



**NORTH JERSEY JUNIOR
LACROSSE LEAGUE**
BERGEN - ESSEX - HUDSON - HUNTERDON
MORRIS - PASSAIC - SOMERSET
SUSSEX - UNION - WARREN

2024 NJLL League Playing Rules 2024 v2.1

The North Jersey Junior Lacrosse League (NJLL) follows both the 2024 NFHS Boys Lacrosse Rulebook and the 2024 USA Lacrosse Boys' Rulebook. This document serves as the primary rules document for the NJLL. If an item is not covered by this document or the USA Lacrosse Youth Boys Rulebook, then revert to the NFHS Boys Lacrosse Rulebook for all other issues. The Garden State Lacrosse Officials Association (GSLOA) is responsible for assigning officials for all NJLL games and functions. Link to NFHS and USA Lacrosse Boys Youth Rules: <http://www.uslacrosse.org/rules/boys-rules>

For 2024 the NJLL will use the below chart to match USA Lacrosse rules to the NJLL appropriate grade.

USA Lacrosse Age Level		NJLL Grade Level
14U	=	7 th & 8 th Grades
12U	=	5 th & 6 th Grades
10U	=	3 rd & 4 th Grade
The NJLL does not recognize play below the 3 rd grade or U10 level.		
See the NJLL Rules and Regulations for age maximum per grade		
Players cannot play on a team with players more than one grade level higher than their grade		

*NOTABLE RULE CHANGES FOR 2024

- Penalties in youth lacrosse are releasable OR non-releasable.
- One-handed checks will now be allowed for 7th & 8th grade (but NOT for 6th grade and below). Officials will be advised to call slashes on any one-handed checks that don't cleanly make legal contact.
- Penalties in 3rd & 4th grades:
 - In 7 v 7 games, the player committing penalty is removed from field (and serves penalty). Replacement player may enter the field, from the box, upon restart of game. The offended team starts with the ball on their offensive half of the field. An additional pass is NOT required before a shot can be taken. (Note: Currently, the replacement player enters the field prior to the restart of the game).
 - In 4th grade 10 v 10 games, standard man-up/man-down will now apply (Note: Previously man-up/man-down didn't start until 5th grade).
- Player Ejections: Any 8th grade player who is ejected from two or more games during the season for unsportsmanlike conduct is no longer eligible to participate in the NJLL All-Stars event at the end of the season.
- Coach Ejections:
 - A coach who is ejected from a game must leave the premises immediately. Any ejected coach who approaches an official, either on the field, in the parking lot, or otherwise, to

argue or dispute their ejection, will be subject to additional penalties as deemed appropriate by the league board.

- Any coach who touches an official in an aggressive or threatening manner will be permanently suspended from the league.

2024 NJJLL Playing Rule Modifications

1) Coaches – All Grade Levels

- a) All coaches in grades 3rd through 8th must be USA Lacrosse Men's Game Bronze Certified or higher with no exceptions.
- b) Every coach (maximum of 4) on the sideline in grades 3rd through 8th regardless if they are a Junior or an Adult coach must possess and display their NJJLL Issued Coaches Digital ID to game officials when requested.
 - i) Screen shots of the digital ID **WILL NOT** be accepted as proper identification. Only the NJJLL issued Digital ID will be acceptable. This digital ID has security features built in that cannot be seen in a screen shot.
 - ii) Failure to provide a NJJLL issued coaches digital ID will result in that coach being required to leave the sideline and discontinue coaching. If a team does not have a certified coach with proper NJJLL digital ID available to coach, they will forfeit the game and be required to pay the officials, regardless if they are the home or away team.
 - iii) Any attempt by a coach to fraudulently display invalid credentials/ID, or verbally misrepresent that they have the proper certification will result in the violating program being fined \$500 and said coach will be suspended for life from coaching in any future NJJLL games.
 - iv) Any other person(s) who do not have a NJJLL digital ID may not be in the team / bench areas.
 - v) Go to <https://www.njlacrosse.com/coaches> for more information on NJJLL / USA Lacrosse coaching requirements.
- c) For coaches under 18 years of age, as per USA Lacrosse must be USA Lacrosse Bronze Certified (they do not complete a background check).
 - i) All junior Coaches shall be required to display a NJJLL Junior Coach Digital ID to be on the sideline during any game.
- d) Teams are permitted to have a maximum of 4 coaches on the sideline / team areas.
 - i) Any non-player is considered a coach.
 - ii) An EMT or trainer is exempt but may not be involved in coaching.
 - iii) The home team's timekeeper is exempt, they must remain in the box area and may not be involved in coaching.

- iv) Coaches should not be involved in keeping the game or penalty time. This function must be done by an adult provided by the home team.
- v) In the event a team only has one coach with a proper ID a second adult shall be permitted on the sideline for the sole purpose of supervising the players. This adult shall not be involved in coaching players on the field.
- e) Coach Ejections: (2024)
 - i) A coach who is ejected from a game must leave the premises immediately. Any ejected coach who approaches an official, either on the field, in the parking lot, or otherwise, to argue or dispute their ejection, will be subject to additional penalties as deemed appropriate by the league board.
 - ii) Any coach who touches an official in an aggressive or threatening manner will be permanently suspended from the league.

2) Playing Rules – All Grade Levels

- a) All penalties are either full time served or releasable as indicated by the game official(s).
 - i) All penalties shall be stop time, including all running time games.
- b) 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, regardless of the score.
- c) Any player who receives 3 personal fouls or 5 minutes of person foul time has fouled out of the game. This is not an ejection, but the player cannot return to the game.
 - i) Coaches and game officials are responsible for tracking players' personal fouls.
 - ii) In the case of a team having duplicate jersey numbers, it is the responsibility of the head coach to make the officials aware at the time of penalty enforcement.
- d) Coaches may not request stick checks.
- e) MISCONDUCT FOUL - Game officials may remove any player whose play, or conduct is detrimental to the game, for a period of 5 minutes.
 - i) This is not considered a team penalty; the team may put in a substitute during this time. Referees shall in all cases issue a warning to the head coach of the players conduct prior to assessing a Misconduct Foul
 - ii) This may be assessed with or without a time serving penalty.
 - iii) 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.

- iv) The Misconduct foul by itself does not count towards the 3 personal fouls or 5 minutes of personal foul time.
- v) If a player receives a second misconduct foul, he is not to reenter the remainder of the game.
- f) Only head coaches may communicate with officials.
- g) Six goal mercy rule.
 - i) Coaches option for a free clear after a goal is scored for team behind by 6 goals or more.
 - ii) Each quarter shall start with a faceoff unless penalty time is being served and a team is entitled to possession.
- h) If there becomes a 10-goal difference in score in the second half of any game the clock moves to running time and remains running time for the remainder of the game.
- i) In the event a goalie commits a time serving penalty, 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.
 - i) 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.
 - ii) At the referee's discretion, a goalkeeper may be required to serve his own penalty time.
- j) All players must use stick heads that meet NFHS standards.
 - i) 7th & 8th grade, any illegal stick shall be penalized as per NFHS rules.
 - ii) 6th grade and below, no penalty but the illegal stick must be removed from the game.
 - iii) 4th grade and below, no long poles permitted.
 - iv) 4th grade and below, all sticks shall be between 37"-42". (Goalie stick can be 37" – 54")

3) Playing Rules – 7th & 8th Grades

- a) All games shall be four, 10-minute stop time quarters.
- b) A maximum of two, 4-minute overtime periods shall be played, except
 - i) Any playoff game shall be played until a winner has been determined.
 - ii) It is the coach's responsibility to inform the officials prior to the game if it is a playoff game.
- c) All high school counts are in effect.
- d) One handed checks are allowed. (2024)
 - i) Check must be otherwise legal as per the game official(s)
- e) Over and back is enforced.
- f) Officials shall perform at least two random stick / equipment checks per game.
- g) Flag down slow whistle as for NFHS rules
- h) No substitution horns are permitted.

- i) Any 8th grade player who is ejected from two or more games during the season for unsportsmanlike conduct is no longer eligible to participate in the NJJLL All-Stars event at the end of the season.

4) Playing Rules – 5th & 6th Grades

- a) All games shall consist of four 12-minute running time quarters.
 - i) Clock stops for all injuries and time outs.
 - ii) All penalties are stop time.
- 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
- d) No 20 second or 10 second counts
- e) No Over and Back
- f) Substitution horns permitted ONLY if a ball goes out of bounds.
- g) No one handed checks shall be allowed.
- h) Flag down slow whistle as per NHFS rules

5) Playing Rules – 4th Grade 10v10

- a) All games shall consist of four 12-minute running time quarters.
 - i) Clock stops for all injuries and time outs.
 - ii) All penalties are stop time.
- 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
- d) Games must be played on a full-size field.
- e) No 20 second or 10 second counts
- f) No Over and Back
- g) Substitution horns permitted ONLY if a ball goes out of bounds.
- h) Flag down slow whistle at the discretion of the game officials
- i) No one handed checks shall be allowed.
- j) No long poles permitted.
- k) All penalties will be served by the player who committed to foul, and the team SHALL play man down.
- l) No coaches permitted on the field.

- m) One 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.
 - i) The receiver of this pass must be on the offensive side of the field, but the pass may originate from the defensive zone.
 - ii) The pass does not need to be caught.
 - iii) If at any time a loose ball is created (other than intentionally by the player in possession) the one pass is no longer needed
 - iv) Once one of these requirements is met another pass is not required until the ball has returned to their defensive side of the field.
 - v) 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.
 - vi) If a wing player gains possession on their defensive side of the field a pass is required

6) Playing Rules – 3rd - 4th Grade 7v7

- a) All 3rd & 4th Grade 10v10 rules listed above plus the following:
- b) Games must be played on a reduced size field as per USA Lacrosse rules. (See Section “g” below)
- c) Under no circumstance may a game be changed to a 10v10 game without prior approval from the assignor
- d) On the face-off, attackmen and defensemen must stand behind goal line extended.
 - i) One midfielder is facing off, and the other is positioned on the face-off wing line or with one foot touching the sideline. (Either side – coaches’ choice)
 - ii) Attackmen and defensemen are released on the whistle.
- e) No player may take two face-offs in a row.
 - i) This is tracked by the coaches.
 - ii) Any possible violation must be pointed out prior to the faceoff taking place
- f) In 7 v 7 games, the player committing penalty is removed from field (and serves penalty).
 - i) Replacement player may enter field, from the box area upon restart of game.
 - ii) The offended team starts with ball on their offensive half of the field.

iii) An additional pass is NOT required before a shot can be taken.

g) 7v7 Field Guidelines

i) The playing field shall be rectangular, approximately 60 – 70 yards max in length and 35 – 45 yards in width.

ii) The center of the field shall be marked by approximately a four-inch circle, square or X

iii) The goal creases shall be circular and painted on the field with a radius of 9 feet.

iv) Portable creases can also be used instead of painted creases.

v) Goals shall be official regulation lacrosse goals, 6 feet by 6 feet in dimension.

vi) Where painted lines are not available, mark boundaries (sidelines, midlines, end lines) using multiple flat discs.

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