



REF CHEAT SHEET – PAL BOYS RULES NASSAU & SUFFOLK LACROSSE LEAGUE



CATEGORY	PAL 7-8 GRADE	PAL 5-6 GRADE	PAL 3-4 GRADE	PAL 1-2 GRADE
Game Format	4x12 min running time, 10v10	4x12 min running time, 10v10	4x12 min running time, 10v10	4x12 min running time, 8v8 (10v10 if agreed)
Halftime	5 min Halftime			
Timeouts	4 per game (max 2 per half)			
Overtime	No Overtime			
Badged Coaches	3 – in coaches' box (1 additional coach can do clock at scorer's table but NOT coach)			2 – On Field (1 Off. Half / 1 Def. Half) – 3 Additional Coaches on sideline
Goalie Equipment	Chest protector required (shin/ elbow recommended)	Full goalie protection required (shin guards, throat protector, chest protector, elbow pads)	Full goalie protection required (shin guards, throat protector, chest protector, elbow pads)	Full goalie protection required (shin guards, throat protector, chest protector, elbow pads)
Stick Length	Short 40–42 in, Long 52–72 in (max 4 poles)	Short 40–42 in, Long 52–72 in (max 4 poles)	Short sticks only	Short sticks only
Mercy Rule	No mercy rule	6-goal mercy rule, possession at midfield, 3 passes (2 in box)	6-goal mercy rule, possession at midfield, 3 passes (2 in box)	6-goal mercy rule, possession at midfield, 2 pass attempts before shot
Advance Counts	Standard advance counts	20 sec midfield, 10 sec box (when spread \leq 4)	No advance counts	No advance counts
Over and Back	Enforced	Enforced	Enforced	NOT enforced
Penalties	Penalty time begins on restart whistle	Penalty time begins on restart whistle	Penalty time begins on restart whistle	Fast break enforcement player sits for penalty time
Last Two Minutes	Clock stops only if spread is 4 or less. Running time 5 or more.			NOT enforced
Miscellaneous	NFHS / USA Lacrosse Rules	YS Modified Rules w/ Exceptions (NO One Handed Checks, NO Overhead Checks, NO Man Ball, One Step Body Check)		Goalie – free clear below GLE

Coaches certify proper equipment for all players