

2012 NJJLL RULES & CODE OF CONDUCT

2012 V.2

These Rules and Regulations govern the conduct and operation of the NJJLL teams during all NJJLL activities. The NJJLL requires all programs to follow all NJJLL rules during the regular season which runs from March 1st until June 15th during any year.

BEST / RECOMMENDED PRACTICES – These are recommendations, not requirements

Whenever possible:

- All NJJLL programs should have access to an AED (portable defibrillator) on site for all games and practices.
- All NJJLL coaches should have the following training:
 - Concussion recognition and coaches responsibilities in the event of a suspected concussion.
 - CPR and basic first aid
 - Rutgers S.A.F.E.T.Y
- All Parents should attend Positive Coaching Alliance training.

2012 NJJLL RULES

The NJJLL follows all NFHS rules for any and all rules and issues not addressed within this document.

A. PLAYER AGE

- 1) Any child that reaches their 15th birthday prior to January 1st of the current year of participation is NOT eligible to play in the league.
- 2) Players who attend High School are not eligible, regardless if they play in High school or not.
- 3) Players are to be confined to competition at their grade level a player can move up one level (i.e. 7th up to 8th) but under no circumstances can a player move down a level to compete.
- 4) Program may combine grade levels when necessary.
 - a. These teams are considered to be the higher of the two grade levels for scheduling purposes (a combined 7th-8th is considered an 8th grade team).

B. PLAYER ELIGIBILITY

- 1) All players must reside within the physical boundaries which are recognized by the program and the league.
 - a. If a player lives in a municipality that does not offer a program they must play for the NJJLL program which is closest to them. In the event that the closest program cannot accommodate the player must play for the next closest program which can accommodate them.

- b. If an out of town player's home municipality starts a program, all players will be required to play for their home municipality's new program. The only exception being an 8th grade player who has played at least two previous seasons with the neighboring program shall be permitted to remain with the neighboring program for their final year.
 - c. Player recruitment from existing town programs will result in league penalties.
- 2) Regional teams shall submit to the NJJLL executive committee the boundaries of their program.
 - a. The Executive committee shall resolve all disputes over program boundaries as they arrive.
- 3) Players CAN ONLY PLAY FOR ONE PROGRAM in our league.
- 4) All players and coaches shall be required to have active US Lacrosse memberships valid through June 15th of the current season.
- 5) If any player is dismissed or suspended from their program they are ineligible to play for any other NJJLL program during the same time period. At the discretion of the NJJLL President the NJJLL Executive Committee will hear any appeals in the event of extenuating circumstances.

C. PLAYER PARTICIPATION

- 1) It is strongly recommended that each NJJLL program define what is expected from its players as it relates to participation in other sports during the NJJLL season.
- 2) No NJJLL program shall be permitted to participate in any other league during the NJJLL season.
- 3) It is strongly recommended that programs clearly define their policy on whether or not players may participate on any other team(s) which plays games during the NJJLL season.
 - a. This is not intended to prohibit players from participating in "Elite or tournament summer teams" (Tri-State, Patriot, Leading Edge for example) which do not play games or participate in tournaments during the NJJLL regular season.

D. SCHEDULING

- 1) Programs are required to play all teams at all levels within their division
 - a. This can be waived with mutual consent from both programs
- 2) Scheduling shall not start before a programs conference scheduling meeting
 - a. This meeting shall take place no later than December 15th of each year
 - b. This meeting shall be scheduled by each conferences director
- 3) The maximum number of games for each level is as follows:
 - a. 8th grade – 14 games
 - b. 7th grade – 13 games
 - c. 3rd – 6th grades 12 games
 - d. This does not include tournaments
 - e. In the event any team has more than 22 players and is using a "squad" method of playing games they shall be permitted to scheduled additional games.
 - i. The assignor must be notified in writing prior to any additional games be scheduled.

E. GAME OFFICIALS

- 1) All home games and scrimmages for NJJLL teams must be entered into the "Arbiter Sports" website for the purpose of having game officials assigned. Under no circumstances can any NJJLL program or team assign or obtain its own game officials.

- a. Scrimmages that do not require an official should not be entered into the Arbiter Sports website.
 - b. Any game official who accepts any assignment directly from a program is subject to either having their remaining schedule suspended or cancelled at the discretion of the head assignor.
- 2) All tournaments or festivals run by or sponsored by any NJJLL program during the NJJLL regular season shall use their NJJLL assignor(s) for the purpose of obtaining game officials.
- a. The following tournaments are exempt as they existed prior to 2010 and may continue to use their current assignor to obtain game officials.
 - i. Ice Bowl – Del Val
 - ii. Roxbury Festival
 - iii. Ice Breaker – Wayne PAL
 - iv. Thor Juhlin – Randolph
 - v. Laker Lightning – Mt. Lakes
 - vi. Platypus - Madison
 - vii. Lenape Valley Festival
 - viii. Berkeley Hgts/New Providence 8th Grade Tournament
 - ix. Chester-Mendham 7th Grade Tournament
 - x. Somerset Hills BTO Tournament
 - xi. Fishawack Tournament - Chatham
 - xii. Franklin Lakes Tournament
 - xiii. Big Bear Festival – Sparta
 - b. In the event any of the above listed exempt tournaments or festivals decide to change assignors they must then use their NJJLL assignor.
- 3) All NJJLL game officials must be current and active members of the NJILOA.
- a. All game officials are required to attend an annual NJJLL rules meeting(s) as scheduled by the head assignor.
 - b. If any official becomes inactive, suspended or is removed as a member of the NJILOA during the NJJLL season they are no longer eligible to do NJJLL games.
- 4) Payment of officials
- a. Game fee is \$60 each if two officials / If one official does any game alone the fee due is \$80.00
 - i. Two officials will be assigned for all games in grades 3rd through 8th
 - ii. Request for one official will not be honored
 - iii. Requests for specific officials will not be honored
 - iv. Each program may “block” a maximum of two officials from working their home games
 - b. Payment of game officials shall take place no later than halftime of the last game scheduled.
 - i. In the event vouchers are used they must also be provided to the game officials for signature no later than halftime of the last game played.
 - c. Any non-weather related cancellation for games that are listed in The Arbiter (for any reason)
 - i. More than 48 hours’ notice - no fee due officials (officials and assignor must receive 48 hours’ notice from the program)
 - ii. Within 48 hours of game time, full game fees due for all scheduled games. For example, if three games are scheduled and less than three games are played, officials must be paid for all three scheduled games.

- iii. The home team must pay the officials for all games scheduled; if the cancellation was caused by the visiting team it is the home team's responsibility to work out reimbursement from the visiting team.
- d. To cancel any game within 72 hours of game time the home team shall notify both officials and their local assignor by telephone. E-mail is not acceptable with less than 72 hours' notice.
 - i. To cancel and game with more than 72 hours' notice the home team need only notify their local assignor.
 - ii. The home team shall check to assure that the game is removed from The Arbiter before game day.
- e. For weather related cancellations for games that are listed in The Arbiter
 - i. with full two hours' notice – No fee due
 - ii. less than two hours' notice ½ game fee (\$30.00) due for first game only
 - iii. This fee is due whether or not the official arrives at the field
 - iv. If five games are scheduled only one fee of \$30.00 is due to each assigned official
 - v. If scheduled for multiple games and weather causes any cancellation after at least one game is played no further fees are due officials.
- f. In all cases leaving a voice message on the cell phone of each official shall be considered proper notification. After contacting both officials please notify your local assignor.
 - i. E-mails will not be considered proper notification of game cancellations with less than 72 hours' notice. Contacting the assignor(s) is not considered proper notification.
- g. In the event an official is pulled from their NJJLL game to cover a High School game the official shall immediately try to cover their game and notify the NJJLL assignor.
- h. It is the program directors responsibility to make sure that their programs schedule is correctly listed in The Arbiter at all times.
- i. In the case of a dispute about a payment due the final decision shall be made by the head assignor.

F. GAME MANAGEMENT

- 1) All dressed participants should play a minimum of 1 quarter.
- 2) All spectators shall be on the sideline opposite the team bench areas
 - a. Exceptions based on local field issues at the discretion of the game officials
 - b. This does not apply in a stadium setting such as a high school football field where there is a fence separating the spectators from the field.
- 3) Game time and penalty time is to be kept by the home team and shall only be kept by the game officials at the request of the home team

G. GAME TIMING RULES

- 1) Grades 3rd – 7th
 - a. These levels will play four – 8 minute stop time quarters
 - b. No clearing time requirements
 - c. No 10 second counts on attack
 - d. No "Keep it in" during the last two minutes
 - e. Two timeouts per half
 - f. Goalie has 4 seconds to get the ball out of the crease
 - g. Time is to be kept by the home team and shall only be kept by the game officials at the request of the home team.

- h. Official may use the “get it in – keep it in” call in the event it is obvious to them the offense in not trying to attack the goal – warning should be issued prior to penalty being called.
- i. Overtime for 7th grade only (Two – 4 minute OT periods as per NFHS rules)

2) 8th Grade

- a. Will play four – 10 minute stop time quarters
- b. All high school timing rules are in effect
 - i. 20 second clear defensive zone
 - ii. 10 seconds to get it in attack zone
 - iii. Get it in – keep it in
 - iv. 4 seconds for goalie to get ball out of crease
 - v. Two timeouts per half
 - vi. Two – 4 minute OT periods as per NFHS rules

3) MERCY RULE- no face off

- a. 7/8th levels 5 goals
- b. 5/6th levels 4 goals
- c. 3rd/4th levels 3 goals
- d. Losing coach may request a faceoff

H. SUBSTITUTIONS

- 1) Substitution on the fly at any time
- 2) Horns permitted anytime a ball goes out of bounds (8th grade no end line horns)
- 3) No horn for non-time serving technical fouls on the field (pushing-offsidess-holding-etc.)
- 4) In case of hot weather game officials may allow substitutions during any whistle at their discretion

I. BODY CHECKS

- 1) No take-out checks (intent to put the opposing player on the ground) at any level.
 - a. The fact that a player is knocked to the ground does not necessarily indicate that the check was delivered with that intent – game official’s discretion.
 - b. The fact that a player was not knocked to the ground does not prohibit the game officials from making this call if they feel he check was excessive or unnecessary – game official’s discretion.
- 2) No helmet-to-helmet checks
- 3) No body checks are permitted more than 3 yards away from the ball
- 4) In the event that any player who the officials feel is in a vulnerable position and are then subject to an overly aggressive or unnecessary body check, the checker should be charged with unnecessary roughness. The league encourages officials to enforce this.
- 5) NO BODY CHECKING PERMITTED AT THE 3rd, 4th & 5th GRADE LEVEL
 - a. At this level only incidental contact is allowed
 - b. Boxing out on a ground ball within 5 yards of the ball is allowed

J. STICK CHECKS

- 1) In grades 3rd through 7th all one hand checks shall be considered a slash and result in a penalty regardless the amount of force used.
 - a. A penalty may be called even if no contact is made if in the opinion of the official a player was using his stick in a careless/reckless manner.
 - b. This rule does not apply to 8th grade, NFHS rules apply
- 2) At all levels a two handed check which is delivered with excessive force shall be considered a slash even if the check got "all stick".

K. GAME EQUIPMENT

- 1) Helmets shall be inspected/recertified as per manufacturers specifications
- 2) Mouthpieces are mandatory as per NFHS rules
- 3) The following equipment is mandatory and shall not be altered in any way
 - a. Shoulder pads
 - b. Arm pads
 - c. Gloves
 - d. rib pads are encouraged but not mandatory
- 4) Goalie Equipment shall include
 - a. Chest Protector
 - b. Gloves (Goalie gloves recommended)
 - c. Throat Guard
 - d. Arm Pads are mandatory
 - e. Protective cup.

L. STICKS

- 1) All NFHS rules as they regard to the stick head shall apply for all levels
 - a. All pocket, ball retention and altering NFHS rules are in affect
- 2) Stick length shall apply as follows:
 - a. Grade 5th and 6th
 - i. 37" – 42" overall length short sticks
 - ii. 47" – 72" long pole
 - iii. No long poles at 4th grade or below
 - b. Grades 7th and 8th as per NFHS rules
- 3) Coaches MAY NOT request a stick checks under any circumstances
 - a. Game officials shall, at their discretion check any stick they feel may be illegal
 - b. Officials at their discretion may preform random sticks checks in 7th and 8th grades as per NFHS rules.

M. SPECIAL RULES

- 1) One pass rule – 4th grade and below
 - a. Any team who gains possession in the defensive half of the field must make at least one pass after crossing into the offensive half of the field.

- i. This pass does not have to be caught but if it is picked up by the player who made the pass it does not count as a pass
 - b. If after attempting a pass, a team loses possession in its offensive side of the field and then regains possession, and the ball never went back into the defensive half of the field it does not need to make another pass.
 - c. If the midfielder who took the faceoff wins possession of the ball there is no one pass requirement regardless of where he gained possession.
- 2) For grades 3rd/4th and below there will be no man-up or man-down, in the event of what would have been a time serving penalty:
- a. The offending player shall be substituted for
 - b. Possession goes to the offended team on their offensive side of the field (free clear)
 - c. No fast break
- 3) Maximum of four coaches on the sideline at any time
- a. Game timekeepers and stat people are exempt as long as they make no attempt to coach the team.
- 4) Game jerseys
- a. Home teams are responsible for providing and wearing pinnies or alternate jerseys should both teams game jerseys be similar in the opinion of the game officials.
 - b. All game jerseys shall have numbers on the front and back.
- 5) Penalties on goalkeeper shall be served by the in-home attack player to prevent injuries and delaying the game.
- a. In the event a goalkeeper takes a unsportsmanlike conduct penalty or a personal foul of more than one minute they can be required to serve their penalty at the discretion of the game officials.
- 6) Game termination
- a. In the event the game officials feel the available light creates a hazard, the game shall be terminated.
 - b. If at any time the game officials feel the field conditions make it unsafe to continue play they may terminate the game for safety reasons.
 - c. If the game officials feel the game has become dangerous due to flagrant disregard of the rules or several unsportsmanlike conduct fouls the game may be ended for the safety of the participants.
 - i. Both benches should be warned, when possible that the game is in danger of being ended.

N. ENFORCEMENT

In the event it becomes necessary for any discipline or sanctions to be enforced by the NJLL the NJLL Executive Committee shall act as necessary.

CODE OF CONDUCT

Players, coaches, officials, parents, spectators and fans are to conduct themselves in a manner that “Honors the Game” and demonstrates respect to other players, coaches, officials, parents, spectators, and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this “Code of Conduct” are HONESTY

and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization. It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports in the United States and around the world. USL supports the following behaviors for those participating or involved in any way with USL in general. The following essentials elements of the “Code of Conduct” must be adhered to:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, or and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.
- Coaches should always demonstrate positive behaviors and reinforcement toward players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials, and spectators.
- Players should always demonstrate positive behaviors and respect toward teammates, opponents, coaches, officials, parents, spectators, and fans alike.
- Coaches, players, parents, spectators, and fans are expected to demonstrate the utmost respect for officials and reinforce that respect in his/her players. Coaches are also expected to educate their players as to the important role of the lacrosse official and to reinforce the ideal of respect for the official by his/her players.
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
- Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties.
- Spectators involved with the game must never permit anyone to openly or maliciously criticize badger, harass, or threaten an official, coach, player or opponent.
- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game. Coaches should encourage and help to educate the players and spectators surrounding his/her program to develop a basic knowledge of the rules. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc., have been established to encourage and maximize participation, fair play and to promote safety.

Any player, parent or coach wishing to participate in or be present North Jersey Junior Lacrosse League functions or activities must agree to the following:

I pledge to:

1. Learn the rules of lacrosse so that I may be a better player, coach, and fan.
2. Encourage good sportsmanship by demonstrating only positive support for all players, coaches, and officials at every event.

3. Support the drug, alcohol, and tobacco-free environment that is important for all youth sporting events.
4. Make only supportive comments to all players, coaches, and officials.
5. Remember the field is a classroom and everyone is learning.
6. Focus on the fun and the participation.

I also pledge NOT to:

1. Ever use profanity at a youth event.
2. Possess or consume alcohol at any NJJLL game, including the fields, spectator areas, and parking areas.
3. Criticize the coaches, players, or officials.
4. Touch an opposing player, coach, or game official in a threatening or unwanted manner.