



2026 GAME DAY RULES CHEAT SHEET v1

The head coach is responsible for making sure any non-player on their sideline has a 2026 NJLL Coaches ID.

Any non-player in the bench area must present their NJLL Digital Coach ID on their phone IMMEDIATELY when requested by a game official of an NJLL League Official

The head coach is responsible for the conduct of all their teams players, coaches and spectators.

RULES FOR ALL LEVELS:

- 3 personal fouls or 5 minutes of personal foul time and a player has fouled out of the game
- Penalties can be either releasable or non-releasable as per NHFS rules
- 6 goal mercy rule = free clear after goal

RULES 7th & 8th GRADES:

- 10-minute stop time quarters
 - Maximum of 2 OT periods unless the game is an 8th grade conference or playoff game
 - No free clear mercy rule for 8th grade conference and playoff games - 10 goal rule still applies
- Goalie DOES NOT get 5 seconds to return to the goal
- All high school counts apply
- 10 goal lead in 2nd half = running clock for the rest of the game.

RULES 6th Grade and below:

- 12-minute running time quarters
 - All penalties are stop time
 - If the game is within 2 goals or tied the last 2 minutes of the game shall be played stop time
- No substitution horns for 5th & 6th grade, all subs in the fly
- For 3rd & 4th grades coaches can request 2 horns per half per team.

[For complete rules go to: www.njlacrosse.com/2026](http://www.njlacrosse.com/2026)