

# NJ Junior Girls Lacrosse League (NJJGLL) League Rules 2009

January 2009 Revision

The New Jersey Junior Girls Lacrosse League was established as an organizing tool to assist 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**

**NEW:** Each member program must send at least one (1) representative to the NJJGLL Annual Meeting (held in October) and to their respective Conference scheduling meeting (held in January / February).

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

**NEW:** All NJJGLL coaches must undergo background checks prior to the start of the season. US Lacrosse has negotiated a reduced rate for member programs with The National Center for Safety Initiatives. Please visit their web site for more information: [www.ncsisafe.com](http://www.ncsisafe.com) NJJGLL member programs may choose to use NCSI, their local police department or any other organization or vendor who offers background check services.

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 (with a Board pre-approved Rules component).

Each year all coaches must attend one (1) coaching clinic run by the NJJGLL, US Lacrosse or other local lacrosse organization (subject to Board approval).

**NEW:** In 2009 all Developmental team coaches must become US Lacrosse Level I Certified. Requirements for certification include: successful completion of US Lacrosse Level I Online course, attendance at Level I clinic, completion of Positive Coaching Alliance Double Goal training and a background check by the National Center for Safety Initiatives.

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 Rules.

## **League Play**

League play is divided into three (3) age groups:

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

### **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 team) Players are not permitted to "play down" (e.g. 5<sup>th</sup> graders may not play on a 3/4 team against another 3/4 team.) Please note: fifth and sixth graders *may not* "play up" on Developmental teams.

## **Team Ability**

If any town has more than one (1) team participating in one (1) age category, the League requires that the town create teams of relatively equal ability and not teams based on skill level.

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. If the issue remains unresolved then bring the matter to the attention to the NJJGLL Board for consideration.

## **Game Season Start Date**

For the 2009 season, the Board has approved that **the game season begins on April 14.**

The League's Umpire Scheduler for teams in Conferences A, B, C and D will not schedule umpires for games or scrimmages scheduled prior to the above noted date. *Dates and procedures differ for teams in the E Conference, please contact the E Conference President for more information.*

Each town should schedule at least four (4) home and away games with other towns in their conference. Additional games outside one's conference may also be scheduled. The recommended maximum number of games per team is twelve (**12**) games per season.

## League Dues

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 March of each year.

Member towns scheduling umpires through the League's Umpire Scheduler (see below) will pay a \$100 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 twelve (12) games per \$100 fee.

If you require more games than twelve (12) per team an additional \$100 fee per team is required.

## Umpire Scheduling

The following rules apply to teams in Conferences A, B, C and D. *Teams in the E Conference should contact the Conference President for details on the procedures for scheduling umpires.*

Please note: For scheduling purposes multiple teams within an age group must be given a different name (e.g. Anytown 5/6 **Blue**, Anytown 5/6 **Red**).

1. At least one (1) US Lacrosse-certified umpire must officiate any league game. It is recommended that two (2) officials be used, especially for upper level games. The umpire scheduler/assignor will make every effort to assign two (2) umpires to all 5/6 and 7/8 level League games. **Please note the League's Umpire Scheduler does not schedule umpires for grades 3/4.**
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, confirming, and paying umpires.
4. Umpire Fees for 2009

### Grades 5/6 & 7/8

1 <sup>st</sup> year umpires (2 umpires at game)	\$45 per person per game
(solo at game)	\$68 per game
2 <sup>nd</sup> year umpires (2 umpires at game)	\$55 per person per game
(solo at game)	\$83 per game
Grades 3/4	\$25 per game

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 umpires, players or coaches
2. Do not approach the coaches during the game
3. Do not approach umpires after the game
4. 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. Umpires 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 by-laws.

The NJJGLL will once again for the current season offer member towns the opportunity to create Developmental teams to play against other Developmental teams within the League. D-teams will play under US Lacrosse Girl's Youth "Full Checking" (Level FC) Rules.

Requirements:

- Players on Developmental teams MUST play on a consistent basis for their regular NJJGLL team.
- All players on the team must be in 7th or 8th grade and players must average at least three (3) years of playing experience.
- Developmental games will be played with full checking allowed. **Please note: any checks to the head will result in a mandatory red card.**
- All coaches of participating teams must have a US Lacrosse Level 1 coaching certification.
- The town/program must be in existence for at least five (5) years, and must progress players through from Level B or C to Level A before playing Level FC.
- Games must be officiated by two (2) US Lacrosse rated officials, both of whom must have held a Local rating for a minimum of two (2) years.
- Players MUST have mastered basic lacrosse skills.
- Rosters should be between 18 and 20 with a maximum of 22.
- Developmental games will be grouped into playdays with at least two (2) games back to back per game day. D team games will only be on Friday evenings and Sundays. Each D team should get 4-6 Developmental games.
- Umpire fees will be shared equally by participating teams.
- Team must be specified as a D team when scheduling umpires so qualified umpires can be assigned.
- The NJJGLL Board strongly recommends that D team players play no more than a total of five (5) games (recreational and Developmental) per week.

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 recreation team, skill, attitude and attendance. There will be no centralized standings kept nor will there be a championship.

The NJJGLL fee is \$100 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 regarding Developmental teams should be directed to the D Team Chair via the League website.

## US Lacrosse Rule Changes for the 2009 Season

Balls – smooth or *slightly textured* yellow or *bright orange* balls may be used.

Mouthpiece – The mouthpiece must be any color other than white or clear.

Issuance of Cards – Players receiving a yellow card must leave the field for three (3) minutes of elapsed playing time *and no substitute may take her place during the three (3) minute period.* Players receiving a second yellow card will be suspended from further participation in that game *and no substitute may take her place for the three (3) minutes of elapsed playing time.* Players receiving a red card will be suspended from further participation in that game *and no substitute may take the place of the carded player for three (3) minutes of elapsed playing time.* Players or coaches who receive red cards will also be prohibited from participating in the team’s next game. Please see pages 54 and 55 of the 2009 Women’s Rules for a more complete discussion of these changes.

## **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.

### **General Rules for all Age Groups**

- Relatively equal playing time for each player is expected; each player must play a minimum of one quarter (1/4) of each game allowing for coaches’ discretion in playing time based on the player’s 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 (4) or more goal differential, an **indirect free position** at center will be taken by the team that is behind.
- **SPECIAL POINT OF EMPHASIS FOR 2009** Teams at all levels are strongly discouraged from running up scores. Goal differentials should never be greater than ten (10) goals. Before hitting a ten (10) goal differential the dominant team should add additional passes before going to goal, have players play with their non-dominant hand, remove high scorers from game, etc.

### **Three (3) Seconds Closely Guarded:**

No holding the ball for more than three (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 one thousand, 2 one thousand, 3 one thousand 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 89 of the 2009 Women's Rules book published by US Lacrosse.

### **Grades 5/6 and 7/8 – US Lacrosse Level A Youth Rules:**

1. Eleven (11) field players, one (1) goal keeper
2. Field Size: 100yds between the goal lines X 70 yds. wide with a minimum of ten (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. **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.

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

1. Seven (7) 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) or goalie 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.

\* **New for 2009:** By mutual agreement of the coaches 3/4 teams can play 9 v. 9 (no goalies), 10 v. 10 (3 mid, 3 defenders, 3 attackers, 1 goalie) or 12 v. 12 on a larger field with regular markings. NJJGLL 2-pass rule still applies.

## **NJJGLL Passing Rules to Encourage “Team Play”**

### **3/4 Grade –**

This age group will follow a “2-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 2-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) or goalie 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, 7/8 Grade, D team/Level FC -**

NJJGLL passing rules for these levels have been eliminated for the 2009 season. There has been much debate, pro and con, about this decision. Even with the passing rules eliminated coaches are expected to encourage team play and good defensive positioning. Giving the ball to a single dominant player and having them go to goal does not serve anyone’s interest.