



# Northern California Junior Lacrosse Association Girls High School 2014 Rules



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

The NCJLA follows the rules and guidelines as administered by US Lacrosse Youth Rules unless as noted below. A PDF version of the Girl's Lacrosse Rule Book can be downloaded by going to:

[www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx](http://www.uslacrosse.org/TopNav2Right/Rule/WomensRules.aspx)

### Coaches' Conduct:

- Coaches must present their *NCJLA Coaching Certification* credentials to the umpire during their team's stick check.
- 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 a coach receives a red card they must leave the field for the remainder of the game. If any red cards are issued to a coach please contact the division commissioner.
- The coaches' area extends from their own team's side of the score table to the end line on their side of the table. Coaches are not allowed on the opposing team's side.

### US Lacrosse Rules Points of Emphasis:

**Draw:** Only three players from each team will be permitted between the restraining lines during the draw.

### Card Rules for 2014:

*The appropriate division commissioner must be contacted if any of the following occur:*

- Any player or coach receiving two yellow cards in a single game will be suspended from the rest of the game. They may participate in the next game.
  - **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.***
- If a team receives 4 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.

### NCJLA Modifications of US Lacrosse Rules:

**Age Eligibility:** *Girls of any age who are in High School must participate on the HS level lacrosse team. Girls who are in the 8<sup>th</sup> grade and are U15 eligible may play on HS teams but must petition the NCJLA board for a waiver.*

### Game Timing:

Two 25-minute halves, running clock, stop time last 2 minutes of each half. Two time outs per team, per game, either after a goal is scored or *by the coach whose team has clear possession of the ball.* Halftime is 10 minutes long. OT shall be played in two 3-minute halves, if there is no clear winner at the end of the two halves then the game shall remain a tie.

**Forfeit:** If a team cannot attend a game, it must give the other team 72-hour notice, or it will be considered a forfeit. If a team forfeits, they are responsible for field costs and referee fees regardless of whether or not they were the designated "home" team. The minimum number of players for a regulation game is 9 players including a goalie.