

# Nassau & Suffolk PAL BOYS Rules

## Quick Reference Sheet

Updated: February 24<sup>th</sup> 2026

(Subject to the complete PAL Rules available at [www.ncpallacrosse.com/forms](http://www.ncpallacrosse.com/forms))

### 1st & 2nd Grade

#### Game Format

- Four (4) 12-minute running-time quarters
- Two (2) minutes between quarters; five (5) minute halftime max
- 8v8 (2 Attack, 3 Midfield, 2 Defense, 1 Goalie)
- 10v10 permitted by mutual agreement
- If no goalie is available, cage may be turned over and game played 7v7 or 9v9

#### Coaches

- Two (2) badged coaches on field (one offensive half, one defensive half – outside the box area)
- Up to three (3) additional badged coaches on sideline

#### Equipment

- Short sticks only
- Goalies: MUST wear shin guards, throat protector, approved chest protector, elbow pads
- Coaches certify proper equipment for all players

#### Rules of Play

- No Over-and-Back
- After goalie makes a save, the area below Goal Line Extended (GLE) becomes a free clear zone. The opposing team must move completely above GLE and cannot re-enter below GLE until the goalie makes a pass below GLE and that teammate gains possession (by catching or scooping). Once the teammate gains possession, play is live and the riding team may go below GLE.
- If the goalie steps out of the crease or passes the ball above GLE, the ball is live immediately and there is no free clear.
- No overtime

#### Timeouts

- Four (4) per game – max two (2) per half

#### Mercy Rule – (6 Goals)

- 6– Goal Rule
- Trailing team must take possession at midfield (NO FACEOFF)
- Two (2) offensive-half pass attempts before shooting (winning team)
- Players with four (4) goals may not score

#### Penalties

- All penalties result in fast break
- Personal fouls serve full time - Technical fouls may return after fast break

### 3rd – 6th Grade

#### Game Format

- Four (4) 12-minute running-time quarters
- Two (2) minutes between quarters; five (5) minute halftime max
- 10v10

#### Coaches

- Three (3) badged coaches in coaches' box (1 additional coach can do clock at scorer's table but can NOT coach)
- ALL additional coaches must be on opposite sideline or in the stands.

#### Equipment

- Goalies: MUST wear shin guards, throat protector, approved chest protector, elbow pads
- Coaches certify proper equipment for all players

#### Rules of Play

- Over-and-Back enforced
- No overtime

#### Stick Length

- 3rd & 4th: Short sticks only
- 5th & 6th: short 40"–42"; long 52"–72" (max four poles)

#### Timeouts

- Four (4) per game – max two (2) per half

## 3rd – 6th Grade (continued)

### Last Two Minutes

- Clock stops only if spread is 4 or less
- Running time resumes if spread is 5 or more
- 5th & 6th only: “advance counts” apply when spread is 4 or less
  - Advance ball over midfield in 20 seconds and 10 seconds to get in attack box area
  - Winning team must keep it in the attack box area

### Mercy Rule – (6 Goals)

- 6 – Goal Rule
- Trailing team **MUST** take possession at midfield (NO FACEOFF)
- Three (3) passes among three different players before shooting (winning team)
- Two (2) passes must occur in attack box

### Penalties & Checks

- NYS Modified Rules with listed exceptions
  - NO One Handed Checks
  - NO Over the Head Checks
  - NO Man Ball
  - One Step Body Check in Effect
  - Penalty time starts on restart whistle - No Fast Brakes (can be stopped if no balls on endline).

### Fouling Out

- Disqualification at four (4) personal fouls OR four (4) minutes time served

### Sportsmanship & Conduct (All Grades)

- Officials may assess non-releasable USC penalties
- Ejection of coach/spectator requires child to leave

## 7th & 8th Grade

### Game Format

- Four (4) 12-minute running-time quarters
- Two (2) minutes between quarters; five (5) minute halftime max
- 10v10

### Coaches

- Three (3) badged coaches in coaches' box (1 additional coach can do clock at scorer's table but can NOT coach)
- ALL additional coaches must be on opposite sideline or in the stands.

### Equipment

- Goalies: **MUST** wear approved chest protector (elbow pads and shin guards not required but recommended)
- Coaches certify proper equipment for all players

### Rules of Play

- NFHS / USA Lacrosse rules apply
- No mercy rules
- Standard advance counts
- No overtime

### Stick Length

- Short: 40"–42" | Long: 52"–72" (max four poles)
- No stick between 42" and 52"

### Timeouts

- Four (4) per game – max two (2) per half

### Penalties

- Penalty time begins on restart whistle
- Clock stops only for man-down on non-releasable goals or if no balls on the endline.

### Sportsmanship & Conduct (All Grades)

- Officials may assess non-releasable USC penalties
- Ejection of coach/spectator requires child to leave

### Fouling Out

- Disqualification at four (4) personal fouls OR four (4) minutes time served