



Northern California Junior Lacrosse Association

2015 Boys Rules

All players, coaches and officials must have US Lacrosse membership

Head coaches must meet with referees during the required pre-game certification to understand how they will call the game and show all NCJLA certified coach's cards for each participating coach. Coaches 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.

Standard NFHS rules will apply to the 2015 season. All NCJLA modifications are listed below on this card.

Rule	U11	U13	U15	HS Var & JV
Stick Length	Offense: 37" to 42" Defense: 47" to 54"		Offense: 40" to 42" Defense: 50" to 72" Goalie: 40" to 72"	
Goalie Arm Pads	Recommended at all age levels			
Game Time Factors	12-minute running time quarters	10-minute stop time quarters		NFHS
Length of Game				
Advancing the Ball (10 & 20 second counts)	Not enforced	The defensive 20-second count will be used The offensive 10-second count will be used		
Final Two Minutes of Regulation Play and **Stalling	Stalling rule shall be WAIVED (**see note)	Stalling rule shall be ENFORCED "Get It In" / "Keep It In"		NFHS
Overtime Note: Game CAN end in a tie after OT if not a playoff.	One (1) 5-minute, running-time, sudden-victory overtime period.	One (1) 4-minute sudden-victory overtime period.	Up to two (2) 4-minute sudden-victory overtime periods.	NFHS
Time-Outs (each team)	2 Time-Outs / per half and 1 Time-Out / per OT period			
Mercy Rule	U11B only: 6 goal margin; award ball in lieu of face-off. May be waived by coach	10-goal margin in second half, game goes to running time		NFHS 12-goal margin in second half, game goes to running time
One-Handed Checks	Any one-handed check shall be considered a slash, whether or not it makes contact with the opposing player			NFHS
Body Checking	NO body checking of any kind is permitted	Limited body checking is permitted		NFHS
3-Yard Rule	All stick checks, body checks (at U13 and U15 only), 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.			NFHS
Fouling Out	4 personal fouls OR 5 minutes in personal foul penalty time			NFHS
Substitution Procedures	Sideline HORN substitution permitted	Players may substitute "On The Fly". NO sideline horn.		

- **Stalling:** No "Get It In / Keep It In" at U11 however, the team in possession must use a reasonable effort to advance the ball in the attack zone to within five yards of an opposing player as per Rule 6-10. Game officials' discretion.
- Take-Out & Head / Neck Checks:** Take-Out Checks or Excessive Body-Checks are prohibited at every age level. Head/Neck checks are illegal at all levels. Penalty time for Unnecessary Roughness at youth level is non-releasable.
 - A Take-out check or Excessive Body-Check** is defined as any body-check in which the player lowers his head or shoulder, with the force and intent to put the other player on the ground, or against a player in a defenseless position.
 - Head / Neck checks** are any check to an opponent's head or neck with a slash, cross-check, or with any part of his body including any follow through to the neck or head. Also, blocking of an opponent with the head or initiating contact with the head, including by an offensive player in possession of the ball (known as spearing).
- Contrasting Jerseys:** Home team is responsible for contrasting jerseys. Rule conforming pinnies are acceptable.
- Ejection:** 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.



Northern California Junior Lacrosse Association Boys Game Day Protocol 2015

Have this card available for review at every NCJLA game

It is NCJLA policy for teams to contact each other and the game officials 48 hours before each game to verify each game's date, time, and location, in order to avoid any errors and/or communicate any changes.

A club may appoint someone other than the head coach or team manager to attend to these matters. **Communication by phone or e-mail should be confirmed and messages not assumed received.**

Game Day Responsibility of the HOME team

1. Provide a Score Keeper and Time Keeper.
2. Provide Score Sheets and hand yellow copy to visiting coach after the game.
3. Score Keepers and Time Keepers are responsible for keeping players behind lines and keeping the substitution area clear.
4. Score sheet to be filled in completely, correctly and clearly with player names, jersey numbers, scores, assists, and penalties; teams, coaches, table personnel, and sideline managers' names; and officials' signatures. The yellow copy goes to the visiting team's coach after the game.
5. Place 4 balls on each end line, 4 on the sideline opposite the benches, and keep a minimum of four balls at the scorer's table.
6. Post scores on NJCLA website, www.ncjla.org if winning team fails to do so.

Game Day Responsibility of HOST CLUB

1. Assure fields are lined properly with seven (7) cones placed according to rules.
2. Assure goals are of one color and nets of one different color
3. Provide the following at the Scorers' table:
 - a. A score keeper's table with 3-4 chairs.
 - b. Provide a game clock and at least two penalty time clocks.
 - c. Provide a flip scorer.
 - d. Provide a substitution horn (unless prohibited by city ordinance) or buzzer.
 - e. Keep at the scorer's table a copy of directions to the nearest hospital and local police phone #.
 - f. Directions to the nearest bathrooms.
 - g. Water for game officials.

Game Day Responsibility of EACH CLUB

1. Provide Scorer with legible team roster. Include for each player their name, jersey number, and position.
2. Assign an identifiable Sideline Manager for each game to encourage, maintain, and manage sportsmanlike behavior.
3. Assure fans are on the opposite side of field from teams wherever possible.
4. Assure no spectators are on the end lines.
5. The winning coach or team manager must post the score on the NCJLA website, www.ncjla.org within 24 hours.

TEAMS MUST ARRIVE IN TIME TO WARM UP AND BE READY TO PLAY AT THE SCHEDULED TIME.

Game Management Responsibilities of EACH CLUB

1. Pre-game lineups are to be held at all levels
2. It is the responsibility of the coaches and the officials to keep the game on schedule.
3. Referees must start and stop games on time. If running behind, the game time factors shall be adjusted before the start of the game with agreement of both coaches or before the start of the final period if lost time due to injuries or weather is deemed excessive.
4. If a team is late (not dressed, warmed up and ready to play) it forfeits with a score of 1-0. However, they may play a scrimmage during the remaining scheduled time.