



NASSAU COUNTY PAL LACROSSE REGISTRATION RULES AND PROCEDURES

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. **Community Membership:** The Nassau County P.A.L. Youth Lacrosse League 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.
2. **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.
3. **Community Director Responsibility:** Each community shall appoint a boys and girls director, who will attend all League meetings and be the conduit all League rules and regulations for their community.
4. **Director Voting:** For League matters that will be determined by a membership ballot, each community is entitled to one vote to be cast by the director or authorized alternate in attendance at the meeting where the vote is held. There will be no proxy votes. A community must be present at a League meeting in order to cast a ballot.
5. **Community Bond:** Each community will be required to post and maintain a bond of \$300.00 which can be used in the event fines are levied against the town. 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 owed to the League and fund the bond back the \$300.00 level at or before Registration to participate in the season.
6. **Fees:** The first team registered from a community will be \$300.00. Each additional team in that community will be \$100.00 for each team. The initial \$300.00 fee will cover both the boys and girls programs in a community.
7. **Divisions:** The rule for the following divisions are:

- a. Freshman Division (1st & 2nd grade): NO CONTACT division. 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 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 only in the 7th and 8th grades, who are ages 12 and 13 with some 14 year olds. No sixth grader or 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.
8. **Proof of Grade:** 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 proof of age is already in the data base).
- a. Under no circumstances can an underage or overage player participate in a PAL League game. Players who do not provide proof of age will be struck off the roster. 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.
 - b. 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.
9. **Rosters:** One copy of a roster for each team. Rosters can be e- mailed to: ncpallax@gmail.com up until the day of registration.
- a. Each community is responsible for the validity of the roster they submit.
 - b. All rosters submitted for approval must have player's names be typed in alphabetical order with all information required by the League.
 - c. A roster must have a minimum of 16 (sixteen) players on it to be accepted.
 - d. 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. Exceptions will generally be granted to allow very large rosters to be broken up into two teams. 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.

- e. A player cannot play for two (2) teams in two (2) different communities. 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.
- f. No player can participate in a scheduled League game unless he or she is on that team's official roster.
- g. The address for your field(s) must be printed at the bottom of each roster.

- 10. **Field Availability:** Field availability and special play days (dates) must be filed on the special request form. Special requests must be submitted two weeks before the first registration date and handed in with seeding recommendations. All special requests are subject to the approval of the League Board. Each Community will only be allowed one special request. Special requests can be, a field limitation, lacrosse day or coaches who coach multiple teams. In the event a community has multiple requests they will have to select the one that they want on the special request form. Any late forms submitted after the deadline will not be honored.
- 11. **Volunteer Form:** All players, coaches and Directors must fill out a P.A.L. Volunteer form or enter the information into the background check application in order to have their background search conducted. This form must be turned in by registration.
- 12. **Required Coaches Course:** 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.
- 13. **Coaching Badges and Number of Coaches:** 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).
- 14. **Maintain Official Roster:** All League teams must produce their official roster if requested by an opposing coach or League official.

New Community Requirements:

If a new community wishes to become a member of the Nassau 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 and no other Nassau County P.A.L. Youth Lacrosse League member in the community the organization may register as an independent organization.