

NASSAU COUNTY PAL BOYS RULES

Grades 3 through 8

1. **Playing Time:** 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 every game. The League Board requires that every player must play a meaningful amount of time in every half. It is the Director's responsibility to ensure that their coaches are following the playing time rules. However, because lacrosse is a contact sport, missing practice(s) can create safety issues for other players and as such;
 - a. If a player misses A PRACTICE, their playing time may be reduced at the coach's discretion.
 - b. If a player does NOT MAKE ANY PRACTICES Coaches have the discretion to bench the player for that week.

2. **Coaches:** There will be no more than three (3) 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 at all times. Only game or sidelines officials are permitted on the sideline in the bench area (Box Supervisor or timer). Visiting team coaches are responsible for the behavior of their spectators and must cooperate with the home team to maintain order for all spectators.

3. **Parents:** 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.

4. **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, Goalie Gloves, Chest Protector that includes a chest plate (Goalies can use a combined Shoulder Pad/Chest Protector), Helmet, Throat Protector, shin guards, Athletic Supporter and Cup. Goalies can wear football or other pants with protective pads.

5. **Stick Lengths:** 3rd & 4th Grade Stick Length is 35" to 42". There are No long sticks for 3rd & 4th Graders. For 5th to 6th graders the stick length will be 40-42" & 52"- 72". ONLY THREE LONG STICKS ON THE FIELD AT ONE TIME. A long stick is any lacrosse stick longer than 60". For 7th and 8th grade stick lengths are 40-42", 52-72". Team may use four poles (up to 72") (No Stick can be between 42" and 52" in length)

6. **Balls:** Lacrosse Balls Must be NOCSAE Approved and can be white, orange or another color if agreed upon by both coaches.
7. **Length of Game:** 4 -13 minute running time quarters. 3, 1- minute stop clock time-outs per game, only 2 in any one half. 2 minutes between quarters, 5 minute half time.
8. **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.
9. **NO OVERTIME/Stop Time In Last Minute of Close Game:** Stop time for out of bounds in last minute of play if a game is tied or 1 goal differential.
10. All uniforms must have the logo of N.C. PAL on them in a prominent location on either the jersey or shorts.
11. **Rules:** New York State Modified Rules will be used with exceptions pointed out below;
 - a. There are no "BRUSH" calls in the modified program. Contact between the crosse and an opponent's helmet is a penalty.
 - b. A one arm swing with crosse, whether or not contact is made, is a slash and must be penalized as such.
 - c. Over the head checks are not permissible and will be considered a hold.
 - d. NO MAN BALL - All players are expected to play the ball when the ball is on the ground.
 - e. Body checking is only legal against the player in possession of the ball. A player cannot take more than ONE (1) step before he makes contact (Body

Checking) with the player in possession of the ball. 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.

- f. Illegal Body Checking is a 1, 2 or 3 minute Non-Releasable foul, with EXPULSION from the game in the discretion of the official.
- g. If a goalie has the ball clamped outside of the crease his stick can be checked.
- h. If a goalie has the ball clamped INSIDE the crease neither he nor his stick can be checked
- i. An attack player cannot enter the crease with his BODY OR HIS CROSSE (he cannot break the cylinder of the crease).
- j. The winning team must advance the ball toward the attack area at all times (stalling may be enforced by the referees).
- k. Fighting or maligning of a player or official by a coach or player will result in the expulsion from the remainder of the game and extend to the following week. The suspension for such an infraction will be up to the judgement and discretion of the League Board.
- l. Report all boys and girls ethics problems (for players, coaches, parents or teams) to the League Board.
- m. Penalty time will start on the whistle to put the ball in play.
- n. Restarts in defensive half of the field - The clearing team will be allowed to restart in their Defensive Box area or with the Goalie (within the crease).
- o. Over and Back - will not be enforced in 3rd-6th grade. This rule will only be enforced at the 7th/8th grade level.
- p. Last 2 minutes of game - At all grade levels, teams leading by 4 goals or less will be required to keep the ball in the attack box area. Upon crossing midfield, teams leading by 4 goals (or less) will be given a 10 count to get the ball into the attack box area in the last 2 minutes of the game.
- q. Shot at end of period.- At all levels, if a shot is released before the horn sounds to end a quarter or game, the goal will count - even if it enters the goal after the horn sounds
- r. Flag down - On a flag down situation, the offended team will be allowed to bring the ball into and out of the attack box area (i.e, teams are no longer required to keep the ball in the attack box area during a flag down situation).

7th & 8th Grade Specific Rules

1. **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, Goalie Gloves, Chest Protector that includes a chest plate (Goalies can use a combined Shoulder Pad/Chest Protector),

Helmet, Throat Protector, Athletic Supporter and Cup. Goalies can wear shin guards and or football or other pants with protective pads.

2. **Stick Length:** For 7th and 8th grade stick lengths are 40-42", 52-72". Team may use four poles (up to 72") (No Stick can be between 42" and 52" in length)
3. **Length of Game:** 25 minute running halves. One time out for 1 minute per half. Clock will stop in the last minute of the game. Penalty time starts on the whistle.
4. **Four Goal Rule:** There is no 4 goal rule for this division.

Rules: New York State Modified Rules will be used with exceptions pointed out below:

- a. There are no "BRUSH" calls in the modified program. Contact between the crosse and an opponent's helmet is a penalty.
- b. A one arm swing with crosse, whether or not contact is made, is a slash and will be penalized as such.
- c. NO MAN BALL - All players are expected to pay the ball when the ball is on the ground.
- d. Body checking is only legal against the player in possession of the ball. A player cannot take more than ONE (1) step before he makes contact (Body Checking) with the player in possession of the ball. 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. 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. If a goalie has the ball clamped outside of the crease his stick can be checked.
- g. If a goalie has the ball clamped INSIDE the crease neither he nor his stick can be checked.
- h. An attack player cannot enter the crease with his BODY OR HIS CROSSE (he cannot break the cylinder of the crease).
- i. Over and Back - will be enforced at the 7th/8th grade level.
- j. Flag down - On a flag down situation, the offended team will be allowed to bring the ball into and out of the attack box area (i.e, teams are no longer required to keep the ball in the attack box area during a flag down situation).