

# Nassau/Suffolk PAL Long Island Lacrosse League

## Spring 2022 Ages/Teams

1/5/2021

Girls	
Team	Notes
1st Grade	K can play up on an "all 1st grade" team
2nd Grade	1st can play up on 2nd grade team; K CANNOT play up on 2nd grade
3rd grade	2nd grade CANNOT play up on 3rd grade team (no exceptions)
4th grade	3rd grade can play up on 4th grade team
3/4 grade combo	2nd grade CANNOT play up on combo 3/4 team
5th grade	4th grade can play up on 5th grade team
6th grade	5th grade can play up on 6th grade team
5/6 grade combo	4th grade CANNOT play up on 5/6 combo team
7th grade	6th grade CANNOT play up on 7th grade team (no exceptions)
8th grade	7th grade can play up on 8th grade team
7/8 grade combo mod ck	6th grade CANNOT play up on 7/8 combo team (no exceptions)
7/8 grade combo full ck	6th grade CANNOT play up on 7/8 combo team (no exceptions)

Option of  
Full Check  
or  
Modified  
Check

Boys	
Team	Notes
1st Grade	K can play up on an all 1st grade team
2nd Grade	1st can play up on 2nd grade team; K CANNOT play up on 2nd grade
3rd grade	2nd grade CANNOT play up on 3rd grade team (no exceptions)
4th grade	3rd grade can play up on 4th grade team
3/4 grade combo	2nd grade CANNOT play up on combo 3/4 team
5th grade	4th grade can play up on 5th grade team
6th grade	5th grade can play up on 6th grade team
5/6 grade combo	4th grade CANNOT play up on 5/6 combo team
7th grade	6th grade CANNOT play up on 7th grade team (no exceptions)
8th grade	7th grade can play up on 8th grade team
7/8 grade combo	6th grade CANNOT play up on 7/8 combo team (no exceptions)

Option of  
"A" travel  
division