

2023 GAME DAY RULES

JTAA follows the general guidelines found in the “Boys Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “JTAA Game Day Rules”



GAME LENGTH

- **6U** – EIGHT MINUTE RUNNING QUARTER; TWO MINUTE WATER BREAKS BETWEEN 1ST AND 3RD OR AS NEEDED; FIVE MINUTE HALF; ONE T/O PER HALF OR AS NEEDED
 - NO OT, GAME CAN END IN TIE
- **8U AND 10U** – TWELVE MINUTE RUNNING QUARTERS; TWO MINUTE WATER BREAK BETWEEN 1ST AND 2ND, 3RD AND 4TH; FIVE MINUTE HALF; ONE T/O PER HALF, NO T/O LAST TWO MIN OF 4TH QTR
 - ONE OT, FOUR MIN SUDDEN DEATH, NO TIME-OUTS; FINAL TWO-MIN STALLING RULE - 20-SEC DEFENSIVE COUNT / 10-SEC OFFENSIVE COUNT.
 - GAME CAN END IN TIE, NO OT, IF COACHES AGREE
- **12U AND 14U** – FIFTEEN MINUTE RUNNING QUARTER; TWO MINUTE WATER BREAKS BETWEEN 1ST AND 3RD; FIVE MINUTE HALF, ONE T/O PER HALF, NO T/O LAST TWO MIN OF 4TH QTR
 - ONE OT, FOUR MIN SUDDEN DEATH, NO TIME-OUTS; FINAL TWO-MIN STALLING RULE - 20-SEC DEFENSIVE COUNT / 10-SEC OFFENSIVE COUNT.
 - GAME CAN END IN TIE, NO OT, IF COACHES AGREE
 - BRAVEHEART – IF COACHES AGREE; 4MIN RUNNING, NO TIME OUT, 2V2 WITH GOALIE

ALL GAMES ARE RUNNING TIME. ALL SUBS ON THE FLY.
GAME CLOCK DOES NOT STOP WITH T/O (OFFICIAL OR TEAM);
NO T/O LAST TWO MIN OF 4TH QTR; GAME CLOCK STOPS
WITH INJURY OR REF T/O LAST TWO MIN 4TH QTR.
OVER AND BACK FOR 14U ONLY, INSTRUCTED AT 12U

CONTACT

NO TAKE-OUT CHECKS ALLOWED AT ANY AGE GROUP

“TAKE OUT CHECK” – ANY CHECK IN WHICH THE PLAYER LOWERS HEAD OR SHOULDERS WITH THE FORCE AND INTENT TO GROUND THE OPPOSING PLAYER

“INCIDENTAL CONTACT” – OBVIOUS ACCIDENTAL CONTACT (REF DISCRETION), USE OF HIPS DURING GROUND BALLS AND DEFENSE, WITHIN THREE YARDS OF BALL FOR ALL LEVELS 6U-14U

ANY ONE-HANDED CHECK = SLASH

- **6U AND 8U AND 10U** – NO BODY CHECKING ALLOWED; INCIDENTAL CONTACT ALLOWED PER GUIDELINES
- **12U AND 14U** – BODY CHECKING IS ALLOWED PER USA LACROSSE RULES, AND MODIFIED PER ABOVE PROVISIONS

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FIELD SIZE AND PLAYERS

- **6U – 5V5 WITH GOALIE OR SHOT BLOCKER (COACHES DETERMINE TO START GAME); DEFAULT IS GOALIE**
 - ALL GOALS MUST BE SHOTS, NO ROLLING GOALS UNDER BLOCKER
- **8U AND 10U – 7V7 SMALL FIELD FORMAT**
 - TEAMS: GOALTENDER, TWO ATTACKER, TWO MIDFIELDERS, TWO DEFENDERS
 - GOALTENDERS MUST BE USED
- **12U AND 14U – 10V10, FULL FIELD FORMAT**
 - TEAMS: GOALTENDER, TWO ATTACKERS, TWO MIDFIELDERS, TWO DEFENDERS
 - GOALTENDERS MUST BE USED

- **GOALTENDERS MUST BE USED ALL AGE GROUPS.**
- **CHEST PROTECTORS, THROAT PROTECTORS MUST BE USED – OTHER PROTECTION AVAILABLE AND OPTIONAL**

COACHES ON THE FIELD

- **6U AND 8U – ONE COACH PER SIDE ALLOWED ON FIELD. COACHES SHOULD REMAIN “IN THE LANES” AS ABLE**
- **10U, 12U, AND 14U – NO COACHES ALLOWED ON FIELD**
 - 10U – WARNING
 - 12U – WARNING; CHANGE OF POSSESSION
 - 14U – CHANGE OF POSSESSION

CROSSE LENGTH

BASED N USA LACROSSE GUIDELINES*

- **10U – NOTE, NO LONG POLES ALLOWED**

AGE GROUP	MINIMUM - MAXIMUM LENGTH		
	SHORT POLE	LONG POLE	GOALKEEPER
6U	Should be no more than the distance from ground to player waist. No minimum.		
8U	37" - 42"	N/A	37" - 54"
10U	37" - 42"		37" - 54"
12U	40" - 42"	52" - 72"	40" - 72"
14U	40" - 42"	52" - 72"	40" - 72"

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FACE OFFS - RE-STARTS

- **6U AND 8U** – FACE OFF WILL START EACH QUARTER
- **10U** – FACE OFF STARTS PLAY AFTER EVERY GOAL
 - SAME PLAYER CAN NOT TAKE CONSECUTIVE FACE OFFS
- **12U AND 14U** – FACE OFF WILL START PLAY AFTER EVERY GOAL PER USA LACROSSE
- **RE-STARTS** – ALL RE-STARTS ARE FIVE YARDS

6U AND 8U AFTER GOAL

- **AFTER GOAL** – PLAY STARTS WITH GOALKEEPER OR PLAYER IN GOAL AREA IF NO GOALKEEPER
- OPPOSING TEAM ATTACK PLAYERS MUST START BEHIND GLE AND MAY NOT RELEASE UNTIL GOALKEEPER MAKES PASS TO START PLAY
- DEFENSIVE MIDDIES START AT CENTER LINE
- GOALKEEPER OR STARTING PLAYER MUST MAKE STARTING PASS ON NEAR SIDE OF CENTER LINE
- OPPOSING TEAM ATTACK PLAYERS MAY RELEASE AFTER STARTING PASS HAS CONNECTED (TOUCHED STICK, BEEN CAUGHT)

PENALTIES

- **6U** – CHANGE OF POSSESSION, COACHES INSTRUCT; MANAGE OVERLY AGGRESSIVE PLAYERS BY REMOVING THEM FROM FIELD (REFS DECIDE)
- **8U AND 10U** – CHANGE OF POSSESSION, PLAYER REPLACED.
- **12U AND 14U** – FULL TIME SERVE PENALTIES
 - 30SEC, 1 MIN, ETC (NO 1.5X)
- **FOUL OUT** – FOUR PERSONAL FOULS OR FOUR MIN COMBINED FOUL TIME; OVERLY AGGRESSIVE PLAY AS DETERMINED BY OFFICIALS
- **ONE-HANDED CHECK** = SLASH REGARDLESS OF CONTACT
- **STICK CHECK WITH CONTACT TO HELMET** = SLASH

MERCY RULE

- **ALL AGE DIVISIONS** – WITH FIVE GOAL LEAD, TRAILING TEAM MAY ELECT FOR POSSESSION AFTER EVERY GOAL UNTIL DEFICIT IS CLOSED; COACHES MAY WAIVE MERCY RULE AND PLAY ON

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2023 POINTS OF EMPHASIS

“2023 GAME DAY RULES” IS AN EVOLVING DOCUMENT BASED ON THE USA LACROSSE BOY’S RULES AND MODIFIED TO MEET OUR SPECIFIC NEEDS AS A TRUE RECREATIONAL / INSTRUCTIONAL YOUTH DEVELOPMENTAL LACROSSE PROGRAM.

OUR RULES ARE DESIGNED FOR SAFETY AND FAIR PLAY FIRST. AS SUCH, 2023 GAME DAY RULES MAY EVOLVE AS THE SEASON PROGRESSES TO FURTHER SUPPORT SAFETY AND FAIR PLAY.

- **VIOLENT COLLISIONS** – THERE IS NO JUSTIFICATION FOR DELIBERATE OR VIOLENT COLLISIONS BETWEEN PLAYERS. PENALTIES WILL BE ASSESSED ACCORDINGLY.
- **YOUTH OFFICIALS** – WE ARE A DEVELOPMENTAL LEAGUE FOR PLAYERS AND FOR YOUTH OFFICIALS. OUR YOUTH OFFICIALS ARE FULLY CERTIFIED PER USA LACROSSE.

SPORTSMANSHIP AND CONDUCT

- WE ARE A **ZERO TOLERANCE** LEAGUE FOR UNSPORTSMANLIKE CONDUCT. PLAYERS, COACHES, AND STAFF CAN BE EJECTED FOR CONDUCT UNBECOMING THE SPIRIT OF THE LEAGUE.
- **COACHES ARE RESPONSIBLE FOR THE CONDUCT OF THEIR PLAYERS AND THEIR STAFF.**
- PARENTS / SPECTATORS / FANS – MUST BE ON THE OPPOSITE SIDE OF THE FIELD FROM PLAYERS, AND SHOULD NOT ENGAGE WITH PLAYERS, OFFICIALS, COACHES, OR STAFF DURING GAME PLAY.
- ANY ISSUES PURSUANT TO THE ABOVE SHOULD BE REPORTED AT ONCE TO LEAD OFFICIALS, OR JTAA LACROSSE BOARD MEMBERS PRESENT
- ATTENDING BOARD MEMBER WILL ATTEND TO MATTER PER JTAA POLICY