

NASSAU COUNTY PAL
YOUTH LACROSSE LEAGUE
BOYS RULES
Grades 3 through 8

1. **1 Philosophy; Meaningful Playing Time:** The Nassau County PAL Youth Lacrosse League (the “NCPALYLL”) seeks to provide the young athlete with an opportunity to develop and apply fundamental lacrosse skills under game conditions. To instill a love and excitement of competitive play the opportunity to “see the field” is a requirement of all athletes and to this end, every committed player must play a meaningful amount of time in each half (playing time of less than 6 minutes per half for a committed player will generally not be considered meaningful). It is the Director’s responsibility to ensure that the coaches of the program provide for meaningful playing time. However, playing time at the discretion of the coaches should be reduced for players who have not attended practice or have engaged in disruptive behavior or in conduct detrimental to the player in question or the team.
2. **Coaches; Credentials; Coaches in Coaches Area:** The head coach shall be responsible for making all decisions for that team. Only head coaches may communicate with the officials. All coaches shall stay confined to their designated Coaches Area on the sideline. No more than three (3) coaches in the Coaches Area (if the team does have a 4th coach he/she will be permitted in the Table Area). All coaches must have and display current NCPAL YLL Coaching Credential/ I.D. (including a Photo I.D) which should be displayed at all times during the game (a coaching credential saved and displayed on a mobile-phone or IPAD shall only be used as a last resort). Only the timer, a Director (not acting as a coach) and scorekeepers from each team are otherwise permitted on the sideline in the Table Area (and as applicable a 4th coach). No individual without the NCPAL YLL credential will be permitted to coach.
3. **Spectators (including parents):** All spectators are required to be on the OPPOSITE SIDELINE from the benches of the teams unless there is a designated seating area and the officials should delay the start of the game until this requirement is met. Visiting team coaches are responsible for the behavior of their spectators and must cooperate with the home team and the officials to maintain order for all spectators including prior to the game as to

movement of the spectators to the opposite side of the field or the designated seating area).

4. **Equipment:** All Field Players shall have

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell;
- (2) A mouthpiece;
- (3) Protective gloves designed for lacrosse;
- (4) Shoulder pads designed for lacrosse;
- (5) Athletic cleats or athletic shoes;
- (6) Arm (elbow) pads designed for lacrosse;
- (7) A jersey and shorts of the same color(s) as those of their teammates with numbers on front and back; and
- (8) Athletic protective cup (note for all players (including the goalie) an athletic protective cup is required).

All Goalkeepers shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (with throat protection designed for lacrosse);
- (2) A mouthpiece;
- (3) Protective goalie gloves designed for lacrosse;
- (4) Shoulder pads designed for lacrosse;
- (5) Athletic cleats or athletic shoes (sneakers may be worn but are not preferred);
- (6) Arm (elbow) pads designed for lacrosse;
- (7) A jersey and shorts of the same color(s) as those of their teammates with numbers on front and back (logo of the NCPAL on front of the jersey);
- (8) Athletic protective cup;
- (9) Shin guards (while encouraged shin guards are not required to extend over the knee);
- (10) "goalie" pants are encouraged or football or other pants with protective pads are also permissible and sweat pants may be worn by goalies; and
- (11) chest protector designed for lacrosse (includes a chest plate).

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** Except in 7th and 8th grades). A long stick is any lacrosse stick longer than 60". For 7th and 8th grade stick lengths are 40-42", 52-72". (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. **Lineup at start of Game;** Officials shall bring both starting line-ups to the center of the field for a player line-up. Teams shall face each other with their left shoulder toward the direction of the goal they will be defending to start the game, and the official shall explain any special ground rules, emphasize play safety, fair play, and sportsmanship.
8. **Length of Game; NO OVERTIME/Stop Time Last Two Minutes on Whistle if score tied or differential is 2 goals or less.**

Game length shall be 12 minute quarterly periods of running time. Clock will stop on the whistle in last 2 minutes of the game if spread is 2 or less (2 minutes between quarters, 5 minute half time). Running time commences if spread widens to 3 goals. The clock will otherwise stop only during an official's timeout, team timeouts (each team is permitted 3 time-outs per game maximum of 2 in a half), or injury timeout. Penalty time will start on the whistle to put the ball in play (clock does not stop unless a team time-out is called).
- 9 **Six Goal Spread mercy rule; mandatory enforcement** If a team is losing by six (6) or more goals after every goal and at the start of each quarter no face-off will take place and the losing team will be awarded the ball outside of the attack box. (Exception: If the team ahead scores and the team that is down by six or more goals commits a personal foul, penalty time will be served and a face-off shall occur.) If a team is leading by six or more goals, three passes must be completed (not just attempts) otherwise a shot on goal will be an illegal procedure and the ball awarded to the losing team. 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 offensive 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 (including a rebound of a shot), or the ball becomes loose and the team leading gets it back, the three pass minimum must again be met. **The officials shall apply the**

mercy rule and there shall be no waiver of this rule by the coach of the team down by 6 six or more goals.

10 Stalling; Last Two Minutes of Game When Spread is 4 or less: Get it In/Keep it in.

It shall be the responsibility of a team which is winning and in possession of the ball outside the goal area to attack the goal. A team in possession of the ball in its offensive half of the field may be warned to “get it in/keep it in” if, in the judgment of the officials, the winning team is not seeking to enter the Goal Area. After officials give a team the stalling warning, the team must advance the ball into the goal area within 10 seconds and keep it in the goal area. If the ball leaves the goal area in any manner other than a shot on goal or last touched by the defensive team. The stalling warning remains in effect until:

- (A) The team in possession scores a goal.
- (B) A shot hits the goal pipes, the goalkeeper, or his equipment.
- (C) The defensive team gains possession of the ball
- (D) The period ends resulting in a faceoff.

Two Minute Rule: During the last two minutes of a game for the team that is ahead by four goals or fewer, officials will administer the “get it in” and “keep it in” commands:

Get it in – This warning occurs when the ball is outside the goal area. Official signal and verbally announces, “get it in.” The team must advance the ball into the goal area within 10 seconds and keep it in the goal area.

Keep it in – This warning occurs when the ball is inside the goal area. Official signal and verbally announces, “keep it in.” The team must keep the ball in the goal area.

11 (A) OVER AND BACK ADVANCING THE BALL

Once the ball has been successfully advanced into the Goal Area, if the offensive team carries, passes, propels, or is legally checked to its defensive half of the field, and last touched the ball (except on a shot), the result will be an immediate turnover or a play-on for the other team.

If the ball does not touch the center line or something over the center line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team’s offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover

11(B) ALL RESTARTS REQUIRE 5 YARDS CLEARANCE FROM THE NEAREST DEFENDER

All restarts will require 5 yards clearance between the ball carrier and the nearest defender before the whistle of the official resuming play.

12 Further Refinements/Points of Emphasis: New York State Modified Rules will be used with exceptions and points of emphasis pointed out below (illegal body checking and holding clarification of modified rules set forth below):

- A. **BRUSH AND ONE ARM SWINGS OF CROSSE; PROPER STICK CHECKS** There are no "BRUSH" calls as to a helmet in the modified program. Contact between the crosse and an opponent's helmet is a penalty.

A one arm swing with the crosse, whether or not contact is made, is a slash and must be penalized as such. Stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball. Only the following checks with the crosse are legal: (a) Lift the bottom hand or the head of the stick, whichever is below the chest area.;(b) Poke the bottom hand or the head of the stick, whichever is below the chest area and (c) Downward check initiated from below both players' shoulders.

- B. **OVER THE HEAD CHECKS** Over the head checks are not permissible and will be considered a hold unless contact is made with the head and neck by the crosse in which event it is a slash has occurred

C. **NO MAN BALL IS PERMITTED** - All players are expected to play the ball when the ball is on the ground.

D. **BODY CHECKING** Body checking is only legal against the player in possession of the ball. No "Take Out" body checks such that 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. Illegal Body Checking is a 1, 2 or 3 minute Non-Releasable foul, with EXPULSION from the game in the discretion of the official.

Penalty for the following illegal body checks is a two- or three-minute, non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

- A player shall not initiate a body check legally but slides up into or follows through to an opponent's head or neck.

- A player shall not body-check a player in a defenseless position. This includes but is not limited to: (a) body-checking a player from his "blind side;" (b) body checking a player who has his head down in an attempt to play a loose ball; and (c) body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.

- A player shall not initiate targeting, which is intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent. **PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.**

A player shall not initiate targeting that intentionally takes aim at a player in a defenseless position. **PENALTY: Three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.**

E GOALIE STICK AND CREASE PLAY If a goalie has the ball clamped outside of the crease his stick can be checked If a goalie has the ball clamped INSIDE the crease neither he nor his stick can be checked. An attack player cannot enter the crease with his BODY OR HIS CROSSE (he cannot break the cylinder of the crease). Teams will change goals between periods.

F PERSONAL AND EJECTION FOULS

Personal fouls are those of a serious nature. They include either safety or sportsmanship violations.

PENALTY: The penalty for a personal foul shall be a 1, 2, or 3 minute penalty depending on the official's discretion and severity of the foul.

CROSS-CHECK

ILLEGAL BODY CHECK AND CHECKS INVOLVING THE HEAD/NECK

TARGETING

ILLEGAL CROSSE

USE OF ILLEGAL EQUIPMENT

SLASHING

TRIPPING

UNNECESSARY ROUGHNESS

UNSPORTSMANLIKE CONDUCT (Report all boys and girls ethics or conduct problems (for players, coaches, parents or teams) to the NCPALYLL Board.

FOULING OUT (Five Penalty Minutes) AND EJECTION*

1. Five penalty minutes (time served) will make the player ineligible for further participation in the game.
2. 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 suspension shall extend to the next game. The suspension for such an infraction will be up to the judgment and discretion of the NCPALYLL Board.

G TECHNICAL FOULS

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

PENALTY:

1. Loss of Possession - If there is a loose ball or if the team in possession commits the foul, the offended team will get possession of the ball.
2. Time Serving Penalty - If a team had possession of the ball, the offending player will serve penalty time for 30 seconds or until a goal is scored by their opponent.

EXCEPTIONS:

1. A loose-ball technical foul by Team B, followed by a personal foul by Team A during the play-on, will result in both players serving penalty time.

CREASE VIOLATIONS/GOALKEEPER INTERFERENCE

HOLDING

ILLEGAL OFFENSIVE SCREENING

ILLEGAL PROCEDURE

CONDUCT FOUL

INTERFERENCE

OFFSIDE (a team is offside when a team, including players in the penalty area, has more than six players in its offensive half of the field or more than seven players in its defensive half of the field).

PUSHING

STALLING

WARDING OFF

WITHHOLDING BALL FROM PLAY

H

GOAL SCORED A goal is scored when a loose ball passes completely over the goal line.

GOAL NOT SCORED A goal shall be disallowed under the following circumstances:

1. A shot is released **AFTER** the end of a period.

2. A shot is released BEFORE the end of the period but one of the following incidents occurs after the end of the period:
 - a. The ball makes contact with any member of the attacking team or his equipment;
 - b. The ball is touched by any player of either team other than the defending goalkeeper after hitting the goalkeeper or his equipment, goal posts, or crossbar.
3. A player from the attacking team has committed a foul.
4. The goal scorer's crosse is found to be illegal prior to the restart of play.
5. After one of the officials has sounded the whistle for any reason.
6. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of his own volition), prior to, during, or after the release of the shot and lands in the crease, the goal is not counted.

I Lacrosse Stick Penalties - All stick penalties are nonreleasable and 2 minutes in duration.

J Legal Body Contact:

1 Legal Body Checking A player can only deliver a legal body check to an opponent while in an upright position and with both hands on their crosse. The body check can only contact below the neck area, above the waist, and to the front or side of their opponent. A player can only body check players in possession of the ball
(for limitations on body checking and illegal body checking see above)

2 Legal Holds A player shall not use the portion of the handle that is between his hands to hold an opponent, when his hands are more than shoulder-width apart. Holding is permitted if a player uses the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion. Holding is permitted under the following conditions (for (a) and (b) below, a hold check shall be done with closed hand, shoulder or forearm; and both hands shall be on the crosse):

a. An opponent with possession of the ball may be held from the front or side, as long as both hands of the holder remains on his crosse.

b. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure.

c. A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.

3. **Legal pushes** – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse

4 **Boxing out** positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)

5. **Ride** Defensive positioning to redirect an opponent in possession of the ball (riding a player)

6. **Incidental contact**

K. **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 (teams are no longer required to keep the ball in the attack box area during a flag down situation).

L UNSPORTSMANLIKE CONDUCT; GAME TERMINATION

NCPALYLL encourages officials to penalize unsportsmanlike conduct from any constituent ranging from arguing calls, threatening individuals, profane or obscene language, belittling individuals, teams other participants, or any other behavior which seeks to intimidate or degrade others.

Officials will have authority to terminate a game in response to flagrant acts of unsportsmanlike behavior or excessively rough play. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. All games terminated by an official will result in a 1-0 victory for the team that is innocent of the fouls if one can be determined.

7th & 8th Grade Specific Rules

1. **Equipment:** In 7/8th grade goalies are not required to wear but 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. Two times out per game. Clock will stop on the whistle in the last two minutes of the game where spread is 2 or less. Penalty time starts on the whistle.
4. **No MERCY Rule:** There is no mercy rule for this division.

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