Officials may card a foul but award the ball at a spot on the field that would not disadvantage the non-offending team (page 68 Misconduct 12.1.1C)
- Possession time out in the CSA will result in the play being started at the dot!
- Cross Checking is a FOUL
- Horizontal stick is defined within the cross checking foul—just don’t do this!
  - Lots of grey area for interpretation and referee discretion
NFHS Rule Changes for CIF & NCJLA GHS

**Cross Checking: (illegal Stick to Body Contact)**

Rule 10 Major Fouls, section 1.R 1-2

“Cross to body, for example:
1. A stick held in a horizontal position that makes contact with an opponent’s body.
2. Cross-check: use of shaft of the cross to hit, push or displace an opponent whether or not the stick is horizontal. This includes but is not limited to, thrusting jabbing, pushing or displacing any part of an opponent’s body.”
NFHS Rule Changes for CIF & NCJLA GHS

Cross Check Continued:

- Offense has to abide by charging, forcing through, dangerous propelling, and dangerous follow through.
- Defense should not have to resort to cross checking!
- Page 56 NFHS Rule Book
- Page 50 NCAA Rule Book
- Lots of grey area so prepare your players!

NCAA 2020-2021 Rule Book

**Fouls**

SECTION 1. The following are fouls:

a. **Blocking/Illegal Pick:**
   1. Moving into the path of an opponent without giving the opponent a chance to stop or change direction, and causing contact.
   2. Setting a moving pick that causes contact and delays an opponent from reaching a desired position. For legal picking tactics see the definition for “pick” in Rule 7.
   3. When an opponent is running to receive the ball and the “blind-side” defensive player does not give the opponent a chance to stop or change direction.

b. **Charging:** Charging, barging, pushing into, lowering one's head and shouldering, or backing into, and making bodily contact with an opponent who has already established their position. It is not required that the opponent be in a stationary position.

c. **Covering:** Guarding a ground ball with one's foot or stick if the ball is contested by an opponent.

d. **Cross Check:** Initiating stick-to-body contact and using the shaft of the stick to hit, push or displace an opponent.
NFHS Rule Changes for CIF & NCJLA GHS

Changes Regarding Critical Scoring Area for the Offense

- All players except the ball carrier and offender may move to more advantageous position during a free position.
- Defense is entitled to the hash adjacent to the free position location.
  - After that it is the first player that gets to a location.
- Possession time out in the CSA will result in the play being started at the dot!
  - Yes-your opponent can sub in their starting defense on your attacker.
- Defenders are entitled to their space with in the CSA.
  - If they are established and give time and space to go around & the offense makes contact it COULD be a charge.
  - False starts in CSA- wait for the whistle
    - Officials hand up, backs out of CSA, hand moves down as they whistle.
NFHS Rule Changes for CIF & NCJLA GHS

Major Fouls

Rule 10-1c – Check to Head (Mandatory Card):

- No player’s crosse may hit or cause her opponent’s crosse to hit the opponent’s head or neck.

Notes:

Officials discretion if it is yellow or red.

Learn the difference between offense forcing through or charging, and defense checking illegally.
NFHS Rule Changes for CIF & NCJLA GHS

Major Fouls

Rule 10-1j – False Start:

- New rule states a False Start occurs when players **self-start when self-start is not an option**.
- Self-start is not an option when:
  - Game clock is stopped;
  - Offside foul;
  - Foul in the CSA;
  - Alternating possession;
  - Inadvertent whistle; or
  - Goal is scored.

**Notes:**
Repetitive false starts, like any other foul can be a cardable foul.

See POE section for NCWLO specific procedures.
Major Fouls

Rule 10-1 Penalties 4e:

• For major foul by a defense player within 8M of the goal circle above the goal line extended:
  ✓ Defending players are entitled the adjacent hash marks.

• With free movement, any defending player, other than the player who fouled, is entitled to an adjacent hash mark.

Notes:
There is no language that states the offense gets the next available spot.
NFHS Rule Changes for CIF & NCJLA GHS

Major Fouls

Rule 10-1 Penalties 5:

• For major foul by a defense player between the 8-meter arc and 12-meter fan, the free position will be taken on the 12-meter fan closest to the spot of the foul.

✓ All players’ bodies and crosses must clear the penalty lane.

Notes:
Minor foul in CSA (includes between 8 meter & 12 Fan) will be at the 12 fan.
NFHS Rule Changes for CIF & NCJLA GHS

Free Movement- Noteworthy

- No throwing the ball in from out of bounds - you must bring it in
- You may self start and move on an illegal draw
- No more awarding the ball to the spot where the player fouled intended it to go
  - Free movement removes the part about being disadvantaged
  - EXCEPTION: When Carding!!! Rule 12.1.1 situation C
- Be careful moving on/around the CSA on a free position
  - You can cause a false start!
  - Officials hand is up - you can move, when down don’t
- Only the ball carrier & offender need to leave their sticks at the spot of the foul on a free position time out
- Off ball fouls - alert the officials through the proper means
  - Time out, half time, or stoppage of play that allows
NFHS Rule Changes for CIF & NCJLA GHS

Repeated Fouls

POE focuses on limiting repetitive fouls and managing illegal play especially with the introduction of free movement.

- **Repeated fouls:**
  - Disrupt flow of play.
  - May result in dangerous play.
  - Place players at risk.

- **Officials should:**
  - Be aware of situations when teams and players continually foul.
  - Utilize warnings to change players’ behavior.
  - Administer cards when appropriate.

**CIF HS VAR & JV:**

Officials have discretion to use the following procedures.

1st foul - whistle, penalty admin
2nd foul - whistle, stop clock, verbal warning to coach/table, penalty admin, restart play
3rd foul - whistle, carding procedures, penalty admin

**NCJLA (All Levels):** League has requested that the procedure above be followed to prevent players missing valuable playing time.
**Starts and Restarts**

POE focuses on starts and restarts during this second year of self-starts.

- Officials should not disadvantage the ball carrier by unnecessarily resetting play on a self-start.
- Players must recognize the call being made and self-start within playing distance of the foul.
- If a whistle start is required and a player self-starts, a false start penalty will be administered.

**Notes:**
Repetitive False Starts can be a FOUL.
NFHS Rule Changes for CIF & NCJLA GHS

Delay of Game – Self-Start

POE focuses on delay of game outside the CSA.

• Players shall be penalized when they repeatedly:
  ✓ Attempt to self-start beyond playing distance.
  ✓ Fail to stand when required.
  ✓ Fail to move when directed.
  ✓ Encroach on ball carrier prior to play commencing.

Notes:
Penalty is a Green Card.
Questions?

Email format for questions after the training:

- Email address
- Full Name, title
- Program/team name
- Program/team level
- Rule # and page #
- Question

CIF HS Coaches & Athletic Directors are dismissed.

Please encourage your alumni to consider becoming an official for your league.

Thank You!
Rule Changes for US Lacrosse Youth and NCJLA 14U-8U

US Lacrosse Youth Rules Interpretation

US Lacrosse Officials Training Manual
NCJLA Resources for Coaches and Officials

2020 NCJLA Rules Sheet
NCJLA Game Protocols Sheet
NCJLA Google Calendar
www.ncjla.org
NCJLA Resources for Coaches and Officials

Sportsmanship Incidence Forms:

- Used for:
  - reporting positive and negative sportsmanship
  - Communicating with NCJLA Staff
  - Tracking trends
  - Addressing issues with coaches, spectators, players or officials

- Positive reports:
  - receive public recognition
  - NCJLA giveaways

- Negative reports: processed according to the NCJLA Operations Guide (HERE)
USL Rule Changes for NCJLA 14U-8U

Editorial Changes

Editorial Changes to 2020 Youth Rules:

Definition added for Modified Pocket:

— When no more than half of the ball falls below the bottom of the sidewall.

This adds a definition to Appendix A but does not change the rule for modified pocket.
Editorial Changes

Editorial Changes to 2020 Youth Rules:
Definition added for Illegal Cradle:
- When the ball carrier holds the head of her crosse with or without cradling within a 7-inch sphere.
- This adds a definition to Appendix A but does not change the rule for illegal cradle.
NCJLA Game Protocols for Coaches and Officials

Procedures to make participating in the NCJLA Safer & Time Efficient
Rule Changes for NCJLA 14U-8U

Northern California Junior Lacrosse Association
2020 Pre-Game and Game Day Protocol
Have this card available for review at every NCJLA game.

It is NCJLA policy for team’s Head Coaches or designated administrator to contact each other and the game officials at least 3 days prior to any NCJLA game. See below for detailed requirements of each team. Communication by phone or e-mail should be confirmed and messages not assumed received.

Pre-Game Considerations for ALL Teams

1. All team contacts can be found at www.ncjla.org under Team Contacts. Any actions requiring changes to the game schedule must be done via the Game Change Form located under the “Club Administrators” tab on www.ncjla.org. Once complete contact the host club administrator or head coach.

2. RAINOUT PROTOCOL - If your game change or cancellation is due to a rainout or an unforeseen and imminent change of location, please contact the officials assigned to the game AND the visiting team 2 hours before travel time. Contact the NCJLA Girls or Boys Assignor and then complete the game change form on the NCJLA website.
Rule Changes for NCJLA 14U-8U

Pre-Game and Game Day Responsibility of the Designated HOME Team

1. **Designated Home** team is responsible for contrasting color jerseys.

2. Two days before each game, a single administrator/Coach from the designated home team should establish direct contact with game officials to confirm teams, date, time, location and directions. Look for assignments and contact information on www.arbitersports.com. Contact the NCJLA Girls or Boys Assignor if there are no referees assigned to your game. Junior officials must have the contact information for a responsible adult at the venue they will be working.

3. Provide a Score Keeper and Timekeeper NCJLA Scorer video (https://youtu.be/BQUffFS1MNI). Score Keeper not required for 8U. In addition to scoring and time keeping they are responsible for keeping players behind lines and keeping the substitution area clear.

4. Provide NCJLA Carbon Copy Score Sheets (Not required 8U). Score sheet to be filled in completely, correctly and clearly with player names, jersey numbers, scores, assists, and penalties; teams, coaches, table personnel, and sideline managers’ names; and officials’ signatures. The yellow copy goes to the visiting team’s coach after the game.

5. **Game Balls**: NOCSAE unless otherwise indicated on the NCJLA rules sheet. Teams may elect to place the balls around the field according to the NFHS/USL rule book OR have readily available when the officials request. Boys 17, and Girls 6.
Rule Changes for NCJLA 14U-8U

Pre-Game and Game Day Responsibility of HOST Team

1. Three days before each game, the host team administrator or head coach must confirm the game schedule, that facilities are ready for play and directions to the field to each participating team’s head coach or team administrator.

2. Assure fields are lined properly with cones placed according to NFHS/USL rules. Boys: 7 cones; Girls: 10. (8U & 10U vary due to crease (boys only), goal circle, dots and 8 meter being formed with cones)

3. Assure goals are of one color and nets of one different color

4. Provide the following at the Scorers’ table:
   a. A scorer’s table with 2-4 chairs.
   b. Provide a game clock, at least two penalty time clocks and flip scorer (8U Not Required).
   c. Provide a substitution horn (unless prohibited by city ordinance) or buzzer.
   d. Keep at the scorer’s table a copy of directions to the nearest hospital and bathrooms.
Game Day Responsibilities of EACH Team

1. Provide the official Score Keeper with legible team roster at least 10 min before. Each player’s full name and jersey number are REQUIRED. Team rosters can be found under the Teams tab on www.ncjla.org.

2. Assign an identifiable Sideline Manager for each game to encourage and maintain sportsmanlike behavior. See NCJLA rules sheet for consequences for not having a sideline manager. (Sideline manager video https://youtu.be/9rfXDpyUbBE)

3. Assure spectators are on the opposite side of the field from teams and no spectators are on the end lines.

4. The winning team’s coach or administrator must post the score on the NCJLA website, www.ncjla.org within 24 hrs.

5. If a team is late (not dressed and ready to play) or cannot field the required number of players, it forfeits with a score of 1-0. However, they may play a scrimmage during the remaining scheduled time.

6. It is the responsibility of the game referee and the head coaches to start and end games on-time. If running behind, the referee, with the agreement of the head coaches, may alter the game time factors to get back on schedule.

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NCJLA 2020 Girls’ Rules – All Age Groups

All players, coaches, and officials must have current US Lacrosse membership. NCJLA modifications to either the NFHS or USL rules for each level of play are listed in BOLD. Have this card available for review at every NCJLA game.

Coaches’ Conduct: Head coaches must attend 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.

Pre-game Certification Meeting: Head Coaches, Team Captains, and both Sideline Managers MUST attend with the officials. * See consequences below.

Sideline Managers are 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.

NCJLA does allow coaches to have a photo of their coaches certification cards on their mobile device BUT MUST have a valid government photo ID to validate the electronic copy.
## NCJALA Rule Modifications

<table>
<thead>
<tr>
<th>Age Group</th>
<th># of Players</th>
<th>Min Roster (NCJLA)</th>
<th>Field Size</th>
<th>Goal Size</th>
<th>Game Length</th>
<th>Timeouts</th>
<th>Halftime</th>
<th>Stop Clock</th>
<th>Mercy Rule</th>
<th>Overtime</th>
<th>Checking</th>
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</thead>
<tbody>
<tr>
<td>HS</td>
<td>12 v 12</td>
<td>9</td>
<td>NFHS</td>
<td>NFHS (6x6)</td>
<td>NFHS</td>
<td>2 per team, per game</td>
<td>5-7 min</td>
<td>2 min end of each half</td>
<td>6 goals</td>
<td>NFHS</td>
<td>Full</td>
</tr>
<tr>
<td>14A</td>
<td>12 v 12</td>
<td>9</td>
<td>NFHS</td>
<td>NFHS (6x6)</td>
<td>2-25 min running time halves</td>
<td>2 per team, per game</td>
<td>5-7 min</td>
<td>2 min end of each half</td>
<td>6 goals</td>
<td>Not Permitted</td>
<td>Modified</td>
</tr>
<tr>
<td>14B</td>
<td>12 v 12</td>
<td>9</td>
<td>NFHS</td>
<td>NFHS (6x6)</td>
<td>2-25 min running time halves</td>
<td>2 per team, per game</td>
<td>5-7 min</td>
<td>2 min end of each half</td>
<td>4 goals</td>
<td>Not Permitted</td>
<td>Modified</td>
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<tr>
<td>12U</td>
<td>12 v 12</td>
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<td>USL</td>
<td>NFHS (6x6)</td>
<td>2-20 min running time halves</td>
<td>2 per team, per game</td>
<td>5-7 min</td>
<td>2 min end of each half</td>
<td>4 goals</td>
<td>Not Permitted</td>
<td>Modified</td>
</tr>
<tr>
<td>10U</td>
<td>8 v 8</td>
<td>8</td>
<td>USL</td>
<td>USL (4x4)</td>
<td>4-10 min quarters</td>
<td>1 per team, per game</td>
<td>5 min half, 2 min quarter</td>
<td>1 min end of last quarter</td>
<td>4 goals</td>
<td>Not Permitted</td>
<td>No checking</td>
</tr>
<tr>
<td>8U</td>
<td>4 v 4, no goalie</td>
<td>4</td>
<td>USL</td>
<td>USL (4x4)</td>
<td>4-6 min quarters</td>
<td>1 per team, per game</td>
<td>4 min half, 2 min quarter</td>
<td>None</td>
<td>No score kept</td>
<td>N/A</td>
<td>No checking</td>
</tr>
</tbody>
</table>
NCJLA Rule Modifications

Points of Emphasis

Overtime Procedures: High School games follow the NFHS rulebook. For 10U-14U: No Overtime Allowed during regular season NCJLA games.

Eye Protection: Must be SEI Certified. (insert link)

Free Movement: Adopted at all levels. See 2020 NFHS and USL Rule books.

Self Start: Adopted at ALL levels. See NFHS and USL Rules books for when self start is permitted.

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

3 seconds closely guarded: also referred to as 3 seconds good defense

Consequence for not having an NCILA Badged Coach*: 1-0 Forfeit awarded. The clock will start, gameplay may not commence until an NCILA coach is present.

Consequence for not having Sideline Manager*: Delay of game penalty assessed - possession awarded. Clock starts but the game will not begin until SLM is identified.


10U/8U POEs and modifications on reverse

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NCJLA Rule Modifications 10U-8U

Frequent Feedback for Officials Procedures:

- **3 seconds closely guarded**: (3 Seconds Good Defense, pg 53,17, 26, 36, USL Rule Book)
- “Is when a player with a ball holds the ball for more than three (3) seconds while closely guarded/marketed.

6.6 - 3 SECONDS CLOSELY GUARDED (OFFENSE)

Player with the ball may not hold the ball for more than 3 seconds when

a) closely guarded  
b) the defense has both hands on their stick  
c) the defense is in a position to legally check if checking were allowed.

Penalty: Immediate stoppage of play and possession is awarded to the offended team.
Frequent Feedback for Officials Procedures:

- **Marked (pg 51 USL)**: is guarding an opponent with in a sticks length
- **Sticks length (pg 53 USL)**: is when any part of the opponent's body is inside a crosses length.
- **Reaching Across the Body (p57 NFHS)**: reach across an opponent to check the cross when she is level with or behind her. (Major Foul)

**Note:** Officials will count the 3 seconds the same way that they count the 10 second clear for the goalie. Hands should be visible and arm moving so that players can see the foul is imminent.

Counting out loud for the players is encouraged but not required.
## NCJLA Rule Modifications 10U

### 10U - Points of Emphasis

1. **Field Set-Up**: A crease and 8M arc, centerline/restraining line and dots should be lined in accordance with the US Lacrosse rules by using paint, **chalk or flat cones**.

2. **NEW for 2020**: Timing: **4, 10- Minute Quarters**. 5 min halftime and 2-minute breaks between quarters. **1 timeout, No overtime**.

3. **NEW For 2020**: The **Draw** will be taken at the beginning of each quarter only. **No draw after goals**; the goalie is awarded the ball for an uncontested clear.

4. **NEW For 2020**: **Mercy Rule** - When applicable, an indirect free position will be awarded to the closest defender at the center hash of the 8-meter. All players will move 4 meters away.

5. **Positioning for the Draw**: Each team must 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. Two midfielders will be placed towards either sideline and be at least 8m away from the center mark. All other field players will be placed within the 8m arc on either their offensive end or defensive end. Players must hold in the 8m until the official has signaled that possession has been attained. Midfielders are released on the whistle but must follow the 1 v 1 defense and contested ground ball rules. (See diagram below.)

6. **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 offender team**.

7. **1v1 Defense** applies outside of the CSA. More than one defender may play the ball carrier inside the CSA.

8. **3 seconds for good defense**: Applies at all times and follows the USL rule book.

9. **Self start and free movement apply**.
NCJLA Rules 10U-8U

Frequent Feedback for Officials Procedures:
Contested Ground Ball (p16 USL)- 3rd party rule

6.1 - CONTESTED GROUND BALLS
A loose ball shall be contested by no more than two (2) players. If a third player comes into the scrum, then the whistle will be blown and the ball will be awarded via alternate possession. Kicking the ball is not permitted.

Note:
Officials will whistle when a 3rd player attempts to gain possession of a loose ball. Only 2 players allowed.

If all 3 players are from the same team- NO CALL.

NCJLA is different from USL
NO ALTERNATE POSSESSION.
No kicking the ball for 8U-10U
NCJLA Rule Modifications 10U

Note:
Yellow stars are the spot at which the mercy rule free position is awarded to a defender when a clear is how play will be restarted after a goal.
NCJLA Rules 10U-8U

**Frequent Feedback for Officials Procedures:**
1v1 Defense Enforcement Progression
8U: 1v1 required for entire field, no exceptions (p17 USL)
10U: 1v1 required for mid-field only (p26 USL)
12U-14U: does not apply

**Note:**
10U coaches teach rules for:
- 3 seconds in the Arc
- Shooting Space
- Proper positioning in the CSA

Officials: this foul is an immediate foul
NCJLA Supports

NCJLA Supports for Officials:
- NCJLA Girls Director and Commissioners
- Website with Rule Sheet and Game Protocols
- Sportsmanship Incident reporting Process
- Coordinates and funds field sites for Play Days
- Rules Committee for officials to submit annual suggestions-Meets 2nd Sat in June
- Website with Club Contacts for game day issues
NCJLA Coaches and Officials

Questions?

Email format for questions after the training:

- Email address
- Full Name, title
- Program/team name
- Program/team level
- Rule # and page #
- Question

Coaches are dismissed.

Please encourage your alumni to consider becoming an official for your league.

No Adult Officials = No Games

Thank You!
Officials Only Training
Arbiter Sports Website- Must Do’s

First Time Logging In- After you complete your field rating (Test)

a. Go to Profile tab
   i. Update address and contact information
   ii. No address = you get games that are very far away or no games!

b. Set your “blocks” or days you can not work games
   i. Go to Blocks tab
   ii. Go to action tab
   iii. Choose block all day, block half day or time frames

c. Set your travel limits- the lower the amount the less chance you have of getting games!

d. Check everyday, assignors need to know if you can work or not so they can let teams know
Arbiter Sports Website- Must Do’s

3 Days Before Each Game

a. You must have accepted the game for the information to appear on your schedule
b. Respond to club admin or NCJLA Coaches that contact you regarding game specifics
   i. Yes, thank you I will be at the game.
   ii. Details Confirmed
   iii. You do not have to give your personal phone number
   iv. Request the cell of someone who will be ONSITE during the GAME
Arbiter Sports Website- Must Do’s

After Games

a. Enter in arbiter sports if you have the red “R” with in 24 hours of the game.

b. Enter all penalty cards that are administered in the penalty notes section:
   i. Team Name, player #, game clock time when the card was given, color of the card, and the foul.

c. Red Card/ejections:
   1. CIF Game submit the [NCWLO Sportsmanship Form](#)- will automatically generate an email to the assignor and send a copy to you for your records.
   2. NCJLA game: submit [NCJLA Sportsmanship Incident Form](#) - will automatically generate a form via email for the assignor.
You MUST have ArbiterPay set up to get your paycheck

1. Go to Payments Tab
   a. Set up arbiterpay
   b. Must have YOUR SS#
   c. Link to a checking account for direct deposit
   d. Must have your EMAIL ADDRESS, not your parents email
   e. NOT YOUR PARENTS INFO
Arbiter Sports Website- Must Do’s

**Verifying Paysheets:**

1. NCWLO issues pay 2 times during the season
   a. March 30
   b. May 30
2. Email notification will come from Arbitersports.com via the NCWLO Treasurer
   a. You will have 5 days to email your assignor or treasurer with issues related to pay
   b. Go to Payments tab, then paysheets tab
Arbiter Sports Website- Must Do’s

Filing Your Taxes

a. Must enter your SS# in your profile in order to get a 1099 Form
b. 1099 Forms are sent by Arbiter Sports at the end of January
c. If you make less than $600 you will have to request the 1099 it will not automatically be sent

Help & Support Section on Arbiter Sports
Checking your rating on USL

www.uslacrosse.org

Officials Tab

Click on My Certification & Training Information

Have your US Lacrosse membership login info handy

*After March 10th once USL certified trainers have a chance to enter into database
Checking your rating on USL

If your trainer does not enter your rating please email

vptraining@ncwlo.org
Or
registrar@ncwlo.org
Thank you for attending the NCWLO
Rules Interpretation and Officials Training

Next Steps

1. Study the Rules Book & NCJLA Rules Sheet
2. Take the NFHS Rules Test (CIF coaches & all officials)
3. Take the NCJLA Coaches Rules Test
   (in USL e-learning portal for your level of play only, NCJLA Coaches only)
4. Take the USL Youth Rules Test (all officials)
5. Prepare for trainings on Feb 8 or 9 and Feb 22 or 23