

NJ Junior Girls' Lacrosse League (NJJGLL) League Rules

January 2008

The New Jersey Junior Girls' Lacrosse League was established as an organizing tool to assist the member towns in the growth of their girls' lacrosse programs and to facilitate communication and competition between those towns.

The League emphasizes that inter-town competition at this level is instructional. It is hoped that each member town's program will stress learning a love for the game as well as skills and rules of play. Relatively equitable playing time for each player, regardless of skill level, is expected. Good sportsmanship on the part of all players, coaches and fans is always the standard.

Requirements

All players, coaches and program administrators must be members of US Lacrosse.

All head coaches must attend a Rules Interpretation session each year either at the US Lacrosse Convention, a NJJGLL Coaching Clinic or Conference Scheduling meeting.

Each year all head coaches must attend one coaching clinic run by the NJJGLL, US Lacrosse or other local lacrosse organization. Please Note: All coaches who successfully complete the three required elements of the US Lacrosse Level I Coaching Course (e.g. Online Course, On-Field Clinic, and Background Check) earn a lifetime exemption from participation in annual coaching clinics.

All program administrators must provide each of their coaches with a copy of the NJJGLL Rules.

Each program must annually certify that their program complies with the NJJGLL Rule. Certification forms must be returned to your Conference President or submitted online via an online form on the NJJGLL web site.

League Play

League play is divided into three age groups:

1. Seventh and Eighth Graders (7/8s)
2. Fifth and Sixth Graders (5/6s)
3. Third and Fourth Graders (3/4s)

The NJJGLL does not allow single grade teams.

A player may participate in a program outside her own town only if her town does not have a girls' lacrosse program. In such a case, she must join a program in a contiguous town or, if none exists, in the program nearest to her hometown. To round out rosters girls may "play up" to the next higher age group (e.g. a 5/6 may play on a 7/8). Players are not permitted to "play down" (e.g. 5th graders may not play on a 3/4 team against another 3/4 team.)

Team Ability

If any town has more than one team participating in one age category, the league requires that the town create teams of relatively equal ability and not teams based on skill level and give each team a different name.

It is important that this rule be followed to ensure a good playing experience for all of the teams. **At any time during the season** when you notice a discrepancy in your own teams, you must make roster changes going forward. If you or your coaches notice a discrepancy in another town's teams, the method to resolve the problem should be to first speak to the town's representative to the League to discuss the problem, if not resolved then bring the matter to the attention to the NJJGLL Board for consideration.

Game Season Start Date

For safety reasons, and to ensure the level of game play, it is recommended that every effort be made to have **two umpires at all 5/6 and 7/8 league games**. It is well recognized that umpires are more available after the high school season ends. Accordingly, for the 2008 season, the board has approved that **the game season begins on April 22, 2008**. The League's Umpire Scheduler will not schedule umpires for games or scrimmages scheduled prior to April 22nd, 2008.

Each town should schedule at least four home and away games with other towns in their division. Additional games outside one's division may also be scheduled. The recommended maximum number of games per team is **12** games per season.

Annual Dues & Umpire Scheduling Fees

Member towns must pay their annual dues (\$100 per town) to NJJGLL and present a copy of a certificate of insurance to the NJJGLL Treasurer before the end of the March. In addition, member towns scheduling umpires through the League's Umpire Scheduler will pay a \$75 per year per team fee at the 5/6 grade and 7/8 grade level (including D-Teams) for which they have scheduled games, each team will be entitled to schedule 12 games per \$75 fee. If you require more games than 12 per team an additional \$75 fee per team is required.

Officials

1. At least one (**US Lacrosse-certified**) umpire must officiate any league game. It is recommended that two officials be used, especially for upper level games. The umpire scheduler/assignor will make every effort to assign two umpires to all 5/6 and 7/8 level league games.
2. Officials shall have the authority to penalize any foul, unsafe play, or unacceptable behavior not covered specifically in these rules. Play should be as continuous as possible, and any foul that does not gain an advantage for the offender or her team should result in a "held" whistle whenever possible.
3. The home team is responsible for obtaining (through the League's Umpire Scheduler for 5/6 & 7/8 games), confirming, and paying umpires. **Please note the League's Umpire Scheduler does not schedule umpires for grades 3/4.**

4. Umpire Fees for 2008

Grades 5/6 & 7/8

1 st year umpires (2 umpires at game)	\$45 per person per game
(solo at game)	\$68 per game

2 nd year umpires (2 umpires at game)	\$55 per person per game
(solo at game)	\$83 per game

Grades 3/4	\$25 per game
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The umpires are required to be paid before the game begins by either cash, check or voucher, there are no exceptions.

NJJGLL Conduct Rules

Good sportsmanship on the part of all players, coaches and fans is always the standard. Each town must ensure that their coaches/players/fans abide by the standards of good behavior outlined by the League. The following code of conduct and league administrative rules are expected to be followed by all towns participating in the league:

Rules:

Each team (home and away) will provide a Sideline Administrator (SA) for each game. The SA is responsible for maintaining the following rules on any non-participant. Details on the SA role including instructions on using "Blue Cards" are available on the US Lacrosse website.

All (Players, Coaches, Fans)

1. Be respectful
2. No profanity
3. No threatening behavior
4. No interference (physical or verbal) with play
5. Clean up after yourselves at game sites

Players

1. Good sportsmanship is expected
2. Do not make derogatory comments about other players, coaches, or umpires
3. Do not argue with the umpires
4. Do not throw equipment

Coaches

1. Coach with positive techniques rather than negative ones
2. Remember this is youth lacrosse – not the NCAA finals - put things in perspective and relax
3. Understand that many times youth lacrosse is where inexperienced refs and cadets gain experience – do not expect perfection – do not verbally attack the umpires
4. Do not make derogatory comments about players, coaches, or umpires
5. All coaches should know the rules of women's / youth lacrosse

Fans

1. No berating refs, players or coaches
2. Do not approach the coaches during the game
3. Try not to coach your kids from the sidelines – what you are telling them might be contrary to the coaches instructions

Enforcement

1. All coaches, players and parents must read and agree by signature to the Conduct Rules
2. Coaches will be responsible for their players and fans
3. Refs (coaches) will file complaints regarding players, coaches, and parents with the league. Multiple infractions will be disciplined.
4. Players ejected from games will sit out next game.
5. **Coaches (both teams) and umpires are required to meet just prior to games to go over league rules and any grounds rules that may apply**

Developmental Teams

Considering the significant growth of the game, the NJJGLL needs to provide our experienced players with an avenue for more competitive play while protecting the basic league policies and bylaws.

The NJJGLL will once again for the 2008 season offer member towns the opportunity to create Developmental teams to play against other Developmental teams within the league.

Requirements:

- Players on Developmental teams MUST play on a consistent basis for their regular NJJGLL team.
- 7th and 8th graders ONLY
- Players MUST have mastered basic lacrosse skills.
- Rosters should be between 18 and 20 with a maximum of 22

Developmental games will be grouped (like a play day) with hopefully at least 2 games back to back. Games will be on Friday evenings and Sundays. Each team should get 4-6 Developmental games.

The selection process for players and coaches is up to each town participating. Towns may join together to form teams but such combinations should be reasonably contiguous. Players must play for their Town Developmental team unless released by that Town. Designation for team is D7/8 (in scheduling program).

Playing time is earned thru playing on town travel team, skill, attitude and attendance. There will be no centralized standings kept nor will there be a championship.

Please Note: An application will be made to US Lacrosse to allow full checking in Developmental team play in 2008. Developmental team coaches will be required to attend to mandatory checking clinic should the NJJGLL gain approval from US Lacrosse for this exemption.

The NJJGLL fee is \$75 for each team. You can download a sample letter to send to parents about D Team tryouts and other information from the NJJGLL web site. Questions Developmental Teams should be directed to Melissa Polak - mpolak6@mac.com

US Lacrosse Rule Changes for the 2008 Season

The only significant US Lacrosse rule change for 2008 which will impact youth games is the re-writing of the “body ball” rule. The rule (pg. 42 of the US Lacrosse rule book) now reads, **“Body Ball: allow any part of her body to *deliberately* impede, accelerate or changed the direction of the ball.”** The rule change eliminates whistles for accidental or unintentional body balls.

Other US Lacrosse rule changes are outlined on page 3 of the 2008 rule book.

Please note: Follow through over the goal circle will ***NOT*** be allowed for play below the 9th grade level. Also, the new NCAA timeout rule does not apply to girl’s youth lacrosse.

US Lacrosse Rules with NJJGLL Modifications

The league follows the current rules as established by US Lacrosse and as modified below for NJJGLL. These rules are written with the safety of all players being of utmost importance. Girl’s lacrosse should be fun, challenging and safe. To that end, the umpires shall have the authority to penalize any foul, unsafe play, or unacceptable behavior not covered specifically in these rules. Play should be as continuous as possible, and any foul which does not gain an advantage for the offender or her team should result in a “held” whistle whenever possible.

New NJJGLL Rule for 2008 - “Below the Waist” Modified Checking at the 5/6 Level

Since 2007 US Lacrosse youth rules have allowed 5th/6th grade girls to play under Level A rules which include modified checking. After much thoughtful debate on both sides of the issue the NJJGLL Board has decided to introduce **“below the waist” modified checking** at the 5/6 level this year as a transition toward full adoption of modified checking at the 5/6 level at some point in the future.

General Rules for all Age Groups

- Relatively equal playing time for each player is expected; each player must play a minimum of one quarter allowing for coaches’ discretion in playing time based on the players’ participation and attendance at practice, game readiness, etc.
- The player bench areas must be located on the opposite side of the field from the spectators
- The defender should be favored in any judgment calls. Excessive body/stick to body contact should be penalized.
- When there is a four (or more) goal differential, an **indirect free position** at center will be taken by the team that is behind.
- Teams at all levels are discouraged from running up scores. Goal differentials should never be greater than 10 goals. Before hitting a 10 goal differential the dominant team should add additional passes before going to goal or have its players play with their non-dominant hand.

Three (3) Seconds Closely Guarded:

Since full checking is not allowed in regular League play the following compensating rule is to be followed to reward good defense...

No holding the ball for more than 3 seconds when:

- Closely guarded / marked (defender is within a stick's length of offensive player)
- Defense has BOTH hands on stick
- Defense is in position to **legally** check were checking allowed

Count is out loud, "1 thousand, 2 thousand, 3 whistle"

If the offensive player moves her stick out of a checkable position (e.g. by switching her stick from one side of her body to the other) the count ceases and will only be restarted if the offensive player's stick is returned to a checkable position or the defender repositions herself to a spot where she could make a legal check if checking were allowed.

Please see page 84 of the US Lacrosse rule book for a more complete discussion of this rule.

Grades 7/8 – US Lacrosse Level A Youth Rules with NJJGLL Modifications:

1. Eleven field players, one goal keeper
2. Field Size: 100yds between the goal lines X 70 yds. wide with a minimum of 10 yards from goal line to the near end line recommended
3. Regular field markings, including restraining line.
4. Regular women's crosse, regulation pocket
5. Modified checking (only when entire stick is below the shoulder)
6. May shoot from direct free position
7. Games are comprised of two 25 minute running time halves with the clock stopping and restarting on whistles in the final two minutes of each half.
8. **NJJGLL 7/8 Passing Rule:** Generally a one pass rule at the 7/8 level. **Exceptions:**
A) The goalie's clearing pass **does not** count as a pass. 2) **Turnovers** by the defending team in their own defensive zone may be taken directly to goal for a shot by the attacking team without any passes. A given team's defensive zone is defined as the area of the field bounded by the restraining line and end line closest to the goal they are defending.
9. **Pre-game meeting required.** Coaches and umpires must meet before all games to go over any ground rules and review age level specific NJJGLL rules. Each team must also identify to the opposing coach their Sideline Administrator.

For a more complete discussion of the NJJGLL Passing Rules Please See Below

Grade 5/6 – US Lacrosse Level A Youth Rules With NJJGLL Modifications

1. Eleven field players, one goal keeper
2. Field Size: 100yds between the goal lines X 70 yds. wide with a minimum of 10 yards from goal line to near end line is recommended
3. Regular field markings, including restraining line.
4. Regular women's crosse, **modified pocket allowed.**
5. **“Below the waist” Modified Checking (only when entire stick is below the waist)**
6. May shoot from direct free position
7. Play is comprised of two 25 minute running time halves with the clock stopping and restarting on whistles in the final two minutes of each half.
8. **NJJGLL 5/6 Passing Rule:** Generally a two pass rule at the 5/6 level. **Exceptions:**
A) The goalie's clearing pass **DOES** count as a pass. 2) **Turnovers** by the defending team in their own defensive zone may be taken directly to goal for a shot by the attacking team without any passes. A given team's defensive zone is defined as the area of the field bounded by the restraining line and end line closest to the goal they are defending.
9. **Pre-game meeting required.** Coaches and umpires must meet before all games to go over any ground rules and review age level specific NJJGLL rules. Each team must also identify to the opposing coach their Sideline Administrator.

For a more complete discussion of the NJJGLL Passing Rules Please See Below

Grade 3/4 - US Lacrosse Level C Rules with NJJGLL Modifications:

1. Seven field players, no goal keepers
2. Field Size: 50yds.between the goal lines X 25 yds. wide with a minimum of 10 yards from goal line to near end line.
3. Modified field markings: Regulation creases, 8 meter arcs and center line to be used as restraining line
4. Youth sticks (mesh allowed) or regular women's crosse, modified pocket
5. May **NOT** shoot from a direct free position unless a modified goal opening (e.g. shot blocker or inverted cage) is used
6. Play is comprised of two 20 minute running time halves, or four 10 minute quarters. If playing halves clock stops and restarts on whistles in the final two minutes of each half. If playing quarters clock stops and restarts on whistles in the final minute of each quarter.
7. Use center line as restraining line. Each team should never have more than five players in either their attacking or defending zone.
8. On shot attempts that result in a dead ball in the crease the umpire will blow the whistle stopping play. The ball will be awarded to the defender nearest the crease and play will be restarted with a whistle.
9. **Pre-game meeting required.** Coaches and umpires must meet before all games to go over any ground rules and review age level specific NJJGLL rules. Each team must also identify to the opposing coach their Sideline Administrator.

NJJGLL Passing Rules to Encourage “Team Play”

Please Note: *The NJJGLL Passing Rules are different for each age group.*

3/4 Grade –

This age group will follow a “1 pass” rule.** To qualify the pass need not be successfully completed, but a team must maintain possession by winning any resulting ground ball. Passes must be “overhand” or 4 meters in distance to qualify for the 1-pass rule.

Please note: 3/4 players may **NOT** shoot from a direct free position unless a modified goal opening (e.g. shot blocker or inverted cage) is used.

** An umpire will attempt to indicate by raised fingers, the number of passes needed before a player can shoot on goal.

5/6 Grade –

This age level will generally follow a “2 pass” rule.** To qualify the passes need not be successfully completed, but a team must maintain possession by winning any resulting ground ball. Passes must be “overhand” or 4 meters in distance to qualify for the 2-pass rule.

Goalie clears count as a pass for this rule.

NOTE: To reward aggressive “redefending” the above **2 pass rule is ignored** when a player **gains possession of the ball from an opponent in the opponent’s defensive zone** by: recovering an opposing team’s dropped ground ball, interception of opposing player’s pass, or interception of opposing goalie’s clear. In such case the player may shoot on goal without attempting additional passes. The **defensive zone** for a given team is the area of the field bounded by the restraining line and end line closest to the goal they are defending.

EXAMPLES:

- 1) Team A’s goal keeper attempts a clearing pass from her goal circle. One of the players on Team B intercepts the clearing pass while she is ***positioned in Team B’s defensive zone***. The player on Team B who intercepted the ball **may go to goal and shoot without passing** because she gained possession of the ball in Team B’s defensive zone.
- 2) Team A’s goal keeper attempts a clearing pass from her goal circle. One of the players on Team B intercepts the pass while she is ***positioned outside of Team B’s defensive zone*** (e.g. she intercepts the ball in the midfield area between the two restraining lines.) Team B may **NOT** go to goal without first satisfying the 2 pass rule because the player who intercepted the ball was outside of Team A’s defensive zone when she took possession of the ball.

** An umpire will attempt to indicate by raised fingers, the number of passes needed before a player can shoot on goal.

NJJGLL Passing Rules to Encourage “Team Play” (Continued)

7/8 Grade –

The location of a team’s first possession of the ball during a play will determine the field player’s ability to shoot on goal. Any player who takes first possession of the ball for her team outside of the other team’s defensive zone has an indirect position. This includes possession: off the draw, from a free position due to the “mercy rule”, or from a clear to this player from her team’s goalie.

An indirect position means that this player is not allowed to directly shoot on goal. * At least one additional pass must be made to another team member unless the other team legally checks the first player, the ball leaves her stick and she maintains possession after the check. (Ball doesn’t have to leave stick- just legal check)

A player that takes possession of the ball from another player on her team or who takes possession in the other team’s defensive zone may shoot on goal. ** This includes possession resulting from: a pass by a teammate, recovery of any ground ball, interception of opposing player’s pass, or interception of opposing goalie’s clear. A given team’s defensive zone is defined as the area of the field bounded by the restraining line and end line closest to the goal they are defending.

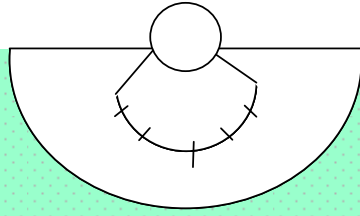
The definition

- An umpire will indicate whether free positions awarded due to fouls are indirect.

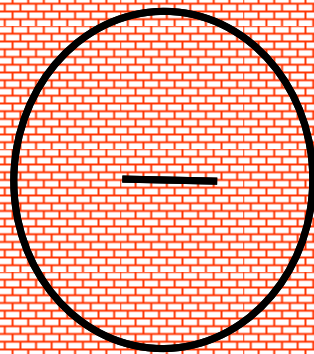
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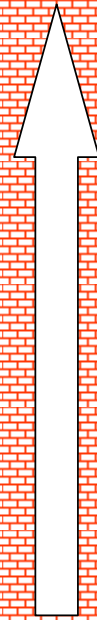
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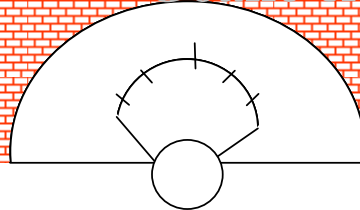
Direct



Two Pass



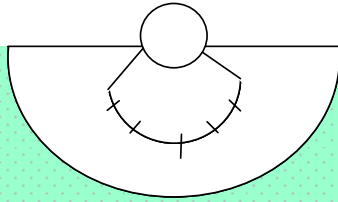
Goalie clear does count



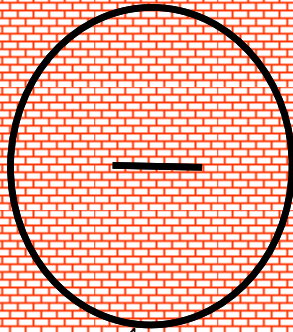
Defense

NJJGL 5&6 Team Play rule

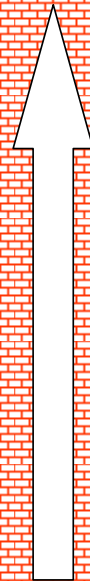
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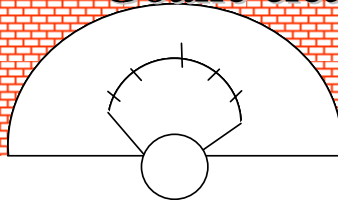
Direct



Indirect



Goalie clear does NOT count



Defense

NJJGL 7& 8 TEAM PLAY rule