

SUFFOLK COUNTY



LACROSSE

SUFFOLK COUNTY P.A.L.
LACROSSE LEAGUE

2009 BOYS OPERATION RULES
MANUAL

WEB SITE: SCPALLACROSSE.COM

ARTICLE II

1. THE GAME

Youth Lacrosse is played by two teams consisting of between eight and/or ten players each.

Division: Attack – Midfield - Defense - Goalie
K-1st Grade (All Divisions) 8 v 8 (2-3-2-1)*
2nd Grade (All Divisions) 8 v 8 (2-3-2-1) *
3rd Grade (All Divisions) 3A - 10 v 10 - 3B/C 8 v 8 (2-3-2-1)*
4th Grade (All Divisions) 10 v 10. (3-3-3-1)
5th Grade (All Divisions) 10 v 10. (3-3-3-1)
6th Grade (All Divisions) 10 v 10. (3-3-3-1)
7th & 8th Grade (All Divisions) 10 v 10. (3-3-3-1)

The K-1st and 2nd Grade Coaches, upon mutual agreement and if there are insufficient players, can decrease to seven players (subtracting one midfielder). Also, if by mutual agreement, the 3rd graders can play 10 v 10 (All 3rd grade "A Games" are 10 v 10). One of the coaches from each team of the teams on the K1 - 2nd grade level may be on the field during play, as long as they are supportive of all players from both teams, and realize that their role is one of instruction and encouragement. All other coaches are to remain at the team's bench area and supervise the rest of the team. If there is only one coach, his main interest should be the team near the bench area.

2. THE FIELD

Every site should consist of two equipped ** fields, each with accurate lines and markings, consistent with an official lacrosse field; one field size 90x45 yards for the K1 - 2nd grade teams, and one field size 110x60 yards for the 3rd grade teams and above. If it is feasible, and additional fields are available, the league will consider their use. Upon prior league approval, certain exceptions can be made. The intent is to play a game at a scheduled site, if there are discrepancies to the legal interpretation of " the field " as described in the rules, those problems are to be noted and submitted to the league for future consideration. Unless it is a safety issue, the game should be played.

All players and certified coaches shall be located on the same side of the field, and are confined to, and governed by the bench area markings and regulations. A maximum of four (4) coaches are allowed to be with the team. If a parent is timing the game and/or penalties, they cannot coach. A Director is the only other person who is allowed on the player's sideline. Every effort should be made to have all spectators on the opposite side of the field (not on the end lines), unless an exception has prior league approval.

Spectators are restricted from the bench area and from standing on the end lines.

** It is up to the home field (not home team) to supply clocks, horns, penalty clocks, goals, etc.

3. TIME FACTORS

The length of the game shall consist of four quarters of 12 minutes running time, with the last two minutes of the game (only) stopped as in regulation. The half time is five minutes. The clock is stopped on all time-outs, which are one minute in duration. The official game clock and the penalty clock are to be kept on the sideline (not on the field by anyone, including an official).

Penalty time is to start and stop as in regulation play. Penalty time is not running time.

Each team is entitled to one time-out per quarter. A time out can be taken on any dead-ball situation (including situations when the ball travels over the end line), and during play, only by the team in possession of the ball. A time-out can be requested by anyone associated with the team.

If at the end of regulation play the score is tied, the game will end in a tie – there is no overtime.

4. EQUIPMENT

Players must wear helmets, gloves, shoulder pads, arm guards or pads, athletic supporter/cup, and a mouthpiece. The lack of a mouthpiece in a player's mouth is not a personal foul and is only to be considered a technical foul if there is a loose ball situation (no time served)

The goalie must wear, in addition to that equipment previously mentioned, a chest protector and a throat guard. It is permissible for a goalie to wear shin guards, and as provided under Section 1-24c, he may wear football pants, with or without pads.

It is the responsibility of each town's program to assure that their team's equipment meets legal specification, and that their children have been instructed in its proper use and safety.

Crosse dimensions shall be as follows (except Goalie's crosse):

- K-1st 33" - 42"
- Grade Stick Length
- 2nd 33" - 42"
- 3rd 35" - 42"
- 4th 35" - 42"
- 5th 40" - 60"
- 6th 40" - 60"
- 7th & 8th 40" - 72"

The 5th and 6th grade teams are permitted to play with " long " sticks, but no more than three long sticks can be on the field at one time. The rule of thumb on long sticks is the stick should be no longer than the child can handle. It is recommended that the stick length be no taller than the child with his helmet, however the rule sets a maximum of 60 inches. No other alteration is permitted to the stick's original manufacturer's condition.

ARTICLE V

N.Y.S. MODIFIED RULES SUFFOLK COUNTY P.A.L. LACROSSE LEAGUE GENERAL RULE

Unless otherwise noted here, the Boys Lacrosse Rules of the National Federation of State High School Associations, the Youth Rules of US Lacrosse and the Modified Rules of NY State Junior High School Lacrosse will govern all contest levels

BOYS PLAYING RULES:

1. There is a four-goal rule. When one team establishes a four-goal lead, the other team shall be given possession of the ball at the midfield without a face-off; this includes after goals, start of a quarter, or a penalty situation. If a man-down situation exists and there is possession at the end of the quarter, that team will retain possession at that relative point on the field at the start of the next quarter, unless there is a four-goal lead; here the " four goal rule " will apply.
2. With a four-goal advantage, the leading team must make two completed passes in their offensive box before a shot on goal can be taken; if the ball touches the ground, repeat the requirement. The pass must initiate in the offensive box and be completed in the box.
3. 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.
4. A loose ball in the crease, for which one or more players and the goalie are trying to gain possession, shall be awarded to the goalie behind the goal.
5. At the start of play, no player may take a position closer than 10 yards to the player in possession of the ball.
6. The In-Home player shall serve any penalty committed by the Goalkeeper, except unsportsmanlike conduct. Two unsportsmanlike fouls in the same game will result in an expulsion from the contest and the ejection procedure will become effective.
7. Repeated and continuous checking of the person, limb or glove, even though it is in contact with the stick, is considered a personal foul (slashing)
8. There is "Limited" body checking. All level players may employ an equal pressure concept. Body checking is allowed on the 5th, 6th, 7/8th grade levels; the "one step rule" will apply. (Also applies to 4th grade A level). The one step rule does not allow for that defender to lower their head and hit with their shoulder. It is applicable only as a defensive method employed by a (one) defender against a charging offensive player in possession of the ball.
9. A " buddy pass " or "running start " contact aimed at injuring another player is to be considered illegal and is not to be condoned.

10. "Man/Ball" plays are illegal, and under New York State Rules, they are not permitted until a player makes it to the Junior Varsity and Varsity levels.
11. One-handed stick checks are NOT permitted on any level and are considered slashing (again, until a player reaches the Junior Varsity level and above).
12. There is no man down situation on the K-1st, 2nd and 3rd grade levels. 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, where as, 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.
13. There is no stalling permitted on the K-1st, 2nd, 3rd and 4th grade levels. The ball possession will be turned over as with any technical foul in the judgment of the official. The official should remind the offending team that their play may be deemed in violation, and give that coach the opportunity to encourage his team to play.
14. There is no 10 second "failure to advance the ball" rule on any level.

ARTICLE VIII

SUFFOLK COUNTY P.A.L. LACROSSE SPORTSMANSHIP PHILOSOPHY

Suffolk County P.A.L. 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 Suffolk County P.A.L. Lacrosse League.

P.A.L. wishes to advance the game of lacrosse to the youth of Suffolk County, to encourage individual skill mastery and teamwork, and to foster character development and sportsmanship. We support a child's right to challenge themselves to try to achieve, but discourage unnecessary physical contact, and/or the importance of individual and team records. It is our hope that everyone involved would consider this as one program. The players from all of the teams are "our kids", no matter which uniform they wear. We expect that everyone will encourage and support all the players, for their skill, effort, and participation and not for a team, a town or a game's outcome. Please treat every child as you would you own, as we all share the same enthusiasm – *the game of lacrosse*.

SUFFOLK COUNTY LACROSSE SPORTSMANSHIP CODES FOR 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.
- 7) Drinking Alcoholic Beverages, Smoking are prohibited within the confines of the Fields and Facilities (Fields, Sidelines, Benches, and Parking Lots)

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 you and 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 / CODE OF ETHICS

The Coaching Staff shall be aware that he or she has a tremendous influence, for good or ill, on the education of the student-athlete, and thus shall never place the value of winning above the value of instilling the highest ideals of character.

The Coaching Staff shall uphold the honor and dignity of the profession. In all contact with student-athletes, officials, athletic directors, school administrators, school associations, community groups, the media, the public, the Suffolk County Police Department and the Suffolk County P.A.L., the coaching staff shall strive to set an example of the highest ethical and moral conduct.

The Coaching Staff shall exert his or her influence to enhance sportsmanship by spectators, both directly, and by working closely with sponsors, pep groups, and booster clubs.

The Coaching Staff shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit of letter of the rules.

The Coaching Staff shall respect and support contest Officials. The Coaching Staff shall not indulge in conduct, which would incite players or spectators against the Officials, or anyone connected with the contest. Public criticism of Officials or players is unethical.

Before and after contest, the coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

The Coaching Staff should be aware of the following rules: personal expulsion and fighting fouls – the player(s) are ejected from that contest, and are suspended from the next scheduled contest they attend. The player must attend and sit out of the next game in order to be eligible to play in future games. And – if any parent/spectator enters onto the playing field, or in any way interferes with the play of the game, the players, or anyone affiliated with the league, including the Officials, that individual, and their related player, will be asked to leave the grounds and the field area. This is not to include an injury situation, unless an abusive or unsportsmanlike behavior initiates or is involved. The Coaches will support and assist in the enforcement of this rule.

