

EQUAL PLAYING TIME AND PRACTICE TIMES LIMITATIONS

Equal 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 the game. To further this end the League Board has decided that

1. every player **MUST PLAY EQUAL TIME**. It is the Director's responsibility to ensure that their coaches are following the playing time rules.
2. **IF A PLAYER MISSES PRACTICE, YOU CAN CUT HIS OR HER PLAYING TIME DOWN.**
3. **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 time limitations:

Practice times for all League teams are as follows:

1. Preseason: Limited to six (6) hours per week
2. After start of the season: Five (5) hours per week
3. Preseason scrimmages are considered practice time.