



NCPALYLL - RULES ADDENDUM updated 02/05/23

EQUAL PLAYING TIME AND PRACTICE TIMES LIMITATIONS

Equal playing time:

PAL Lacrosse is intended to be a training experience. It has always been the position of the League Board that each player should meaningfully participate in the game. To further this end the League Board has decided that

1. every player **MUST PLAY MEANINGFUL TIME** in every game. It is the Director's responsibility to ensure that their coaches are following the playing time rules.
2. **IF A PLAYER MISSES PRACTICE, THEIR PLAYING TIME CAN BE REDUCED. THE SAME PRACTICE SHOULD BE USED FOR TOP PLAYERS AND LESS SKILLED PLAYERS.**
3. **IF A PLAYER DOES NOT MAKE PRACTICE, THEIR PLAYING TIME MAY BE REDUCED. YOU ARE NOT REQUIRED TO PLAY A PLAYER THAT ONLY SHOWS UP FOR GAMES. Lacrosse is a sport that requires repetition, coordination with teammates and an understanding of how the team will play. Missing practice(s) can create a safety issue not only for the player but their teammates if they do not practice with 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 would be considered practice time.