

ARTICLE VI - BOYS PLAYING RULES

1- a. A one arm swing with Crosse, whether or not contact is made, is a foul. No overhead checks whether one hand or two hands are on the Crosse (these are one or two (1-2) minute fouls.

b. There is no such call as a “BRUSH” in the modified program. Contact between the Crosse and the helmets is a one (1) minute penalty.

c. The winning team must advance the ball toward the attack area at all times (stalling will be enforced if this is not done).

d. Body checking is only legal against the player with the ball in possession.
AN OTHERWISE LEGAL BODY CHECK CAN BE CONSIDERED A FOUL IF THE OFFICIAL FEELS THE INTENT OF THE CHECK WAS NOT IN THE BEST INTEREST OF THE GAME OR TO INJURE A PLAYER.

e. 3 grade A and above player cannot take more than ONE (1) step before he makes contact (Body Checking) with the player in possession of the ball. (NO MAN BALL) Illegal Body Checking is a 1, 2 or 3 minute Non-Releasable foul, with EXPULSION from the game in the discretion of the official. 3 rd. grade B and below there is limited body checking by using equal pressure concept.

f. There are no over the head “Indian Head” checks allowed in this League. It does not matter if both hands are on the stick, the check is still illegal.

g. An attack player cannot enter the crease with his BODY OR HIS CROSSE (he cannot break the cylinder of the crease). This is a technical foul.

h. If a goalie has the ball clamped outside of the crease his stick can be checked.

i. K-1 and 2nd grade stick length is 33” to 42” 3rd & 4th Grade is 35” to 42”. No long sticks, 5th to 6th , 40”-42” & 52”- 60” (60” is a Long Stick 52” to 60”). ONLY THREE LONG STICKS ON THE FIELD AT ONE TIME. A long stick is any

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lacrosse stick no longer than 60". 7th and 8th grade, 40-42", long pole 52-72". Team may use four poles (up to 72") (No Stick can be between 42" and 52" in length) All shooting strings must be within the top 4 inches of the top of the cross.

j. Unsportsmanlike conduct, illegal equipment, spearing, illegal BODY check, maligning by a player or coach, fighting, could be a one (1) minute to three (3) minute non-releasable foul and EXPULSION from the game. Fighting or maligning of a player or Official by a coach or player will be at least an expulsion from the game for this week and the following week. **THE IN-HOME WILL SERVE A 3 MINUTE FOUL.** The full penalty for such an infraction will be up to the judgment of the League Board. Report all boys and girls ethics problems (for players, coaches, parents or teams) to the League Board.

k. The length of the game shall consist of four quarters of 12 minutes running time, with the last one minute of the game (only) stopped as in regulation. The half time is three minutes. The clock is stopped on all time-outs, which are one minute in duration. If a team has a 6 goal lead or more, the clock will not stop. The official game clock and the penalty clock are to be kept on the sideline (not on the field by anyone, including an official).

L. Penalty time will stop and start on the whistle.

M. Boys face off- on a face off if the ball is picked up in the back of the face off players stick, the player must drop the ball immediately (no more then one step can be taken with the ball in the back of the stick) If the player runs with the ball in the back of his stick it is a TECHNICAL FOUL, penalty loss of ball.

N. GAME JERSEYS All players must have #'s on the front and back of their game jerseys (12" on back 8" on front) TECHNICAL FOUL for not having the numbers on jersey Loss of possession for first face off of game.

O. Stick checking No stick checking above the glove.

P. On a flag down the team in possession of the ball is not required to keep the ball in the offensive box.

Q- If a shot is taken before time expires in any quarter, even if time expires during flight, and a goal is scored, the goal counts.

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2. **NO OVERTIME:** Stop time for out of bounds in last minute of play if a game is tied or 1 goal differential.

3. Four Goal Rule: If a team is losing by four (4) or more goals they will get the ball after every goal and at the start of each quarter at a point they select outside of the attack box. (Exception: If the team ahead scores and the team that is down by four or more goals commits a personal foul, they will serve a penalty and there will be a face-off at the mid field X.) This procedure will continue until the team down is no longer losing by four or more goals. If a team is leading by four or more goals, they also must complete (not attempt) three passes before they can shoot at the goalie or score again. The three passes cannot be between only two players (no back and forth). **PASSES MUST BE MADE BETWEEN 3 DIFFERENT PLAYERS.** One of the passes must be in the attack half of the field and the other two passes must be completed in the attack box. If the ball leaves the attack box in any manner, a pass is dropped, the defense gains possession of the ball in or out of the attack box, or the ball becomes loose and the team leading gets it back, they must start the procedure over. The team down by 4 goals may waive this rule up until the team is down by six goals.

4. In order to maintain sideline safety, all spectators are required to be on the **OPPOSITE SIDE** of the field, away from the bench unless the playing field is fenced in and there is a designated seating area. The referee must delay the start of the game until this requirement is met. There will be no more than four (4) coaches in the coach's box or on the team side of the field. All coaches must have and display PAL Photo I.D.'s. Only game or sidelines officials are permitted on the sideline in the bench area. Visiting team coaches are responsible for the behavior of their spectators and must cooperate with the home team to maintain order for all spectators.

5. PAL Lacrosse is intended to be a training experience. It has always been the position of the League Board that each player should meaningfully participate in the game. To further this end, the League Board has decided that every player **MUST PLAY EQUAL TIME.** It is the Director's responsibility to ensure that their coaches are following the playing time rules.

IF A PLAYER MISSES PRACTICE, YOU CAN CUT HIS OR HER PLAYING TIME DOWN. IF A PLAYER DOES NOT MAKE ANY PRACTICES YOU DO NOT HAVE TO PLAY HIM OR HER. (The fact that lacrosse is a contact sport, missing practice(s) is a safety issue).

ARTICLE VI - BOYS PLAYING RULES (continued)

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Practice times for all League teams are as follows: Preseason: Limited to six (6) hours per week. After start of the season: Five (5) hours per week, preseason scrimmages are considered practice time.

6 Any community that misses two scheduled meetings in a row will lose their right to vote on League matters until reinstated by the League Board. If reinstated the Director can be placed on probation. There will be a fine of \$50.00 first missed meeting \$100.00 for 2nd missed meeting and loss of home games for 3rd missed meeting.

7. The official schedule for League games will be sent by the League Board and be issued before the start of the season. Any coach or Director who bypasses a scheduled PAL League game in order to participate in another game or tournament will be automatically suspended and the League Board will determine his or her future status with the League.

8. All rules, regulations and important dates set down by the League Board are meant to apply to both the girls and boys divisions. However, The Board will take any action it deems appropriate.

9. Each player is limited to a maximum of four goals in a game. It is the responsibility of the coaches to keep track of who scores and how many a player has attained. If there is a discrepancy, every effort should be made to settle in a sportsmanlike manner; if it cannot and the referee can't settle it, the opposing team's statistics will be used for that player's goal count.

10. There is no man down situation on the K-1st, 2nd and 3rd grade levels (Except 3A). Any player committing a penalty must serve his own penalty time; however, his team will replace him with another player and will not play man down. The offended player, unless they are defense players or goalies, will be given a Fast Break opportunity, whereas, the ball handler will stand 10 yards offensive to the midfield line and all other midfielders will stand behind the midfield line. At the sound of the whistle, all players on the field are released on a fast break

7th, 8th and 7th/8th Grade - P.A.L. & NYS Modified Rules

Equipment: (All equipment must be manufactured for lacrosse) All players must wear a Helmet, Lacrosse Arm & Shoulder Pads, Mouthpiece, Gloves, Athletic Supporter and Cup, Molded Rubber Sole Shoes and Jersey with numbers on front & back. *Goalies must wear - Shoulder & Arm pads, Chest Protector, Helmet, Throat Protector, shin guards. Goalies can wear football pants with protective pads.

Lacrosse Balls Must be NOCSAE Approved

Coaches and Officials should review these rules together before the game.

Only 4 coaches on the sideline with valid PAL PHOTO I.D.!

Coaches must have and display valid PAL photo I.D. at all times or be removed.

Parents and Spectators must be on the far side of the field (Not behind the team).

a- NO 4 -GOAL RULE for 7th, 8th and 7th/8th grade teams.

b. 4-12 minute quarters,

c. Goalies must wear Chest protector, Mouth Piece, Throat protector, SHOULDER PADS, ARM PADS, GLOVES and A PROTECTIVE CUP.

d. 7th, 8th and 7th/8th grade stick can be between - 40” to 42” and 52” - 72” (No stick can be between 42” and 52” in length). 4 Long sticks allowed on the field.

e. No one arm checks, no man ball checking. Can check player with the ball only- One step.

f. Attack player cannot reach into the crease to get the ball.

g. Contact between the lacrosse stick and the helmet is a personal foul (slashing) No “brushes.”

h. All coaches and Directors must have and display their valid PAL photo ID at all times on the field.

K-1 – 3rd grade B Boys PLAYING RULES

1. FRESHMAN DIVISION (NO CONTACT DIVISION)

The Freshman Division will consist of K-1

- The purpose of the division is to put all players in “game like” situations. For many kids this will be their first time on a lacrosse field and we are helping them learn how to play the game. General Rules:
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 - Officials will be provided by our assigners.
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 - All coaches and Directors must have and display a valid PAL photo ID at all times on the field.
- There will be 2 Junior Official per game and each Official will be paid \$35.00 per game. If there is only 1 referee he will be paid \$60.00 (\$30.00 per team). If section XI officiates the game they will be paid \$65.00 per official if only one official, it is \$90.00 (\$45.00 per team)
- The Referee is the arbiter of the game and coaches **MUST** follow the referee’s direction (even if incorrect). Any action by a coach that compromises the official will result in a minimum of a 1 game suspension. If there is a complaint about officiating, you must fill our discrepancy report and send to PAL (scpallax@gmail.com) within 24 hours.
- K-2 Stick Length 33” to 42: inches 3rd grade B 35” to 42”– NO LONG STICKS
- one (1) coaches on field per team who must remain outside the box.

GAME DAY RULES:

- The games will be comprised of four 12-minute running time quarters.
- Players on field are 8 vs. 8 to allow for maximum participation by those on the field. The field will be reduced in size. A field of 90 yards long by 45 yards wide will be ideal. Because this is a developmental program some towns may have larger rosters and want to play 10 **vs.**10 to allow more kids to play.

If both coaches agree to play 10 **vs.**10 the game can be played 10 **vs.**10. Both towns must agree and if one town does not agree the game will be played 8**vs.**8 as the referees will not be put in the position of determining the number of players on the field.

- There will be two attack men, three midfielders, two defensemen and a goalie unless the towns agree to play 10 **vs.**10.
- Body checking or One Arm checks are prohibited. A body check is a penalty and full time must be served.
- There is no man down situation on the K–1st, 2nd and 3rd grade B Any player committing a penalty must serve his own penalty time; however, his team will replace him with another player and will not play man down. The offended player, unless they are defense players or goalies, will be given a Fast Break opportunity, whereas, the ball handler will stand 10 yards offensive to the midfield line and all other midfielders will stand behind the midfield line. At the sound of the whistle, all players on the field are released on a fast break.
- * Each player is limited to a maximum of four goals in a game. It is the responsibility of the coaches to keep track of who scores and how many a player has attained. If there is a discrepancy, every effort should be made to settle in a sportsmanlike manner; if it cannot and the referee can't settle it, the opposing team's statistics will be used for that player's goal count.
- **ALL OTHER P.A.L. AND N.Y. STATE MODIFIED RULES APPLY including face-off's, off sides,**

ARTICLE VII -OFFENSES AND FINES

Missed Meeting:

- 1st missed meeting ***** \$50.00
- 2nd missed meeting ***** \$100.00
- 3rd missed meeting *****\$250.00
- Missed Deadline***** \$50.00
- Unauthorized website photograph or information ***** \$25.00
- Failure to produce an official roster at a game. ***** \$25.00
- Game Expulsion: Coach or Director ***** suspended one game
- Suspension or Probation of a Coach, Director or Community * \$100 - \$200
- A registered team that withdraws before the end of the season: ** \$200.00

Failure to display ID Card

- 1st offense***** suspension of that game and Fine
- 2nd offense ***** suspension of that game and the next game and fine
- Illegal / Unauthorized player***** \$250.00
- Missing game for non-sanctioned tournament ***** \$200.00

*****ALL SUSPENSIONS ARE SUBJECT TO FINES ALSO*****

1. All game changes must be approved by the P.A.L. Lacrosse Board of Directors.
2. **No P.A.L.** Community will be permitted to assign their own officials. If an exigent circumstance arises causing the change or cancellation of a game, the possible rescheduling of the game must be brought to the attention of the Board of Directors. The Board of Directors will determine any penalties and/ or necessary payment to the officials.
3. If an official has to wait between games because the middle game has been cancelled or changed, there will be a charge for waiting. The community which caused the change or cancellation must pay a fee of \$100.00 to Suffolk County P.A.L. Lacrosse before their next game.
4. If a team does not show up for the game, the game will be considered a forfeit. The community that caused the forfeit must pay a forfeit fee of \$100.00 to Suffolk County P.A.L. Lacrosse before their next game.
- 5 All game changes must be approved by the P.A.L. Lacrosse Board of Directors

SUFFOLK COUNTY P.A.L. YOUTH LACROSSE SPORTSMANSHIP PHILOSOPHY

The NCPAL Lacrosse is committed to promoting the ideals of sportsmanship. These include the concepts of ethical conduct and fair play by all who participate in, officiate, or attend our events and activities. We stand in opposition to all instances and activities which do not support the high standards of athletic competition and do not insure the well being of our participants. We expect that a high standard of citizenship and respect for others will be evident at all interscholastic events.

We are also committed to the belief that all organizations participating in P.A.L. lacrosse activities will be held responsible for the conduct of their players, coaches, directors and spectators. Conduct deemed detrimental to the values supported herein may be deemed just cause for reprimand, probation, suspension from the SCPAL Youth Lacrosse League.

NCPAL Youth Lacrosse Sportsmanship Codes

Spectators

It is the responsibility of the spectator to:

- 1) Cheer positively. Profanity and/or degrading language/gestures are prohibited.
- 2) Avoid actions which offend visiting teams, individual players, and/or officials.
- 3) Show appreciation of good play by both teams.
- 4) Treat all visiting teams and officials in a respectful, professional and appropriate manner.
- 5) Abide by all rules and regulations of the game.
- 6) Accept victory and defeat with grace and dignity.

Student Athletes

It is the responsibility of the athletes to:

- 1) Demonstrate self-control and respect for other athletes, officials, coaches and spectators at all times.
- 2) Remember that participation in interscholastic athletics is a privilege that is not to be abused by unsportsmanlike conduct.
- 3) Treat all opponents with respect. Shake hands after the event and congratulate them on their performance.
- 4) Respect the integrity and judgment of the officials.
- 5) Remember that you are a representative of your school. Improper behavior reflects negatively on yourself, your school, your family and your community.
- 6) Understand and abide by all rules and regulations of the game.
- 7) Accept victory and defeat with grace and dignity.

Coaching Staff

It is the responsibility of the coaching staff to:

- 1) Promote good sportsmanship by setting a positive example while coaching your student-athletes.
- 2) Respect the integrity and judgment of all sports officials.
- 3) Approach the athletic competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
- 4) Recognize that the student-athletes in any individual or team sport are young men and women with human frailties and limitations, who are capable of making mistakes.
- 5) Refrain from the use of crude or abusive language with players, opponents, officials, or spectators.
- 6) Instruct players on the importance of sportsmanlike behavior and remove players from competition who demonstrate unsportsmanlike behavior.
- 7) Avoid behaviors that will incite players, opponents or spectators.

Lacrosse Organization

It is the responsibility of the Lacrosse Committees to endorse the following concepts:

Participating in the P.A.L. Youth Lacrosse League

- 1) Will be expected to share the P.A.L. codes of conduct with their players and spectators in an effective manner.
- 2) Are encouraged to have all coaches distribute approved, written code of conduct to all athletes and spectators.
- 3) Are asked to post P.A.L. lacrosse spectator codes of conduct at all athletic venues where possible. Such postings should be in areas where they are easily visible to all in attendance.
- 4) Are encouraged to update their coaching staff on all sportsmanship rules, regulations, guidelines and procedures.
- 5) Will be held responsible for the conduct of their players, coaches, faculty, spectators and cheerleaders.
- 6) Must provide adequate supervision when the visiting team buses arrive and depart.
- 7) Should have a director at contest sites.
- 8) Should know that if violations occur at the athletic events, it is the responsibility of the organization to report all such infractions to P.A.L. in accordance with established

ADDITIONAL SUFFOLK P.A.L. RULES

A player is allowed 1 sidewall string which prohibits the use of the v or u. Further to that point, throw strings can be no further than 4” from the top of the plastic.

1-8: CROSSE PROHIBITIONS

No player shall use a Crosse that does not meet the specifications of Sections 6 and 7. Furthermore, crosses in which the pocket has sagged to such a depth that it has become difficult for an opponent to dislodge the ball and crosses in which the construction or stringing at the bottom is designed to withhold the ball from play also are prohibited. Additionally, no player may use a Crosse that has stringing that retards the normal and free dislodgment of the ball by an opponent. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when placed therein, is below the bottom edge of the side wall (this prohibition does not apply to the goalkeeper’s Crosse). (See Figure 4) A Crosse that has been altered in such a way as to give an advantage to an individual is illegal. Adjustable- length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal. The use of pull strings to alter the depth of the pocket is illegal. No more than one sidewall string on each side is allowed. A broken Crosse is considered as no Crosse.

Rationale: The committee expanded the Crosse prohibitions. Specifically, the changes are intended to inhibit the use of pull strings and sidewall strings to lodge the ball in the Crosse.

Over and back

14-3 (NEW): ART. 3 . . . Once the ball has been successfully advanced into the goal area, a team is provided the opportunity to run its offense in its offensive half of the field. If the offensive team carries, passes or propels the ball to its defensive half of the field and the offensive team was last in possession, and last touched the ball (except on shot), the result will be an immediate a turnover or play-on. If the ball does not touch or go over the centerline, no infraction has occurred. Players may legally bat the ball to keep it in the offensive half of the field, but if it is possessed and their feet are in the defensive half, it shall be a turnover

Rule Book Addendum's-

A-1. Helmet Replacement

Helmet replacement guidelines should strictly adhere to that particular helmet manufacturer's suggested replacement time frame.

A-2. Game Times

*Game time is to be set as 1 hour and fifteen minutes. In addition, games are to be scheduled consecutively, no breaks, officials will be sent to do all games back to back.

A-3. Scoreboards & Score Tables

- Scorers table **MUST** be equipped by rules.
- Use of home team's scoreboard for time and score keeping is permissible so long as the operator is efficient and operation is proper. Failure to comply will result in officials taking over.
- It is up to the home field (not home team) to supply clocks, horns, penalty clocks, goals, defibrillator, and certified person in its use, rule book, first aid kit, ice packs, etc.

****BY NO MEANS ARE SPECTATORS ALLOWED ON SIDELINES FOR ANY REASON DURNING ANY SUFFOLK COUNTY LACROSSE PAL GAMES**