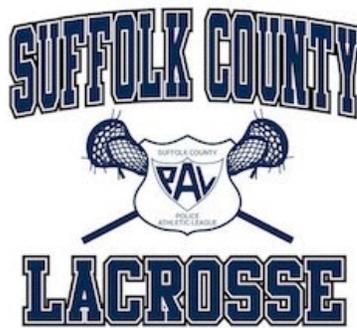




## **2020 PAL Lacrosse Manual**

**[SCPALSPORTS.COM](http://SCPALSPORTS.COM)**



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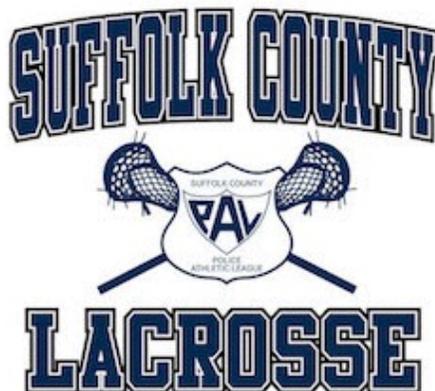
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## **Suffolk County PAL Lacrosse Executive Board**

<b>PAL Coordinator-</b>	<b>Brett Engmann</b>
<b>President-</b>	<b>Eric Suris</b>
<b>Vice President-</b>	<b>Lynn Schnellenbach</b>
<b>Director of Officials-</b>	<b>Emmett Carey</b>
<b>Rules and Procedures-</b>	<b>Anthony Pagnotta</b>
<b>Secretary-</b>	<b>Marc Negrin</b>
<b>Safety-</b>	<b>Matt LoNigro</b>
<b>Communications &amp; Scheduling-</b>	<b>Bill Sergio</b>
<b>Social Media Coordinator-</b>	

## OBJECTIVE

It is the objective of Suffolk County PAL Lacrosse to provide an opportunity for youngsters of approximately equal age and ability to compete in Lacrosse, under proper supervision, with equipment and optimum conditions of health and safety. High standards of sportsmanship and fair play shall be the first requisite of League competition. To this end the following rules and regulations are set down for communities participating in the League.

## 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. Each community shall appoint a boys and girls director, and an alternate, who will attend all League meetings and make the community aware of all League rules and regulations, subject to the approval by the P.A.L. and P.A.L. Executive Board, the "League Board". In all League matters determined by a membership ballot, each community is entitled to one vote to be cast by the director or alternate of each community. There will be **no proxy votes**. A community must be present at a League meeting in order to cast a ballot. 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 they must satisfy all outstanding fees it owes to the League at or before Registration to participate in the season. A community must satisfy all outstanding fees it owes to the League at or before Registration to participate in the season. The League, its directors, its governing committees, and the executive Board reserve the right to determine and resolve all disputes as pertains to that scope of jurisdiction considered being the Suffolk County P.A.L Lacrosse league. All final actions are within the absolute discretion of the Police Coordinator. The league has the right to step in and designate an individual to take control of any program that in the determination of the Board of Directors, could affect the continuity of the leagues mission, either in whole or any part.

# ARTICLE I- REGISTRATION

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. (one) copy of a roster for each team must be uploaded to [scpalsports.com](http://scpalsports.com) by Friday March 6, 2020
2. Fees: registration fee will be \$85.00 per team. Referees fee will be \$650.00 per team for 3A and 4th Grade and above.

3. Insurance: Each town is responsible for the following coverage

General Liability and Accident Medical

1,000,000 per occurrence                      3,000,000 general aggregate

Must cover concussion and related CTE under both medical and liability policies

Sexual Molestation and Abuse

1,000,000 per occurrence                      2,000,000 aggregate

All policies must have Suffolk PAL as an additional insured prior to season play. A copy of the insurance certificate must be provided. Failure to do so will prevent the towns teams from participating.

Email Certificates to PO Brett Engmann

Brett.Engmann@suffolkcountyny.gov

4. Field availability and special play days (dates) must be submitted to PAL Board. **Special requests** and conflicts must be made 2 weeks before the first (1st) registration date, and are subject to the approval of the PAL Board.
5. All teams are required to make sure all field directions and Directors information is updated on the PAL Web Site
6. All coaches and Directors involved with P.A.L. boys youth activities must take an approved coach's course, go through a background check, including, by the Suffolk County Police Dept. To obtain their coaches I.D. badge. PAL Police coordinator has final determination on coaches.
7. No coach or Director can be on the sidelines of a P.A.L. game without displaying his or her valid P.A.L. photo I.D. (Only 4 coaches are allowed on the sidelines). All rosters submitted for approval must be uploaded to [scpalsports.com](http://scpalsports.com) with all information required by the League. Each community is responsible for the validity of the roster they submit. A roster must have a minimum of 15 (Fifteen) players on it to be accepted. No player can participate in a scheduled League game unless he or she is on that team's official roster. A player may appear only on one roster and be regis-

tered in only one (1) community unless prior approval was granted by the Suffolk County PAL Lacrosse Board.

## 1. **ARTICLE II CODE OF CONDUCT**

### **Suffolk County P.A.L. Youth Lacrosse League**

It is the Responsibility of all Communities, Lacrosse Organizations, Directors and Coaches in the P.A.L. Youth Lacrosse League to endorse and implement the following concepts:

1. All P.A.L. Lacrosse communities and organizations will share this Code of Conduct with their Directors, Coaches, Players and Spectators, and distribute it to them in an effective manner.
2. All organizations are asked to post this Code of Conduct at all games where possible.
3. Organizations playing in the P.A.L. Youth Lacrosse programs will be held responsible for the conduct of their Players, Directors, Coaches
4. and spectators.
5. Organizations must provide adequate supervision at all P.A.L. Youth Lacrosse Games.
6. It should be known that if any violation occurs at an event, it is the responsibility of the organizations participating.
7. It is the responsibility of each lacrosse organization to make sure that all their players are from their own school district. Players granted a written release by their home school districts local PAL Board will be assigned by the Suffolk County PAL Lacrosse Board to a neighboring town that needs players at that age group. The town they are assigned to will be solely at the discretion of the Suffolk County PAL Lacrosse Board.
8. If a town does not have a team for a player or players to play on, those players will be granted a release for that season, with the understanding that they have to return the following season. They will follow all the above guidelines in section 7. In order to create a balanced playing field with respect to A team playoffs and the Lizards Town, released players are not eligible to play on the A team of the town they are released to.
9. Unless the League Board approves it in advance, players are not permitted to simultaneously play on any two P.A.L. Youth Lacrosse League Teams.
10. **1st and 2nd Graders cannot play up “ if there is an existing team at that level.”. NO player can play down.**
11. It is the responsibility of all Directors to report any infractions to the SCPAL Youth Lacrosse League Ethics Committee.
12. All organizations participating in the P.A.L. Youth Lacrosse League must abide by these rules.
13. All organizations will have and maintain in place sufficient insurance to cover all players, coaches and Directors that names SCPAL as an additional insured.

Each team (and its head coach) is responsible for the conduct of their team personnel and attendants. Coaches should work with the officials to promote good sportsmanship during the game. Ethical breaches should be reported immediately to the League Board. The home team administration is ultimately responsible for the conduct of spectators and others attending the game. Coaches should cooperate with the officials in controlling any undesired conduct by spectators. Coaches must control their behavior before, during and after a game, scrimmage, practice and any other PAL League event. Cursing and verbal or physical abuse of any player, other/visiting coach, Director, referee or official will not be tolerated. Coaches are responsible for the behavior of their team's parents and spectators at all times. Cursing, verbal and/or physical abuse of any player, coach or referee by spectators will not be tolerated. Penalties can be assessed against a team for the unsportsmanlike conduct of a parent or spectator and may also jeopardize continued play of the game.

### **COMPLAINT PROCEDURE**

Any Director or coach in the League who becomes aware of any violations of League rules by any other member of the League, is honor bound to report it to the League Board. Any complaints regarding a violation or suspected violation of PAL League rules, regulations or of the code of conduct by anyone participating in or attending any PAL League event must be reported to the League Board by the Director of any community involved within 24 hours by email to [scpallax@gmail.com](mailto:scpallax@gmail.com). The Directors will notify the League Board as to the nature of the complaint. All complaints will be reviewed and investigated by the PAL Board and a determination will be made about the complaint that may include fines, suspension and/or expulsion. Any problems encountered with game officials should also be reported immediately to the League Board.

### **GAME EJECTION**

Any player, coach or Director ejected from a PAL League game for fighting or unsportsmanlike conduct, or who leaves the bench and goes onto the field during an altercation, will be automatically suspended from at least the next scheduled League game and be placed on probation for the remainder of the season. Unsportsmanlike conduct by a spectator can jeopardize continued play of the game. Violation of probation may lead to suspension for the season or expulsion from the League.

### **KNOWINGLY ALLOWING UNAPPROVED PLAYERS TO PLAY**

Any coach or Director who knowingly allows a player to participate in a PAL League game in violation of PAL League rules and regulations, will be automatically suspended. The length of the suspension and the amount of any fines assessed will be determined by the PAL Board. Any situations or unusual circumstances not covered by the code of conduct will be reviewed by the League Board and the Board will have the au-

thority to take any action it deems appropriate. Any coach or Director who allows a player from another community to be on a roster, or to play in a game, without following the rules for, will be suspended for life and the community involved will pay a \$250.00 penalty. Any coach who becomes aware of an ineligible player on his or her team must report it to their Director immediately before the play of the next scheduled game.

### **ARTICLE III NON-SANCTIONED TOURNAMENTS And GAMES and RESCHEDULE GAMES**

#### **Missing League Games for Other Non-Sanctioned Games/ Tournaments:**

The official schedule for League games will be set by the P.A.L. League Board and be issued before the start of the season. Any coach or Director who bypasses scheduled League game in order to participate in a non P.A.L. game or tournament will be automatically suspended, their organization will be fined \$200.00, and the League Board will meet to determine his or her future status with the League. It has been the practice of the P.A.L. Youth Lacrosse League not to schedule games on Easter or the Memorial Day weekend.

#### **NON-SANCTIONED GAMES:**

The League schedule is intended only for play between members of the Suffolk County P.A.L. Youth Lacrosse League. Any game not on the official schedule or any game played with a NON-P.A.L. Youth Lacrosse League team will be considered a NON-SANCTIONED game. The team, coaches, Director and community playing a non-sanctioned game will assume all responsibility and liability for its players, coaches, spectators and officials.

#### **RESCHEDULED OR CANCELLED GAMES**

Any game that has to be re-scheduled for an official reason must be done so with the approval of the League Board. There must be a legitimate reason for a change or rescheduling a game. You must pay the officials for the missed game. In the event weather conditions are such that it would be dangerous to play the game, the home team administration shall have the responsibility of canceling the game. The director of the home team, or his delegate, shall notify the director of the visiting team and the officials (Not the Assigner) at least 2 hours before the scheduled game time. If the director does not have the name of the officials, e-mail:

[syloa39@gmail.com](mailto:syloa39@gmail.com) . Rescheduling of a canceled game must be done through the Suffolk County PAL Lacrosse Board and prior to the following week's game.

## **ARTICLE IV - DUTIES AND RESPONSIBILITIES OF COACHES AND HOME MANAGEMENT IMPORTANT - (PLAYER EQUIPMENT)**

(All equipment must be manufactured for lacrosse) All players must wear a Helmet, Lacrosse Arm & Shoulder Pads, Mouthpiece, Gloves, **Athletic Supporter and Cup**, Molded Rubber Sole Shoes and Jersey with numbers on front & back. **\*Goalies must wear - Shoulder & Arm pads,**

**Chest Protector**, Helmet, Throat Protector, **Athletic Supporter and Cup**. Goalies can wear football pants with protective pads and or shin guards.

1. The home team director must call the visiting team director three days prior to the game to double check the starting time, location and team colors and clear directions to your field. If the home team director cannot reach the visiting team director.
2. In the event weather conditions are such that it would be dangerous to play the game, the home team shall have the responsibility of canceling the game. The director of The home team, or his delegate, shall notify the director of the visiting team and the officials (Not the Assigner) at least 2 hours before the scheduled game time. Rescheduling of a canceled game must be done through the League office and prior to the following week's game.
3. In the event of a forfeit both community Directors must notify a member of the League Board on the day of the forfeited game.
4. **Game Equipment** – The home team is responsible for supplying the game equipment i.e. balls (at least 6 balls at each end line), official score book, timing clocks (2), horns, Defibrillator, and a certified person in its use, rule book, first aid kit, ice packs, scorer's table, cones on each corner of the field, cones to mark the box and the game timekeepers (2 required). Head coaches should mutually agree, before the game, on suitable timers and scorers (preferably adults) and the field should be properly lined, including the creases.
5. The home team will have a person at the scorer's table to assist the game official's in maintaining the box and proper control of the sidelines.
6. No player shall be permitted to play unless his/her name is listed on the official team roster. Certified Officials will be Paid \$70.00 each per game Jr Officials will be paid \$35.00 this fee will be paid by both teams (each team will pay one Jr official) if only one Jr. Official \$60.00 will be paid \$30.00 each team to Jr Officials
7. All coaches must wear their SC PAL issued badge at all times while they are on the sidelines. No-one other than badge wearing coaches and directors are permitted on side lines. No coaching is permitted from the parent side lines.
8. All coaches must be US Lacrosse Level 1 Certified Coaches to be issued a SC PAL Badge to be on the sidelines.

9. All "A" team players grades 4 and above must register as an A Team player on at [scpalsports.com](http://scpalsports.com) , be a US Lacrosse member, submit report card and photo to be uploaded on the roster .

## **IMPORTANT - (Player EQUIPMENT)**

(All equipment must be manufactured for lacrosse) All players must wear a Helmet, Lacrosse Arm & Shoulder Pads, Mouthpiece, Gloves, **Athletic Supporter and Cup**, Molded Rubber Sole Shoes and Jersey with numbers on front & back. **\*Goalies must wear - Shoulder & Arm pads, Chest Protector, Helmet, Throat Protector.**

**Athletic Supporter and Cup.** Goalies can wear football pants with protective pads and or shin guards.

**Please note, manufacturers of helmets suggest that after 3 years of use the helmet should be replaced or refurbished. Manufacturers of Lacrosse Helmets do not refurbish them.**

**Officials will ask the Head Coach prior to the game; "coach are all players properly equipped and instructed on the proper use of the equipment."**

Please ensure players are **"Ready for play"** prior to the start of the game. **If a goalie enters the field of play without arm pads or shoulder pads, it will be an automatic delay of game. The same will apply to any player who does not have a mouthpiece when starting the game.**

## **ARTICLE V - PLAYING RULES**

1- a. A one arm swing with Crosse, whether or not contact is made, is a foul. No overhead checks whether one hand or two hands are on the Crosse (these are one or two (1-2) minute fouls.

b. There is no such call as a "BRUSH" in the modified program. Contact between the Crosse and the helmets is a one (1) minute penalty.

c. The winning team must advance the ball toward the attack area at all times (stalling will be enforced if this is not done).

d. Body checking is only legal against the player with the ball in possession.  
**AN OTHERWISE LEGAL BODY CHECK CAN BE CONSIDERED A FOUL IF THE OFFICIAL FEELS THE INTENT OF THE CHECK WAS NOT IN THE BEST INTEREST OF THE GAME OR TO INJURE A PLAYER.**

e. 3 grade A and above player cannot take more than ONE (1) step before he makes contact (Body Checking) with the player in possession of the

ball. (NO MAN BALL) Illegal Body Checking is a 1, 2 or 3 minute Non-Releasable foul, with EXPULSION from the game in the discretion of the official. 3 rd. grade B and below there is limited body checking by using equal pressure concept.

f. There are no over the head "Indian Head" checks allowed in this League. It does not matter if both hands are on the stick, the check is still illegal.

g. An attack player cannot enter the crease with his BODY OR HIS CROSSE (he cannot break the cylinder of the crease). This is a technical foul.

h. If a goalie has the ball clamped outside of the crease his stick can be checked.

i. K-1 and 2nd grade stick length is 33" to 42" 3rd & 4th Grade is 35" to 42". No long sticks, 5th to 6th , 40"-42" & 52"- 60" (60" is a Long Stick 52" to 60". ONLY THREE LONG STICKS ON THE FIELD AT ONE TIME. A long stick is any lacrosse stick no longer than 60". 7th and 8th grade, 40-42", long pole 52-72". Team may use four poles (up to 72") (No Stick can be between 42" and 52" in length) All shooting strings must be within the top 4 inches of the top of the cross.

j. Unsportsmanlike conduct, illegal equipment, spearing, illegal BODY check, maligning by a player or coach, fighting, could be a one (1) minute to three (3) minute non-releasable foul and EXPULSION from the game. Fighting or maligning of a player or Official by a coach or player will be at least an expulsion from the game for this week and the following week. **THE IN-HOME WILL SERVE A 3 MINUTE FOUL.** The full penalty for such an infraction will be up to the judgment of the League Board. Report all boys and girls ethics problems (for players, coaches, parents or teams) to the League Board.

k. The length of the game shall consist of four quarters of 12 minutes running time, with the last one minute of the game (only) stopped as in regulation. The half time is three minutes. The clock is stopped on all time-outs, which are one minute in duration. If a team has a 6 goal lead or more, the clock will not stop. The official game clock and the penalty clock are to be kept on the sideline (not on the field by anyone, including an official).

L. Penalty time will stop and start on the whistle.

M. Boys face off- on a face off if the ball is picked up in the back of the face off players stick, the player must drop the ball immediately (no more than one step can be taken with the ball in the back of the stick) If the player runs with the ball in the back of his stick it is a TECHNICAL FOUL, penalty loss of ball.

N. GAME JERSEYS All players must have #'s on the front and back of their game jerseys (12" on back 8" on front) TECHNICAL FOUL for not having the numbers on jersey Loss of possession for first face off of game.

O. Stick checking No stick checking above the glove.

**P. On a flag down the team in possession of the ball is not required to keep the ball in the offensive box.**

**Q- If a shot is taken before time expires in any quarter, even if time expires during flight, and a goal is scored, the goal counts.**

2. **NO OVERTIME:** Stop time for out of bounds in last minute of play if a game is tied or 1 goal differential.
3. Four Goal Rule: If a team is losing by four (4) or more goals they will get the ball after every goal and at the start of each quarter at a point they select outside of the attack box. (Exception: If the team ahead scores and the team that is down by four or more goals commits a personal foul, they will serve a penalty and there will be a face-off at the mid field X.) This procedure will continue until the team down is no longer losing by four or more goals. If a team is leading by four or more goals, they also must complete (not attempt) three passes before they can shoot at the goalie or score again. The three passes cannot be between only two players (no back and forth). **PASSES MUST BE MADE BETWEEN 3 DIFFERENT PLAYERS.** One of the passes must be in the attack half of the field and the other two passes must be completed in the attack box. If the ball leaves the attack box in any manner, a pass is dropped, the defense gains possession of the ball in or out of the attack box, or the ball becomes loose and the team leading gets it back, they must start the procedure over. The team down by 4 goals may waive this rule up until the team is down by six goals.

4. Each team gets 4 timeouts per game, they can be taken anytime.

5. In order to maintain sideline safety, all spectators are required to be on the **OPPOSITE SIDE** of the field, away from the bench unless the playing field is fenced in and there is a designated seating area. The referee must delay the start of the game until this requirement is met. There will be no more than four (4) coaches in the coach's box or on the team side of the field. All coaches must have and display PAL Photo I.D.'s. Only game or sidelines officials are permitted on the sideline in the bench area.

Visiting team

coaches are responsible for the behavior of their spectators and must cooperate with the home team to maintain order for all spectators.

5. PAL Lacrosse is intended to be a training experience. It has always been the position of the League Board that each player should meaningfully participate in the game. To further this end, the League Board has decided that every player **MUST PLAY EQUAL TIME.** It is the Director's responsibility to ensure that their coaches are following the playing time rules.

**IF A PLAYER MISSES PRACTICE, YOU CAN CUT HIS OR HER PLAYING TIME DOWN. IF A PLAYER DOES NOT MAKE ANY PRACTICES YOU DO NOT HAVE TO PLAY HIM OR HER. (The fact that lacrosse is a contact sport, missing practice(s) is a safety issue).**

Practice times for all League teams are as follows: Preseason: Limited to six (6) hours per week. After start of the season: Five (5) hours per week, preseason scrimmages are considered practice time.

6 Any community that misses two scheduled meetings in a row will lose their right to vote on League matters until reinstated by the League Board. If reinstated the Direc-

- tor can be placed on probation. There will be a fine of \$50.00 first missed meeting \$100.00 for 2nd missed meeting and loss of home games for 3rd missed meeting.
7. The official schedule for League games will be sent by the League Board and be issued before the start of the season. Any coach or Director who bypasses a scheduled PAL League game in order to participate in another game or tournament will be automatically suspended and the League Board will determine his or her future status with the League.
  8. All rules, regulations and important dates set down by the League Board are meant to apply to both the girls and boys divisions. However, The Board will take any action it deems appropriate.
  9. Each player is limited to a maximum of four goals in a game. It is the responsibility of the coaches to keep track of who scores and how many a player has attained. If there is a discrepancy, every effort should be made to settle in a sportsmanlike manner; if it cannot and the referee can't settle it, the opposing team's statistics will be used for that player's goal count.
  10. There is no man down situation on the K-1st, 2nd and 3rd grade levels (Except 3A). Any player committing a penalty must serve his own penalty time; however, his team will replace him with another player and will not play man down. The offended player, unless they are defense players or goalies, will be given a Fast Break opportunity, whereas, the ball handler will stand 10 yards offensive to the midfield line and all other midfielders will stand behind the midfield line. At the sound of the whistle, all players on the field are released on a fast break

## **ARTICLE VI- 7th/8th Grade - P.A.L. & NYS Modified Rules**

**Equipment: (All equipment must be manufactured for lacrosse) All players must wear a Helmet, Lacrosse Arm & Shoulder Pads, Mouthpiece, Gloves, Athletic Supporter and Cup, Molded Rubber Sole Shoes and Jersey with numbers on front & back. \*Goalies must wear - Shoulder & Arm pads, Chest Protector, Helmet, Throat Protector, shin guards. Goalies can wear football pants with protective pads.**

**Lacrosse Balls Must be NOCSAE Approved**

**Coaches and Officials should review these rules together before the game. Only 4 coaches on the sideline with valid PAL PHOTO I.D.! Coaches must have and display valid PAL photo I.D. at all times or be removed. Parents and Spectators must be on the far side of the field (Not behind the team).**

- a- NO 4 -GOAL RULE for 7th, 8th and 7th/8th grade teams.
- b. Games will consist of four, 12 minute quarters,
- c. Goalies must wear Chest protector, Mouth Piece, Throat protector, SHOULDER PADS, ARM PADS, GLOVES and A PROTECTIVE CUP.

d. 7th, 8th and 7th/8th grade stick can be between - 40" to 42" and 52" - 72" (No stick can be between 42" and 52" in length). 4 Long sticks allowed on the field.

e. No one arm checks, no man ball checking. Can check player with the ball only-One step.

f. Attack player cannot reach into the crease to get the ball.

g. Contact between the lacrosse stick and the helmet is a personal foul (slashing) No "brushes."

h. Over and back only applies to 7, 8 or 7/8th grades.

i. All coaches and Directors must have and display their valid PAL photo ID at all times on the field.

j. Players who play Spring High School Season Varsity Lacrosse are not allowed to play PAL Lacrosse. JV Spring High School Season players are allowed to play PAL Lacrosse.

## **ARTICLE VII- K-1 – 3rd grade B Boys PLAYING RULES**

### **1. FRESHMAN DIVISION (NO CONTACT DIVISION)**

The Freshman Division will consist of K-1

The purpose of the division is to put all players in "game like" situations. For many kids this will be their first time on a lacrosse field and we are helping them learn how to play the game. General Rules:

Officials will be provided by our assigners.

All coaches and Directors must have and display a valid PAL photo ID at all times on the field.

There will be 2 Junior Official per game and each Junior Official will be paid \$35.00 per game. If there is only 1 Junior Official they will be paid \$60.00 (\$30.00 per team). If an Adult Official does the game they will be paid \$70.00 per official if only one official, it is \$100.00 (\$50.00 per team)

The Referee is the arbiter of the game and coaches MUST follow the referee's direction (even if incorrect). Any action by a coach that compromises the official will result in a minimum of a 1 game suspension. If there is a complaint about officiating, you must fill our discrepancy report and send to Emmett Carey (syloa29@gmail.com) within 24 hours.

K-2 Stick Length 33" to 42: inches 3rd grade B 35" to 42"– NO LONG STICKS  
one (1) coaches on field per team who must remain outside the box.

### **GAME DAY RULES:**

The games will be comprised of four 12-minute running time quarters.

Players on field are 8 vs. 8 to allow for maximum participation by those on the field. The field will be reduced in size. A field of 90 yards long by 45 yards wide will

be ideal. Because this is a developmental program some towns may have larger rosters and want to play 10 vs.10 to allow more kids to play.

If both coaches agree to play 10 vs.10 the game can be played 10 vs.10. Both towns must agree and if one town does not agree the game will be played 8vs.8 as the referees will not be put in the position of determining the number of players on the field.

There will be two attack men, three midfielders, two defensemen and a goalie unless the towns agree to play 10 vs.10.

Body checking or One Arm checks are prohibited. A body check is a penalty and full time must be served.

There is no man down situation on the K-1st, 2nd and 3rd grade B Any player committing a penalty must serve his own penalty time; however, his team will replace him with another player and will not play man down. The offended player, unless they are defense players or goalies, will be given a Fast Break opportunity, whereas, the ball handler will stand 10 yards offensive to the midfield line and all other midfielders will stand behind the midfield line. At the sound of the whistle, all players on the field are released on a fast break.

\* Each player is limited to a maximum of four goals in a game. It is the responsibility of the coaches to keep track of who scores and how many a player has attained. If there is a discrepancy, every effort should be made to settle in a sportsmanlike manner; if it cannot and the referee can't settle it, the opposing team's statistics will be used for that player's goal count.

\* **ALL OTHER P.A.L. AND N.Y. STATE MODIFIED RULES APPLY including face-off's, off sides,**

\*

## **ARTICLE VIII -OFFENSES AND FINES**

### **Missed Meeting:**

1st missed meeting \*\*\*\*\*\$50.00  
 2nd missed meeting \*\*\*\*\*\$100.00  
 3rd missed meeting \*\*\*\*\*\$250.00  
 Missed Deadline\*\*\*\*\*\$50.00  
 Unauthorized website photograph or information \*\*\*\*\* \$25.00  
 Failure to produce an official roster at a game. \*\*\*\*\*\$25.00  
 Game Expulsion: Coach or Director \*\*\*\*\* suspended one game  
 Suspension or Probation of a Coach, Director or Community \* \$100 - \$200  
 A registered team that withdraws before the end of the season: \*\* \$200.00

### **Failure to display ID Card**

1st offense\*\*\*\*\* suspension of that game and Fine  
 2nd offense \*\*\*\*\* suspension of that game and the next game and fine  
 Illegal / Unauthorized player\*\*\*\*\* \$250.00  
 Missing game for non-sanctioned tournament \*\*\*\*\* \$200.00

**\*\*\*\*\*ALL SUSPENSIONS ARE SUBJECT TO FINES ALSO\*\*\*\*\***

1. All game changes must be approved by the P.A.L. Lacrosse Board of Directors.
2. **No P.A.L.** Community will be permitted to assign their own officials. If an exigent circumstance arises causing the change or cancellation of a game, the possible rescheduling of the game must be brought to the attention of the Board of Directors. The Board of Directors will determine any penalties and/ or necessary payment to the officials.
3. If an official has to wait between games because the middle game has been cancelled or changed, there will be a charge for waiting. The community which caused the change or cancellation must pay a fee of \$100.00 to Suffolk County P.A.L. Lacrosse before their next game.
4. If a team does not show up for the game, the game will be considered a forfeit. The community that caused the forfeit must pay a forfeit fee of \$100.00 to Suffolk County P.A.L. Lacrosse before their next game.
5. All game changes must be approved by the P.A.L. Lacrosse Board of Directors

6.

## **SUFFOLK COUNTY P.A.L. YOUTH LACROSSE SPORTSMANSHIP PHILOSOPHY**

The SCPAL Lacrosse is committed to promoting the ideals of sportsmanship. These include the concepts of ethical conduct and fair play by all who participate in, officiate, or attend our events and activities. We stand in opposition to all instances and activities which do not support the high standards of athletic competition and do not insure the well being of our participants. We expect that a high standard of citizenship and respect for others will be evident at all interscholastic events.

We are also committed to the belief that all organizations participating in P.A.L. lacrosse activities will be held responsible for the conduct of their players, coaches, directors and spectators. Conduct deemed detrimental to the values supported herein may be deemed just cause for reprimand, probation, suspension from the SCPAL Youth Lacrosse League.

## **SCPAL Youth Lacrosse Sportsmanship Codes**

### **Spectators**

It is the responsibility of the spectator to:

- 1) Cheer positively. Profanity and/or degrading language/gestures are prohibited.
- 2) Avoid actions which offend visiting teams, individual players, and/or officials.
- 3) Show appreciation of good play by both teams.
- 4) Treat all visiting teams and officials in a respectful, professional and appropriate manner.
- 5) Abide by all rules and regulations of the game.
- 6) Accept victory and defeat with grace and dignity.

## **Student Athletes**

It is the responsibility of the athletes to:

- 1) Demonstrate self-control and respect for other athletes, officials, coaches and spectators at all times.
- 2) Remember that participation in interscholastic athletics is a privilege that is not to be abused by unsportsmanlike conduct.
- 3) Treat all opponents with respect. Shake hands after the event and congratulate them on their performance.
- 4) Respect the integrity and judgment of the officials.
- 5) Remember that you are a representative of your school. Improper behavior reflects negatively on yourself, your school, your family and your community.
- 6) Understand and abide by all rules and regulations of the game.
- 7) Accept victory and defeat with grace and dignity.

## **Coaching Staff**

It is the responsibility of the coaching staff to:

- 1) Promote good sportsmanship by setting a positive example while coaching your student-athletes.
- 2) Respect the integrity and judgment of all sports officials.
- 3) Approach the athletic competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
- 4) Recognize that the student-athletes in any individual or team sport are young men and women with human frailties and limitations, who are capable of making mistakes.
- 5) Refrain from the use of crude or abusive language with players, opponents, officials, or spectators.
- 6) Instruct players on the importance of sportsmanlike behavior and remove players from competition who demonstrate unsportsmanlike behavior.
- 7) Avoid behaviors that will incite players, opponents or spectators.

## **Lacrosse Organization**

It is the responsibility of the Lacrosse Committees to endorse the following concepts:

Participating in the P.A.L. Youth Lacrosse League

- 1) Will be expected to share the P.A.L. codes of conduct with their players and spectators in an effective manner.
- 2) Are encouraged to have all coaches distribute approved, written code of conduct to all athletes and spectators.

- 3) Are asked to post P.A.L. lacrosse spectator codes of conduct at all athletic venues where possible. Such postings should be in areas where they are easily visible to all in attendance.
- 4) Are encouraged to update their coaching staff on all sportsmanship rules, regulations, guidelines and procedures.
- 5) Will be held responsible for the conduct of their players, coaches, faculty, spectators and cheerleaders.
- 6) Must provide adequate supervision when the visiting team buses arrive and depart.
- 7) Should have a director at contest sites.
- 8) Should know that if violations occur at the athletic events, it is the responsibility of the organization to report all such infractions to P.A.L. in accordance with established rules.

*All teams are expected to be ready 5 minutes prior to the start of each game. The Officials will have the players and coaches from both teams line up parallel to sideline- home team facing the scoring table and visitors face the opposite way. ( as would be done at a High School Varsity Game), The Officials will review points of emphasis which includes all safety concerns. Then the official will do the coin toss asking visitor to call the toss. Winner will select a goal or AP arrow to start the game. Please note the importance of teams being lined up and ready 5 minutes prior to scheduled game time.*

*After the game ends both teams will line up- goalies at the front of the line ( by midfield), and coaches at the end of the line for the handshake. All players will remove their helmet and gloves. Players must be reminded to shake hands not bang fist.*

## **ADDITIONAL SUFFOLK P.A.L. RULES**

A player is allowed 1 sidewall string which prohibits the use of the v or u. Further to that point, throw strings can be no further than 4" from the top of the plastic.

### **1-8: CROSSE PROHIBITIONS**

No player shall use a Crosse that does not meet the specifications of Sections 6 and

7. Furthermore, crosses in which the pocket has sagged to such a depth that it has become difficult for an opponent to dislodge the ball and crosses in which the construction or stringing at the bottom is designed to withhold the ball from play also are prohibited. Additionally, no player may use a Crosse that has stringing that retards the normal and free dislodgment of the ball by an opponent. The pocket shall be deemed to have sagged too deeply if the top surface of a lacrosse ball, when placed therein, is below the bottom edge of the side wall (this prohibition does not apply to the goalkeeper's Crosse). (See Figure 4) A Crosse that has been altered in such a way as to give an advantage to an individual is illegal. Adjustable- length handles are illegal. Handles that have been altered in any fashion other than taping or adding another covering designed to improve the grip are illegal. The use of pull strings to

alter the depth of the pocket is illegal. No more than one sidewall string on each side is allowed. A broken Crosse is considered as no Crosse.

**Rationale:** The committee expanded the Crosse prohibitions. Specifically, the changes are intended to inhibit the use of pull strings and sidewall strings to lodge the ball in the Crosse.

### **Over and back**

**14-3 ART. 3 . . .** Once the ball has been successfully advanced into the goal area, a team is provided the opportunity to run its offense in its offensive half of the field. If the offensive team carries, passes or propels the ball to its defensive half of the field and the offensive team was last in possession, and last touched the ball (except on shot), the result will be an immediate a turnover or play-on. If the ball does not touch or go over the centerline, no infraction has occurred. Players may legally bat the ball to keep it in the offensive half of the field, but if it is possessed and their feet are in the defensive half, it shall be a turnover

## **Rule Book Addendum's-**

### **A-1. Helmet Replacement**

Helmet replacement guidelines should strictly adhere to that particular helmet manufacturer's suggested replacement time frame.

### **A-2. Game Times**

\*Game time is to be set as 1 hour and fifteen minutes. In addition, games are to be scheduled consecutively, no breaks, officials will be sent to do all games back to back.

### **A-3. Scoreboards & Score Tables**

- Scorers table MUST be equipped by rules.
- 
- Use of home team's scoreboard for time and score keeping is permissible so long as the operator is efficient and operation is proper. Failure to comply will result in officials taking over.
- 
- It is up to the home field (not home team) to supply clocks, horns, penalty clocks, goals, defibrillator, and certified person in its use, rule book, first aid kit, ice packs, etc.
- 

**\*\*BY NO MEANS ARE SPECTATORS ALLOWED ON SIDELINES FOR ANY REASON DURNING ANY SUFFOLK COUNTY LACROSSE PAL GAMES**

## **Suspension policy for Suffolk County PAL Lacrosse**

1. Any Coaches, participants or spectators who are suspended from league play by official or Suffolk County PAL Lacrosse personnel will be ineligible to coach, participate and / or spectate for the duration of their suspension term. This includes any and all program related activities and events.
2. Any violation while under suspension will be treated as a 2<sup>nd</sup> offense and all penalties will apply, including extending the existing suspension.
3. Any suspension occurring with less than two games remaining in the regular season will result in all remaining regular season games.
4. Any suspension for a term of 6 months or more will require a written request for reinstatement to be submitted following the suspension term. The request may be emailed to or mailed to Suffolk County Police Athletic League Inc. PO Box 26 Yaphank N.Y. 11980 – 0026. The Suffolk County PAL board reserves the right to deny reinstatement and/ or extend any and all suspensions.

### **A. Ejection/ Suspension Procedures:**

*Once an ejection/ incident happens: (Day of Games)*

1. Ejected individual must leave facility and premises immediately, or police will be called.
2. Staff/ Official on site – Must complete an ejection/ incident report completely  
Noting items such as:
  - a) Individuals involved
  - b) Team/ organization affiliation
  - c) Purpose of ejection/ incident
  - d) Facts, not opinions/ description of incident

Once ejection/ incident report is received by Suffolk County Lacrosse board of directors:

SCPAL board will contact officials, staff or site supervisor that were present during the game when the ejection/ incident occurred.

1. SCPAL board will contact the organization associated with the individual(s) in the ejection/ incident report and request statements from all parties involved and/ or witnesses. Video may be permissible at this point in the procedure.

2. All statements will be given specific timelines as to when they are due, i.e. 5:00pm on Tuesday following the game that the ejection/ incident occurred.
3. All statements will be compiled and any suspensions/ warnings will be delivered to the organization to distribute to the individual(s) involved in the ejection/ incident by Thursday 5:00pm following the game that the ejection/ incident occurred.

**A. When Suffolk County PAL Lacrosse receives a complaint/ ejection report pertaining to a coach/ player/ parent that is requiring additional investigation, PAL football board will:**

1. Gather information and/ or eye-witness accounts of the event that took place from all parties involved. This may include the individual(s) in question, other coaches/ parents, site supervisor, game officials, and or SCPAL staff present;
2. If warranted, the individual will be contacted by phone and/ or email by PAL board, and will be asked to submit a written statement of events;
3. The SCPAL Lacrosse Board has the authority to determine the severity of the situation and to enforce the appropriate range of disciplinary actions. The SCPAL Lacrosse board will report in brief, the nature of the complaint, the findings of the investigation and the sanction applied to the individual. The disciplinary actions will be recorded and announced at the weekly rep meeting.

**B. Factors Considered in All Disciplinary Actions:**

When reviewing an ejection/ incident and deciding what action is most appropriate in a given situation, SCPAL will take into consideration a variety of circumstances including, but not limited to the following factors (in no particular order):

- Violation of code of conduct
- Number of offenses on file
- Remorse or acknowledgement of behavior
- Child endangerment
- Violation of Law
- Prior complaints / review action
- Blatant disregard for rules and policies.

## **C. Definitions of Possible Disciplinary Actions:**

**1. Verbal Warning** – SCPAL Lacrosse will verbally discuss undesirable conduct with the individual(s). This meeting will outline the expectations of the SCPAL Lacrosse league and reinforce to the individual(s) that is detrimental to the program will not be tolerated and could result in further disciplinary action. Verbal warning will be documented and kept on file.

**2. One or Multiple Game Suspension** – SCPAL Lacrosse will suspend individual(s) **one or more games. Any individual(s) that has been suspended will lose the privilege of attending or participating in any games during the suspension period. Suspensions will be documented on file.**

**3. Season Suspension** – SCPAL Lacrosse will suspend individual(s) for the remainder of the season. Any individual(s) suspended for the season will be banned from facilities, games and practices for the remainder of the season. If a coach is suspended for the season his/ her PAL coaching badge will be revoked and returned to the SCPAL Board by the league representative for the team is associated. Another coach will not be added in the individual(s) place.

**4. Year Suspension** – SCPAL Lacrosse will suspend individual(s) for one calendar year, which will include all youth athletic events, clinics or camps. After one calendar year, the individual(s) will then make a formal request to the SCPAL Lacrosse Board to be reinstated into the program. The individual(s) will then have to meet with the SCPAL Board to determine if the individual(s) is/ are capable of following the code of conduct that applies to them.

**5. Indefinite Suspension** - SCPAL Lacrosse will suspend individual(s) from further involvement in any lacrosse related event indefinitely.

## **D. Offense and Penalty**

### **Level 2- Verbal**

**Offense-** Malicious obscene, profane, vulgar verbal abuse directed toward another individual; verbal epithets related to race, color, religion, creed, gender or sexual orientation; verbal communication of threats, physical violence or acts of insulting another with intention to offend, defame or embarrass.

**Penalty-** Not necessarily preceded by a warning.... Immediate ejection and removal from the premises and a minimum one (1) year suspension

### **Level 3- Physical**

**Offense-** Physical aggression towards another; pushing, shoving, striking or touching another individual with the perceived intent to incite, inflict or cause harm; invading another individuals personal space during a dispute. Including a coach instructing a player to do physical harm to another player

**Penalty-** Not necessarily preceded by a warning.... Immediate ejection and removal from the premises and an indefinite suspension from all SCPAL Lacrosse sports programs.

### **Level 4- Unlawful**

**Offense-**Any violation of New York State law; possession of firearms, knives, explosive devices, weapons or under the influence of alcohol, narcotics, controlled substances, chemical or paraphernalia; assault with or without a weapon.

**Penalty-** Not necessarily preceded by a warning.... Immediate ejection and removal from the premises and an indefinite suspension from all SCPAL Lacrosse sports programs.

*\*\*\*NOTE: Suspensions will be tracked and monitored. Individuals who have been suspended will be immediately placed on a probationary status for a period of one (1) year from the date of the offense. A second offense by the same individual within one (1) year, regardless of the nature, will result in a minimum of double the term of the penalty and possible indefinite suspension.*