

Nassau/Suffolk PAL Long Island Lacrosse League

Spring 2023 Ages/Teams

12/3/2022

Girls		
Team	Notes	
1st Grade	K can play up on an "all 1st grade" team	No scores kept. "Game Like" Teaching Experience
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)	Modified Check
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	Option of Full Check or Transitional Check - All teams/divisions play in playoffs
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)	

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)	Playoff divisions
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)	