

## 2024 PAGLA (East) Directives

***\*\*PAGLA games must take precedence over other game/tournaments and summer club teams.***

**\*\*You may not schedule games against other non-PAGLA teams.**

The PAGLA (East) League follows USA Lacrosse youth rules unless otherwise noted.

All Clubs must send their coaches and parents the code of conduct from PAGLA.

PAGLA East recognizes third/fourth, fifth/sixth, and seventh/eighth grade teams. There are no formal teams for kindergarten through second grade in PAGLA (East).

Any decisions regarding conflicts arising from the directives or any decisions regarding any other conflict that may arise during the season will be addressed and resolved by and between the PAGLA East President and the Conflict Resolution Committee. For the 2024 Season the PAGLA East President is Margo Gall (DEEP RUN). The CR Committee consists of the directors from Souderton (Ken), Deep Run (Nicole) and SGLC (Ken).

The PAGLA East acting director can select the next acting director from the list of PAGLA East club directors for a two year term after her or his term is up, if there are no volunteers. The new director will always be guided by the previous director for the first year to help with a smooth transition. Ronnie from SGLC is taking over for the 2025 season.

USAL this season has a huge emphasis on player, coaching, and spectator behavior. There has been a PAGLA East statement that has been created to be read at each pregame meeting by the head home coach. The pregame meeting includes the head home coach, head visitor coach, captains from both teams, and the officials. There will be a coin toss, etc. at this meeting. The statement can be found on page 19.

A playing field must be lined correctly according to the USAL diagrams. The playing area must be flat and free of glass, stones, and any protruding objects. Grass should be cut to a playable length for the safety of the girls while playing the game and being able to pick up the ball while on the ground.

### Registration

-Clubs must have registration closed prior to January 31st in order to determine the number of teams for scheduling purposes.

-Clubs must register and pay dues and assignor fees to PAGLA on the PAGLA website when they register their teams for the upcoming season.

-Clubs must let the PAGLA East Scheduler (Chelsea) know prior to the first week in February.

- 1) Number of teams at each level and if A or B Home field(s) and if turf or grass, lighted or not lighted

- 2) What date home field(s) first available and what days/dates/times available during season (if township or school fields- check to see if conflicts on any dates)
- 3) What dates won't work for your teams- spring break, etc. - this must be done BEFORE scheduling occurs and may or may not be able to be accommodated.

- Also prior to January 31st- Clubs must input their teams on the PAGLA site- age, level, club, designation (if any- not coaches name) examples: **CBAA LC 7/8 (Premier), CRLA 5/6 (Elite), Conshy LC 3/4 Blue (You MUST input your teams in that format)**

**Players must be in the grade of the team they are playing for:**

\*\*Third and Fourth graders play on the 3/4 teams. Second graders are not permitted to play up.  
 \*\*Fifth and Sixth graders play for the 5/6 teams. Fourth graders may not play up to 5/6 grade teams. And fifth graders may not play down to the 3/4 level.

\*\*Seventh and Eighth graders play for the 7/8 teams. Sixth graders may not play up to 7/8 and Seventh graders cannot play down to 5/6.

If a club is not able to field enough players for a **7/8 Premier or Select** team, 6<sup>th</sup> graders are permitted to be placed on the **7/8** roster. However, the 7/8 team must not contain a large number of 6<sup>th</sup> graders.

**NO 6<sup>th</sup> graders on a 7/8 Elite team.**

\*\*Players may not play down from the division they are rostered on.

**PAGLA EAST RULE: Players play for the club in their township/school district.**

If there isn't one, they may play for the closest bordering club. Once they participate with this club that is their home club going forward. They may not change clubs unless a new club opens in their school district. Also, if their township program does not offer a K-2 program they can play in a neighboring township K-2 program but **MUST** return to their township where the age division starts.

An exception/waiver for any player requesting to play for a different club may be considered on a case by case basis, however only truly granted if there is an extenuating circumstance or hardship. Exceptions/Waivers will NOT be granted for reasons such as, her friends play there, a family member is a coach there, we live on the border of that township, etc. Club directors are **RESPONSIBLE** for monitoring all their registrations and enforcing this policy and must notify the PAGLA EAST President of any girl they have playing for them that does not live in their township/school. If it is determined that a violation of this rule has occurred, it is brought to the attention of the PAGLA EAST President, it will be reviewed by the Conflict Resolution Committee and could result in consequences such as playoff elimination at any Division level, etc.

The cutoff for any exceptions for the season per the PAGLA Board is January 31, 2024.

### **Game Scheduling and Rescheduling**

-PAGLA East Scheduler will create the  $\frac{1}{8}$  and  $\frac{1}{4}$  schedule. Melissa M will create the  $\frac{1}{2}$  schedule.

-Google doc from Master PAGLA scheduler must be completed to show black out dates, number of teams and field availability for weekend games.

\*\*The home coaches **must** contact the opposing coach and each referee the week prior to each game in order to confirm attendance, time, and place. Please check Arbiter to find your referees and send the info to your coaches a week before the games or have your coaches check Arbiter

**Arbiter**- checking and getting in touch with referees:

Check [your refs and email or text them a reminder](#) (especially for home games- sometimes refs and jr refs need to be reminded of where the game is):

1. Please go to [www.arbitersports.com](http://www.arbitersports.com)
2. Sign in with your club's log in
3. Click on the number under the '**games**' **column** and this will bring you to a list of all of your games/
4. If you look at the '**slots**' **column** you will see 0/2 if there are no refs who picked up the game, 1/2 if one ref... etc.
5. Click on the 0/2, 1/2, 2/2...This will show you the names of the refs- you can click on their name to get in touch and see their info.

**\*\*\*Please check your scheduled officials each week, don't get upset if on Wed. there aren't 2 accepted, there will be. Please write down the officials information/print the info - you will need this in order to contact the officials if there is a cancellation due to weather the morning of the game.**

### **Game Rescheduling**

-Weather is the ONLY reason a game can be rescheduled or canceled. If the field condition is unplayable and not safe, a game can be rescheduled.

-If there is a light rain games can be played. The only reasons to cancel are thunder/lightning or standing water (puddles) on the field.

-The home field team must make the decision to play or not play a game due to weather and field conditions **before 7:30am**. You must physically check the field for playability. You can cancel on Friday night if you know the field will not be playable on Saturday morning.

**-If you do not cancel the game before 7:30am by calling/texting/emailing the ref director and calling each ref - it will be your responsibility to pay the refs anyway.**

### **Steps to cancel/reschedule your game: (before 7:30am!)**

1. **If your township does not make a decision before 7:30am- you must go to the field yourself to check it.**
2. **Coaches-Get your ref info from the arbiter so you have it to call refs.- you may not just email or leave a message and assume they got the message.**
3. If a coach goes to the field and determines it is unplayable due to weather: Coach needs to call the Director of their club from the field, **not wait until they get home**.
4. Home field coach should call refs for the field and let them know the game is canceled. **If a ref or refs show up to the field because the coach did not cancel them, the home team will have to pay them.**
5. **Home Team Director (NOT coach)-email referee director, Scheduler and Visiting Team Director to cancel game in Arbiter.**

6. Home field coach (not the director) then calls the other team's coach and lets them know what is going on. (**They may at this point change the location of the game to the visiting team's field.** If the Referee director can get refs this is the best scenario. If the coaches do decide to do this they need to contact their directors again, both this time and see if they can get field & time, then the director needs to contact the referee director to see if she can get refs.)
7. If coaches decide to reschedule for different day/time they must work out the new date and time based on field and player availability
8. The coach must inform their Club Director and the Club Director will communicate to both the Referee Director and East Scheduler the new date and time for the game. Refs will be assigned to the new game date.
9. Once both coaches have the date and time for the new game, the director of the home site will email Melissa, PAGLA East President, and visiting team director all of the information below.
10. Send the information about the games that need to be rescheduled to Melissa in this format, please:

**Original Game:**

**Date:** Saturday March 23

**Time & Opponents:** 9:15am UDLC at SAGLA

**Location:** Farmview Field

**New Game Request:**

**Date:** Sunday April 14

**Time & Opponents:** 1:15 pm UDLC at SAGLA

**Location:** Farmview Field

**\*\*\*Games may not be rescheduled for any other reason such as not enough players**

### Coach/Spectator Behavior

**All Coaches have total responsibility for the conduct of their players, substitutes, friends and spectators at all times.** Coaching from the sideline (giving direction to one's own team on points of strategy and position) is permitted, provided:

- a) The tone of the voice is instructive and not derogatory;
- b) Each coach or substitute remains on their own half of the field between the substitution area and the end line;
- c) No coach, substitute, or spectator makes derogatory remarks or gestures to the umpires, other coaches, players, substitutes, or spectators;
- d) No coach, substitute, or spectator uses profanity or incites, in any manner, disruptive behavior.
- e) There is no coaching from the spectator side of the field.
- f) PAGLA East will not tolerate any discrimination or harassment before, during, or after the games towards any player, official, spectator, or coach. If this is found to happen it will be taken to the Conflict Resolution Committee.

### ZERO TOLERANCE OF UNSPORTSMANLIKE BEHAVIOR (USA LACROSSE)

USA Lacrosse advocates the adoption of a zero-tolerance policy to ensure a more rewarding lacrosse experience for all participants. Zero tolerance disallows complacency regarding unsportsmanlike behavior for coaches, officials, spectators, or players.

USA Lacrosse encourages officials to penalize unsportsmanlike conduct from any constituent ranging from arguing calls, threatening individuals, profane or obscene language, belittling individuals, teams other participants, or any other behavior which seeks to intimidate or degrade others.

**YELLOW / RED CARDS FOR COACHING BEHAVIOR ON SIDELINES** - The official **MAY** give the coach / assistant coaches a warning before they receive a yellow card for behavior on the sidelines. A single yellow card is \$100 paid to PAGLA East. If you receive 2 yellow cards in a game you have to pay \$200 to PAGLA East and you **CANNOT** coach the rest of the game and have to leave the confines of the field; the team will play short for 2 minutes per yellow card and 4 minutes for a red card. **If a coach receives 2 yellow cards/red cards in the season they are NOT permitted to coach in the next game.**

**YELLOW/RED CARDS FOR PARENT SIDELINE BEHAVIOR**--The official **MAY** give the sideline/coach a warning. If a coach receives a yellow card for a parent's behavior from the sideline- the club is fined \$100 paid to PAGLA East. If two yellow cards resulted in one game from parent behavior, the coach and parent have to leave the confines of the field and their club is fined \$200. The team will play short for 2 minutes for a yellow card, 4 minutes for a red card. If a parent receives a card they will not be allowed at the venue or on the field for the next game.

**If a coach receives two red cards in one season they are not allowed to coach in PAGLA East.**  
Coaches- tell your director about cards in your games and refs will tell Melissa.

-Sportsmanship is paramount at PAGLA along with the development of all players. As such, no team should win a game by more than 10 points as it is (i) demoralizing to the losing team and (ii) there are always skills for youth players to work on outside of running up the score. When a team wins by more than 10 points: The coach of the losing team can report the score and involved teams to PAGLA's board.

### **Uniforms/NOCSAE Balls:**

Follow current USA Lacrosse rules for uniforms. If buying new uniforms please confer with Melissa about regulations before ordering. Also: If the colors are the same for both teams, the home team must wear pinnies for the entire game.

Numbers must be on front and back of uniforms and **goalies must wear the team uniform top over pads.** 2017- no '0' before numbers- no '00', '01'...

\*\* USA Lacrosse mandate: Officials are not to start a game unless there is a NOCSAE certified ball. If a ball comes into play and officials see that it doesn't have the NOCSAE certified stamp on the ball then they toss it out of play and wait until we get a new one.

### **Referees**

-The Referee Director coordinates scheduling for all referees, for all games, scrimmages and regular season. A fee will be collected from each club for the Referee Director.

-The schedule will be confirmed prior to the start of the season.

-Arbiter will be utilized to schedule the refs.

-Club Directors are expected to check Arbiter prior to each game and inform their coaches of the refs assigned.

-Club Directors are not permitted to schedule referees on their own at any level.

-In the case of canceling a game due to weather, the Club Director must check Arbiter before canceling to write down the contact information about the refs- once referee director is called and the game is canceled in Arbiter that information will not be available- and it is the club directors' responsibility to call refs to cancel.

-All PAGLA East refs must have the correct training as stipulated by USA LACROSSE.

**Coaches are not permitted to contact referee director- only director may do so.**

### **High School Referees:**

-The Ref Director will send out information about the Referee Clinics for players to register for the class starting in June to the Club Directors to send to players that aged out. (Unless there is not a need for new youth referees)

-Classroom sessions take place in December while on-field clinics take place in January and February. There are also rules interpretation, written test, and on-field evaluations.

-All HS participants **must** register and go through the class with the PAGLA East trainer. They may NOT just show up at classes. If you know a high school student that is interested in becoming an official please have them email Melissa Maiolino at [mkmaio13@gmail.com](mailto:mkmaio13@gmail.com).

## 2024 PAGLA East Ref Fees

**EACH TEAM SPLITS THE OFFICIALS FEE FOR EACH GAME WITH THEIR OPPONENT.**  
**You are responsible for HALF of the fee.**

**Please meet with ref (and hopefully other coach at same time) before the game -**  
**ask about rules being emphasized and pay ref through Venmo, Cash, or Check.**

7/8A Games must have two adult officials				
7/8B Games will have either 1 or 2 Adult officials if possible				
5/6A Games will have 1 Adult and 1 Jr. ref or 2 Jr. refs if no adult ref is available.				
5/6B Games will have 2 Jr. refs assigned				
Teams:	7/8	5/6	3/4 and K/2	
Refs:				
2 Adult Refs (18 or older)	\$65/each ref	\$65/each ref	N/A	
1 Adult Ref (alone)	\$85	\$85	\$85	
1 Adult + one Jr.	N/A	\$65/Adult \$30/Jr.	\$65/Adult \$30/Jr.	Coaches split the fee for each ref, each team pays \$15 to youth & \$32.50 to adult ref
2 Junior Refs	N/A	\$30/each ref	See breakdown on next sheet of how to pay the youth officials for the 3/4 games per team per game.	

## For 3<sup>rd</sup>/4<sup>th</sup> Grade Games:

If there are **4 teams** at the Round Robin at a site that has **4 officials** each team picks one ref and pays her **\$40**. This is the correct ref fee for the officials for 4 teams at the Round Robin.

	Ref 1	Ref 2	Ref 3	Ref 4	Total
Team 1	\$40	0	0	0	\$40
Team 2	0	\$40	0	0	\$40
Team 3	0	0	\$40	0	\$40
Team 4	0	0	0	\$40	\$40
<b>Total</b>	<b>\$40</b>	<b>\$40</b>	<b>\$40</b>	<b>\$40</b>	<b>\$160 for day</b>

If there are **5 teams** at the Round Robin at a site that has **4 officials** the hosting team pays each official \$10 and the visiting 4 teams all pick a different official and pay her \$40. This way all 4 officials are walking away with the correct **\$50** for the 5 team Round Robin.

	Ref 1	Ref 2	Ref 3	Ref 4	Total
Team 1	\$40	0	0	0	\$40
Team 2	0	\$40	0	0	\$40
Team 3	0	0	\$40	0	\$40
Team 4	0	0	0	\$40	\$40
Team 5	\$10	\$10	\$10	\$10	\$40
<b>Total</b>	<b>\$50</b>	<b>\$50</b>	<b>\$50</b>	<b>\$50</b>	<b>\$200 for day</b>

If by chance, there is a Round Robin that has **4 teams** but only has **3 officials** each team should pay according to chart below:

	Ref 1	Ref 2	Ref 3	Total
Team 1	\$33.75	0	0	\$33.75
Team 2	0	\$33.75	0	\$33.75
Team 3	0	0	\$33.75	\$33.75
Team 4	\$11.25	\$11.25	\$11.25	\$33.75
<b>Total</b>	<b>\$45</b>	<b>\$45</b>	<b>\$45</b>	<b>\$135 for day</b>

If by chance, there is a Round Robin that has **5 teams** but only has **3 officials** each team should pay according to chart below:

	Ref 1	Ref 2	Ref 3	Total
Team 1	\$33	0	0	\$33
Team 2	0	\$33	0	\$33
Team 3	0	0	\$33	\$33
Team 4	\$22	\$11	0	\$33
Team 5	0	\$11	\$22	\$33
<b>Total</b>	<b>\$55</b>	<b>\$55</b>	<b>\$55</b>	<b>\$165 total for day</b>

If by chance, there is a Round Robin that has **4 teams** but only has **2 officials** each team should pay according to chart below:

	Ref 1	Ref 2	Total
Team 1	\$25	0	\$25
Team 2	\$25	0	\$25
Team 3	0	\$25	\$25
Team 4	0	\$25	\$25
<b>Total</b>	<b>\$50</b>	<b>\$50</b>	<b>\$100 for day</b>

If by chance, there is a Round Robin that has **5 teams** but only has **2 officials** each team should pay according to chart below:

	Ref 1	Ref 2	Total
Team 1	\$24	0	\$24
Team 2	\$24	0	\$24
Team 3	\$12	\$12	\$24
Team 4	0	\$24	\$24
Team 5	0	\$24	\$24
<b>Total</b>	<b>\$60</b>	<b>\$60</b>	<b>\$120 total for day</b>

If by chance, there is a Round Robin that has **6 teams** but only has **3 officials** each team should pay according to chart below:

	Ref 1	Ref 2	Ref 3	Total
Team 1	\$35	0	0	\$30
Team 2	0	\$35	0	\$30
Team 3	0	0	\$35	\$30
Team 4	\$12	\$12	\$11	\$30
Team 5	\$12	\$11	\$12	\$30
Team 6	\$11	\$12	\$12	\$30
<b>Total</b>	<b>\$70</b>	<b>\$70</b>	<b>\$70</b>	<b>\$210 total for day</b>

If by chance, there is a Round Robin that has **6 teams** but only has **4 officials** each team should pay according to chart below:

	Ref 1	Ref 2	Ref 3	Ref 4	Total
Team 1	\$40	0	0	0	\$40
Team 2	0	\$40	0	0	\$40
Team 3	0	0	\$40	0	\$40
Team 4	0	0	0	\$40	\$40
Team 5	\$10	\$10	\$10	\$10	\$10
Team 6	\$10	\$10	\$10	\$10	\$10
<b>Total</b>	<b>\$60</b>	<b>\$60</b>	<b>\$60</b>	<b>\$60</b>	<b>\$240 total for day</b>

If by chance, there is a Round Robin that has 6 **teams** but only has **2 officials** each team should pay according to chart below:

	Ref 1	Ref 2	Total
Team 1	\$26	0	\$26
Team 2	\$26	0	\$26
Team 3	\$13	\$13	\$26
Team 4	0	\$26	\$26
Team 5	\$13	\$13	\$26
<u>Team 6</u>	<u>0</u>	<u>\$26</u>	<u>\$26</u>
<b>Total</b>	<b>\$78</b>	<b>\$78</b>	<b>\$154 total for day</b>

## Goalie rules that apply to all grades:

- Goalies at all levels must wear:
  - NOCSAE certified helmet (with stamp) designed for lacrosse with facemask and secured with chinstrap
  - Separate throat protector
  - NOCSAE ND200 chest protector, came into effect in 2021
  - goalkeeper gloves
  - **abdominal protection**
  - **Pelvic & Thigh protection**
  - **leg pads must protect shins**
  - **mouth guard that is any color.**
- Goalie must have a **team jersey on OVER her equipment**. It must have a number on the front and back of the jersey.
- Goalies may not: shoot, draw, score, or be between restraining lines during the draw.
- Please remember that the goalies must wear leg protection on their shins. If they are in the game with improper equipment, this is a foul for illegal equipment and a change of possession, and the goalie must leave the field to get proper equipment. Ball goes to the dot, the goalie stays in the goal circle.

**Third and Fourth Grade**  
**(Follows U10 USL rules except as noted below)**

-Teams must be divided into players of equal ability.

**-Mouth guards- any color.**

-Seven players per side on the field plus a goalie **OR** a shot blocker. Games can be played with one team choosing to use a shot blocker and the other team choosing to play a goalie.

-If you chose not to have a goalie, your team must provide a Shot blocker/ Shooting Net in place of a goalie. Cages may not be turned to have a smaller shooting area. If you do not have a goalie or a shooting net, you must play with an open goal.

-All clubs should have Rage Cages for 6v6 nets and they must be Only the square shooting nets. It **MUST** be placed so that the bottom is touching the ground. You should be using the yellow/square shot blockers without pockets.

-Only 3 coaches in the coaches' box.

-The **crease must** be marked with cones or a line.

**-Cones should also be placed at midfield and approximately 15 yards on either side of the midfield cone to establish a restraining line.** You can also use lines if you have a dedicated field.

-NO 8 meter arc is required but suggested

-Dots 5 meters behind the goal line is required.

**-NO CHECKING ALLOWED at any time during the games.**

-NO keeping score

-NO draw after each goal. There will be a draw only at the start of the game. After an offense scores a goal, they must move behind the restraining line until a successful goalie clear or the ref has restarted play (when a rage cage blocker is used).

-Encourage players to hold stick vertically (10pm to 2pm). Holding the stick horizontally and making contact as well as pushing the bottom hand into the opposing player is illegal.

-Encourage your coaches to tell their players to spread out. Triple teaming a player is not allowed.

-If your team gains possession in defense, one pass must be made once the ball crosses the 50-yard line. **In other words, one player may not take the ball from one side of the field to the other and shoot.** Encourage the girls to pass. However, there are no other minimum pass rule.

**-Home teams must provide a reliable clock manager to keep time for both games and sit in between the 2 fields.**

-Keep parents at midfield- in between games. **Spectators are not allowed on the same side of the field as teams or behind the goals.**

-Round Robin tournaments will be played on one full lacrosse field and it will be divided into two fields for 3/4. Play will consist of 20-minute running clock games for about 1 1/2 hours.

**-No self starts at this level.**

**-No follow through into the Goal Circle with an offensive stick on a shot.**

1. Free Movement

a. Only player who committed foul and player who got fouled stop and set-up according to major and minor foul.

b. Anywhere on field **except** around goal crease:

i. player who fouled must move 4m away and girl who was fouled will start on the ref's whistle

c. **Inside critical scoring area:**

i. player who fouled must stop and be set up by the ref 4m away and the girl who was fouled must stop and get set up behind by the ref, but everyone else can move freely. **Play resumes on the ref's whistle.**

-Kicking the ball is allowed but not towards the goal or into other players.

**\*\*If you are changing goalies between games, you need to make the ref aware. It is the coach's obligation to help get the next goalie geared up and be ready as soon as possible between games.**

**Fifth and Sixth Grade**  
**(follows U12 US Lax rules except as noted below)**

-Each club may have a 5/6 team based on their player's ability in one of the 3 divisions, Elite, Premier, or Select. If you have enough players to field 2 teams (minimum 30 players), two teams should be registered. Prior to the start of the season, a minimum of 8 players must be designated for the Elite Team (roster and uniform # sent to Dennis Condon at abingtonplayday@gmail.com. These players should not play in the Premier or Select divisions. You can have players who are not on the Elite roster play up.

-Full field play with 12 players per team on the field. Must play with a goalie. Only 3 coaches in the coaches' box- **One designated Head coach who is allowed to speak to the officials**

-5/6 will utilize modified checking. Modified Checking is defined as checking the crosse only if the entire crosse is below the shoulder level. The check must be in a downward direction and away from the body.

**-Mouth guards- any color is now allowed.**

-Players must be given equal playing time given all things equal, i.e if two players have attended equal practice time, etc.

**-Games consist of 2-25 minute running clock halves; clock doesn't stop for any reason except timeouts. There will be no stopping the clock in the last 2 minutes of play in either half. Each team may have two timeouts anytime in the game.**

--Each team appoints a scorekeeper, with an official scorebook (clubs can use the same one each year) or scoring sheet (See Exhibit A), so there are no discrepancies with a score.

-Home team appoints a time keeper

-Scorekeepers and timers must be centrally located at the 50-yard line. The scorekeeper/timer is not part of the team's coaching staff, may not cheer or yell at officials.

-Referees and coaches sign both scorebooks at the conclusion of the game.

-Home team provides the scoreboard that must be visible to the refs (it should be off the ground). This is to determine if there is a 4-goal advantage and the need to apply the Mercy Rule.

**“Mercy Rule” U12 (5th-6th)**

- A. **Leading team should be encouraged to use their non-dominant hand, move players to other positions, etc.**
- B. **Mercy Rule when there is a 4 goal differential. The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.**

-All scores (all divisions) should be posted online and verified by both coaches by 3pm the day of the game. The PAGLA director will resolve any discrepancies that may arise.

**-Spectators are not allowed on the same side of the field as teams or behind the goals.** Each team **MUST** be in charge of their own spectators so if a spectator becomes unruly they will have to remind the spectator of the rules and they will help remove this spectator from the field.

**\*\*\*See Zero Tolerance section of the document**

-Substitutes must enter the field and exit the field 5 yards either side of the centerline. The sub going into the field must wait to go on until the person leaves the field. Home team **MUST** provide cones to mark the 5 yard 'box'.

**-Girls may not hold stick horizontally and make contact with opposing player. This is a foul.**  
Encourage girls to hold stick vertically when playing defense.

-No overtime during the regular season.

-PAGLA Playday is open to all % teams. Info is posted on pagla.org

### **5/6 Elite, Premier, & Select Divisions (These are additional 5/6 rules)**

-5/6 Elite rosters are due to the PAGLA East President BEFORE the first weekend of games.

-Play time for 5/6 Elite players will be at the coaches' discretion.

-Teams are permitted to opt out of the tournament if they do not want to participate.

-There may be Friday, Saturday and Sunday games. Games cannot be canceled or rescheduled for any reason except the weather.

**-An Elite game forfeit will be recorded as 0-10. If a team forfeits that team will have to pay both scheduled officials their entire fee for the game.**

-If a game needs to be made up and no Saturday or Sunday is available, weeknights may be considered if the clubs are not too far away from each other. Rain date for a Saturday game is the following Sunday, if possible.

### **5/6 Play Off Rules and Regulations for 2024**

-Each team appoints a scorekeeper, with an official scorebook (clubs can use the same one each year), so there are no discrepancies with a score.

-Each team appoints a timekeeper- there must be a timekeeper from each team (in case the one clock has a glitch & stops working we have a clock that still has the time).

-Home team provides the scoreboard that must be visible to the refs.

-Scorekeepers and timers must be centrally located at the 50-yard line (and may not yell at the officials about the way they are officiating or coach the teams). The scorekeeper/timer is not part of the team's coaching staff, can not cheer, or yell at the officials.

- Referees and coaches sign both scorebooks at the conclusion of the game.
- All scores (all divisions) should be posted online and verified by both coaches by 3pm the day of the game. The PAGLA director will resolve any discrepancies that may arise.
- All games are 2-25 minute running clock halves; clock doesn't stop for any reason except for timeouts.
- Eight (8) Goal Mercy Rule for Play Offs, then the losing teams coach has the choice to have possession after 8-goal differential at centerline or continue with the draw. The coach must inform the ref of their choice once the 8-goal difference happens and if they decide to change it later. Note: this differs from the regular season mercy rule.**

#### **Tournament Seeding:**

Seeding for playoffs is based on the team's record for the season. Wins, ties and losses. If there is a tie between two teams based on record, the decision will be based on the results of their head-to-head game. If this game was a tie, or if there are more than two teams with the same record, fewest goals allowed will be used to determine seeding. This rewards good defense and does not give anyone incentive to run up the score.

If the number of teams requires it- we will go to a two-division "conference" system for determining playoff games.

#### **Overtime:**

- When the score is tied at the end of regular playing time, overtime is to be played.
- Both teams have a 5-minute rest and toss a coin for choice of ends, the visitor chooses toss.
- The game is restarted with a center draw.
- The winner will then be decided on a "sudden victory" stop-clock overtime of 3 minutes in length. The first team to score the first goal wins the game.
- If there is still no winner after 3 minutes, switch ends and another 3 minute Sudden Victory Overtime will be played. Continue this pattern until there is a winner.

#### **Players:**

Each team must submit their 5/6 Elite roster before the start of the season and resubmit to the league before playoffs begin. **No more than 22 players may be on the sidelines for any team.** However, if girls are injured or unable to play, clubs are allowed to add players- players MUST be from their own club and the number of players may not exceed 22.

If a team shows up with less than 12 players, the team with the fewer players can either play short or forfeit the game. The opposing team can continue to play with 12 players.

#### **Fields:**

Games are to be played at the higher seed home field, if the higher seed home field is not available; games are played at the lower seed field. If neither field is available, a neutral field will be chosen based on availability.

5/6 Elite Semi's and Finals will be played at Upper Dublin's home turf field.

**Seventh and Eighth Grade 7/8 Elite, Premier, & Select  
(Follows US Lacrosse U14 rules except as noted below)**

-Each club may have a 7/8 team based on their player's ability in one of the 3 divisions, Elite, Premier, or Select. If you have enough players to field 2 teams (minimum 30 players), two teams should be registered. Prior to the start of the season, **a minimum of 8 players must be designated for the Elite Team** (roster and uniform #) must be noted on the Google document for 2024. These players should not play in the Premier or Select divisions. You can have players who are not on the Elite roster play up.

-Full field play with 12 players per team on the field. Must play with a goalie. 3 coaches allowed in coaches' box- **One designated Head coach who is allowed to speak to the officials**

-7/8 Divisions will utilize the USAL transitional checking rule. **Transitional Checking is defined as an attempt to dislodge the ball from an opponent's crosse in which the checking movement is down and away from the body and outside a 12-inch sphere surrounding the head is allowable. The checking motion may not reach across an opponent's body.** Any check into the sphere constitutes an illegal check. Check to the Head and Neck and a Slash are mandatory cards.

-All games are 2-25 minute running clock halves, stopping on all whistles in the last 2 minutes of the game if there is an offensive foul in the CSA unless there is a 10 goal or more differential at that time (\*\*Mercy Rule, please see below). No stopping the game clock in the last 2 minutes of the 1st half.

-Each team gets 2 timeouts during the game- anytime during the game. The clock will stop for timeouts.

-Home teams must provide a reliable clock manager to keep time. The clock manager should not be a member of either team's coaching staff and should be positioned at the center of the field between each team, and may not cheer or yell at officials.

**-Home team must provide a scoreboard and it must be visible. Each team appoints a scorekeeper, with an official scorebook (clubs can use the same one each year) or scoring sheet (See Exhibit A), so there are no discrepancies with a score.**

**''Mercy' Rule' U14 (7th-8th Grade):**

- a) **The clock will stop in the last 2 minutes of the game if there is an offensive foul in the CSA unless there is a 10 goal or more differential at that time.**
- b) **There is a draw after every goal regardless of the goal differential**
- c) **The leading team should be encouraged to use their non-dominant hand.**

**-Spectators are not allowed on the same side of the field as teams or behind the goals.** -Each team **MUST** designate someone to be in charge of their own spectators so if a spectator becomes unruly they will be required to leave the field or the coach will receive a card or both.

**\*\*\*See Zero Tolerance section of the document above.**

-Substitutes must enter the field and exit the field 5 yards either side of the centerline. The sub going into the field must wait to go on until the person leaves the field. Home team **MUST** provide cones to mark the 5 yard 'box'.

- Girls may not hold stick horizontally and make contact with opposing player. This is an **Illegal Use of the Stick Foul**. Please encourage girls to hold stick vertically when playing defense.
- Games may be Saturday and Sunday games. Saturday games cannot be canceled or rescheduled for any reason except the weather unless the Referee Director can not field officials for the game. The rain date for Saturday games is the following Sunday if possible.
- An Elite game forfeit will be recorded as 0-10. If a team forfeits that team will have to pay both scheduled officials their entire fee for the game.**
- If a game needs to be made up and no Saturday or Sunday is available, weeknights may be considered if the clubs are not too far away from each other.
- All scores (all divisions) should be posted online and verified by both coaches by 3pm the day of the game. The PAGLA director will resolve any discrepancies that may arise.

### **7/8 Divisions (Elite, Premier, Select)**

- 7/8 Elite rosters are due to the PAGLA East President BEFORE the first weekend of games.
- Play time for 7/8 Elite players will be at the coaches' discretion.
- All 7/8 teams can choose to participate in the year-end tournament.
- Players must be given equal playing time given all things equal, i.e if two players have attended equal practice time, etc. in the Premier and Select Divisions.

### **7/8 Play Off Rules and Regulations for 2023 (All Divisions)**

- Each team appoints a scorekeeper, with an official scorebook (clubs can use the same one each year), so there are no discrepancies with a score. The scorekeepers should confer during the game to verify that the statistics are correct.
- Each team appoints a timekeeper- there must be a timekeeper from each team (in case the one clock has a glitch & stops working we have a clock that still has the time).
- Home team provides the scoreboard that must be visible to the refs.
- Scorekeepers and timers must be centrally located at the 50-yard line. The scorekeeper/timer is not part of the team's coaching staff, may not coach players, cheer the teams, or yell at the officials.**
- Referees and coaches sign both scorebooks at the conclusion of the game.
- All scores (all divisions) should be posted online and verified by both coaches by 3pm the day of the game. The PAGLA director will resolve any discrepancies that may arise.

**-All games are 2-25 minute running clock halves, stopping on all whistles in the last 2 minutes of the game if there is an offensive foul in the CSA (not of the 1<sup>st</sup> half).**

### **-No Mercy Rule for Playoffs**

#### **Play Off Seeding:**

Seeding for playoffs is based on the team's record for the season. Wins, ties and losses. If there is a tie between two teams based on record, the decision will be based on the results of their head-to-head game. If this game was a tie, or if there are more than two teams with the same record, fewest goals allowed will be used to determine seeding. This rewards good defense and does not give anyone incentive to run up the score.

If the number of teams requires it- we will go to a two-division "conference" system for determining playoff games.

#### **Overtime:**

- When the score is tied at the end of regular playing time, overtime is to be played.
- Both teams have a 5-minute rest and toss a coin for choice of ends, the visitor chooses toss.
- The game is restarted with a center draw.
- The winner will then be decided on a "sudden victory" stop-clock overtime of 3 minutes in length. The first team to score the first goal wins the game.
- If there is still no winner after 3 minutes, switch ends and another 3 minute Sudden Victory Overtime will be played. Continue this pattern until there is a winner.

#### **Players:**

Each team must submit their 7/8 Elite roster before the start of the season and resubmit to the league before playoffs begin. **No more than 22 players may be on the sidelines for any team.** However, if girls are injured or unable to play, clubs are allowed to add players- players MUST be from their own club and the number of players may not exceed 22.

If a team shows up with less than 12 players, the team with the fewer players can either play short or forfeit the game. The opposing team can continue to play with 12 players.

#### **Fields:**

Games are to be played at the higher seed home field, if the higher seed home field is not available; games are played at the lower seed field. If neither field is available, a neutral field will be chosen based on availability.

7/8 Elite Semis and Finals will be played at Upper Dublin home turf field.

## **PAGLA Pregame Statement**

The Pennsylvania Area Girls Lacrosse Associations and its member clubs promote good sportsmanship by youth athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner.

PAGLA reminds you that your attendance at today's event entitles you to enjoy an exhibition of skills being developed by the youth athletes. Please give these youth athletes your positive encouragement and support.

Profanity, racial or sexist comments or other intimidating actions at officials, contestants, or team representatives will not be tolerated.

Individuals who make such remarks will be removed from the site of today's exhibition, their coach will receive a yellow card, a player will have to come off the field of play, and the affiliated club will be fined a minimum of \$100.00.

## **LIGHTNING POLICY**

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

## **PROACTIVE PLANNING**

- » Assign staff to monitor local weather conditions before and during events.
- » Develop an evacuation plan, including identification of appropriate nearby shelters.
- » Develop criteria for suspension and resumption of play:
  - When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
  - Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
    - Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
- » Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Position Statement: Lightning Policy" on the USA Lacrosse web site at [usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy](http://usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy)

## EXHIBIT A-Scoring Sheet

Upload score to the spreadsheet by 3pm

## Goalies and Goal Crease

**Rule Update 2023:** The Goalie or Deputy may roll, toss, or CARRY the ball back into the goal circle if the ball was outside of the circle when it was picked up. If, at any time, THE BALL was inside the circle and the goalie exits the circle in possession of the ball, she may only return if she has been played. Non-contact "defending" actions do not constitute "played". (SEE DEFINITION OF PLAYED) PLAYED refers to an action whereby the ball leaves the player's crosse and is touched by another player, or the crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by an opponent. The ball does not have to be successfully dislodged from the crosse.

### Examples

1. The Goalie has feet in the GC and reaches out to pick up a ball on the ground outside the circle. She may walk out and return to her circle without being played.
2. The Goalie has feet in the GC and reaches out to pick up a ball on the ground outside the circle. She carries the ball into the circle, then walks out. She MAY NOT return to her circle without being played.

**Rule Update:** The goalkeeper, while within the goal circle: d. may reach out her crosse and bring the ball back into the goal circle provided one foot is inside the goal circle. Note: "Inside" includes foot touching the goal line.



Goalie has both feet in the circle



Goalie has one foot in the circle and one foot outside the circle



Goalie has one foot in the circle and one foot (anywhere) on the GC line



Goalie has both feet (anywhere) on the GC line



Goalie has one foot on the GC line and one foot completely outside the circle



Goalie has BOTH feet outside the plane of the circle (on the ground or in the air)