

## 2020 NORTH CAROLINA GIRLS LACROSSE LEAGUE DIRECTIVES

### I. BEHAVIOR

- A point of emphasis within our League is positive, sportsmanlike behavior. All Program Administrators of Member Programs are required to read and sign the Code of Conduct. Administrators are responsible for the culture and behavior of their players, coaches, and fans. Any Program found in violation of the Code may be assessed a penalty.
- All League Member Personnel are invited to complete a Sportsmanship Incident Report (SIR) on the NCGLL website ([www.ncgll.weebly.com](http://www.ncgll.weebly.com)) should they feel the need to report a situation to the Board. An SIR should be completed for all red cards and should be reported by the team to which the card was given.

### II. SEASON STRUCTURE

The League's season shall consist of 7 total League Game Days.

- 8U Division Teams will have 4 League Playdays and Danny Fox.
- 10U Division Teams will have 4 League Playdays and Danny Fox.
- 12U Division Teams will have 5 League Playdays, One Love, and Danny Fox.
- 14U Division Teams will play in 5 League Playdays, One Love, and Danny Fox.
- The Danny Fox Memorial Tournament will mark the end of the NCGLL season.

#### **GAMES**

- League Games will take place on Saturdays. Teams will play 2 games each Saturday in a round-robin format.
- One makeup day will be built into the schedule each spring.

#### **SCHEDULING**

- The NCGLL shall have a Scheduler each season responsible for scheduling all games for Member Organizations.
- Experienced scheduler(s) shall be paid as individuals for their service.
- For 2020, the scheduling fee shall be \$60 per team.

#### **CANCELLATION POLICY**

- The NCGLL developed a cancellation policy that can be found on the website.
- If inclement weather is in the forecast, a decision may be made by 10:30pm Friday night or Saturday morning by 7am if games will be cancelled.
- Site Directors are responsible for making the call and notifying Member Organizations via text
- Decisions will be made on a site-by-site basis (i.e. just because one site cancels doesn't mean all sites have to cancel)

### **OFFICIALS**

- Member teams will split the cost for officials for each game in which they participate. *\*unless bullet 5 under "FIELDS" applies.*

### **ALL-STAR GAME**

- There will be a season-ending All-Star Game whereby each league team nominates 2 players. Goalies must be nominated by coaches. The All-Star Game is for 12U and 14U divisions only and will take place at the Danny Fox Memorial Tournament.

## **II. AGE GUIDELINES**

- NCGLL Divisions follow USL guidelines.
- Players may play up in age group if it is necessary to create a team with enough players or if it is developmentally necessary.
- Players may only play up one age group if they are in the oldest grade of their current group.

## **III. FIELDS**

- Member programs must provide a home field to host League Games and field must be available for at least 50% of League Game days.
- Fields for 8U and 10U divisions should have a crease (at least 7 yards from endline), and 50-yard line. 10U fields also need an 8 meter arc .
- Fields for 12U and 14U games should have the above plus a 12 meter arc and restraining lines.
- All fields should have a scoreboard.
- \*If a team is not able to provide a field, that organization should cover official costs for host sites to compensate. Questions can be put to the Board.

## **IV. RULES OF PLAY**

The NCGLL seeks to comply with all US Lacrosse rules as provided by Official Rules for Girls Youth Lacrosse in the 2019 Rule Book.

### **8U:**

- 4v4 games (4 field players, no goalie).
- All field players can play anywhere (i.e. no restraining line)
- Four 6-minute, running clock quarters, 2 minute in between and a 5 minute halftime
- Field should be 30-40 yards wide x 60-70 yards long (i.e. a full field divided into two fields)
- Modified cage may be used (i.e. 4x4 goal)
- One attempted pass must be made before a shot can be taken (they can happen in the defensive or offensive end, GK clear does not count)
- No checking

- No score kept
- No draw - possession alternates after each goal
- Spectators are not allowed on same side of field as teams

#### **10U:**

- 8v8 games (7 field players, goalie mandatory), two players must hold behind the restraining line which will be the 50-yard line.
- Two 20-minute, running clock halves, 5-minute halftime
- Field should be 30-40 yards wide x 60-70 yards long (i.e. a full field divided into two fields)
- Modified cage may be used (i.e. 4x4 goals)
- One pass must be made before a shot can be taken (they can happen in the defensive or offensive end, GK clear does not count)
- Mercy Rule: can go into effect should coaches agree after 4 goal differential. Once that differential is reached, the team that has scored 4 or more goals must have two attempted passes before shooting on goal.
- No checking
- Two 1-minute timeouts allowed, not in the last 5 minutes of a half
- Spectators are not allowed on same side of field as teams

#### **12U:**

- 11v11 games (11 field players, 1 goalie), 4 players behind the restraining line
- Two 20-minute, running clock halves, 5-minute halftime, full field play
- If a team does not have many subs and if both teams agree, they may play 9 field players and 1 goalie (i.e. 3 players behind the restraining line, 6 across)
- One attempted pass must be made before a shot can be taken (it can happen in the defensive or offensive end, GK clear does not count)
- Mercy Rule: can go into effect should coaches agree after 4 goal differential. Once that differential is reached, the team that has scored 4 or more goals must have two attempted passes before shooting on goal.
- Modified checking (i.e. below the shoulder) and three-second closely guarded rule in effect
- Two 1-minute timeouts allowed, not in the last 5 minutes of a half
- Spectators are not allowed on same side of field as teams

#### **14U:**

- 12v12 games (11 field players, 1 goalie), 4 players behind the restraining line
- Two 20-minute, running clock halves, 5-minute halftime, full field play
- Transitional checking allowed. Players can check above the shoulder but extend the sphere area around the head where checks are not allowed from 7 inches to 12 inches
- No Pass rule

- Mercy Rule: can go into effect should coaches agree after 6 goal differential. Once that differential is reached, the team that has scored 6 or more goals must have two attempted passes before shooting on goal.
- Two 1-minute timeouts allowed, not in the last 5 minutes of a half
- Spectators are not allowed on same side of field as teams

**Additional Rules:**

- Mercy Rule: If a team is down by 4 or more goals (10U and 12U) or 6 goals (14U) , they have the option to take possession of the ball after a goal without taking a draw. However, the losing team may choose to continue to draw if they so desire. Once that differential is reached, the team that has scored more goals must have **two** attempted passes before shooting on goal.

**Additional Considerations:**

- If a team is 5 or more goals ahead of an opposing team, the leading team is encouraged to complete more passes before shooting, use their non-dominant hand, etc.
- Emphasis should be on safety, fun, learning, and participation (equal playing time)