



NORTH JERSEY JUNIOR LACROSSE LEAGUE

**BERGEN - ESSEX - HUDSON - HUNTERDON
MORRIS - PASSAIC - SOMERSET
SUSSEX - UNION - WARREN**

2020 NJLL Playing Rules & League Regulations 2020v.11

The North Jersey Junior Lacrosse League (NJLL) follows both the 2020 NFHS Boys Lacrosse Rulebook and the 2020 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>

BEST / RECOMMENDED PRACTICES – These are recommendations, not requirements

- All NJLL programs should have access to an AED (portable defibrillator) on site for all games and practices.
- All NJLL coaches should have the following training in addition to US Lacrosse Level 1 Certification:
 - Concussion recognition and coach's responsibilities in the event of a suspected concussion.
 - CPR and basic first aid
 - Rutgers S.A.F.E.T.Y
- All Parents should attend Positive Coaching Alliance training.

NJLL LEAGUE RULES & REGULATIONS

A. PLAYER AGE

- 1) See chart below for age / grade eligibility.
- 2) Players who attend High School are not eligible, regardless if they play in High school or not.
- 3) Players are to be confined to competition at their grade level.
 - a. a player can move up one level (i.e. 7th up to 8th) but under no circumstances can a player move down a level to compete.
- 4) Programs may combine grade levels when necessary.
 - a. These teams are considered the higher of the two grade levels for scheduling purposes (a combined 7th & 8th grade team is considered an 8th grade team).

The NJJLL follows a grade-based system with an age maximum per grade, as such for 2020 the NJJLL will use the below chart to match US Lacrosse rules to the NJJLL appropriate grade.

US Lacrosse Age Level		NJJLL Grade Level
14U	=	7 th & 8 th Grades
12U	=	5 th & 6 th Grades
10U	=	3 rd & 4 th Grade

Note: The NJJLL does not recognized play below the 3rd grade or U10 level.

2020 grade level age maximum

8 th Grade players	cannot turn 15 prior to 3/1/2020*
7 th Grade players	cannot turn 14 prior to 3/1/2020
6 th Grade players	cannot turn 13 prior to 3/1/2020
5 th Grade players	cannot turn 12 prior to 3/1/2020
4 th Grade players	cannot turn 11 prior to 3/1/2020
3 rd Grade players	cannot turn 10 prior to 3/1/2020

*Any player in high school is ineligible regardless of age

B. PLAYER ELIGIBILITY / BORDER POLICY

All players must reside within the physical boundaries which are recognized by the program and the league.

- 1) If a player lives in a municipality that does not offer a program or a team at the player’s grade or combined grade level, they must play for the NJJLL program which borders their municipality. In the event that there is not a bordering program or the bordering program cannot accommodate the player, the player must play for the next closest bordering municipality that is able to accommodate them (a player is not permitted to Jump over a bordering or next closest program to play for another program).
- 2) If an out of town player’s home municipality starts a program, all players will be required to play for their home municipality’s new program. The only exception being an 8th grade player who has played at least two previous seasons with the neighboring program shall be permitted to remain with the neighboring program for their final year unless the program does not offer a team at the player’s grade or combined grade level.
- 3) Regional teams shall submit to the NJJLL executive committee the boundaries of their program.
 - a. Players from “regional” programs are required to play for the town team, associated with the High School that student/region will/would attend. This includes students that elect to attend a private high school out of their regional town’s jurisdiction
 - i. Player must play for the town program that supports their local/regional/public high school- NOT the town their private school is in.
 - b. If a town finds a player/program is violating this policy
 - i. That town should reach out to the offending program immediately.
 - ii. If the issue is not resolved, the program should contact their Divisional Director to address with the NJJLL Board.
 - c. The Executive committee shall resolve all disputes over program boundaries as they arise
 - i. Should a town be found to be violating this policy, penalties from loss of playoff/all-star participation up through and including league suspension may result.
 - ii. Wonton disregard for this policy or active player recruitment will not be tolerated and result in the severest of penalties.

d. Examples:

- i. A 7th grade player from Randolph attends Delbarton Middle School in Morristown. He must play for the Randolph team and NOT the Morristown town even though his parents say it's more convenient for him to play for Morristown because he goes to school there**
- ii. A 5th grader from Hackettstown has played for Long Valley for 2 years when Hackettstown joins the league and starts a program. He must now leave the LV program and play for Hackettstown, even if it means he is on a combined 5th/6th grade team.**

e. Procedure:

If a program finds a player/program is violating this policy or if a special circumstance should arise;

- i. The town/program should reach out to the other program immediately**
- ii. Both programs should attempt to work out a solution that is in the best interest of the player and programs and agree to such solution in writing**
- iii. Send the recommended solution to the Divisional Director for approval.**
- iv. If the issue is not resolved, the program should contact their Divisional Director to address with the NJJLL Board**

- 4) All players and coaches shall be required to have active US Lacrosse memberships valid through May 31st of the current season.**
- 5) If any player is dismissed or suspended from their program, they are ineligible to play for any other NJJLL program during the same time period. At the discretion of the NJJLL President, the NJJLL Executive Committee will hear any appeals in the event of extenuating circumstances.**

C. PLAYER PARTICIPATION

- 1) It is strongly recommended that each NJJLL program define what is expected from its players as it relates to participation in other sports during the NJJLL season.**
- 2) No NJJLL program shall be permitted to participate in any other league during the NJJLL season.**
- 3) It is strongly recommended that programs clearly define their policy on whether or not players may participate on any other team(s) which plays games during the NJJLL season.**
 - a. This is not intended to prohibit players from participating in "Elite or tournament summer teams"**

D. COACHES

- 1) All adult coaches in grades 4th through 8th must be US Lacrosse Level 1 Certified with no exceptions.**
- 2) Every coach in grades 4th through 8th on the sideline (maximum of 4) will need to display their membership card in either digital or printed form as requested by any game official, assignor or NJJLL representative prior to or during any NJJLL game.**
 - a. Failure to provide proper credentials will cause that coach to be requested to leave the sideline and discontinue coaching. If a team does not have a Level 1 certified coach available to coach, they will forfeit the game and be required to pay the officials, regardless if they are the home or away team.**
 - b. If there is an altercation with a coach and it becomes apparent a coach had fraudulently displayed invalid credentials/certification, or verbally misrepresented that they had the proper certification, the violating program will be fined \$500 and said coach will be suspended for life from coaching in any future NJJLL games.**

- c. All head coaches are required to know the US Lacrosse Level 1 Certification status of all assistant coaches they allow on the sideline.
 - d. This requirement does not apply to the game timekeeper, however that person must stay at the scoring table area and may not be involved in coaching at all.
 - e. Any other person(s) who are not US Lacrosse Level 1 may not be in the team / bench areas.
 - f. 3rd grade coaches will need to complete the US Lacrosse Level 1 certification prior to coaching at the 4th grade level.
- 3) As per US Lacrosse Coaches regulations, coaches who are under 18 years old that help out cannot become US Lacrosse Level 1 Certified. The NJJLL will allow any current high school student to be able to be on the sideline during any game as an assistant coach provided the following:
- 1. Proof of being a HS student (ID Card)
 - 2. Endorsement of Program Director
 - 3. Cannot be a head coach
 - 4. Meets local (Township) criteria
 - 5. US Lacrosse member as a player
 - 6. At least 16 years of age
 - 7. Parent permission (liability)
 - 8. Counts as one of 4 sideline coaches
 - 9. Must complete US Lacrosse Level 1 Coaches Clinic - Online Course Only **(must provide proof prior to start of each game)**
 - 10. Must Complete US Lacrosse Men's Level 1 Proper Contact Tutorial

THE TEAM'S HEAD COACH WILL BE REQUIRED TO ASSURE THAT ALL THESE REQUIREMENTS HAVE BEEN MET BEFORE ANY HIGH SCHOOL AGE COACHES IS ALLOWED ON THE SIDELINES DURING A GAME.

- 4) Any active High School Coach that helps out with the youth programs are exempt from the Level 1 Certification but are encouraged to take the online course, PCA course and if possible, the live course.
 - a. Any active HS coach would be included in the 4 coaches maximum allowed on the sideline and there would need to be a Level 1 Certified coach present on the sideline.
- 5) Teams are permitted 4 coaches on the sideline / team areas.
 - a. This does not include a timekeeper, however the timekeeper must stay at the scoring table and may not be involved in coaching at all.
 - b. Any other person(s) who are not US Lacrosse Level 1 may not be in the team / bench areas.
- 6) Both teams must provide a US Lacrosse Level 1 Certified Coach, or the game will not be played and the offending program will be responsible for paying the game officials.
- 7) Coaches should not be in charge of keeping the game or penalty time. This function must be done by an adult provided by the home team.

E. GAME OFFICIALS

- 1) All home games and scrimmages for NJJLL teams must be entered into the "Arbiter Sports" website for the purpose of having game officials assigned. Under no circumstances can any NJJLL program or team assign or obtain its own game officials.
 - a. Any game official who accepts any assignment directly from a program or works a youth game not assigned by the NJJLL is subject to either having their remaining schedule suspended or cancelled at the discretion of the head assignor.
- 2) All tournaments or festivals run by or sponsored by any NJJLL program during the NJJLL regular season (3/1 to 5/31) shall use their NJJLL assignor(s) for the purpose of obtaining game officials. Certain

tournaments which predate 2010 sponsored by NJLL programs are permitted to continue to use their current assignor at the discretion of the head assignor. All other tournaments must be assigned by the NJLL assignors.

- 3) All NJLL game officials must either be current and active members of the NJLOA or a Youth Lacrosse Official as recognized by US Lacrosse.
- a. All game officials are required to attend an annual NJLL rules meeting(s) as scheduled by the head assignor.
 - b. If any NJLOA official becomes inactive, suspended or is removed as a member of the NJLOA during the NJLL season they are no longer eligible to do NJLL games unless they are a US Lacrosse recognized official and receive approval from the head assignor.
 - c. All NJLL official's must be active members of US Lacrosse.
 - d. Officials may only work youth games within the NJLL area that are assigned by the NJLL.
 - e. At the discretion of the head assignor, officials who are currently NOT with the NJLOA may be permitted to work NJLL games.

4) Payment of officials

- a. 7th & 8th grade games will receive two officials and payment is \$65 for each game
- b. 4th (10v10), 5th & 6th grade games will receive two game officials and payment is \$60 for each game.
 - i. If at any time an official does a 10v10 game alone the payment is \$80 for each game.
- c. 3rd & 4th (7v7) games played on a small field will receive one game official and payment is \$80 for each game.
- d. Officials should be paid NO LATER than half time of the last game schedule. If vouchers are being used, they must also be available no later than this time.

5. Game Cancellations

- a. To cancel any game within 72 hours of game time the home team shall notify all officials and their local assignor by telephone. E-mail is not acceptable with less than 72 hours' notice.
- b. To cancel and game with more than 72 hours' notice the home team need only notify their local assignor.
- c. The home team shall check to assure that the game is removed from The Arbiter before game day.
- d. Non-weather-related cancellation for games that are listed in The Arbiter (for any reason).
 - i. More than 48 hours' notice - no fee due officials (assignor must receive 48 hours' notice from the program)
 - ii. Within 48 hours of game time, full game fees due for all scheduled games. For example, if three games are scheduled and less than three games are played, officials must be paid for all three scheduled games.
 - iii. The home team must pay the officials for all games scheduled; if the cancellation was caused by the visiting team it is the home team's responsibility to work out reimbursement from the visiting team.
- e. Weather related cancellations for games that are listed in The Arbiter.
 - iv. with full two hours' notice – No fee due
 - v. less than two hours' notice - ½ game fee (\$30.00) due for first game only
 - vi. This fee is due whether or not the official arrives at the field
 - vii. If five games are scheduled only one fee of \$30.00 is due to each assigned official

- viii. If scheduled for multiple games and weather causes any cancellation after at least one game has started no further fees are due officials.
 - ix. For any game that has started, the officials are entitled to the full game fee.
 - x. In all cases leaving a voice message on the cell phone of each official shall be considered proper notification. After contacting both officials please notify your local assignor.
 - xi. E-mails will not be considered proper notification of game cancellations with less than 72 hours' notice. Contacting the assignor(s) is not considered proper notification.
- f. In the event an official is pulled from their NJJLL game to cover a High School game the official shall immediately notify the NJJLL assignor.
 - g. It is the program director's responsibility to make sure that their programs schedule is always correctly listed in The Arbiter.
 - h. In the case of a dispute about a payment due the final decision shall be made by the head assignor.

F. GAME MANAGEMENT

- 1) All dressed participants should play a minimum of 1 quarter.
- 2) All spectators shall be on the sideline opposite the team bench areas
 - a. Exceptions based on local field issues at the discretion of the game officials
 - b. This does not apply in a stadium setting such as a high school football field where there is a fence separating the spectators from the field.
 - c. It is the responsibility of the home team to make sure the spectators are in the proper area, not the game officials.
- 3) All game jerseys must have at least 8-inch numbers on the front and 12-inch numbers on the back in a contrasting color.
 - a. In the event two teams have similar color jerseys it is the home team's responsibility to wear pinnies or other jerseys that also have at least 8-inch numbers on the front and 12-inch numbers on the back.
- 4) Only head coaches should be communicating with the game officials.

G. SPORTSMANSHIP

There will be ZERO tolerance for unsportsmanlike behavior. Any ejection for such behavior will include an automatic suspension for at least the next game on the schedule at the time of the ejection. The NJJLL shall be notified by the offending program and the game officials of all ejections and serious unsportsmanlike conduct violations.

- 1) **Progress Discipline for Sportsmanship Violations by a Coach**
 - a. 1st offense for being ejected
 - i. Suspended next game currently on schedule
 - ii. \$250 fine to program
 - b. 2nd ejection in the same season
 - i. Ejection
 - ii. \$500 fine to program and cannot coach or be on the sideline for the remainder of the season.
 - iii. Reinstatement must be requested in writing from program director.
 - iv. Reinstatement based upon NJJLL board review and approval.

- c. If ejected again (ever, any year)
 - i. Banned from league
 - ii. \$500 fine to program

Note: Any ejected coach cannot be on site for any games during their suspension.

2) Progress Discipline for Sportsmanship Violations by a Team, Fan or Parent

- a. 1st offense referee warns head coach
 - i. Coach/Site admin to address parent/fans themselves
 - ii. Team charged a time out
- b. 2nd offense
 - i. 1 minute non-releasable
 - ii. Coach/Site Admin to address
- c. 3rd offense
 - i. 3-minute penalty- non-releasable
 - ii. Ejection
- d. 4th offense
 - i. End Game

Note: Nothing listed above prevents the game officials from escalating to any step of the above process and/or removing any coach, player, parent or spectator at any time, at their discretion. Nothing listed above prevents the NJJLL discipline committee from enforcing additional sanctions based on the severity of the incident.



NOTABLE RULE CHANGES FOR 2020

- NEW SPORTSMANSHIP POLICY
- ALL COACHES MUST HAVE US LACROSSE LEVEL 1 CERTIFICATION
- NEW PLAYER “MISCONDUCT” FOUL
- ALL PLAYERS IN 5TH THROUGH 8TH GRADE MUST USE STICK HEADS THAT MEET CURRENT NFHS STANDARDS. (RULE 6.1)
- FLAG DOWN SLOW WHISTLE (RULE 7.8)
- FAST RESTARTS (RULE 4.22) GRADE 5TH – 8TH ONLY
- ALL STICK PENALTIES ARE NOW 2-MINUTE NON-RELEASABLE PENALTIES (RULE 5.5)
- 4TH GRADE GAMES ARE EITHER 10V10 WITH TWO GAME OFFICIALS OR 7V7 USING ONE OFFICIAL.
- CHANGE IN THE 3RD & 4TH GRADE ONE-PASS RULE



2020 NJJLL PLAYING RULE MODIFICATIONS

H. U14 / 7th & 8th Grade – Rule Modifications:

- 1. All players must use stick heads that meet NFHS standards.
 - a. If an illegal stick is found it shall be penalized as per NFHS Rules.
- 2. All games shall be four, 10-minute stop time quarters.
 - a. A maximum of two, four-minute overtime periods shall be played.

- b. League sanctioned playoff games (8th grade only) shall be played until a goal has been scored, regardless of how many overtime periods are required.
- 3. All high school counts are in effect.
- 4. Over and back rule is in effect.
- 5. In the event a goalie commits a time serving penalty, any penalty time shall be served by the designated defensive player. This player shall be so designated pre-game the same as the in-home and must be a starting defenseman.
 - a. 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.
 - b. In any case at the referee's discretion, a goalkeeper may be told to serve his own penalty time.
- 6. Coaches may not request stick checks.
- 7. Officials shall perform at least two random stick / equipment checks per game.
- 8. A maximum of four coaches may be on the sideline and must remain in the team area.
 - a. Must be US Lacrosse Level 1 Certified
 - b. Must be able to provide proof to game official when requested.
- 9. Only head coaches may communicate with officials.
- 10. Six goal mercy rule at losing coaches option.
- 11. No substitution horns are permitted.
- 12. Any penalty within 3 minutes of the end of the game, received by a team ahead by 2 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.
- 13. 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.
- 14. MISCONDUCT FOUL - Game officials may remove any player who's play or conduct is detrimental to the game, for a period of 5 minutes. This is not considered a team penalty; the team may put in a substitute during this time.
 - a. Referees shall in all cases issue a warning to the head coach of the players conduct prior to assessing a Misconduct Foul.
 - b. This may be assessed with or without a time serving penalty.
 - c. If assessed with a time serving penalty both times run concurrently. For example, if a player is assessed a one minute penalty and the official adds a 5 minute misconduct, the team would play man down for one minute but the player would not be eligible to re-enter the game until 5 minutes have passed since play has restarted.
 - d. The Misconduct foul by itself does not count towards the 3 personal fouls or 5 minutes of personal foul time.
 - e. If a player receives a second misconduct foul he is not to reenter for the remainder of the game.

I. U12 / 5th & 6th Grade – Rule Modifications:

- 1. All games shall consist four 12-minute running time quarters
 - a. Clock stops for all injuries and time outs.
 - b. During the last 2 minutes of the game, if there is a two-goal difference or less in the score, stop time will be implemented immediately.
 - i. If at any time the lead increases to 3 or more goals running time will start again.
 - ii. For games that are tied, stop time will be played during the last two minutes.
 - c. No overtime at this level.
- 2. No 20 second, 10 second counts or over and back at this level.
- 3. Substitution horn when the ball goes out of bounds is permitted.

4. In the event a goalie commits a time serving penalty, any penalty time shall be served by the designated defensive player. This player shall be so designated pre-game the same as the in-home and must be a starting defenseman.
 - a. 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.
 - b. In any case at the referee's discretion, a goalkeeper may be told to serve his own penalty time.
5. 4 Long poles are permitted.
6. New high school stick heads are required. No penalty for violation, the stick is removed from the game.
7. Only poke checks, lift checks and downward checks started below the shoulder shall be allowed.
8. Coaches may not request stick checks
9. A maximum of four coaches may be on the sideline and must remain in the team area. (Must be US Lacrosse Level 1 Certified and be able to provide proof to game official when requested.)
10. Only head coaches may communicate with officials
11. Six goal mercy rule at losing coaches option
12. Any penalty within 3 minutes of the end of the game, received by a team ahead by 2 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.
13. 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.
14. Game officials may remove any player who's play, conduct, or attitude is detrimental to the game, for a period of 5 minutes. This is not considered a team penalty, the team may put in a substitute during this time.
 - a. This may be assessed with or without a time serving penalty.
 - b. If assessed with a time serving penalty both times run concurrently. For example, if a player is assessed a one minute penalty and the official adds a 5 minute misconduct, the team would play man down for one minute but the player would not be eligible to re-enter the game until 5 minutes have passed since play has restarted.
 - c. The Misconduct foul by itself does not count towards the 3 personal fouls or 5 minutes of personal foul time.
 - d. If a player receives a second misconduct foul he is not to reenter for the remainder of the game.

Note for 5th through 8th grades: Game officials and coaches 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.

J. U10 4th Grade 10 v 10 – Rule Modifications:

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

- All 4th grade 10v10 games shall be played 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)

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. If the player taking the faceoff is first to possess the ball no pass is required regardless of where on the field they gain possession.

K. U10 3rd and 4th Grade – 7 v 7 Rule Modifications:

NOTE: All games in Arbiter Sports as a 7v7 must be played 7v7 on the appropriate size field. Under no circumstance may a game be changed to a 10v10 game without approval from the assignor.

US Lacrosse rules require that all 7 v 7 be played 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 3rd & 4th 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 all equipment required by US Lacrosse.

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 3rd 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 poke check, lift check or a check in a downward motion starting below the shoulder. One-handed checks are never allowed. Swinging stick checks are not 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: 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. If the player taking the faceoff is first to possess the ball no pass is required regardless of where on the field they gain 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.

NOTHING IN THIS DOCUMENT PREVENTS THE NJLL EXECUTIVE COMMITTEE FROM EVALUATING ANY SITUATION AND TAKING WHATEVER ACTION(S) THEY DEEM NECESSARY.