



**NASSAU/SUFFOLK PAL LONG ISLAND LACROSSE LEAGUE -
RULES ADDENDUM updated 02/24/26**

EQUAL PLAYING TIME AND PRACTICE TIMES LIMITATIONS

Equal playing time:

The Nassau/Suffolk PAL Long Island Lacrosse League 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 is not considered meaningful).

For each participant in the Nassau/Suffolk PAL LI Lacrosse League, it is the responsibility of the Directors to ensure that the coaches of their program provide for meaningful playing time.

However, playing time at the discretion of the coaches can be reduced for players who have not attended practice without an acceptable excuse or have engaged in disruptive behavior or in conduct detrimental to the player in question or the team.

Practice time guidelines:

Recommended practice times for all League teams are as follows:

1. Preseason: Limited to six (6) hours per week
2. After start of the season: Five (5) hours per week
3. Scrimmages should be considered practice time