

NASSAU COUNTY 2008 P.A.L. BOYS YOUTH LACROSSE

RULES

~ Coaches and Officials should review the rules before the game ~

Equipment: (All equipment must be manufactured for lacrosse)

1. *All players must wear-Helmet, Lacrosse Arm & Shoulder Pads, Mouth piece, Gloves, Molded Rubber Sole Shoes and Jersey with numbers on front & back- *Goalies must wear - Shoulder & Arm pads, Chest Protector, Helmet with Throat Protector, shin guards. Goalie can wear football pants with or without protective pads.

Length of Game:- {4} 12 minute running quarters, Clock stops in the last MINUTE of the 4th quarter, 2 minutes between quarters, 5 minute half time **NO OVERTIME**

Playing Rules:

- a. *A one arm swing with a crosse, whether or not contact is made, shall be considered a personal foul (slashing). This includes the over-the-head check with one or two hands on the crosse.
- b. *There is no such call as a “**BRUSH**” in the modified program. Contact between the crosse and the helmet is a personal foul (slashing).
- c. *The offensive player may not reach into the crease with his crosse at any time especially when the ball is loose in the crease.
- d. *Body checking is permitted (intent- 1 step) **ONLY** against a player who is in possession of the ball. No man ball.
- e. {**ONE**} 1 minute Stop Clock time-out per quarter per team.
- f. ***NO** 10 second count • Team ahead must keep the ball in the box in the **LAST TWO** (2) minutes of the game.
- g. A stall can be called if a team is not moving the ball towards the goal.
- h. *Goalie does not serve penalties (In Home Serves penalty unless it's an unsportsmanlike foul (Then the goalie will serve).
- i. **Stick Length-** 3rd & 4th Grade 35” - 42” only • 5th & 6th Grade 35”- 42” & 52”- 60” • 7th & 8th Grade 40”-42” - 52”-72” (**Nothing length in-between**).
- j. **7th & 8th Grade, N.Y. State modified rules, (No 4 goal rule).**
- k. **4 Goal Rule-** If a team is leading by 4 goals at any point of the game the attacking team which is ahead must complete 3 passes, 1 in the attack half of the field and the other 2 in the attack **BOX**. If the ball becomes loose at anytime the attacking team that is ahead must complete 3 more passes before they can shoot. If the team that is ahead by 4 or more goals, scores a goal than the team that is down by 4 or more goals will get the ball anywhere on the field 20 yards from the goal. If any team is leading by 4 or more goals there will not be a face-off. Exception:- If the team leading by 4 goals scores and is fouled (a time serving foul) there will be a face-Off. (**NO 4 -GOAL RULE FOR 7TH & 8TH GRADE**)

*** N.Y. State & P.A.L. Rules for 2008. •
All other rules will be 2008 Federation rules.**