



## Northern California Junior Lacrosse Association

# 2011 Girls U11-U15 Rules

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

*The NCJLA adheres to the rules and guidelines administered by US Lacrosse unless as noted below.*



### Coaches' Conduct

- 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, the umpire shall verbally warn the coach. If poor conduct continues, the coach can receive a yellow card, and if it escalates further a red card. If any red cards are issued to a coach, please contact the division commissioner and the NCJLA Girls Director. Go to [www.ncjla.org](http://www.ncjla.org) for contact information.
- The coaches' area extends from their own team's side of the score table to the end line on their side of the table.

### New Card Rules for 2011

- *The appropriate division commissioner must be contacted if any of the following occur:* Anyone receiving two yellow cards in a single game must sit out of the team's next game. Anyone receiving a red card must sit out of the team's next two games. If a team receives 3 cards in one game the team will play shorthanded for the remainder of the game. They will lose an additional player each time a card is received.
- A downloadable PDF of the girls rule book can be found at: [www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx](http://www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx)
- An official shall eject from the game any player, substitute, 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, color, gender, sexual orientation, or ethnicity.

### U-15 Senior A, U-15 Senior B, & U-13 Junior A

*"A" level teams are the most competitive teams in both the Senior and Junior divisions and are made up of experienced players. "B" level teams are less experienced and the goal of this level is to develop skills and team play. This division uses US Lacrosse rules, the same rules as HS with the following modifications:*

- **Game Length:** 20 minute running halves with two time outs per team, per game, either after a goal or on the umpire's whistle by the coach whose team has possession of the ball. Halftime is 5 minutes long.
- **Modified Checking:** Any check that is down, away and below the shoulder, is considered legal. Any checking above the shoulder is a *Major Foul\** and the ball is awarded to the attack player.
- **Three Second Rule (for good defense):** If a player has her stick in a checkable position above the shoulders and a defender is playing stick side for 3 seconds without the offender changing her stick to an uncheckable position, then it is a *Minor Foul\** and the ball is awarded to the defender.
- **Four Goal Differential:** When one team is winning by four or more goals, instead of a draw after a goal, the ball is awarded to the losing team and the winning teams center is set at a 45 degree angle in front of the girl with the ball (not behind). This is an *Indirect Free Position\**.
- **Two Minute Stopped Clock Rule:** In the last two minutes of the **game** the clock will stop on every whistle.

### U-13 Junior B

*The focus is on skill development and team play. This division uses US Lacrosse A rules and the same rules as HS, U-15 Senior A/B and U-13 Junior A with the following modifications:*

- **Three Pass Rule:** Off the draw or from a change in possession, a team must pass (passes do not need to be completed), three times before a goal may be scored. Trying to score prior to three attempted passes results in a minor foul and change in possession. The goalie 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. If a girl is awarded a free possession after a major foul has occurred in the 8m arc, and the three passes have NOT been completed, then the player takes an *Indirect Shot\** on the goal.
- **Two Minute Stopped Clock Rule:** **NO STOPPED CLOCK RULE AT THIS LEVEL!**

### U-11 Lightning

*The goal of this level is to develop skills and team play. This division uses US Lacrosse B rules and the same rules as HS, U-15 Senior A/B and U-13 Junior A with the following modifications:*

- **Modified Checking:** **NO CHECKING AT THIS LEVEL!**
- **Three Pass Rule:** Same as U-13 Junior B with the exception that there are no free positions awarded at this level.
- **Free Position on Goal:** There will be no free position on goal even if a major foul is committed in the 8m arc. For any foul below the 12m, it will always result in an indirect shot requiring a pass or touch of the ball by the same team before it can be shot.
- **Coaches' Conduct:** Coaches may come on the field only after a goal is scored for up to 1 minute to coach players and place them in correct position.
- **Two Minute Stopped Clock Rule:** **NO STOPPED CLOCK RULE AT THIS LEVEL!**

\***Major Foul:** For major fouls anywhere on the field the offending player will stand 4m behind. This also applies to the goal keeper or deputy whether she is inside or outside of the goal circle.

\***Minor Foul:** For minor fouls anywhere on the field the offending player will stand 4m to the side. This applies to goal keepers if she is wholly outside of the goal circle.

\***Indirect Free Position:** When a minor foul is committed inside the 12m fan the player fouled will move to the nearest spot on the 12m fan and the fouling defender will move 4m to the side of the player. No shot may be taken by the player taking this free position until the ball has been played by another player.

\***Direct Shot:** When a major foul is committed inside the 8m arc the player who was fouled will move to the nearest hash where the foul was committed and the player committing the foul will move to the 12m fan directly behind the player taking the free position.