

JGLA 14U GIRLS' YOUTH GAME (7/8)

QUICK RULES REFERENCE GUIDE

FIELD LINES	Regulation	START AFTER GOALS **JGLA MOD.**	TRAVEL - Mercy 4-Goal Diff. Indirect FP @ Ctr SELECT - NO Mercy
FIELD SIZE	Full	SELF-START (Girls' Youth Guidebk)	After whistle for a foul A Momentary Pause
GOALS	6'x 6'	OFFSIDES	Follows NFHS
BALLS	NOSCAE Stamped (No White)	SUBSTITUTIONS	Follows NFHS
STICKS	Regulation	COVER FOUL	Follows NFHS
PLAYERS	12v12 (11 field players + GK)	MINIMUM PASS RULE	N/A
COACHES	Coaching Area	1 V 1 DEFENSE	N/A
OFFICIALS	1 Required/2 Recommended	3-SECS CLOSELY GUARDED (GOOD DEFENSE)	Transitional - NO Mod. Check - YES
TIMEKEEPERS	YES	3-SECS IN 8M ARC	YES
SCOREKEEPERS	YES	GOAL CIRCLE VIOLATIONS	Only GK in GC (No Deputies)
LENGTH OF GAME **JGLA MOD.**	Game Time: 12 Minute Quarters w/RUNNING Clock; Game Time: 10 Minute Quarters w/Under 2 Min Stop Clock within CSA in 2nd/4th Quarter ONLY Breaks: 2 Minute Break 1st & 3rd w/5 Min. Halftime Other Timing Factors: (Do NOT play out 8m FP if clock is 0:00)		
TEAM	2 T/Os	SPHERE	12 INCHES
OVERTIME **JGLA MOD.**	NO	CHECKING	Transitional; Mod. Check
START OF QTR. **JGLA MOD.**	ONLY SWITCH HALFTIME	CARDS	Team plays short

JGLA 12U GIRLS' YOUTH GAME (5/6)

QUICK RULES REFERENCE GUIDE

FIELD LINES	Regulation	START AFTER GOALS **JGLA MOD.**	TRAVEL - Mercy 4-Goal Diff. Indirect FP @ Ctr SELECT - NO Mercy
FIELD SIZE	Full	SELF-START (Girls' Youth Guidebk)	After whistle for a foul A Momentary Pause
GOALS	6'x 6'	OFFSIDES	Follows NFHS
BALLS	NOSCAE Stamped (No White)	SUBSTITUTIONS	Follows NFHS
STICKS	Regulation	COVER FOUL	Follows NFHS
PLAYERS	12v12 (11 field players + GK)	MINIMUM PASS RULE	N/A
COACHES	Coaching Area	1 V 1 DEFENSE	N/A
OFFICIALS	1 Required/2 Recommended	3-SECS CLOSELY GUARDED (GOOD DEFENSE)	Modfield Check
TIMEKEEPERS	YES	3-SECS IN 8M ARC	YES
SCOREKEEPERS	YES	GOAL CIRCLE VIOLATIONS	Only GK in GC (No Deputies)
LENGTH OF GAME **JGLA MOD.**	Game Time: 12 Minute Quarters w/RUNNING Clock; Game Time: 10 Minute Quarters w/Under 2 Min Stop Clock within CSA in 2nd/4th Quarter ONLY Breaks: 2 Minute Break 1st & 3rd w/5 Min. Halftime Other Timing Factors: (Do NOT play out 8m FP if clock is 0:00)		
TEAM	2 T/Os	SPHERE	12 INCHES
OVERTIME **JGLA MOD.**	NO	CHECKING	Modfield Check
START OF QTR. **JGLA MOD.**	ONLY SWITCH HALFTIME	CARDS	Team plays short

JGLA 10U GIRLS' YOUTH GAME (3/4)

QUICK RULES REFERENCE GUIDE

FIELD LINES	Goal Circle; 8m Arc Restraining Line	START AFTER GOAL **JGLA MOD.**	At center; indirect FP; 4m Away at 45°; Whistle Start
FIELD SIZE	Cross-field: 60-70 yds x 35-45 yds.	SELF-START (follows Girls' Youth Guidebk)	After whistle for a foul; A Momentary Pause
GOALS	4'x 4'; 6'x 6'	OFFSIDES **JGLA MOD.**	RL (5 field player above and 2 field players below)
BALLS	NOSCAE Stamped (No White)	SUBSTITUTIONS	Follows NFHS
STICKS	Regulation or Mod. Pocket	COVER FOUL	STRICT; No Cover at Any Time
PLAYERS	8v8 (6 field plyrs + GK; Allow GK to play even just one)	MINIMUM PASS RULE	Officials will not count; Maintained by Coaches
COACHES	Coaching Area	1 V 1 DEFENSE (Note: field not completely lined)	1v1 Def in midfield/ Multi defenders on the ball in the CSA
OFFICIALS	1 Required/ Cross- field playing area	3-SEC CLOSELY GUARDED	No Check - YES
TIMEKEEPERS	YES	3-SEC IN 8M ARC	YES
SCOREKEEPERS	OPTIONAL	GOAL CIRCLE VIOLATIONS	Only GK in GC (No Deputies)
LENGTH OF GAME	Game Time: 10 Minute Quarters w/RUNNING Clock; Game Time: 8 Minute Quarters w/Under 2 Min Stop Clock within CSA in 2nd/4th Quarter ONLY Breaks: 2 Minute Break 1st & 3rd w/5 Min. Halftime Other Timing Factors: (Do NOT play out 8m FP if clock is 0:00)		
TEAM T/O	1 Timeout	SPHERE	12 INCHES
OVERTIME **JGLA MOD.**	NO	CHECKING	NO CHECKING
START OF QTR. **JGLA MOD.**	Draw to start each Qtr. ONLY SWITCH HALFTIME	CARDS (follows Girls' Youth Guidebook)	- Suspended or ejected player is replaced - 2 Min YC / 4 Mins RC - Team does not play down

Rule 1: The Playing Area and Goals

- Teams should setup 1) Scorer's/Timer's Table; 2) Visible Score; 3) Visible Clock; 4) Timer and Scorer person(s) present

Girls' Youth Rules Guidebook

- Listed Level on Arbiter is what is allowed, but you can move down a level.
- Modified Check cannot move up to Transitional
- Transitional Check uses a 12inch sphere around the head and neck area and check at this level cannot go across 2 shoulders

JGLA Coaches Certification Check

Sideline Provision - MAX 3 Coaches on the sideline

All Coaches must be certified - if not BRONZE you may not on the sideline.

Checking Level Provision - Coaches

Game Play: SELECT/TRAVEL Transition Check -

All Coaches at min. are USA-L Coaches' Silver Lvl

Game Play: TRAVEL mod. CK (5/6, 7/8) - H.C. min. USA-L Coaches' Silver Lvl

**Play 3/4 Coaches Bronze Cert.

**Certification Information are displayed on USA Lacrosse Coaches' Profile

**Violations - Game Level is MOVED DOWN. Transitional->Mod. Ck-> No Ck

ALL Youth

USA Lacrosse Girls' Rules with the following modifications:

- Length of Game
- No OVERTIME in JGLA Games
- 3/4 RESTART after Goals

Sideline Manager

- Selected before the game
- Attends the Pre-Game Conference
- Wears the lanyards and assist with fan control

Issues

Assignors - Joel (973) 652-6170 /

Tamara (570) 660-5229 (jglalacrosse@gmail.com)

Rules Interpreter - PJ (umpire@jerseygirlslacrosse.com)

Youth Officials Coordinator - Neil (neilsullivanlax@gmail.com)