

SUFFOLK COUNTY



LACROSSE

2016

Boys

Operations and

Rules Manual

scpallacrosse.com



Revised: January 4, 2016



GOD BLESS
AMERICA

Suffolk County PAL Lacrosse Executive Board

Welcome to the PAL Lacrosse Board of Directors Information and Contacts. Below is our full registered list of Executive Board. Please use the filters to narrow down your search, or select all to view the full list of directors.

<u>Position</u>	<u>First Name</u>	<u>Last Name</u>
Coordinator PAL	Rich	Gorgone
Chairman Pal	Rick	Suris
Commissioner South	Ray	Carere
Commissioner North	Lynn	Schnellenbach
Director of Scheduling	Rick	Suris
Director of Officials	Emmett	Carey
Tournament Director	John	Lang
Safety Coordinator	Everett	DeWitt
Director of Registration	Rich	Yannucci
Rules and Procedures Director	Tony	Pagnotta
Trustee	Ron	Chamberlin



SUFFOLK COUNTY P.A.L. YOUTH LACROSSE LEAGUE

OBJECTIVE

It is the objective of **SUFFOLK County Police Activity Lacrosse** to provide an opportunity for youngsters of approximately equal age and ability to compete in Lacrosse, under proper supervision, with equipment and optimum conditions of health and safety. High standards of sportsmanship and fair play shall be the first requisite of League competition. To this end the following rules and regulations are set down for communities participating in the League.

COMMUNITY RESPONSIBILITY

Each community participating in The League shall be responsible for the conduct of its players, directors, coaches, spectators and others for the preservation of order in the stands and on the field during any League activity. Each community shall appoint a boys and girls director, and an alternate, who will attend all League meetings and make the community aware of all League rules and regulations, subject to the approval by the P.A.L. and P.A.L. Executive Board, the "League Board". In all League matters determined by a membership ballot, each community is entitled to one vote to be cast by the director or alternate of each community. There will be **no proxy votes**. A community must be present at a League meeting in order to cast a ballot.

Each community will be required to post and maintain a penalty bond of \$300.00. All breaches of rules, conduct and sportsmanship will be reviewed by the League Board and appropriate action will be taken including monetary fines. **Ignorance of the rules is not an acceptable excuse!** If at any time a community wishes to withdraw from The League, the bond or any balance due will be refunded. The bond may also be used to satisfy any outstanding fees owed by any community at the close of the season. A community must satisfy all outstanding fees it owes to the League at or before Registration to participate in the season.



ARTICLE I

REGISTRATION

To be properly registered, a community must present the following information to the League on or before the date(s) set by the League Board. Any community not properly registered cannot play in the League.

1. **1 (one) copy** of a roster for each team. **Rosters can be e- mailed to: SCPALLACROSSE.COM**
up until the day of registration.
2. A copy of a birth certificate, as proof of age, for each player on the roster. Proof of grade on school letterhead or passport when required. (Unless a birth certificate is already in the data base).
3. Fees: The first team registered from a community will be \$300.00 and \$100.00 for each additional team in that community. The initial \$300.00 fee will cover both the boys and girls programs in a community.
4. Field availability and special play days (dates) must be filed on the form supplied. **Special requests** and conflicts must be made 2 weeks before the first (1st) registration date, and are subject to the approval of the League Board.
- 4a. If a special situation form is not filled out and handed in with your seeding recommendations and roster your team cannot participate in the League.
5. Directions for your field(s) must be printed at the bottom of each roster.
6. All players, coaches and Directors must fill out a P.A.L. sponsor form. This form must be turned in by registration.
7. All coaches and Directors involved with P.A.L. boys and girls youth activities must take an approved coach's course, go through a background check, including, by the Nassau County Police Dept. and/or an outside background check vendor to obtain their coaches I.D. badge. If a coach or Director is found to have a problem they will not be able to coach.
8. No coach or Director can be on the sidelines of a P.A.L. game without displaying his or her P.A.L. photo I.D. (Only 3 coaches are allowed on the sidelines). All rosters submitted for approval must be typed in alphabetical order with all information required by the League. Proof of age submitted with the roster must be in the same order as the roster. Each community is responsible for the validity of the roster they submit. Players without proof of age will be struck off the roster. A roster must have a minimum of 16 (sixteen) players on it to be accepted. No player can participate in a scheduled League game unless he or she is on that team's official roster. A player may appear only on one roster and be registered in only one (1) community unless written approval is granted by the League Board. All League teams must produce their official roster if requested by an opposing coach or League official. All players on the field must be listed in that team's mandatory game book.

Players Transferring to Another Community

A community may not recruit or register a player from another community or school district participating in the P.A.L. Youth Lacrosse League. If a boy or girl wishes to play out of the school district (community) in which they live and with another community he or she can only do so with written permission of: (1) the Director of both communities; and (2) the League Board. A transfer form must be submitted.

Players Playing on Two Teams

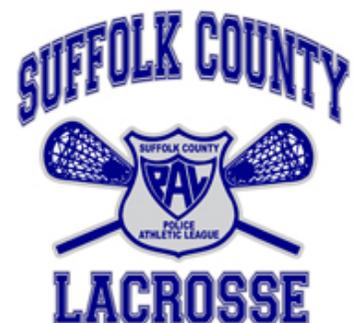
A boy or girl player cannot play for two (2) teams in their community unless the League Board approves it in advance. Exceptions will generally be granted to allow very large rosters to be broken up. For example, a program with 28 players in one grade may have two (2) teams of 14 players, with two (2) players from each team also playing on the other team to get both teams to 16 players. A boy or girl player cannot play for two (2) teams in two (2) different communities.

Community Membership

Membership shall be limited to one (1) program/member in a geographical area. The geographical area shall be the school district in which the member is located.

New Community Requirements

If a new community wishes to become a member of the Suffolk County P.A.L. Youth Lacrosse League and there is a P.A.L. Unit within that community's geographical area, the new community must register through the P.A.L. Unit in that community. If there is no P.A.L. Unit in that community the organization may register as an independent organization.



ARTICLE II - AGE RULES (FOR GIRLS AND BOYS)

1.
 - a. **Freshman Division (1st & 2nd grade): NO CONTACT division See Rules**
The Freshman Division will consist of 1st and 2nd graders only, who are 6-7 years old. In NO CASE will a kindergarten and below, or a 3rd grader and above, be allowed to participate in this division. This is a NON COMPETITIVE, TRAINING Division ONLY!
 - b. **Junior Division:**
The Junior Division will consist of players from the third and fourth grade ONLY, who are ages 8 and 9 with some 10 year olds. In no case will an **11-year-old** player be allowed to play in the Junior Division. In no case will a first or second grader, regardless of age, be allowed to play in the Junior Division.
 - c. **Intermediate Division:**
The Intermediate Division will consist of players in grades 5 and 6, who are ages 10 and 11 with some 12 year olds. No **13-year-old** player can play in the Intermediate Division.
 - d. **Senior Division:**
The Senior Division will consist of players in the 7th and 8th grades, who are ages 12 and 13 with some 14 year olds. **No 15-year-old** player can play in this Division. In no case may a 9th grader play in the Senior Division. A player can play in both the Senior PAL Division and for a middle school or junior varsity team ONLY. No varsity players may play in this division.
 - e. **Mixed Division:**
Where a team does not have enough players solely in one grade, a mixed team will be set up and must play in a similar division. A community may have only one mixed team in any division. Mixed teams, 3rd/4th, 5th/6th, 7th/8th, must be broken up evenly. Example: 3rd/4th, you can have 8 3rd graders and 8 4th graders on the roster. If more than 62.5% of the players are in the higher grade the team must play in the upper grade. For example, if 10 out of 16 players on a 3rd/4th team are in 4th grade the team must play in the fourth grade division.
2. Boy & Girls: birth certificates are required to play; with the December 1st to November 30th cut-off dates still applying to the existing age limits. In all cases of an overage player, a written certificate from the school verifying the player's grade will be required in addition to the birth certificate. In a case where a player exceeds the age requirement due to being left back in grade, the League Board will make the determination as to the player's eligibility.
3. Under no circumstances can an underage or overage player participate in a PAL League game. Minimum, maximum and grade limits are set by the League Board and any violations of this rule is an automatic expulsion of the player, coach and/or Director and a forfeit of all game(s) in which he or she played.
4. A player (and not a team) can be moved up only with parental consent (INCLUDING A PARENTAL RELEASE IN WRITING) and the approval of the League Board. A player cannot be moved up more than one grade. Example: a 3rd grader cannot be moved to a 5th grade level. A player in an upper division cannot be moved down. Example: A 5th grader cannot be moved down to a 4th grade division. First and Second graders CANNOT be moved up.
5. **A High School Varsity player cannot play in P.A.L. no matter what grade he or she is in. A 7th or 8th Grader playing up on J.V. can play on an 8th Grade team or a 7th/8th grade mixed team.**

ARTICLE III - CODE OF CONDUCT
BOYS & GIRLS

Suffolk County P.A.L. Youth Lacrosse League

It is the Responsibility of all Communities, Lacrosse Organizations, Directors and Coaches in the P.A.L. Youth Lacrosse League to endorse and implement the following concepts and this form must be signed and submitted at registration:

1. All P.A.L. Lacrosse communities and organizations will share this Code of Conduct with their Directors, Coaches, Players and Spectators, and distribute it to them in an effective manner.
2. All organizations are asked to post this Code of Conduct at all games where possible.
3. Organizations playing in the P.A.L. Youth Lacrosse programs will be held responsible for the conduct of their Players, Directors, Coaches and spectators.
4. Organizations must provide adequate supervision at all P.A.L. Youth Lacrosse Games.
5. It should be known that if any violation occurs at an event, it is the responsibility of the organizations participating.
6. It is the responsibility of each lacrosse organization to make sure that all their players are from their own school district. Only with advance written permission from the Directors from both communities can a player switch to another town.
7. Unless the League Board approves it in advance, players are not permitted to simultaneously play on any two P.A.L. Youth Lacrosse League Teams. Exceptions will generally be granted to allow very large rosters to be broken up. For example, a program with 28 players in one grade may have two teams of 14, with two players from each team also on the other team, to get both teams to 16.
8. 1st and 2nd Graders **cannot play up. NO player can play down.**
9. It is the responsibility of all Directors to report any infractions to the NCPAL Youth Lacrosse League Ethics Committee.
10. This Code of Conduct must be signed and dated by all Directors.
11. All organizations participating in the P.A.L. Youth Lacrosse League must abide by these rules.
12. All organizations will have and maintain in place sufficient insurance to cover all players, Coaches, Directors and name NCPAL as an additional insured.

Community: _____ BOYS _____ GIRLS _____

Have ALL your coaches been informed about the above Code of Conduct? _____ YES _____ NO

Director's Signature

Please Print Name

Date _____

ARTICLE III - CODE of CONDUCT (continued)

Each team (and its head coach) is responsible for the conduct of their team personnel and attendants. Coaches should work with the officials to promote good sportsmanship during the game. Ethical breaches should be reported immediately to the League Board. The home team administration is ultimately responsible for the conduct of spectators and others attending the game. Coaches should cooperate with the officials in controlling any undesired conduct by spectators.

Coaches must control their behavior before, during and after a game, scrimmage, practice and any other PAL League event. Cursing and verbal or physical abuse of any player, other/visiting coach, Director, referee or official will not be tolerated.

Coaches are responsible for the behavior of their team's parents and spectators at all times. Cursing, verbal and/or physical abuse of any player, coach or referee by spectators will not be tolerated. Penalties can be assessed against a team for the unsportsmanlike conduct of a parent or spectator and may also jeopardize continued play of the game.

COMPLAINT PROCEDURE

Any Director or coach in the League who becomes aware of any violations of League rules by any other member of the League, is honor bound to report it to the League Board. Any complaints regarding a violation or suspected violation of PAL League rules, regulations or of the code of conduct by anyone participating in or attending any PAL League event must be reported to the League Board by the Director of any community involved. The Directors will notify the League Board as to the nature of the complaint. All complaints will be reviewed and investigated by the PAL Board Ethics Committee and a determination will be made about the complaint that may include fines, suspension and/or expulsion. Any problems encountered with game officials should also be reported immediately to the League Board.

GAME EJECTION

Any player, coach or Director ejected from a PAL League game for fighting or unsportsmanlike conduct, or who leaves the bench and goes onto the field during an altercation, will be automatically suspended from at least the next scheduled League game and be placed on probation for the remainder of the season. Unsportsmanlike conduct by a spectator can jeopardize continued play of the game. Violation of probation may lead to suspension for the season or expulsion from the League.

KNOWINGLY ALLOWING UNAPPROVED PLAYERS TO PLAY

Any coach or Director who knowingly allows a player to participate in a PAL League game in violation of PAL League rules and regulations, will be automatically suspended. The length of the suspension and the amount of any fines assessed will be determined by the PAL Ethics Committee. Any situations or unusual circumstances not covered by the code of conduct will be reviewed by the League Board and the Board will have the authority to take any action it deems appropriate. **Any coach or Director who allows a player from another community to be on a roster, or to play in a game, without following the rules for obtaining a written waiver as set out in these rules, will be suspended for life and the community involved will pay a \$1,000 penalty.** Any coach who becomes aware of an ineligible player on his or her team must report it to their Director immediately before the play of the next scheduled game.

ARTICLE IV NON-SANCTIONED TOURNAMENTS

and

GAMES and RESCHEDULE GAMES

Missing League Games for Other Non-Sanctioned Games/Tournaments:

The official schedule for League games will be set by the P.A.L. League Board and be issued before the start of the season. Any coach or Director who bypasses scheduled League game in order to participate in a non P.A.L. game or tournament will be automatically suspended, their organization will be fined \$200.00, and the League Board will meet to determine his or her future status with the League. It has been the practice of the P.A.L. Youth Lacrosse League not to schedule games on Easter or the Memorial Day weekend.

NON-SANCTIONED GAMES:

The League schedule is intended only for play between members of the Suffolk County P.A.L. Youth Lacrosse League. Any game not on the official schedule or any game played with a NON-P.A.L. Youth Lacrosse League team will be considered a NON-SANCTIONED game. The team, coaches, Director and community playing a non-sanctioned game will assume all responsibility and liability for its players, coaches, spectators and officials.

RESCHEDULED OR CANCELLED GAMES

Any game that has to be re-scheduled for an official reason must be done so with the approval of the League Board. There must be a legitimate reason for a change or rescheduling a game. You must pay the officials for the missed game. In the event weather conditions are such that it would be dangerous to play the game, the home team administration shall have the responsibility of canceling the game. The coach of the home team, or his delegate, shall notify the coach of the visiting team and the officials (Not the Assigner) at least 2 hours before the scheduled game time. If the coach does not have the name of the officials, e-mail: scpallacrosse.com. Rescheduling of a canceled game must be done through the League office and prior to the following week's game.

ARTICLE V
COACHES AND PLAYERS PARTICIPATING IN
LEAGUE WITHOUT PAL RULES

All Suffolk County P.A.L. Unit lacrosse teams must participate in the Nassau County P.A.L. Youth Lacrosse League.

COACHES AND PLAYERS PARTICIPATING IN LEAGUES WITHOUT PAL RULES

NO P.A.L. Lacrosse coach will be permitted to coach in the P.A.L. spring youth lacrosse League if he or she is also coaching in the spring in any other youth lacrosse League playing with NON-SANCTIONED N.Y. State or NON-P.A.L. RULES, unless the coach in question signs the disclaimer below. Without the written permission of the League Board, a team participating in another League cannot enter that team in the P.A.L. as a full team. That team must be broken up.

Disclaimer: I hereby agree to indemnify and hold Suffolk County P.A.L. Youth Lacrosse League, its officers, employees, licensees and each of them harmless from any and all liability that may be incurred by my COACHING in the P.A.L. Youth Lacrosse League.

Non-sanctioned Organization League that you coach for: _____

Rules Played by: _____

Signature: _____

Date: _____

FOR SAFETY REASONS

It is Strongly Recommended that Individual players and teams only participate in ONE league and that all spring lacrosse be played with PAL.

ARTICLE VI - DUTIES AND RESPONSIBILITIES OF COACHES AND HOME MANAGEMENT

IMPORTANT - (Player 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, Athletic Supporter and Cup**. Goalies can wear football pants with protective pads.

Lacrosse Balls Must be NOCSAE Approved

1. The home team coach must call the visiting team coach three days prior to the game to double check the starting time, location and team colors and clear directions to your field. If the home team coach cannot reach the visiting team coach, he must call the visiting teams Director.
2. In the event weather conditions are such that it would be dangerous to play the game, the home team shall have the responsibility of canceling the game. The coach of the home team, or his delegate, shall notify the coach of the visiting team and the officials (Not the Assigner) at least 2 hours before the scheduled game time. Rescheduling of a canceled game must be done through the League office and prior to the following week's game.
3. In the event of a forfeit both community Directors must notify a member of the League Board on the day of the forfeited game.
4. **Game Equipment** – The home team is responsible for supplying the game equipment i.e. balls (at least 6 balls at each end line), official score book, timing clocks (2), horns, scorer's table, players benches, cones on each corner of the field, cones to mark the box and the game timekeepers (2 required). Head coaches should mutually agree, before the game, on suitable timers and scorers (preferably adults) and the field should be properly lined, including the creases.
5. The home team will have a person at the scorer's table to assist the game officials in maintaining the box and proper control of the sidelines.
6. No player shall be permitted to play unless his/her name is listed on the official team roster. All rosters are subject to inspection by an opposing head coach or Director at any time, and once approved the names of all players participating in the game must be put into the scorer's book. It is recommended that the rosters be inspected by both head coaches prior to the start of the game. Any discrepancies should be reported to the League Board.

ARTICLE VII - BOYS PLAYING RULES

Lacrosse Balls Must be NOCSAE Approved

~~~ NEW RULES 2016 ~~~

BOYS FACE-OFF Rule

1. 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 than one steps 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.

GAME JERSEY

2. All Boys & Girls players must have #'s on the front and back of his or her game jersey. (12" on Back, 8" on front). Technical Foul, "PENALTY" for the lack of the numbers on the jersey is a loss of possession for the first face off of the game.

STICK CHECKING

3. NO Stick checking above the glove.

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. A player cannot take more than ONE (1) step before he makes contact (Body Checking) with he 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.
- 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. 3rd & 4th Grade Stick Length is 35" to 42". No long sticks, 5th to 6th, 40-42" & 52"- 60" (60" is a Long Stick). **ONLY THREE LONG STICKS ON THE FIELD AT ONE TIME.** A long stick is any lacrosse stick no longer than 60". 7th and 8th grade, 40-42", 52-72". Team may use four poles (up to 72") (No Stick can be between 42" and 52" in length)
- 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 judgement of the League Board. Report all boys and girls ethics problems (for players, coaches, parents or teams) to the League Board.
- k. Length of Game: 4 -12 minute running time quarters. 3, 1- minute stop clock time-outs per game, only 2 in any one half. The clock will stop after every goal and on a penalty and will start on the next whistle. 2 minutes between quarters, 5 minute half time.
- L.. Penalty time will stop and start on the whistle.

ARTICLE VII - BOYS PLAYING RULES *(continued)*

1. **NO OVERTIME:** Stop time for out of bounds in last minute of play if a game is tied or 1 goal differential.
 2. 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.
 3. 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 three (3) coaches in the coaches 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.
 4. 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).**
- 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.
5. 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 up to \$60.00 for each missed meeting
 6. A quorum of any meeting of the Directors shall consist of not less than majority plus one. A vote cannot be passed without a quorum.
 7. Only the Director, or the alternate acting in his place, may make a motion on the floor. Any motion to materially change any existing rule and regulation must be submitted to the League Board in writing, appear in the minutes of the meeting and be placed on the agenda of the next scheduled meeting to be voted on by the membership.
 8. 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.
 9. 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.

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 PHOTO I.D.!

Coaches must have and display 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. 25 Minute running halves, One (1) minute stop clock time out per half. Clock will stop the last (1) minute of the second half. Penalty time will stop and start on the whistle.
- 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 photo ID at all times on the field.

2nd GRADE Boys PLAYING RULES

FRESHMAN DIVISION (IS A NO CONTACT 2ND GRADE INSTRUCTIONAL DIVISION)

~~~~ 1st & 2nd GRADERS CAN NOT PLAY UP!!! ~~~~

Boys Coaches can only be on the field at the 2nd Grade level

Balls Must be NOCSAE Approved

1. FRESHMAN DIVISION (NO CONTACT DIVISION)

The Freshman Division will consist of 2nd graders and some limited first Graders only, age 6 & 7 years old. In no case will a kindergarten and below or a 3rd grader and above participate in this division. This is a training Division.

Purpose:

The purpose of the division is to put 2nd graders 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:

- Officials will be provided by our assigners.
- All coaches and Directors must have and display photo ID at all times on the field.
- There will be 2 Junior and or 2 Certified Official per game and each Official will be paid \$40.00 per game. If there is only 1 referee he will be paid \$60 (\$30 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 poor officiating please contact Eric Geringswald to discuss the specifics.
- Stick Length 35-42 inches – NO LONG STICKS
- Two (2) coaches on field per team who must remain outside the box. One stays on the offensive half and one stays on the defensive half of the field.

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 8vs.8 as the referees will not be put in the position of determining the number of players on the field.
- There will be two attackmen, 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.
- All penalties will be assessed by giving the offended team a fast break
- The player who commits a foul must sit out for the amount of time allocated to the penalty even if a goal is scored
- If a goal is scored on a penalty fast break the team that committed the foul can add a player for the face-off but the player who committed the foul must serve the full time.
- **ALL OTHER P.A.L. AND N.Y. STATE MODIFIED RULES APPLY including face-off’s, off sides, crease violations etc.**

P.A.L. e-mail: scpallacrosse.com



ARTICLE VIII
GIRLS YOUTH LACROSSE RULES
Points of Emphasis - Changes are highlighted
Balls Must be NOCSAE Approved



- Field Players Crosse:** Minimum length is 35 1/2" and the maximum length is 43 ". Third graders may have a minimum length of 32". No mesh pockets and no shooting string made from flat shoelaces.
- Protective Eyewear:** Must be ASTM certified – Rec Specs are not ASTM Certified. See USL Website for approved eyewear.
- Goalkeeper:** **Crosse** – Minimum length is 35" and the maximum length is 52"
Helmet – must meet NOCSAE standards, have a facemask, separate throat protector and properly secured chinstrap. Required Protective Padding – chest, abdominal/pelvic protector, gloves, leg/shin/thighs/knee padding.
- *Mouthpiece:** all players must wear a professionally manufactured intra-oral mouthpiece on the upper jaw teeth. May not be altered, or have protruding tabs. The mouthpiece must be a readily visible color other than clear or white AND MUST NOT HAVE GRAPHICS OF WHITE TEETH. This adjustment makes it easier to determine if a player is properly wearing a mouthpiece.
- Ball: (NOCSAE Approved)** All grade levels – regulation hard yellow ball or slightly textured orange (Pantone #81100) ball.
- Pocket:** Grades 5, 6, 7 & 8 – regulation women's cross (page 11 – rule 2 section 2b& 2c) Grades 3 & 4 – modified pocket, half of the ball may fall below the bottom of the side wall.
- Deputy:** No deputy is allowed in goal circle for all 2nd Grades clinic.

Pre-Game- Player Verification

During the pre-game, each Head Coach must identify themselves to the officials and affirm that their players are properly equipped. During the stick check, using the rosters issued by NCPAL, opposing coaches are responsible for verification of the opposing team players. Players not on the roster will be considered ineligible to play. Coaches may permit the ineligible player to play. NCPAL must be notified by the protesting coach of the ineligible player through the Horizon game report even if both coaches agree to let the player play.

COIN TOSS: Officials will conduct a coin toss before each game, the winner receiving the choice of goal to defend or the first possession- **NO MORE THROWS.**

Coach Conduct/Spectator Conduct

Coaches who feel they have the right to control the umpires during a contest are not in compliance with the "Spirit of the Rules" and fail to "Honor the Game". Poor coaching conduct will be penalized and are subject to League sanctions. The home team coach is responsible for the conduct of all spectators on their field. Inappropriate conduct of any spectator can result in the suspension and or discontinuation of the contest.

Sideline Manager

Each team (home or away) will provide a sideline manager whose duty shall be to control effectively the actions of spectators not in conformity with the standards of proper conduct.

Jewelry

Players may not wear jewelry on the field except for Medic-alert jewelry, which must be taped down. Wearing of earrings is not permitted under any circumstances. Covering the earrings with tape is not permitted. Players will be directed to remove earrings, or they will not be permitted to play.

Uniforms

All team members shall be dressed uniformly with the exception of the goalkeeper whose colors must be of the same color as her teammates. Her top (shirt) must be of the same color as her team; the bottom must be in agreement with the team's predominant color or be black. The goalkeeper's shirt must be worn over any chest and shoulder protective equipment. All players must wear numbers, differing from others on the team on the front and back of the uniform shirt. Numbers shall be centered.

2016 SCPAL GIRLS YOUTH LACROSSE RULES (Continued)

Duration of Play

1. Game Time - game consists of two 25-minute running time halves for all grade levels. The clock will be stopped on every whistle (to stop play) in the last two minutes of each half. A maximum of 10 minutes at half time. There is no overtime play.
2. Game clock is to be kept by home team. The timer is responsible for counting down the last minute of each half for the referee. A horn is blown as time runs out. The referee is not permitted to maintain the clock on the field.
3. Time Outs – Each team shall be permitted two time outs per game of 2 minute duration. Unused time-outs from first half carry over to the second half. A minor foul will be called (free position at the center) if a team is not ready to start after the 2 minutes. Team may call a timeout during a dead ball situation if they are in possession of the ball. Players must leave their crosses in place on the field and return to that same place for the restart of play. No substitutions will be allowed.
4. Players playing time – it is recommended that all players play 1/2 of the game when mathematically possible or have equal playing time. Programs may reduce playing in certain situations upon the approval of the community Director.

Substitutions

Substitution may take place after every goal and between halves. You may substitute on the fly during play, but players must exit and enter through their own team's team substitution located by the scorer's table.

Checking and Definition of Modified Checking

No checking is permitted for grades 3 & 4

Modified checking (level "A" rules) grades 5, 6, 7 & 8.

Modified checking is defined as checking the stick only if the entire stick is below shoulder level of the ball carrier. The check must be in a downward direction and away from the body. The 3 seconds closely guarded/ marked rule is still in effect even if the stick is below should level.

Playing Field – USL Field dimensions in effect

Coaching Area – Grade 5 – 8 Coaches are restricted to their bench coaching area and may not move along the full sideline. Grade 3 & 4 Coaches may move along the full boundary line on the bench/table side of the field only, except for the area directly in front of the opposing team and either team's substitution area. Coaches may not stand near or walk in front of the opposing team area. Coaches and players must remain behind the level of the scorer's table extended. Violation of this rule is misconduct foul (yellow card). Officials at their discretion may prohibit coaches from moving along the full boundary line

Penalty Area -The penalty area shall be directly in front of the scorers/timers table. A player serving a penalty must sit or kneel in this area.

Spectators – all spectators must be on the opposite side of the field from the team bench area and not the behind the end lines.

Field Dimensions: Optimal field dimensions shall be 65 yards in width and 120 yards in total length, with goals 100 yards apart and 10 yards of space behind each goal line. (See rule 1 pages 5 – 12) .

Critical Scoring Area: is defined by the 12 meter fan in front of the goal and the area behind the goal between the 12 meter marks at the goal line extended and extending to the **END** line.

Soft/flexible cones, pylons or flags must be used to mark the outside corner of the field. Substitution Area (TSA): Shall be in front of the scorer's table and centered at the midfield line. No player or coach may remain in the TSA except those involved in the imminent substitution.

2016 SCPAL GIRLS YOUTH LACROSSE RULES (Continued)

Hard Boundaries on the field

When a player in possession of the ball carries or propels the ball out of bounds or when the player is the last to touch a loose ball before it goes out of bounds, the opponents will be awarded the ball. When a player's foot/feet are out of bounds, she may not take an active part in the game. During the game, players may not run out of bounds and re-enter to a more advantageous position. To resume play, the opponent nearest the ball will place the ball in her crosse and stand 2m inside the boundary line from the spot where the ball went out of bounds. Any other player(s) directly involved in the play or in the immediate vicinity of the spot where the ball went out of bounds may also be moved, but they must maintain the same relative position to the player with the ball, when play had stopped.

3-Seconds When Closely Guarded/Marked - Youth Rule – Minor Foul

Offensive player with the ball may not hold the ball for more than 3 seconds when closely guarded/checked by a defender who has both hands on her stick and who is in position to legally check were checking allowed. If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, or the stick is brought back to a checkable position, the count starts again. If another teammate joins the defender and that second defender (double team) is in good position to check, the count starts again. The attack player must try to keep the stick/ball away from the defender by extending her distance from the defensive player by more than a stick length, or by positioning her stick so that her body is between the ball and the defensive player, or by passing the ball to another team member.

The Draw

The ball must be placed in the upper third of each head at its widest point. The entire lengths of both crosses are between the ball and the goal they are defending. The entire length of both crosses must be contained within the vertical plane of the center line. On the whistle the two opponents must immediately draw their crosses up from the starting position. The number of players around the circle shall be limited to 3 players from each team.

Passing Requirements – Grades 3 & 4 only

1. **Two-Pass Requirement** – Each time a team gains possession of the ball it must attempt two passes before shooting. An attempted pass is described as a player from one team throwing a pass to another player on her team. The pass does not have to be caught. It will be considered a completed pass if it is caught, or not caught, and picked up by the same team. A teammate of the passer or even the passer can pick up the loose ball from the ground thus maintaining control of the ball, will count as a pass. Transferring the ball from one girls stick to a teammates stick by turning the stick over and dropping the ball into the stick is NOT considered a pass. Players should be at least 5 yards apart. Passes that a referee considers extremely short and just an attempt to get around the two-pass rule will not count. The referee will use a defenders position in relation to the pass receiver to determine if it is just an attempt to get around the two-pass rule.

2. **Goalie's Clearing Pass** from within the goal circle will count provided it is at least passed 5 yards. The second pass must be made above the midfield line before the second pass will count.

3. **Intercepted Goalie's Clearing Pass**—if the goalie's clearing pass is intercepted, the intercepting team must make 2 passes.

4. **Shot on Goal** – if a team takes a shot on goal and recovers the ball, either because the shot misses the goal or the goalie saves the ball but deflects it outside of the goal circle, then that shooting team can take an immediate shot on goal.

5. **Exception to two pass rule** – if a major foul occurs in the critical scoring area, the fouled player is placed on either the eight meter hash, if the foul occurred in the arc, or at the spot of the foul, if it occurred outside the arc but inside the critical scoring area, and a penalty lane is cleared. When the whistle blows starting play again no passes are required, the player may take the free position shot.

Four Goal Lead

Trailing Team - When a team attains a 4-goal lead, the trailing team is given possession of the ball at the center of the center circle. The opposing center (from the team that is ahead) is placed 4 meters away at a 45-degree angle to either side. All other girls must remain out of the center circle until the whistle blows restarting play. The player taking the free position may run or pass, but may not shoot until the ball is played – ball leaves the players crosse, the crosse is checked by opposing player, or play is stopped due to a foul by the defense.

Grades 3 & 4 only – the leading team with the 4-goal differential may shoot only after completing 3 passes below the attacking side of the restraining line. The passes must be caught in the "air". Attempted passes do not count. The trailing team is still required to make two attempted completed passes before going to goal.

Shot on Goal

When a shot or deflected shot on goal goes out of bounds, the player nearest to the spot of the ball when it crosses the boundary line will place the ball in her crosse and stand 4 m inside the boundary line from the spot where the ball went out of bounds. Opponents must give the player with the ball at least 1 m of free space. If the goalkeeper while within her goal circle is the nearest to the ball when it crosses the boundary line, she will remain in her circle and will be awarded the ball to restart play.

Obstruction of the Free Space to Goal – Major Foul

Free Space to Goal is a path defined by two imaginary lines extending from the ball to the outside edges of the goal circle. A defense player obstructing the free space to goal with any part of her body denies the attack the opportunity to shoot safely and encourages shooting at an unprotected player.

The following points are considered before obstruction of the free space to goal is called:

- *1. The ball carrier must be within the critical scoring area (12 meters), must be looking to shoot and must have the opportunity to shoot.
2. A defender intentionally marking within a stick's length of the ball carrier is not obstructing the free space to goal.
3. Defenders who are being drawn into and through the free space by cutting attack players are marking are not obstructing the free space to goal.

Three-Second Violation – Major Foul

The defense may not remain in the 8m arc for more than three seconds unless she is marking within a stick's length. Within a stick's length is when any part of the opponent's body is inside a crosse's length. The three-second rule is in effect when the team in possession of the ball crosses over the Restraining Line in their attacking half of the field. The intent of this rule is to prevent crowding by the defense in front of the goal.

Issuance of Cards

Player receiving yellow card will serve a 2-minute penalty and a red card will serve a 4 minute penalty and the team will play short below each restraining line. A player who receives a yellow or red card will serve the penalty at the scorers table. All penalties are non-releasable. Anyone receiving 2 yellow cards in the game will be suspended from further participation in the game. Anyone receiving a Red card will be suspended from further participation in that game and the team's next game. Should a team receive its fourth card of the game they will play short for the remainder of the game, and an additional player will be removed from the game for each subsequent card received. Any card given to a player or head coach will count toward their team's cumulative total. The carded player will serve the 2 minute penalty time and she may return to the game only if she has not been suspended or ejected and only if another player leaves the field using normal substitution procedures. If the coach is carded, the coach must designate a player who will serve the penalty. If the player receiving the yellow card is the goalkeeper and there is no dressed goalkeeper for the team, the goalkeeper may remain in the game and the coach will designate another field player on the field to take the penalty. If a Coach is issued a red card, the coach will be ejected from the playing area, and reported to the PAL Ethics Chair. If there is no replacement coach, the game will end and the other team will be declared the winner. Umpires have the authority to issue a "Post Game" Red Card to any player or coach for actions that would have been warranted ejection during the game. Red Cards are not subject to any appeal process. The umpire's decision is final.

2nd Grade Girls Rules (Same as U-9)

~~~ 1st & 2nd Graders will only play 6 Games ~~~

Girls Coaches can only be on the field at the 2nd Grade level  
2nd Graders can not play up

### GAME MODIFICATIONS:

Youth lacrosse rules are designed to emphasize player safety, enjoyment and retention through the development of individual stick skills, game situation play, and sportsmanship.

Youth rules highlighted below are modifications of US Lacrosse rules and aimed at supporting the physical, cognitive and skill progression of each age group.

**COACH:** one coach allowed on field to instruct players in a positive manner. Keeping score optional.

**CHECKING:** absolutely no checking allowed in U9

**FIELD: U9:** plays on a modified field with a reduced number of players (7v7).

**GAME TIMES:** maximum 20-minute running time halves. No overtime.

**PLAYERS:** U9: 7v7, goalkeeper and keeping score optional.

7v7 is played on a modified field. If both coaches agree to change the rule, the game can be played 12V12. If one coach does not agree the game will be played (7V7).

The Officials will not be put in the position of arbitrating a dispute about the number of players on the field as the rule is clear.

**STICKS:** regulation field stick with or without modified pocket. 35" - 42" Only. Sticks may be cut to match length of a player's arm. Goalkeepers are allowed mesh pockets and sticks up to 52 inches long.

**MODIFIED POCKET:** no more than half of the ball may fall below the bottom of the sidewall.

**MODIFIED GOAL:** Smaller (street hockey type) cages may be used. The goal may be modified with a shooting net or turned over to present the triangle opening if no goalkeeper is present.

**OFFICIALS:** at least one certified official. Two certified

officials are recommended on all games at all levels. **2nd Grade Boys & Girls Officials Fees:**

2 Officials \$40.00 each • 1 Official \$60.00

**PENALTY ADMINISTRATION:** cards must be issued at all levels of play. At the U9

level, a substitute must take the place of the carded player while she serves her penalty time.

- No shooting from free position if no goalkeeper or open net
- No offside if 7v7
- No follow through into goal on shots
- Offensive 3 seconds called if defense in checkable position

**DEPUTY:** A deputy is a field player who may enter the goal circle when the goalkeeper is not present.

# 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 procedures.

