

NASSAU/SUFFOLK PAL
LONG ISLAND LACROSSE LEAGUE
2022 BOYS RULES
Grades 3 through 8

- 1. Philosophy; Meaningful Playing Time:** The Nassau/Suffolk PAL Long Island Lacrosse League (the “NSPALLILL”) 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 will generally not be considered meaningful**). It is the Director’s responsibility to ensure that the coaches of the program provide for meaningful playing time. However, playing time at the discretion of the coaches should be reduced for players who have not attended practice or have engaged in disruptive behavior or in conduct detrimental to the player in question or the team.
- 2. Coaches; Credentials; Coaches in Coaches Area:** The head coach shall be responsible for making all decisions for that team. Only head coaches may communicate with the officials. All coaches shall stay confined to their designated Coaches Area on the sideline and not be on the field. No more than three (3) coaches (including junior coaches) in the Coaches Area (if a team does have a 4th coach he/she will be permitted in the Table Area but cannot actively coach). All coaches must have and display current NSPALLILL Coaching Credential/ I.D. (including a Photo I.D) which should be displayed at all times during the game. Only the timer, a Director (not acting as a coach) and a scorekeeper from each team is otherwise permitted on the sideline in the Table Area. No individual without the NSPALLILL credential will be permitted to coach.
- 3. Spectators (including parents):** All spectators are required to be on the OPPOSITE SIDELINE from the benches of the teams unless there is a designated seating area behind the benches. The officials shall delay the start of the game until the parents meet this requirement. Visiting team coaches are responsible for the behavior of their spectators and must cooperate with the home team and the officials to maintain proper spectator behavior including the movement of the spectators to the opposite side of the field or to a designated seating area).

4. Equipment: All Field Players shall have

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell;
- (2) A mouthpiece;
- (3) Protective gloves designed for lacrosse;
- (4) Shoulder pads designed for lacrosse;
- (5) Athletic cleats or athletic shoes;
- (6) Arm (elbow) pads designed for lacrosse;
- (7) A jersey and shorts of the same color(s) as those of their teammates with numbers on front and back; and
- (8) Athletic protective cup (note for all players (including the goalie) an athletic protective cup is required).

All Goalkeepers shall have:

- (1) A lacrosse helmet that meets NOCSAE ND041 at the time of manufacture and has a permanent replica of the NOCSAE lacrosse seal appearing legibly on the exterior of the helmet shell (with throat protection designed for lacrosse);
- (2) A mouthpiece;
- (3) Protective goalie gloves designed for lacrosse;
- (4) Shoulder pads designed for lacrosse;
- (5) Athletic cleats or athletic shoes (sneakers may be worn but are not preferred);
- (6) Arm (elbow) pads designed for lacrosse;
- (7) A jersey and shorts of the same color(s) as those of their teammates with numbers on front and back (logo of the NCPAL on front of the jersey);
- (8) Athletic protective cup;
- (9) Shin guards (may extend over the knee or cover the shins only);
- (10) "goalie" pants are encouraged or football or other pants with protective pads are also permissible and sweat pants may be worn by goalies; and

(11) chest protector designed for lacrosse that meets the NOCSAE standard, ND200, as certified by the independent Safety Equipment Institute (SEI) and include on the front of the protector the NOCSAE Lacrosse label shown below:



5. **Stick Lengths; balls:** 3rd & 4th Grade Stick Length is 35" to 42". There are no long sticks for 3rd & 4th Graders. For 5th to 6th graders the stick length will be 40-42" & 52"- 72". **ONLY THREE LONG STICKS ON THE FIELD AT ONE TIME** Except in 7th and 8th grades where 4 long sticks may be employed. A long stick is any lacrosse stick longer than 60". For 7th and 8th grade stick lengths are 40-42", 52-72". (No Stick can be between 42" and 52" in length). Lacrosse Balls must be NOCSAE Approved and can be white, orange or another color if agreed upon by both coaches.
6. **Quick Restarts:** For 2021, - to maintain a quicker pace of play, officials should make an effort to restart play as soon as possible however all restarts will occur on the official's whistle and all players shall be at least 5 yards from the player in possession of the ball. In all cases the defensive player is required to allow the ball carrier a path to the goal and may not play the ball carrier until a minimum distance of 5 yards has been achieved. The new ruling allows for an immediate whistle restarting play (unless a player is within 5 yards of the ball carrier). The defending player on any restart shall separate from the ball carrier by a distance of at least 5 yards. The defender may not obstruct the ball carrier's direct path to the goal. Once the distance of 5 yards has been satisfied the defender then may play the ball and/or the ball carrier.
7. **Pregame and Start of Game (COVID19 protocol)** All coaches and table staff shall be masked and for the pre-game the officials shall be masked. One captain from each team will meet with a masked official at mid-field to cover pregame topics. An official will receive affirmation from the head coach that all members of the team are fully equipped in accordance with the NSPALLILL requirements. The official shall conduct a coin toss to choose AP or choice of goal to defend. No pregame equipment inspections or in-game inspections other than stick checks requested by an opposing coach. Any player identified for a stick check will place their crosse on

the ground near the official and the official will conduct the inspection. No player line-ups will occur before start of a game and players will proceed directly to their positions. Teams will change goals between periods.

8. Faceoff Procedure Officials shall conduct a quick and efficient faceoff:

- a- Official places the ball on the ground and backs away;
- b- Down instruction given from 6 feet by official;
- c- Quick instruction on correct alignment of players; and
- d- Once both players are aligned Set command is given and whistle blown to start play.

9. Length of Game; Game length shall be 12-minute quarterly periods of running time and the quarter will end at the sound of the horn (shots which cross the goal line after the horn sounds do not count). Clock will stop on the whistle in last two (2) minutes of the game if spread is two (2) or less. There will be two (2) minutes between quarters and a maximum of a five (5) minute half time. Running time commences again if spread widens to three (3) goals in the last two (2) minutes. The clock will otherwise stop only during an official's timeout, team timeouts (each team is permitted four (4) time-outs per game with a maximum of two (2) in a half), or injury. Penalty time will start on the whistle when the ball is put in play (clock does not stop unless a team time-out is called) and that is when the penalty time commences.

There is NO OVERTIME;

Postgame - Coaches, players and officials are to avoid postgame handshakes and gatherings and leave the field as quickly as reasonable.

10. Six Goal Spread mercy rule; mandatory enforcement If a team is losing by six (6) or more goals they will be awarded possession of the ball at the midfield line after every goal and at the start of each quarter. There will be no face-off and the losing team must be awarded the ball at the midfield line. (Exception: If the team ahead scores and the team that is down by six or more goals commits a personal foul, penalty time will be served and a face-off shall occur.) If a team is leading by six (6) or more goals, three passes must be completed (not just attempts) otherwise a shot on goal will be an illegal procedure and the ball awarded to the losing team. The three passes cannot be between only two players (no back and forth). **PASSES MUST BE MADE BETWEEN 3 DIFFERENT PLAYERS.** One of the passes must be in the offensive half of the field and the other two passes must be completed in the attack box. If a pass is dropped or the defense gains possession of the ball or a rebound of a shot is picked up or the ball becomes loose and the team leading gets the possession of the ball, the three-pass minimum must again be met. **The officials shall apply the mercy rule and there shall be no waiver of this rule by the coach of the team down by six (6) or more goals.**

11. Last Two Minute and ADVANCING THE BALL; Last Two Minutes of Game When Spread is 4 or less: Get it In/Keep it in.

It shall be the responsibility of the leading team when in possession of the ball outside the goal area to attack the goal when the goal differential is 4 or less. A team in possession of the ball in its offensive half of the field may be warned to “get it in/keep it in” if, in the judgment of the officials, the leading team is not seeking to enter the Goal Area.

During the last two minutes of a game for either team when the score is tied, or for the team that is ahead by four or fewer goals, the referee may require the team to advance the ball past the midfield line in no more than 20 seconds. Upon clearing the midfield line the team in possession has 10 seconds to get the ball into the attack box.

Once the ball clears the midfield line the officials are to administer the “get it in” and “keep it in” commands:

Get it in – This warning occurs when the ball is outside the goal area after crossing the midfield line. The official signals and verbally announces, “get it in.” The team must advance the ball into the goal area within 10 seconds and keep it in the attack box.

Keep it in – This warning occurs when the ball is inside the goal area. Official signal and verbally announces, “keep it in.” The team must keep the ball in the attack box.

12. OVER AND BACK: Once the ball has been successfully advanced into the goal area, if the offensive team carries, passes, propels, or is legally checked causing the ball to break the plane of the midfield line, except on a shot, the result will be either an immediate turnover or a play-on for the other team.

If the ball does not touch the midfield line or break the plane of the midfield line, no infraction has occurred. A defensive player may reach over the center line with his crosse and bat the ball to keep it in his team’s offensive half and thus prevent an over-and-back violation. However, he may NOT reach over the center line and bat the ball with his foot or any other part of his body excluding his gloved hand wrapped around his crosse. If he does so, it shall be a turnover.

13. Further Refinements/Points of Emphasis: New York State Modified Rules will be used with exceptions and points of emphasis pointed out below (illegal body checking and holding clarification of modified rules set forth below):

A. BRUSH AND ONE ARM SWINGS OF CROSSE; PROPER STICK CHECKS

There are no "BRUSH" calls in the modified program. Contact between the crosse and an opponent's helmet is a penalty.

A one arm swing with the crosse, whether or not contact is made, is a slash and must be penalized as such. Stick checks must be made with two hands on the crosse and to the crosse of an opponent or his gloved hand on his crosse. An opponent must be in possession of the ball. Only the following checks with the crosse are legal: (a) Lift the bottom hand or the head of the stick, whichever is below the chest area; (b) Poke the bottom hand or the head of the stick, whichever is below the chest area; and (c) Downward check initiated from below both players' shoulders.

B. OVER THE HEAD CHECKS Over the head checks are not permissible and will be considered a hold unless contact is made with the head and neck by the crosse in which event it is a slash has occurred

C. NO MAN BALL IS PERMITTED - All players are expected to play the ball when the ball is on the ground.

D BODY CHECKING Body checking is only legal against the player in possession of the ball. A player cannot take more than ONE (1) step before he makes contact (Body Checking) with the player in possession of the ball. There are No "Take Out" body checks. AN OTHERWISE LEGAL BODY CHECK CAN BE CONSIDERED A FOUL IF THE OFFICIAL FEELS THE INTENT OF THE CHECK WAS NOT IN THE BEST INTEREST OF THE GAME OR TO INJURE A PLAYER. Illegal Body Checking is a 1, 2 or 3 minute Non-Releasable foul, with EXPULSION from the game at the discretion of the official.

Penalty for the following illegal body checks is a two or three minute, non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

- A player shall not initiate a body check legally but slides up into or follows through to an opponent's head or neck.
- A player shall not body-check a player in a defenseless position. This includes but is not limited to: (a) body-checking a player from his "blind side;" (b) body checking a player who has his head down in an attempt to play a loose ball; and (c) body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.
- A player shall not initiate targeting, which is intentionally taking aim at the head/neck of an opponent for the purpose of making violent contact. This could include a check with the crown of the helmet (spearing) that targets the head or neck of an opponent. **PENALTY for Targeting is a three-minute, non-releasable foul. An excessively violent violation of this rule may result in an ejection.**

E GOALIE STICK AND CREASE PLAY If a goalie has the ball clamped outside of the crease his stick can be checked. If a goalie has the ball clamped **INSIDE** the crease neither he nor his stick can be checked. An attack player cannot enter the crease with his **BODY OR HIS CROSSE** (he cannot break the cylinder of the crease) even if the ball is loose in the crease.

F PERSONAL AND EJECTION FOULS Personal fouls are those of a serious nature. They include either safety or sportsmanship violations.

PENALTY: The penalty for a personal foul shall be a 1, 2, or 3 minute penalty depending on the official's discretion and severity of the foul.

CROSS-CHECK

ILLEGAL BODY CHECK

CHECKS INVOLVING THE HEAD/NECK

TARGETING

ILLEGAL CROSSE OR CROSSE TOSS DIRECTED AT AN INDIVIDUAL

USE OF ILLEGAL EQUIPMENT

SLASHING

TRIPPING

UNNECESSARY ROUGHNESS

UNSPORTSMANLIKE CONDUCT (Report all boys and girls ethics or conduct problems (for players, coaches, parents or teams) to the NCPALYLL Board.

FOULING OUT (Five Penalty Minutes) AND EJECTION

1. Five minutes of personal fouls (time served) will make the player ineligible for further participation in the game.
2. Fighting or maligning of a player or official by a coach or player will result in the expulsion from the remainder of the game and suspension shall extend to the next game. The suspension for such an infraction will be up to the judgment and discretion of the NCPALYLL Board.

G TECHNICAL FOULS

Technical fouls are those of a less serious nature and involve players being illegally disadvantaged or gaining an unfair advantage over another player.

PENALTY:

1. Loss of Possession - If there is a loose ball or if the team in possession commits the foul, the offended team will get possession of the ball.

2. Time Serving Penalty - If a team had possession of the ball, the offending player will serve penalty time for 30 seconds or until a goal is scored by their opponent.

EXCEPTIONS:

1. A loose-ball technical foul by Team B, followed by a personal foul by Team A during the play-on, will result in both players serving penalty time.

CREASE VIOLATIONS/GOALKEEPER INTERFERENCE

HOLDING

ILLEGAL OFFENSIVE SCREENING

ILLEGAL PROCEDURE

CONDUCT FOUL

INTERFERENCE

OFFSIDE (a team is offside when a team, including players in the penalty area, has more than six players in its offensive half of the field or more than seven players in its defensive half of the field).

PUSHING

STALLING

WARDING OFF

WITHHOLDING BALL FROM PLAY

CROSSE THROWN AT OTHER THAN THE BALL, PLAYER OR GAME

PERSONNEL

H GOAL SCORED A goal is scored when a loose ball passes completely over the goal line before the end of the period.

I GOAL NOT SCORED A goal shall be disallowed if the ball does not cross the goal line even if released even if the shot is released before time elapses.

J LACROSSE STICK PENALTIES - Stick penalties:

1. **Illegal crosse:** use of an illegal crosse is a two minute non-releasable penalty. The crosse can be corrected and may be put back into play once corrected.
2. **Crosse tossing (personal foul):** throwing a crosse (regardless of contact) at a ball, a player or game personnel (coaches, officials, scorekeepers, etc.) is a three-minute non-releasable penalty.
3. **Crosse tossing (technical foul):** throwing a crosse (regardless of contact) at other than a ball, player or game personnel is a technical foul.

K LEGAL BODY CONTACT:

1. **Legal Body Checking** A player can only deliver a legal body check to an opponent while in an upright position and with both hands on their crosse. The body check can only contact below the neck area, above the waist, and

to the front or side of their opponent. A player can only body check players in possession of the ball (**limitations on body checking as described above**)

2. **Legal Holds** A player shall not use the portion of the handle that is between his hands to hold an opponent, when his hands are more than shoulder-width apart. Holding is permitted if a player uses the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion. Holding is permitted under the following conditions (for (a) and (b) below, a hold check shall be done with closed hand, shoulder or forearm; and both hands shall be on the crosse):

An opponent with possession of the ball may be held from the front or side, as long as both hands of the holder remains on his crosse.

An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure.

A player may hold the crosse of an opponent with his crosse when that opponent has possession of the ball.

3. **Legal pushes** – A legal push is exerting pressure after contact is made and is not a violent blow. Pushing is permitted from the front or side when an opponent has possession of the ball. In this case, pushing shall be done with either closed hands, shoulder, or forearm, and both hands shall be on the crosse

- 4 **Boxing out** positioning yourself against an opponent to gain possession of a loose ball (boxing out an opponent)

5. **Ride** Defensive positioning to redirect an opponent in possession of the ball (riding a player)

6. **Incidental contact**

L. FLAG DOWN; EXTENDED FLAG DOWN PLAY: When a flag is down, the offended team will be allowed to:

- bring the ball into and out of the attack box area (the offended team is no longer required to keep the ball in the attack box area when a flag is down); and
- until the team to be penalized gains possession the offended team may recover a loose ball and continue play (that is, play is not suspended on a loose ball until

recovered by the team to be penalized) provided however if another flag down penalty on the defensive team the official shall blow the whistle and stop play when the second flag is thrown (that is no further play on) even if the offended team has not lost possession.

M. UNSPORTSMANLIKE CONDUCT; GAME TERMINATION NSPALLILL

encourages officials to penalize unsportsmanlike conduct from any constituent ranging from arguing calls, threatening individuals, profane or obscene language, belittling individuals, including opposing coaches and officials or any other behavior which seeks to intimidate or degrade others.

Officials have the authority to terminate a game in response to flagrant acts of unsportsmanlike behavior or excessively rough play. If possible, game officials will issue at least one warning that the game is in danger of being terminated prior to ending it. All games terminated by an official will result in a 1-0 victory for the team that is innocent of the fouls if one can be determined and will result in suspensions of individuals engaged in unsportsmanlike conduct.

7th & 8th Grade Specific Rules

1. **Equipment:** In 7/8th grade goalies are not required to wear but can wear shin guards and or football or other pants with protective pads.
2. **Stick Length:** For 7th and 8th grade stick lengths are 40-42", 52-72". Team may use four poles (up to 72") (No Stick can be between 42" and 52" in length)
3. **Length of Game:** 25 minute running halves. Two times out per game. Clock will stop on the whistle in the last two minutes of the game where spread is 2 or less. Penalty time starts on the whistle.
4. **No MERCY Rule:** There is no mercy rule for this division.