



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.

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

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. <https://www.uslacrosse.org/safety/equipment/approved-eyewear-list>

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 NCJLA Badged Coach*: 1-0 Forfeit awarded. The clock will start, gameplay may not commence until an NCJLA 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.

Link to US Lacrosse Girls Rules Page <https://www.uslacrosse.org/rules/girls-rules>

10U/8U POEs and modifications on reverse

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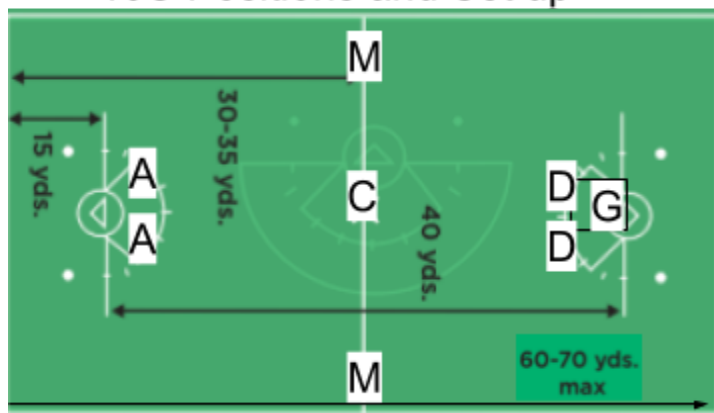
10U –Points of Emphasis

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 goalkeeper 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 offended team.**
7. 1 v1 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.

8U –Points of Emphasis

1. Field Set-Up: **Same as 10U.**
2. A Soft Ball is required.
3. **New for 2020: Timing: 4, 6-minute quarters,** 4-minute halftime. **2-minute breaks between quarters.** 1 timeout.
4. No Draw: The game will begin with a free position that is determined by a coin toss. The team that didn't win the coin toss will get possession at the beginning of the 2nd half. No draw after goals; defense is awarded the ball for a free clear at the GLE. *USL Rules 5.1*
5. How to Start the Game or Half: All players start in their defensive end. The team on defense will give a 4-meter cushion to all players until the whistle is blown. *USL Rule 5.2 (see diagram below)*
6. No Score is kept.
7. Coaches Officiate: One coach may remain on the field at all times to both coach and officiate the game. Only four coaches (inclusive of coach serving as referee) are permitted on the player sideline per team.
8. Contested Ground Balls: **Same as 10U**
9. 1 v 1 defense - Applies at all times including in the CSA.
10. 3 seconds for good defense: same as 10U.
11. Self start and free movement apply.

10U Positions and Set up



8U Positions and Set up

