

**NASSAU/SUFFOLK PAL**  
**YOUTH LACROSSE LEAGUE**  
**2022 BOYS RULES**  
**Grades 3 through 8**

- 1. Philosophy; Meaningful Playing Time:** The Nassau/Suffolk PAL Youth Lacrosse League (the “PALYLL”) 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 PAL YLL, 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 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. Only a head coach 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) are to be in the Coaches Area (if a team does have a 4<sup>th</sup> coach, he/she will be permitted in the Table Area but cannot actively coach). All coaches must have and display current PAL YLL Coaching Credential/ I.D. (including a Photo I.D) which should be displayed at all times during the game (a coaching credential saved and displayed on a mobile-phone or IPAD shall only be used as a last resort). 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 who has not received the PAL YLL credential will be permitted to coach. **In 2023 substitution box is 10 yards wide- 5 yards from the midfield line toward each goal.**
- 3. Spectators (including parents):** All spectators are required to be on the OPPOSITE SIDELINE from the benches of the teams or in a designated seating area (bleachers) behind the benches. The start of the game may be delayed until the spectators 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 Compliance Affirmation: Before the start of each game the head coach of each team shall affirm with an official that all players from the team who will take the field are properly equipped in accordance with the equipment requirements set forth below.**

**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 (clear or white is now acceptable).
- (3) Protective gloves designed for lacrosse.
- (4) **Beginning in 2022**, field players must wear shoulder pads that meet the NOCSAE ND200 standard and contain a SEI certification mark.
- (5) Athletic cleats or athletic shoes (sneakers are acceptable but a molded cleat is preferred);
- (6) Arm (elbow) pads designed for lacrosse.
- (7) Of the same color(s) as those of their teammates: a jersey with numbers on front and back and shorts; and
- (8) A protective cup or pelvic protector is required for all players. Each player is personally responsible for wearing this protective equipment and the equipment shall not be modified from the manufactured state and shall be worn in the manner the manufacturer intended.

**Rationale:** One of the core goals of the Rules is the minimization of the inherent risk of sports. A protective cup helps prevent blunt trauma injuries to the groin area that can cause serious damage, including severe bruising, internal bleeding, testicular fracture, or rupture. Officials cannot and should not check to see if a player is wearing a protective cup. As noted above, protective cups should be verified through the coach certification process.

**In addition to the above equipment for field players, goaltenders shall be equipped with the following equipment** (also, while not required although strongly recommended (a) 'goalie" or football or other pants with protective pads and (b) goalie gloves or gloves with supplemental thumb protection designed for goalies):

**(1)** Throat protection designed for lacrosse added to the helmet;

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(2) Shin guards- through 6<sup>th</sup> grade (may extend over the knee or cover the shins only);  
and

(3) a chest protector designed for lacrosse that meets the NOCSAE standard, ND200, as certified by the independent Safety Equipment Institute (SEI) included on the front of the protector. The NOCSAE Lacrosse label is shown below:



5. **Stick Lengths; Long Sticks; balls:** 3rd & 4th Grade Stick Length is 35" to 42". In 5th & 6th Grade: stick length will be 40-42" & 52"- 72". WITH THE EXCEPTION OF THE GOALTENDER'S STICK, THERE SHALL BE NO RULE RESTRICTION ON THE LENGTH OF THE STICK IN 7<sup>th</sup> and 8<sup>th</sup> LACROSSE SO LONG AS THE LENGTH IS BETWEEN 40-72 INCHES. **For 3<sup>rd</sup> & 4<sup>th</sup> Graders NO LONG STICKS ON THE FIELD AT ANY TIME. For 5<sup>th</sup> and 6<sup>th</sup> graders 4 long sticks is the maximum.** A long stick is any crosse (from head to butt end) longer than 60". Lacrosse Balls must be NOCSAE approved and can be white, orange or another color if agreed upon by both coaches.
6. **Quick Restarts:** 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. This rule 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; Faceoff Procedure; Change goals to be defended at the start of each new quarter.** Game officials shall call for a pre-game meeting before the opening faceoff. All players (not just the starters) and coaches will assemble at the mid-field line to cover pregame topics in front of the scorers' table. At this time the game officials will convey the equipment, safety, and fair play information, in addition to explaining any special ground rules. The official shall conduct a coin toss to choose AP or choice of goal to defend.

An official will receive affirmation from the head coach that all members of the team are fully equipped in accordance with the PAL YLL requirements. **The officials are required to ask the coach during pre-game to certify the all of his players are legally equipped. The common response of "TO THE BEST OF MY KNOWLEDGE" will no longer be accepted. The coach must answer YES as required. If the coach responds with a NO, the coach will be instructed to quickly meet with his team and conduct an equipment check and reconfirm with the official. A delay of game penalty may result. Failure to respond with YES will result in the game not being officiated.**

Once the goal to defend is decided the goalies will position themselves with their back to the goals and the starting players will proceed directly to their positions. Teams will change goals after each quarter.

### **Faceoff Procedure**

**4-3-3 a, b, c, f, g:** ART. 3 . . .The official conducting the faceoff will start the procedure by, placing the ball on the midfield line at the spot on which the faceoff will take place.

a. The official shall instruct the players to prepare for the faceoff by saying "down."

b. Once the players are down, they are to move into their faceoff position as quickly as possible. Players shall stand as they get into position for the faceoff and must remain standing until the whistle sounds to start play.

c. The crosses and gloves shall be in a neutral position and rest on the ground along the center line, parallel to each other up to, but not touching, the center line. All fingers of both hands shall be gloved and wrapped around the crosse. The crosse head and the gloved hands shall be touching the ground. The hand closer to the throat shall be in a palm-up position.

f. Once the players are in the proper position, the official shall ensure that the crosses are positioned such that the ball is in the middle of the head of each crosse.

g. Once the official is satisfied with the positioning of the players' crosses, he shall instruct the players to remain motionless by saying "Set." For hearing impaired players, a reasonable accommodation for the "set" command and whistle sound will be provided.

**Rationale:** One of the changes made this past season for Covid modifications was for officials to place the ball on the ground first to indicate where the faceoff will occur. This rule has provided a visible marker for where players shall setup up for the faceoff. Players standing rather than kneeling compliments the changes in "a", "f", and "g" to play the ball first. Restricts face-off players from using the "moto-grip" to favor a standing neutral grip. Like the previous rule proposals, this will result in a fair and safer faceoff.

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**4-3-3i (NEW):** ART. 3 . . . Upon the whistle starting play, each player must attempt to play the ball first before they may body check their opponent.

**Other Rules Affected 5-3-3:** ART. 3 . . . Body checking of an opponent who has any part of their body other than their feet on the ground or while crouched for a faceoff.

**Rationale:** As a way to make the faceoff fair, safe, and result in fewer long stalemates this rule will ensure that faceoff players are playing the ball and not body checking or stick checking an opponent's body.

Faceoff players who are in a potentially vulnerable position are the benefactors of new clarifications to Rule 4-4-2. At the sound of the whistle to start play, when players in wing areas are released, they must avoid body-checking faceoff players who are battling for control of the ball while still in their initial faceoff spot.

**4-4-2:** ART. 2 . . . When the whistle sounds to start play, the players in the wing areas shall be released but must avoid body checking the faceoff players battling for control of the ball in the initial faceoff spot. All other players are confined to their areas until a player of either team has gained possession of the ball, the ball goes out of bounds, the ball crosses the defensive-area line, a whistle stops play for a time-serving foul, or whistle restarts play after a non-time-serving foul; when any of these events occur, the faceoff has ended. Players designated in the midfield area, and players designated within the defensive area may not interchange positions before possession have been called, and the faceoff has ended, but midfielders may substitute.

**Rationale:** Avoids checks to faceoff players that are in a potentially vulnerable position. This rule is already not well understood by players and coaches, and this change will codify what is not allowed and help protect players taking a faceoff.

**After each game the players with equipment on and their coaches shall line up behind their goalies for a handshake with their counterparts on the opposing team.**

**8. Length of Game; Running time; Clock stoppage.** 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:

(a) for an official's timeout (including for injury);

- (b) for team timeouts (each team is permitted two (2) timeouts in a half (no carryovers of unused first half timeouts into second half));
- (c) in last two (2) minutes of the game if the spread is four (4) goals or less (running time will commence immediately if spread widens to five (5) goals); and
- (d) for a man-down goal or goal for a non-releasable penalty.

Between quarters there will be two (2) minutes and a maximum of five (5) minutes at half time.

**There is NO OVERTIME.**

- 9. Mercy rule: mandatory at six goal spread (no exceptions).** When a team is trailing by six (6) goals the official will forego the face off and award possession of the ball to the trailing team at the midfield line after every goal and at the start of each quarter (Exception: If the team ahead scores when the mercy rule would otherwise be applied and the trailing team committed a personal foul when the prior goal was scored, penalty time will be served and a face-off shall occur.).
- If there is no face-off and the mercy rule is in effect, three passes must be completed (not just attempts) (a shot on goal before the three passes are completed will be an illegal procedure and the ball awarded to the trailing team outside the attack box). **THE THREE 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.

**10. ADVANCING THE BALL; Get it In/Keep It In in 5<sup>th</sup> and 6<sup>th</sup> grade if Spread is 4 or less in Last Two Minutes of Play:**

**Advance Ball Counts**

**3<sup>rd</sup> and 4<sup>th</sup>** NO COUNTS IN GRADES 3<sup>d</sup> and 4<sup>th</sup> (UNLESS IN THE JUDGMENT OF THE OFFICIAL A TEAM IN THE LEAD BY FOUR GOALS OR LESS IN POSSESSION OF THE BALL IS NOT MAKING AN EFFORT TO ADVANCE THE BALL, THE OFFICAL MAY THEN APPLY the 10 or 20 second counts TO GET IT IN AND KEEP IT IN THE GOAL AREA

**5<sup>th</sup> and 6<sup>th</sup> grades** COUNTS WILL APPLY for both teams **in** FOR ADVANCING THE BALL IN THE LAST TWO MINUTES OF THE GAME WHEN THE SPREAD IS FOUR GOALS OR LESS.

**GET IT IN AND KEEP IT IN** During the last two minutes of a 5<sup>th</sup> or 6<sup>th</sup> grade game with a spread of four or less each team is required to advance the ball past the midfield line, within 20 seconds. Upon clearing the midfield line, the team in possession has 10 seconds to get the ball into the Goal Area (attack box). If the leading team is in possession where the spread is 4 or less, it will be required to “keep it in” the Goal Area. Once the ball enters the Goal Area the officials are to administer the “keep it in” signal and 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 Goal Area (attack box).

Keep it in – This warning occurs when the ball is inside the Goal Area. Official signals and verbally announces, “keep it in.” The team must keep the ball in the Goal Area (attack box).

- 11. 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.

- 12. 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 CONCLUDES 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 bodycheck 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.

No defensive player, other than a properly equipped goalkeeper, can enter his own crease with the perceived intent of blocking a shot or acting as a goalie. Penalty: first violation is a technical foul on the defensive player. A second violation by the same player will be enforced as a releasable unsportsmanlike conduct personal foul.



**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 ethics or conduct problems (for players, coaches, parents or teams) to the PALYLL 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.<sup>6</sup>

**TECHNICAL FOULS:8**

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 (INCLUDING A** player in possession of the ball with both hands on his crosse shall not use his hand or arm to push the body of the player applying the check. It is illegal for the offensive player, with two hands on the crosse, to push their opponent with their crosse to create separation. However, it is legal for a player with the ball and two hands on their crosse to contact the gloves or the crosse of their opponent using their arm.

### WITHHOLDING BALL FROM PLAY

### CROSSE THROWN AT OTHER THAN THE BALL, PLAYER OR GAME PERSONNEL

Field player acting as a goalie (first violation)

**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 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, 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):

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

(b) 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 there is 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** PALYLL 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.

**Special emphasis for unsportsmanlike conduct penalty as to belligerent coach or spectator.**

As a point of emphasis in 2023: the assessment of a non-releasable unsportsmanlike conduct penalty on a team for any coach or any spectator supporting such team who, in the sole discretion of the official, is argumentative, belligerent, or boisterous as to the officiating.

The official shall also have the option to eject any such coach or spectator in which event the child of such person shall be required to leave the field as well. Play will resume only if such spectator/coach is removed from the playing field (inclusive of any viewing sections) and its perimeter.

In the case of a spectator the official will have the option but not the obligation to provide a warning notice to the coaching staff and bring to the attention of the coaching staff of the team on whose behalf the offending comments have been made as to the spectator in question and further that continued offending action will result in the assessment of an unsportsmanlike conduct penalty and possibly ejection.

### **7<sup>th</sup> & 8<sup>th</sup> 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" Team may use four poles (60' up to 72")
3. **Length of Game:** 4 12-minute running quarters. Two times out per half. Clock will stop on the whistle in the last two minutes of the game where spread is 4 or less. Penalty time starts on the whistle- clock stops on the whistle for a man down goal or for a man up goal where the penalty is non-releasable.
4. **No MERCY Rule:** There is no mercy rule for this division.
5. **Time Counts:** Level 7/8 teams will apply the 20-second count to clear the ball over the midfield line and will apply the 10-second count to get the ball into the offensive box.