

NASSAU COUNTY P.A.L. YOUTH LACROSSE MODIFIED RULES

(ALL COACHES ON SIDELINES MUST BE WEARING A PHOTO I.D. CARD)

1. Game Field:
 - a. 53 1/3 or 60 yards by 110 yards or 50 yards by 100 yards (2nd Grade - 45 Yards by 90 Yards).
 - b. The field must be properly lined with two cages.
 - c. Spectators must be on the opposite side of the field from players.
2. Game Equipment:
 - a. At least 4 balls, supplied by home team, an orange or yellow may be used if both teams agree.
 - b. A horn, clock and table will be supplied by home team.
 - c. Each team must have a Score Book or score sheet for each game.
 - d. A protest will not be allowed unless the Official signs the score book at the time of the protest.
3. Prior to the Game:

The Coaches will do an equipment check by lining all the players up at the sideline, and checking their HELMET, SHOULDER PADS, GLOVES, ARM PADS, AND MOUTH PIECES.

It's your responsibility as a coach to make sure your players are properly equipped and to go over the rules before the game.
4. All players must have:
 - a. An approved helmet - NO TINTED FACE SHIELD (It must be clear)
 - b. Lacrosse shoulder pads and arm pads including goalie.
 - c. Mouth piece, BOYS AND GIRLS. A player can not play without a mouth piece. (It must be a solid color, not clear or white)
 - d. Lacrosse gloves without any holes in palm or fingers.
 - e. Goalie must wear lacrosse chest protector, arm, gloves, shoulder pads, shin pads and throat protector. A Goalie can wear thigh pads and football pants.
 - f. All chin straps must be fastened.
5. Lacrosse Stick Length: (Approved 3/18/04)

2nd Grade - 33" - 42" (no long sticks) • **3rd and 4th Grade** 35" - 42" (no long sticks) • **5th & 6th Grade** 35" - 42", 52" - 60" (no stick between 42" and 52")
7th & 8th Grade 40" - 42", 52" - 72" (no stick between 42" and 52")

ANY STICK LONGER THAN 52" IS CONSIDERED A LONG STICK IN THE 5th, 6th & 7th and 8th GRADE.

Exception: A Goalie stick can be between 40" and 72".

Lacrosse Stick Head Width: Cannot be less than 6 1/2" at the widest point.

Exception: A Goalie stick can be any width up to 12" at the widest point.

*** ONLY 3 LONG STICKS ON THE FIELD AT ONE TIME. Goalies Stick not Considered a Long Stick**
6. Prohibited Equipment:
 - a. Football shoulder pads or helmet will not be permitted.
 - b. The throat protector must be manufactured for lacrosse.
7. Game Time and Prohibitions:
 - a. The length of the game will be four (4) 12-running time quarters. Half time will be 5 minutes. Time between quarters will be 2 minutes. Clock is running time-Stops only on a time-out or Injury.
 - b. **NO OVERTIME PERIOD WILL BE ALLOWED.**
 - c. Four (1 minute) time-outs per game per team (2 in each half, no carry over).
 - d. Only THREE (3) coaches will be allowed on sideline for each team. Coaches Must have a photo I.D. to be on side-line. Timer at table.a.Substitutions on a ball out of bounds on the sidelines or end lines, after a penalty, after a goal, on a time-out and after an injury.
 - b. A time out will be a one (1) minute stop clock time out.

Playing Rules 3rd to 6th grade): (ONLY 3 COACHES ON SIDELINES WITH PHOTO I.D.- PLUS TIMER AT TABLE)

- a. *A one arm swing with a crosse, whether or not contact is made, shall be considered a personal foul (slashing). This includes the over-the-head check with one or two hands on the crosse (Indian Check).
- b. *There is no such call as a "BRUSH" in the modified program. Contact between the crosse and the helmet is a personal foul (slashing).
- c. *The offensive player may not reach into the crease with his crosse at any time especially when the ball is loose in the crease.
- d. While in the crease, a goalies stick **CAN** only be checked when the goalie is covering the ball with his stick outside the crease.
- e. *Body checking is permitted (intent- 1 step) ONLY against a player who is in possession of the ball. No man ball.
- f. **{Two}** 1 minute Stop Clock time-out per quarter per team.
- g. *NO 10 second count • Team ahead must keep the ball in the box in the LAST TWO (2) minutes of the game.
- h. A stall can be called if a team is not moving the ball towards the goal.
- i. *Goalie does not serve penalties (In Home Serves penalty unless it's an unsportsmanlike foul (Then the goalie will serve).
- j. **Stick Length-** 3rd & 4th Grade: 35" - 42" only • 5th & 6th Grade: 35"- 42" & 52"- 60" (**Only 3 long stick on field at same time plus goalie**)
- k. **4 Goal Rule-** If a team is leading by 4 goals at any point of the game the attacking team which is ahead must complete 3 passes, 1 in the attack half of the field and the other 2 in the attack **BOX**. If the ball becomes loose at anytime the attacking team that is ahead must complete 3 more passes before they can shoot. If the team that is ahead by 4 or more goals, scores a goal than the team that is down by 4 or more goals will get the ball anywhere on the field 20 yards from the goal. If any team is leading by 4 or more goals there will not be a face-off. Exception:- If the team leading by 4 goals scores and is fouled (a time serving foul) there will be a face-Off.

Sportsmanship

9. Sportsmanship

- a. Two unsportsmanlike fouls on any one player, coach or director is an automatic expulsion from the game. A 3 MINUTE PENALTY WILL BE SERVED BY THE IN-HOME.
- b. If the coach is expelled from the game, the assistant coach can coach only if he has filled out a P.A.L. Sponsors form and has a photo I.D..
- c. If there is no one to coach the team, the game will be declared a forfeit.
- d. A coach, player, parent or director expelled from a game will also be expelled from the next game and will be put on probation for the remainder of the season.
- e. If a coach, player, director or parent receives two (2) expulsion fouls during a season they will be put on suspension for the rest of that season. Before they can participate in the following season they must go in front of the Board of Director for a hearing.
- f. Goalies must wear a (CUP-Athletic Supporter). In addition goalies must wear helmet with face mask, separate throat protector, chest protector, gloves, arm pads and shin guards and can wear football pants with thigh pads.
- g. Coaches can not question an Officials call. If there is a problem in a games, Call time out and ask the official if you can speak to him. If you are not satisfied with the answer, fill out the complaint form and mail to the appropriate board member.

OFFICIALS FEES

- a. Two (2) Certified Officials assigned - \$50.00 each (In the event of only one official, each team will split the fee - \$37.50 each team.
- b. One Certified Official \$60.00 working with Rookie Official \$40.00 each
- c. (1) Official - \$75.00 (\$37.50 from each team).
- d. Forfeit fees - \$50.00 each (FULL FEE) – To be paid through league office.e.
- e. Game called (not started) due to weather, Safety or other unforeseen circumstances – If the officials are notified two (2) hours prior to the game of the cancellation there will be no fee paid. If an official(s) are on site and the game is cancelled prior to the start due to conditions listed above there will be a travel fee of \$25.00 paid to each official. If the game is a forfeit the official(s) will be paid a full fee from the community which forfeited
- f. Game started and then canceled/interrupted – FULL FEE (\$50.00 each official).

* 7th, 8th and 7th & 8th Grade - P.A.L. Modified

- a. NO 4 -GOAL RULE FOR 7th, 8th and 7th & 8th GRADE
- b. 25 Minute running halves, One (1) minute stop clock time out per half.
- c. Clock will stop the last (1) minute of the second half. Penalty time will stop and start on the whistle
- d. Goalies must wear Chest protector, Mouth Piece, Throat protector, SHOULDER PADS, ARM PADS and gloves.
- d. 7th, 8th and 7th & 8th grade stick length - 40” to 42” - 52” - 72” (Nothing in-between 42” and 52”).

* N.Y. State Modified Rules for 2009* ~ All other rules will be 2009 Federation rules.

~~~~ 2nd GRADERS Playing Rules (CAN NOT PLAY UP!!!)

General Rules:

- The field will be reduced in size. A field of 90 yards long by 45 yards wide will be ideal
- Each town must provide their own high school kids as referees (two is ideal).
- Each referee will be paid \$35.00 per game
- Stick Length 33-42 inches
- Two (2) coaches on field. one stays back and the other follows the play.

Game Day Rules:

- The games will be comprised of four 12 minute running time quarters.
- There will be two attackmen, three midfielders, two defenseman and a goalie
- 1 Coach from each team is allowed on the field
- No body checking or One Arm checks. A body check or a one arm check is a 1 minute penalty and full time must be served. ALL OTHER P.A.L. AND N.Y. STATE MODIFIED RULES APPLY.
- All penalties will be assessed by giving the offended team a fast break
- The player who commits a foul must sit out for the amount of time allocated to the penalty even if a goal is scored
- If a goal is scored on a penalty fast break the team that committed the foul can add the additional player

1. a. **FRESHMAN DIVISION (A NO CONTACT 2ND GRADE DIVISION)**

The Freshman Division will consist of 1st and 2nd graders only, age 6 & 7 years old. In no case will a kindergarten and below or a 3rd grader and above participate in this division. This is a training Division.