



Northern California Junior Lacrosse Association

Boys U11 7v7 2016 Rules

All players, coaches and officials must have US Lacrosse membership

The following are Points of Emphasis and/or variations from the National Federation of State High School Associations (NFHS) Boy's Lacrosse 2016 Rule Book and US Lacrosse youth adoptions:

1. All players must be 10 years old or younger on August 31, 2015.
2. The game will be played by two teams of 7 players each consisting of a 1 goalie, 2 defensemen, 2 midfielders and 2 attackmen.
3. The Division is open to boys and girls.
4. A team's game jersey should be of a single, dominant color with numbers on the front and back of sufficient size to be clearly visible by coaches/game officials anywhere on the field. Under garments, if used should be all the same single color. Shorts of the same color are encouraged but not required.
5. The home team is responsible for contrasting jerseys or pinnies.
6. All coaches must be NCJLA certified and show their cards to the opposing coaches. Individuals who do not have a NCJLA certified coach's card shall not stand on the team's side of the field or "coach" from the spectator's side of the field.
7. All games will be officiated by one designated team coach from each team. Alternatively, it is encouraged to use young officials within each club to officiate these games.
8. The game will be played with all equipment as specified in Rule 1.9 of the NFHS rule book. Protective cup is not required except for goalies, but recommended for all male players. Shoes are required and cleats are recommended. Mouth guards are required and must comply with Rule 1, Section 9, Article 1.c. Mouth guards can not be white or clear. Goalies must wear arm pads.
9. The field will be rectangular, between 60 and 80 yards long and approximately 40 – 50 yards wide (about $\frac{3}{4}$ the size of a full size lacrosse field).
10. Goals shall have an opening 4 feet x 4 feet. The goal should be of one color and the net of one but a different color.
11. The goal crease around the goal shall be a plainly marked circle. The circle shall be marked by using the midpoint of the goal line as the center and drawing a circle with a radius of 9 feet. Goals shall be placed 10 to 12 yards from each end line.
12. Playing time of a game shall be four periods of 12 minutes running time. There will be a two minute interval between the 1st and 2nd quarters and the 3rd and 4th quarters. Half time will be 8 minutes. Each team will be entitled to one 2-minute time out per half. Time outs stop the game clock. All penalties will be stopped time. There is no stalling rule or defensive 20 second count in effect at this level. One (1) sudden victory overtime period of 5 minutes running time.
13. All lacrosse balls used at NCJLA games must meet NOCSAE standards and include the words "**Meets NOCSAE Standard**". It may be of any color as long as both head coaches agree prior to any ball other than WHITE being put into play.
14. Sticks may be of any length between 37" and 42" for field players and 40" and 57" for goalies. Any strings or leathers are limited to a hanging length of 2".
15. Two players must remain on their offensive side of the field at all times. Three players must remain on their defensive side of the field at all times.
16. Body checking is NOT allowed. Body checking is defined as a deliberate intent of a player initiating body to body contact. "Boxing out" an opponent is encouraged within three (3) yards of a loose ball. Take out checks or checks to the head and neck are illegal.
17. Stick checking an opponent's crosse with his own stick when that opponent has possession of the ball or is within three yards of a loose ball or when the ball in flight is within three (3) yards of the players is legal.
18. Technical fouls will follow Rule 6 except that all penalties will be a change of possession. There will be no time serving technical fouls.
19. Personal fouls will require the offending player to report to the substitution box where they will do 10-20 pushups after play has been initiated. The player's coach on the sideline will assure compliance with the referee's call and the player can self-release after completing the penalty. (This rule is to introduce this level of U11 players to the concept of coming off of the field of play for a period of time). High stick checks that result in a "brush" should be called a slash. Should a player demonstrate unsportsmanlike behavior it will be incumbent on his coach to substitute out the player and have the offending player "sit out" until he/she is ready to constructively participate.
20. The game will start with a face off and there will be a face off at the beginning of each quarter and after each goal. At any point during a game when there is a six-goal lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-goal lead is maintained, unless waived by the coach of the trailing team.