



Updated 1/15/2023

NASSAU/SUFFOLK PAL L.I. LACROSSE LEAGUE REGISTRATION RULES AND PROCEDURES

To be properly registered, a community must present the following information to the League on or before the date(s) set by the League Board. Any community not properly registered cannot play in the League.

1. **Community Membership:** The Long Island Lacrosse League shall be limited to one (1) program/member in a geographical area. The geographical area shall be the school district in which the member is located.
2. **Community Responsibility:** Each community participating in the league shall be responsible for the conduct of its players, directors, coaches, spectators and others for the preservation of order in the stands and on the field during any league activity.
3. **Community Director Responsibility:** Each community shall appoint a boys and girls director, who will attend all League meetings and be the conduit all League rules and regulations for their community.
4. **Director Voting:** For League matters that will be determined by a membership ballot, each community is entitled to one vote to be cast by the director or authorized alternate in attendance at the meeting where the vote is held. There will be no proxy votes. A community must be present at a League meeting in order to cast a ballot.
5. **Community Bond:** Each community will be required to post and maintain a bond of \$300.00 which can be used in the event fines are levied against the town. All breaches of rules, conduct and sportsmanship will be reviewed by the League Board and appropriate action will be taken including monetary fines. Ignorance of the rules is not an acceptable excuse! If at any time a community wishes to withdraw from The League, the bond or any balance due will be refunded. The bond may also be used to satisfy any outstanding fees owed by any community at the close of the season. A community must satisfy all outstanding fees owed to the League and fund the bond back the \$300.00 level at or before Registration to participate in the season.

6. **Fees:** The first team registered from a community will be \$300.00. Each additional team in that community will be \$130.00 for each team. The initial \$300.00 fee will cover both the boys and girls programs in a community.
7. **Divisions:** The rule for the following divisions are:
 - a. Freshman Division (1st & 2nd grade): NO CONTACT division. The Freshman Division will consist of 1st and 2nd graders, who are 6-7 years old. If a team is **ALL** 1st graders (6 year olds), SOME Kindergarten players may play with the 1st grade team. In NO CASE will a Kindergartener be allowed to play with a 2nd grader (7 year old). IN NO CASE will 3rd grader and above be allowed to participate in this division. **This is a TRAINING Division ONLY!**
 - b. Junior Division - The Junior Division will consist of players from the third and fourth grade ONLY, who are ages 8 and 9. In no case will an 11-year-old player be allowed to play in the Junior Division. In no case will a first or second grader, regardless of age, be allowed to play in the Junior Division.
 - c. Intermediate Division - The Intermediate Division will consist of players in grades 5 and 6, who are ages 10 and 11 with some 12 year olds. No 13-year-old player can play in the Intermediate Division.
 - d. Senior Division - The Senior Division will consist of players only in the 7th and 8th grades, who are ages 12 and 13 with some 14 year olds. No sixth grader or 15-year-old player can play in this Division. In no case may a 9th grader play in the Senior Division. A player can play in both the Senior PAL Division and for a middle school or junior varsity team ONLY. No varsity players may play in this division.
 - e. Mixed Division - Where a team does not have enough players solely in one grade, a mixed team will be set up and must play in a similar division. A community may have only one mixed team in any division. Mixed teams, 3rd/4th, 5th/6th, 7th/8th, must be broken up evenly. Example: 3rd/4th, you can have 8 3rd graders and 8 4th graders on the roster. If more than 62.5% of the players are in the higher grade the team must play in the upper grade. For example, if 10 out of 16 players on a 3rd/4th team are in 4th grade the team must play in the fourth grade division.
8. **Proof of Grade:** A copy of a birth certificate, as proof of age, for each player on the roster. Proof of grade on school letterhead or passport when required. (Unless proof of age is already in the data base).
 - a. Under no circumstances can an underage or overage player participate in a PAL League game. Players who do not provide proof of age will be struck off the roster. Minimum, maximum and grade limits are set by the League Board and any violations of this rule is an automatic expulsion of the player, coach and/or Director.
 - b. A player can be moved up only with parental consent (INCLUDING A PARENTAL RELEASE IN WRITING) and the approval of the League Board. A player cannot be moved up more than one grade. Example: a 3rd grader cannot be moved to a 5th grade level. A player in an upper division cannot be moved down. Example: A 5th grader cannot be moved down to a 4th grade division. First and Second graders CANNOT be moved up. 6th graders CANNOT be moved up.
9. **Rosters:** Finalized rosters for each team must be submitted, **with jersey numbers**, by the deadline designated by the Board of Directors in each season calendar. Roster MUST be submitted in Excel spreadsheet format and emailed to registrar.pallongislandlax@gmail.com.
 - a. Each community is responsible for the validity of the roster they submit.

- b. All rosters submitted for approval must have player's names be typed in alphabetical order with all information required by the League. FINAL ROSTERS MUST HAVE JERSEY NUMBERS FOR ALL PLAYERS PRIOR TO THE FIRST GAME OF THE SEASON.
- c. A roster must have a minimum of 16 (sixteen) players on it to be accepted.
- d. A player may appear only on one roster and be registered in only one (1) community unless written approval is granted by the League Board. Exceptions will generally be granted to allow very large rosters to be broken up into two teams. For example, a program with 28 players in one grade may have two (2) teams of 14 players, with two (2) players from each team also playing on the other team to get both teams to 16 players. Players that are shared between two rosters must be indicated with an asterisk on both of those rosters.
- e. A player cannot play for two (2) teams in two (2) different communities. A community may not recruit or register a player from another community or school district participating in the P.A.L. Long Island Lacrosse League. If a boy or girl wishes to play out of the school district (community) in which they live and with another community he or she can only do so with written permission of; (1) the Director of both communities; and (2) the League Board. A transfer form must be submitted. Transfers will only be granted for ONE season. A player that is granted a waiver is not guaranteed of the same waiver in following years.
- f. No player can participate in a scheduled League game unless he or she is on that team's official roster. Communities/teams found to be non-compliant may face fines and penalties. Players can be added to rosters after the season begins only with Board review and approval.
- g. The address for your field(s) must be printed on each roster.

10. **Field Availability:** Field availability and special play days (dates) must be filed in the special request field on the Google seeding form. All special requests are subject to the approval of the League Board. Each Community will only be allowed one special request. Special requests can be: a field limitation, lacrosse day, or coaches who coach multiple teams. In the event a community has multiple requests they will have to select the one that they want on the special request form. Any late forms submitted after the deadline will not be honored.

11. **Required Coaches Course:** All coaches and Directors involved with P.A.L. boys and girls youth activities must have a current Level 1 USL Coach Certification (or higher). The USL Coach Certification must have an expiration date later than the last game of the current season. All coaches and directors must have current Level 1 Coach Certification (or higher) in order to have a sideline badge. NO ONE will be allowed on the sidelines of games without a sideline badge. There are no exceptions nor waivers.

12. **Coaching Badges and Number of Coaches:** No coach nor Director can be on the sidelines of a P.A.L. game without displaying his or her current/valid P.A.L. photo I.D. (Only 3 coaches are allowed on the sidelines). ID badges **SHOULD BE VISIBLE at all times** when on the sidelines. Junior Coaches (under 18 years of age) may not be on the sidelines without an accompanying adult coach with a valid ID badge and must also have a current PAL ID badge visible at all times on the sidelines.

13. **Maintain Official Roster:** All League teams must produce their official roster if requested by an opposing coach or League official. Final rosters must be submitted to the league registrar by the deadline as indicated

on the league calendar in order to be uploaded to the league website. These will then be available to all directors for review prior to games.

New Community Requirements:

If a new community wishes to become a member of the Long Island Lacrosse League and there is a P.A.L. Unit within that community's geographical area, the new community should register through the P.A.L. Unit in that community. If there is no P.A.L. Unit in that community and no other Long Island Lacrosse League member in the community the organization may register as an independent organization.