



# North Jersey Junior Lacrosse League

## 2019 North Jersey Junior Lacrosse League Rules Amendments. v1

The North Jersey Junior Lacrosse League (NJLL) follows both the 2019 NFHS Boys Lacrosse Rulebook and the 2019 US Lacrosse Boys' Rulebook.

The NJLL has adopted several changes to the US Lacrosse Youth Boys Rulebook as indicated in this document. If an item is not covered by this document or the US Lacrosse Youth Boys Rulebook, then revert to the NFHS Boys Lacrosse Rulebook for all other issues.

For the NJLL, the primary rules document is the NFHS boy's lacrosse rules, unless modified by the US Lacrosse boy's lacrosse rules, unless further modified as by these NJLL Rule Amendments.

Link to NFHS and US Lacrosse Boys Youth Rules: <http://www.uslacrosse.org/rules/boys-rules>

**The NJLL follows a grade-based system with an age maximum per grade, as such for 2019 the NJLL will use the below chart to match US Lacrosse rules to the NJLL appropriate grade.**

US Lacrosse Age Level		NJLL Grade Level
14U	=	7 <sup>th</sup> & 8 <sup>th</sup> Grades
12U	=	5 <sup>th</sup> & 6 <sup>th</sup> Grades
10U	=	3 <sup>rd</sup> & 4 <sup>th</sup> Grade

Note: The NJLL does not recognized play below the 3<sup>rd</sup> grade or U10 level.

### 2019 grade level age maximum

8 <sup>th</sup> Grade players	cannot turn 15 prior to 3/1/2019*
7 <sup>th</sup> Grade players	cannot turn 14 prior to 3/1/2019
6 <sup>th</sup> Grade players	cannot turn 13 prior to 3/1/2019
5 <sup>th</sup> Grade players	cannot turn 12 prior to 3/1/2019
4 <sup>th</sup> Grade players	cannot turn 11 prior to 3/1/2019
3 <sup>rd</sup> Grade players	cannot turn 10 prior to 3/1/2019

\*Any player in high school is ineligible regardless of age

**There will be ZERO tolerance for Unsportsmanlike behavior. Any ejection for such behavior will include an automatic suspension for the next game on the schedule at the time of the ejection.**

### NOTABLE RULE CHANGES FOR 2019

- Any penalty at the end of a game received by a team ahead by one goal shall extend the game until the penalty time is complete.
- All 3<sup>rd</sup> grade games are 7v7 and will be assigned one game official.
- All 4<sup>th</sup> grade games are 10v10 with two game officials.
- Change in the 4<sup>th</sup> grade One-Pass rule

- Enhanced penalty (one-minute releasable unsportsmanlike conduct foul) if coaches are on the playing field during play.
- No swapping sticks with another player on the field while the play is live.
- Warding can be called when player in possession has two hands on the stick.
- Cross check holds are legal if hands are shoulder width apart.
- New rules for U10 / 3<sup>rd</sup> Grade – see the end of this document
- \$65 game fee for official working 7<sup>th</sup> & 9<sup>th</sup> grade games

**For 2020 the NJJLL may require all players to use the new high school stick heads.  
For 2021 all goalie chest protectors will need to be NOCSAE approved.**

### **U14 / 7<sup>th</sup> & 8<sup>th</sup> Grade – Rule Modifications:**

- All players must use stick heads that meet NFHS standards.
  - If an illegal stick is found it shall be removed from the game with no penalty assessed.
- All games shall be four – 10-minute stop time quarters.
  - A maximum of two, four-minute overtime periods shall be played.
  - League sanctioned playoff games (8<sup>th</sup> grade only) shall be played until a goal has been scored, regardless of how many overtime periods are required.
- All high school counts are in effect.
- In the event a goalie commits a time serving penalty, any penalty time shall be served by a defenseman (long stick) who was on the field at the time of the offense was committed.
  - If the coach of the penalized team prefers and they have a second goalie who is already dressed and equipped as a goalie and is ready to immediately enter the game they shall be allowed a one-minute warm-up as per rule, prior to restarting play.
  - In any case at the referee's discretion, a goalkeeper may be told to serve his own penalty time.
- Coaches may not request stick checks.
- Officials shall perform at least two random stick / equipment checks per game.
- A maximum of four coaches may be on the sideline and must remain in the team area.
- Only head coaches may communicate with officials.
- Six goal mercy rule at losing coaches option.
- All high school counts are in effect.
- Over and back rule is in effect.
- No substitution horns are permitted.
- Any player who receives 3 personal fouls or 5 minutes of person fouls has fouled out of the game. This is not an ejection, but the player cannot return to the game.
- Any penalty at the end of a game received by a team ahead by 4 goals or less shall extend the game until the penalty time is complete. One the game has been extended play shall continue until the penalty time is complete or the penalty would have been released, regardless of the score.

### **U12 / 5<sup>th</sup> & 6<sup>th</sup> Grade – Rule Modifications:**

- All games shall consist four 12-minute running time quarters
  - Clock stops for all injuries and time outs.
  - During the last 2 minutes, if there is a one goal difference in the score, stop time will be implemented immediately.
  - If at any time the lead increases to 2 or more goals running time will start again
  - For games that are tied the clock runs during the last two minutes

- No overtime at this level.
- No 20 second, 10 second counts or over and back at this level.
- Substitution horn when the ball goes out of bounds is permitted.
- In the event a goalie commits a time serving penalty, any penalty time shall be served by a defenseman (long stick) who was on the field at the time of the offense was committed.
  - If the coach of the penalized team prefers and they have a second goalie who is already dressed and equipped as a goalie and is ready to immediately enter the game they shall be allowed a one-minute warm-up as per rule, prior to restarting play.
  - In any case at the referee's discretion, a goalkeeper may be told to serve his own penalty time.
- 4 Long poles are permitted.
- New high school stick heads are not required but the stick head must pass all stick check requirements except for the stick head throat measurement. The 4" Shooting String rule will NOT be enforced.
- Only poke checks, lift checks and downward checks started below the shoulder shall be allowed.
- Coaches may not request stick checks
- A maximum of four coaches may be on the sideline and must remain in the team area
- Only head coaches may communicate with officials
- Six goal mercy rule at losing coaches option
- Any player who receives 3 personal fouls or 5 minutes of person fouls has fouled out of the game. This is not an ejection, but the player cannot return to the game.
- Any penalty at the end of a game received by a team ahead by 4 goals or less shall extend the game until the penalty time is complete. Once the game has been extended play shall continue until the penalty time is complete or the penalty would have been released, regardless of the score
- Six goal mercy rule at losing coaches option

Note for 5<sup>th</sup> through 8<sup>th</sup> grades: Game officials shall record the jersey number of any player receiving a personal foul for the purpose of determining when a player has fouled out. In any case where a team has more than one player wearing the same number, all players wearing the number will be disqualified should that number receive 3 personal fouls or 5 minutes in personal foul penalty time unless the officials can determine the correct player.

### **U10 4<sup>th</sup> Grade – Rule Modifications:**

All NJLL rules listed above for U12 / 5<sup>th</sup> & 6<sup>th</sup> Grade plus the following:

- All 4<sup>th</sup> grade games shall be played 10 V 10 on a full-size field
- No long poles are permitted at this level
- All sticks shall be between 37"-42". (Goalie stick can be 37" – 54")
- No penalty time is to be served but the player involved must be removed from the game and not re-enter until the penalty time would have expired (this is monitored by the coaches)
- All sticks legal from 2018 are still legal in 2019
- No coaches on field
- Only head coaches may communicate with officials
- Raking the ball is NOT a violation

**One Pass Rule (10 V 10 games):** Whenever a team has possession of the ball in their defensive side of the field, they must attempt one pass prior to taking a shot on goal. The pass must be caught on the offensive side of the field but may originate from the defensive zone. If at any time a loose ball is created (other than intentionally by the player in possession) the one pass is no longer needed. Once one of these requirements is met another pass is not required until the ball has returned to their defensive side of the field.

## **NEW - 3<sup>rd</sup> Grade – 7v7 Rule Modifications:**

Beginning in 2019, NJJLL rules require that all 3<sup>rd</sup> grade games be 7 v 7 on a smaller than regulation size field. This decision is consistent with US Lacrosse's *Athletic Development Model* as well as extensive experience and learning across a wide range of sports. Fewer players playing on smaller fields means higher engagement, more touches and enhanced skill development. Most importantly, data shows that new players to the sport have a better experience and are more likely to continue playing.

Below are specific rules governing 3<sup>rd</sup> grade 7 v 7 play. These rules are consistent, in principle, with US Lacrosse's official rules for this age group and will act as a supplement to the NJJLL General Rules document which is issued every year.

**Players:** 7 v 7 play is composed of 1 goalie, 2 attackmen, 2 midfielders and 2 defensemen. Teams may only have 4 players in their offensive half of the field and thus must leave 3 players back on defense (normally that would be the 2 defensemen and the goalie, but as in regulation lacrosse, a defenseman may cross the midline if a midfielder or attackman stays back on their defensive half of the field).

Because there are fewer players on the field at any one time, teams with fairly large rosters may want to consider playing two games in order to get sufficient playing time for all players. If this is the case, be sure to agree this in advance with the other team and schedule accordingly. Do NOT ask officials to stick around for a second game if it has not been scheduled appropriately and with sufficient advance notice using the Arbiter system.

**Field:** The playing field shall be rectangular, 60 – 70 yards max in length and 35 – 45 yards in width. The center of the field shall be marked by approximately a four-inch circle, square or x. The goal creases shall be circular and of regulation size (9 feet radius). Portable creases may be used instead of painted creases. Goals shall be official regulation lacrosse goals, 6 feet by 6 feet in dimension.

In some cases, programs may choose to play "sideline to sideline" on a regulation size field, which dimensionally should be fine. Where painted lines are not available, mark boundaries (sidelines, midlines, end lines) using multiple flat discs. As mentioned above, portable (pop up) creases are a good solution when painted crease lines are not possible, and thus programs should consider purchasing a pair.

There is no need for a restraining line with 7 v 7 play. Face-off wing lines are desired but not required. Where face-off wing lines are not available, the official will instruct midfielders starting on the wings for face-offs to stand with one foot on the sideline.

**Required Equipment:** Field players shall have sticks 37 – 42 inches in length (no long poles at this level). Field players shall have the following equipment:

- NOCSAE approved helmet
- mouth protector (mouth guard)
- lacrosse gloves
- shoulder pads
- arm pads designed for lacrosse
- athletic protective cup

Goalie sticks should be cut down in length to a size appropriate for the player (minimum 37 inches). Besides the equipment above, goalies shall wear a throat protector and a goalkeeper chest protector designed for boy's lacrosse. It is recommended (but not required) that goalies wear arm pads.

**Length of Game & Timeouts:** All games are to be four 12-minute running time quarters. Each team gets 2 time-outs per half. The clock stops for all injuries and time outs. Running Time will become Stop Time during the last two minutes of the game if and only if there is a 1 goal difference (tied game - clock keeps running). There is no overtime at this level.

**Counts:** The only count in effect at this level is the 4-second count for goalies in possession of the ball while inside the crease and the “Hippo Rule” (see below).

**Face-Off:** Face-offs will occur at the beginning of every quarter and after every goal. The exception to this is the Mercy Rule where the team behind may elect to receive the ball after a goal instead of facing off if the other team is leading by 4 or more goals (not applicable for face-offs that start every quarter).

On the face-off, attackmen and defensemen must stand behind goal line extended. One midfielder is facing off, and the other is positioned on the face-off wing line (either side – coaches’ choice). Midfielders are released when the whistle is blown; attackmen and defensemen are not released until possession is indicated by the official. All players must play the ball before possession is gained. Once possession is gained, all normal body contact rules apply.

**Substitutions:** A substitution (using a horn or just a loud call from the head coach) may be called anytime the ball goes out of bounds (either sideline or end line). The official will raise his hands to indicate the opportunity to sub players in and out. Play will not restart until both teams have completed their subbing. The clock will continue to run during this period of time (so please sub quickly). Players may also be subbed out and in after a goal, during a time out, or of course, on the fly.

**Checking & Contact:** Intentional body checks are NOT allowed at the 3<sup>rd</sup> grade level. However, body contact IS allowed when contact is made legally and to the player with the ball, or within 3 yards of the ball. Legal contact includes legal holds, legal pushes and boxing out. The defensive player making contact must keep both hands on the stick.

Poke checks and lift checks (to the stick or opponents’ hand) are permitted and should be emphasized. Sticks checks are allowed if the defensive player is in control of their stick and initiates the check from below both players’ shoulder. Stick checks must be in a downward motion. One-handed checks are never allowed.

**Penalties:** Players committing a penalty shall be removed from the field of play once the official blows the whistle. A replacement for that player shall be put on the field immediately, thus NO man-up/man-down. The player removed from the field shall remain off the field for at least the duration of the penalty.

Coaches should give serious consideration to keeping players off the field for extended periods of time if they have committed multiple fouls and appear to be struggling with controlling their behavior and following rules of play. Note that an official may expel a player from the game for exceptionally violent personal fouls.

**1-Pass Rule:** An offensive player who is the first to possess the ball in their offensive half of the field may not attempt a shot on goal unless they have first attempted a pass, or a loose ball situation has been created. Once one of these requirements is met, another pass is not required until the ball has returned to their defensive side of the field. The one pass rule is “reset” every time there is a change in possession.

**Hippo Rule:** The purpose of the Hippo Rule is to reinforce to these young players the importance and value of moving the ball. When the ball is in a team’s offensive half of the field, the player with the ball has 5 seconds to make a pass or take a shot. At around the 5 second mark the official will give the player a “warning” and instruct them to “move the ball”. If they continue to hold the ball after a warning has been issued, the official will stop play and award the ball to the other team. A loose ball will reset the 5-second count as long as the player did not intentionally create a loose ball in the opinion of the official.

This rule is not meant to be a “gotcha” to players carrying the ball in the normal course of the game. Rather, this rule is meant to aid coaches in teaching players to work together on offense, eliminating egregious holding of the ball by a single player.