

Nassau, Suffolk PAL BOYS Rules Quick Reference Sheet - updated April 2, 2025

(Subject to complete set of rules found at www.ncpallacrosse.com/forms)

1st & 2nd Grade

Game time will be four 12-minute running time quarters.

- Players on field are 8v8 (2 attack- 3 midfielders- 2 defensemen- 1 goalie) To allow for maximum participation of roster if both coaches agree the game can be played 10v10. Goalie play is encouraged but if a team does not have a goalie the cage may be turned over and the game still is held and be played 7vs7 or 9vs9.

Maximum of two (2) badged coaches on field per team who must remain outside of both boxes. One stays on the offensive half, and one stays on the defensive half of the field towards the middle or sides of the field. Can have an additional three badged coaches on the sideline to control and dress players

All players will use short sticks and Goalies MUST wear shin guards and elbow pads. Coaches will certify that players are properly equipped.

No Over and Back

4 Timeouts per team 1 per quarter

6 Goal Rule in effect. Team down by four goals must take the ball at midfield and leading team must attempt two passes on the offensive side of the field before shooting on goal. (When the 4-goal rule is in effect a player who has scored four or more goals may not score for the winning team).

Free pass from the crease by the goalie to a player that is below goal line extended.

Assessment of Penalties

- All penalties will be assessed by giving the offended team a fast break and the player who commits a personal foul must sit out for the full amount of time allocated to the penalty even if a goal is scored. A player committing a technical foul may be allowed back into the game after the fast break.
- If a goal is scored on a penalty fast break the team that committed the foul can add a player for the face-off but the player who committed the personal foul must serve the full time

3rd Through 6th Grade

Only three badged coaches in the coaches' box. If there are additional badged coaches without coaching one can be the box and any additional coach or coaches must be on the opposite sideline.

Goalies MUST wear shin guards, approved chest protector and elbow pads. Coaches to certify to official that players are properly equipped including protective cup and 2022 vintage shoulder pads for all players.

3rd & 4th Grade: Stick Length is 35" to 42". There are no long sticks permitted for 3rd & 4th Graders.

5th & 6th Grade: Stick length will be 40-42" & 52"- 72". 5th and 6th grade MAXIMUM OF FOUR LONG STICKS ON THE FIELD AT ANY TIME.

PAL follows NFHS/USA LACROSSE rules for faceoffs (see attached addendum for NFHS 2022 face-off procedure showing revisions).

Length of game- advance of ball counts in last two minutes only:

- 12-minute running time quarters
- Clock will stop on the whistle in last two (2) minutes of the game if spread is four (4) or less. Running time commences again if spread widens to five (5) goals in the last two (2) minutes.
- Last Two Minutes of Game When Spread is 4 or less: counts will apply only in 5th and 6th grade as to the ball over the midfield line in 20 seconds and then another 10 seconds to move the ball into the Goal Area attack box (and the winning team to keep it in the Goal Area attack box).
- Two (2) minutes between quarters and a maximum of a five (5) minute half time.
- Each team is permitted four (4) time-outs per game with a maximum of two (2) in a half.
- During running time, penalty time will start with the whistle resuming play after the penalty is administered. Clock DOES NOT STOP for Whistle DURING Penalty Time (other than for a team or official 's time out) or for man-up goals for non-releasable penalties and for man-down goals.
- There is NO OVERTIME

Six Goal Mercy Rule – No face-off Team losing by six goals must take possession of ball at midfield. Leading team must make three passes on the offensive side between 3 different players before going to the goal. Two of the passes must be completed in the Goal Area (attack box). A trailing team may not refuse possession of the ball when the spread is 6 or more goals

Penalties

New York State Modified Rules will be enforced with these exceptions:

- No One Handed Checks
- No Over the head checks
- No Man Ball
- One step Body Check rule in effect
- Over and Back is enforced

7th & 8th Grade Specific Time counts for advancing the ball in effect, No mercy rules

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.

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)

- Length of Game:
- 12-minute running time quarters. No overtime.

Two times out per team per half. Clock continues to run as time-served penalty time is whistled in- which is when the penalty time commences. During a time-served penalty the clock does not stop other than for a man-down goal or a goal for a not releasable penalty.

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

The Board continues to place special emphasis as to 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.

FOULING OUT

1. The first to occur of the assessment of four minutes of personal fouls (time served) or four personal fouls shall result in disqualification and make the player ineligible for further participation in the game.