



NCJLA 2021 Boys Small Sided Rules

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

Coaches' Conduct: Head coaches must meet with officials and sideline managers during 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 who do not have an 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. Coaches' conduct rules pertain to their actions not only on the field during the game but before, after and in the surrounding facilities. Sideline managers from **both teams** must be identified and meet with referees pre-game in order for a game to proceed. They 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.

Boys Age Group	Number of Players	Field Size	Goal Size	Game Length	Ball Specs	Short Pole	Long Pole	Goalie
HS	6 field players + 1 goalie	60' x 35'	NFHS (6x6)	2 – 17 minute halves, 5 minute halftime, running time	NOCSAE	40" – 42"	52" – 72"	40" – 72"
14U	6 field players + 1 goalie	60' x 35'	NFHS (6x6)	2 – 17 minute halves, 5 minute halftime, running time	NOCSAE	40" – 42"	50" – 72"	40" – 72"
12U	6 field players + 1 goalie	60' x 35'	NFHS (6x6)	2 – 17 minute halves, 5 minute halftime, running time	NOCSAE	40" – 42"	50" – 72"	40" – 72"
10U	6 field players + 1 goalie	60' x 35'	USL (4x4)	2 – 17 minute halves, 5 minute halftime, running time	NOCSAE	37" – 42"	NA	37" – 54"
8U	4 field players + goalie optional	60' x 35'	USL (4x4)	2 – 17 minute halves, 5 minute halftime, running time	Soft Balls	37" – 42"	NA	37" – 54"

Points of Emphasis

- Cross-Check Holding:** Holding is permitted if a player uses the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.
- At all youth levels,** all stick checks, body checks (except 8U and 10U - no body checks), legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight.
- Targeting:** A player shall not intentionally take aim at an opponent's head for the purpose of making violent contact to a player in a defenseless position. The penalty for targeting at 12U and 14U shall be an ejection. However, a player's check that starts legally and slides into a player's head or neck, shall not be considered Targeting
- One Handed Checks:** Considered a slashing penalty at all youth levels; permitted at HS level
- Goalie Time Serving Penalties:** Except at the HS level, each coach is required to name a **starting defender** at the beginning of the game who will serve penalties for teams that dress one goalie, in addition to designating an In-Home. If the other team has two goalkeepers, both teams shall have the option of using the nominated defender rule.
- Face Off:** Will only occur at the start of the first half and second half. After a goal, Goalies will have 4 seconds to get the ball out of the crease.
- Fouling out:** 4 personal fouls or 5 minutes of foul time. Technical fouls do not count toward total. Multiple technical fouls can lead to an unsportsmanlike conduct personal foul.
- For Specific rules regarding play for 8U and 10U see modifications section.** The NCJLA modifies rules from the US Lacrosse Boys Rule Book for 8U & 10U teams.
- For HS to 10U small sided play; time outs, over time and mercy rules are eliminated. 8U does not keep score.**

10U – NCJLA Modifications of USL Rules

1. **Players:** 7 v 7 - 2 attack, 2 MidField, 2 Defense, 1 Goalie
2. **Goals:** 4x4
3. **Sticks:** no long poles
4. **Offsides Rule - In effect:**
 - 3 players in the defensive end at all times
 - 2 players in the offensive end at all times
5. **Penalties:** Served per USL rule book
6. **Raking shall be permitted**
7. **1 offensive pass attempt per offensive possession.**
8. **Face-Off & Wing Play**
 - Attack and defense start behind goal line extended until possession is gained
 - Wing players start one step in from the sideline

8U–NCJLA Modifications of USL Rules

1. **Players:** 4 v 4 – goalies optional
 - If coaches elect to have goalies, and agree in writing prior to the game, they are required to wear a helmet, gloves, throat guard, protective cup, mouth guard and chest protector.
2. **Penalties:** follows USL rule book
3. **1 completed pass** in the offensive half of the field before a team can shoot
4. **Faceoff & Wing Play** – all players except faceoff players must be behind goal line extended at either end until possession is gained
5. **Stick checks:** stick must be initiated from below the shoulder and make contact to the stick below the shoulder. Players may lift, poke and downward check a stick.
6. **No Rake no Cover** (exception: on face-off to pull the ball out). In a scrum situation, coach shall stop play and award the ball via alternate possession.
7. **Less Equipment option:** Should teams wish to play without a helmet, gloves, chest or arm pads. The teams must agree in writing when the game is scheduled and play by the US lacrosse 6U rules as written in the current season USL rulebook. Players must still have a protective cup and mouth guard.