

**NASSAU/SUFFOLK PAL**  
**LONG ISLAND LACROSSE LEAGUE**  
**COACHES RESPONSIBILITIES**

1. Coaches set the example and each 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.

2. Coaches are responsible for ensuring that playing time is provided according to the rules. All players who attend practice should get meaningful playing time in each half of every game. If a player missed practices game time can be adjusted based on the players' attendance.
3. 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 provide clear directions to the home field. If the home team coach cannot reach the visiting team coach, he must call the visiting team's Director.
4. The official schedule for League games will be set by the LI Lacrosse League Board and be issued before the start of the season. Any coach who bypasses a 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 League not to schedule games on Easter or the Memorial Day weekend.
5. **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, the game timekeepers (2 devices required – one for game time and one for penalties), and clearly marked creases. 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.

6. The home team must have a person at the scorer's table to assist the game officials in maintaining the box and proper control of the sidelines.
7. Coaches will complete all of the coaching requirements prescribed by the League including a criminal background check and **visibly wear the badge** that the league will provide during PAL games.
8. 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.
9. 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.
10. Violation of probation may lead to suspension for the season or expulsion from the League
11. Coaches are responsible for the parents of their players. Unsportsmanlike conduct by a spectator can jeopardize continued play of the game.