

2017 SOUTH JERSEY YOUTH LACROSSE LEAGUE

All Teams are expected to meet at midfield for pregame instructions by officials Coin toss will determines direction & Alternating Possession Arrow

	8U	10U	12U
# of Officials	1	1	2
Fees (teams split fees)	\$45	\$60	\$60 ea
Home team	clock/scorers table/horns/balls	clock/scorers table/horns/balls	clock/scorers table/horns/balls
Time	running 2-20 min halves, stop last 2 min on whistle <i>league specific not USL</i>	running 2-20 min halves, stop last 2 min on whistle <i>league specific not USL</i>	running 2-25 min halves, stop last 2 min on whistle <i>league specific not USL</i>
Halftime	5 min	5 min	5 min
Timeouts	1 w/running clock no TO last 5 min of half <i>league specific not USL</i>	1 w/running clock no TO last 5 min of half <i>league specific not USL</i>	1 w/running clock no TO last 5 min of half <i>league specific not USL</i>
Field Dimension	Modified Field 60-70 X 35-45 yards	Modified Field 60-70 X 35-45 yards	Regulation Field 110-140 X 60-70 yards
Field Markings	goal line& circle, 8m arc, center line	goal line& circle, 8m arc, center line	regulation field with all markings
Restraining Line	Center Line	Center Line	30 yards from each Goal Line
Coaching Area	1 coach per team permitted on the field	sub area to end line	sub area to end line
# of Players	7 field players NO goalie <i># of players league specific not USL</i>	7 field players + goalie	11 field players + goalie
Equipment	NOCSAE lacrosse ball; USL specifications for sticks with modified pocket allowed; eyewear required <i>ball is league specific not USL</i>	NOCSAE lacrosse ball; USL specifications for sticks with modified pocket allowed; eyewear required	NOCSAE lacrosse ball; USL specifications for sticks and pockets; length 35.5" min, 43.25" max eyewear required
Goal	regulation goal	regulation goal may use a shooting net if no goalie is present	regulation goal
Draws	Only to start each half must hold for possession 8m Center Free possession team scored upon <i>league specific not USL</i>	6 Players must hold for possession 8m	Players must hold for possession
2 Pass Rule ** see below	Yes, "attempt" to pass <i>league specific not USL</i>	Yes, "attempt" to pass <i>league specific not USL</i>	U12A and U12 AB - No Pass Rule U12 B -Yes 2 Pass Rule <i>league specific not USL</i>
3 seconds in 8m	none - must play 1 on 1 (minor)	free position the spot of the ball <i>league specific not USL</i>	free position the spot of the ball
Kicking the Ball	NO	NO	YES
1v1 Ground Balls	YES	YES	NO
3 Seconds Good Defense (Minor Foul)	1)closely guarded/marked 2) the defense has both hands on her stick 3) the defense is in position to legally check were checking allowed	1)closely guarded/marked 2) the defense has both hands on her stick 3) the defense is in position to legally check were checking allowed	1)closely guarded/marked 2) the defense has both hands on her stick 3) the defense is in position to legally check were checking allowed
Mercy Rule	No - no Draw after goal give the ball to opponent goal line extended	4 Goal Differential, trailing coach's choice	4 Goal Differential, trailing coach's choice
Cards	(1) player who fouled leaves the field (2) <i>must</i> substitute <i>do not</i> play short <i>league specific not USL</i>	(1) player who fouled leaves the field (2) <i>must</i> substitute <i>do not</i> play short	enforce penalty still maintain 4 players above the RL
8M Direct Shots	No goalie - no direct 8m shots are allowed	10U: if no goalie present no direct 8m shots Play out at end of 1st half / end of game only if it affects outcome of game	Yes Play out at end of 1st half/ end of game only if it affects outcome of game
<i>Initiated</i> Check to the Head	Mandatory Yellow; do not play short <i>league specific not USL</i>	Mandatory Yellow; do not play short	Mandatory Yellow
Checking	None (Major Foul)	None (Major Foul)	Modified Checking (<i>Major Foul</i>) entire stick below the shoulder down and away from body

Goal Circle / Deputy	A field player must <u>not</u> enter or have any part of her body or crosse on or in the goal circle at any time, including on the shot and follow through.	A field player must <u>not</u> enter or have any part of her body or crosse on or in the goal circle at any time, including on the shot and follow through.	A field player must <u>not</u> enter or have any part of her body or crosse on or in the goal circle at any time, including on the shot and follow through.
4 Goal Differential	None (<i>already no draws after a goal</i>)	Yes <i>league specific not USL</i>	Yes
Goalie MUST wear NOCSAE helmet, separate throat protector, chest protector, abdominal and pelvic protection, goalkeeper gloves and leg padding on the shins and thighs and a mouthpiece			

revised March 2017		
14U		
2		
\$60 ea		
clock/scorers table/horns/balls		
running 2-25 min halves, stop last 2 min on whistle		
5 min		
1 w/running clock no TO last 5 min of half <i>league specific not USL</i>		
Regulation Field 110-140 X 60-70 yards		
regulation field with all markings		
30 yards from each Goal Line		
sub area to end line		
11 field players + goalie		
NOCSAE lacrosse ball; USL specifications for sticks and pockets; length 35.5" min, 43.25" max eyewear required		
regulation goal		
Players must hold for possession		
No Pass Rule		
free position the spot of the ball		
YES		
NO		
U 14 <u>AB and B</u> Level 1)closely guarded/marked 2) the defense has both hands on her stick 3) the defense is in position to legally check were checking allowed		
No		
enforce penalty still maintain 4 players above the RL		
Yes Play out at end of 1st half / end of game only if it affects outcome of game		
U 14 <u>AB level</u> : Mandatory Yellow		
U 14 <u>A</u> : Mandatory Red		
U14 AB level: Modified Checking		
U14 <u>A</u> : Full Checking		

<p>A field player must <u>not</u> enter or have any part of her body or crosse on or in the goal circle at any time, including on the shot and follow through.</p>		
<p>U 14 <u>AB</u>: level Yes</p> <hr/>		
<p>U 15 <u>A</u>: None</p>		

	Central NJ proposal			South NJ		
Grades	2/4	5/6	7/8	2/4	5/6	7/8
Clock/ timing	4/10/run	4/12/run	4/10/stop	2/25/run	2/25/run	4/10/stop
# of Officials	1	2	2	1	2	2
Fees	\$70	\$55 ea	\$65 ea.			
Timeouts	2 per half / 0 OT	2 per half / 0 OT	2 per half / 0 OT	2 one min per half	2 one min per half	2 one min per half
Betw Qtrs / Halftime	1 min / 5 min	1 min / 5 min	1 min / 5 min			
10/20 sec counts	None	None	Enforced	none	none	enforced
Goalie 4 count	Enforced	Enforced	Enforced	enforced	enforced	enforced
Stalling Warning	None	None	Enforced	none	enforced	enforced
Overtime	1/4/run/Sudden Victory	1/4/run/Sudden Victory	1/4/run/Sudden Victory	1/4/run	1/4/run	1/4/run
Horn Substitutions	sidelines and endlines	sidelines and endlines	sidelines only	Sidelines and endlines	Sidelines and Endlines	Sidelines
Body checking	None	limited - no take out checks	allowed- no takeout checks	none	NFHS	NFHS
one hand checks*	None	None	allowed	prohibited	allowed but closely controlled	allowed but closely controlled
Cross size	cannot exceed 42"	40-72	40-72	35-42		
Mercy	3 goals lead / no faceoff	4 goals lead / no faceoff	5 goals lead / no faceoff	4 goal lead / no faceoff 6 goal to "X"	4 goal lead / no faceoff 6 goal to "X"	4 goal lead / no faceoff 6 goal to "X"
Penalty enforcement	full	full	full	no man up or down player must leave but can be sub'ed	full	full
Home team	clock/pinnies/horns/balls/fee	clock/pinnies/horns/balls/fee	clock/pinnies/horns/balls/fee	clock/pinnes/balls/horn	clock/pinnes/balls/horn	clock/pinnes/balls/horn
Ejection	any player receiving 4 PF's	any player receiving 4 PF's	any player receiving 4 PF's	any player receiving 4 PF's	any player receiving 4 PF's	any player receiving 4 PF's
	North NJ			SEPLA		
Grades	2/4	5/6	7/8	2/4	5/6	7/8
Clock/ timing	4/8/stop	4/8/stop	4/8/stop	??	4/8/STOP	4/10/STOP
# of Officials	1	2	2	1	2	2
Fees						
Timeouts	2 per half / 0 ot	2 per half / 0 ot	2 per half / 0 ot	2 per half / 0 OT	3 per half / 0 OT	4 per half / 0 OT
Betw Qtrs / Halftime				2min/4min	2min/4min	2min/4min
10/20 sec counts	none	none	none	none	none	enforced
Goalie 4 count	enforced	enforced	enforced	enforced	enforced	enforced
Stalling Warning	none	none	enforced	none	enforced	2min stalling rule
Overtime	none	1/4/stop/SV	2 / 2 /stop / SV	1/4/stop	1/4/stop	1/4/stop
Horn Substitutions	side and endlines	side and endlines	side and endlines	sidelines and endlines	sidelines and endlines	sidelines only
Body checking	none	allowed - no takeout check	allowed - no takeout check	NHFS	NHFS	NHFS
one hand checks*				prohibited	prohibited	allowed but closely controlled
Cross size	none	none	40-72	37-72		
Mercy	3 goal lead / no faceoff except qtr's	4 goal lead / no faceoff except qtr's	5 goal lead / no faceoff except qtr's	4 goal lead no faceoffs	4 goal lead no faceoffs	4 goal lead no faceoffs
Penalty enforcement	full	full	full	full	full	full
Home team	clock/penalty/balls/pinnies	clock/penalty/balls/pinnies	clock/penalty/balls/pinnies	clock/balls/horn/pinnies/fees	clock/balls/horn/pinnies/fees	clock/balls/horn/pinnies/fees
Ejection	any player receing 4 PF	any player receing 4 PF	any player receing 4 PF	any player receiving 4 pf	any player receiving 4 pf	any player receiving 4 pf
	CONNIE					
Grades	2/4	5/6	7/8			
Clock/ timing	4/15/run	4/15/run -penalty time stoptime	4/10/stop - penalty time stoptime	Ice picks and tomahawks are not permitted at all age levels		
# of Officials	1	2	2	Running time - clock will only be stopped for injuries and timeouts only		
Fees				Stop time - clock will be stopped, for timeouts, injuries, after a goal, out of bounds		
Timeouts	2 per half / 0 OT	3 per half / 0 OT	3 per half / 0 OT	If not specefically indicated CJYLL Rules will apply		
Betw Qtrs / Halftime						
10/20 sec counts	none	enforced	enforced			
Goalie 4 count	none	enforced	enforced			
Stalling Warning	none	enforced	enforced			
Overtime	none	2/6/run	2/6/run			
Horn Substitutions	side and endlines	side and endlines	side and endlines			
Body checking	none / incidental contact	limited - no take out checks	permitted- no takeout checks			
one hand checks*	poke check only	prohibited	prohibited			
Cross size	37-42 / goalie 37-60	37-52	42-62			
Mercy	4 goal lead / no faceoff	6 goal lead / no faceoff except qtr's	6 goal lead / no faceoff except qtr's			
Penalty enforcement	no m/u or m/d - fastbreak	full	full			
Home team	clock/balls/horn/pinnies	clock/balls/horn/pinnies	clock/balls/horn/pinnies			
Ejection						
