

2016 PAGLA (East) Directives

Revised Feb. 2016

***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 USLacrosse 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).

-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 7th graders cannot play down to 5/6. If a club is not able to field enough players for a 7/8 B team, 6th graders are permitted to be placed on the 7/8 B roster. However, the 7/8 B team must not contain a large number of 6th graders. NO 6th graders on a 7/8A.*

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

***If a coach or parent receives a yellow card for behavior- the club is fined \$50. Two yellow cards in one game= a red card. If a coach or parent receives a red card for behavior- the club is fined \$50 and the coach/parent is not 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.*

Players should play for the club in their township/school district. If there isn't one, they may play for a neighboring club. A decision about any girl wishing to play for a different club will be on a case by case basis. Club directors must notify the PAGLA East President(s) of any girl they have playing for them that does not live in their twp/school district.

Uniforms: Follow current USLacrosse rules for uniforms. 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'...

*** US 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 are to toss it out of play and wait until we get a new one.*

Registration

-Clubs must have registration prior to January 19th in order to determine the number of teams for scheduling purposes.

-Clubs must register and pay dues to PAGLA on the PAGLA website before the fall annual PAGLA meeting. (Not register teams- just their club)

-Clubs must let the PAGLA East President know prior to January 19th:

- 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 twp 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 19th- Clubs must input their teams on the PAGLA site- age, level, club, designation (if any- not coaches name) ex/ 5/6A CBAA Green (**You MUST input your teams in that format**)

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.
- In the case of cancelling a game due to weather, the Club Director must check arbiter before cancelling to write down the contact information about the refs- once referee director is called and the game is cancelled 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 US LACROSSE.
- Coaches, parents, directors...may NOT yell at refs. If you have a problem with a ref- coaches should tell their director and the director will call the referee director. Referees will be encouraged to give cards to spectators and coaches.
- At halftime you may address any concerns with the referee- politely.
- Coaches are not permitted to contact referee director- only director may do so.

High School Referees:

- HS Referee Clinics are being held in Nov/Dec 2015 for students that are 14 years old and in HS. (This is as stated by US Lacrosse)
- The Ref Director will send out information about the Referee Clinics for players to register for the class in early November 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.

Ref Fees

2016 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) <u>before the game</u>- ask about rules being emphasized, pay ref and have ref fill out ref pay slip before game starts	
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	
3/4 Round Robin games: Most will have two jr. refs. See table	

Teams:	7/8	5/6	3/4 and K/2	
Refs:				
2 Adult Refs (18 or older)	\$40/each ref	\$40/each ref	N/A	
1 Adult Ref (alone)	\$60	\$60	\$60	
1 Adult + one Jr.	N/A	\$40/Adult \$30/Jr.	\$40/Adult \$30/Jr.	
2 Junior Refs	N/A	\$30/each ref	Each Ref: \$40 if 3 games (4 clubs are at those games: Each club pay each ref \$10) \$50 if 4 games (5 clubs at these: Each club pay each ref \$10)	
1 Junior Ref	N/A	\$50	3 or 4 games: \$15 each club each ref	

Game Scheduling

-PAGLA East President will create the game schedule.

-Creating the game schedules is a very difficult and time-consuming process. There are many parameters that go into creating the entire schedule based on all of the various field availabilities, the number of games each season, referee assignments, and age groups.

-PAGLA East games **MUST** be the priority. Do not overschedule your teams with extra games. This has caused a lot of injuries in past seasons for girls who were over played during the PAGLA East season. You may not schedule any games with a club that is in PA and is not a member of PAGLA.

-Club Directors must provide the information listed on page 2 of these Directives to the PAGLA (East) Director by January 19th in order to complete the schedules.

******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 have 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 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
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.

****Check your team's refs each week and write down/print the info- you will need this to call refs to cancel due to weather the morning of game.**

Game Re-Scheduling

-Weather is the ONLY reason a game can be rescheduled or cancelled. If the field condition is un-playable and not safe, a game can be re-scheduled.

-If there is a light rain games can be played. The only reasons to cancel are thunder/lightening 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.

-If you do not cancel the game before 7:30am and call each ref as well as the referee director- 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. **Get your ref info from 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 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 game is cancelled. **If a ref or refs show up to field because the coach did not cancel them, the home team will have to pay them.**
5. Director (**NOT coach**) call or email referee director to cancel game in Arbiter.
6. Home field coach (not director) then calls other team's coach and lets them know what is going on. (**They may at this point change location of the game to visiting team's field.** If 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 director needs to contact 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 the Referee Director the new date and time for the game. Refs will be assigned to the new game date.

*****Games may not be re-scheduled for any other reason such as not enough players!!**

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
 - chest protector
 - abdominal & pelvic protection
 - goalkeeper gloves
 - leg padding on shins and thighs
 - mouth guard that is not clear, white, or a colored one with teeth on the front.
- 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.

Third and Fourth Grade

- Teams must be divided into players of equal ability. Seven players per side on the field. **Only 3 coaches in the coaches' box.**
- NO follow through into the crease allowed. The crease **must** be marked with cones.
- Encourage players to hold stick vertically (10pm to 2pm). From 5th grade on holding the stick horizontally and making contact as well as pushing bottom hand into opposing player is illegal.
- Encourage your coaches to tell their players to spread out. Triple teaming a player is not encouraged.
- Home teams must provide a reliable clock manager to keep time.
- No weekday games
- Keep parents at midfield- in between games. **Spectators are not allowed on same side of field as teams.**
- Round Robin tournaments will be played on one full lacrosse field will be divided into two fields for 3/4. Play will consist of 20-minute running clock games for 1 1/2 hours.
- If a coach prefers to have their team play with a certain number of passes, it is the coach's responsibility to count the number of passes for their own team. *The official will not do this.* It is completely up to each individual coach to decide if they want to play with a three passes. Both teams are not required to do this.
- 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.
- NO rolling the ball under a shot blocker. Shot blockers should be placed in a diamond shape in the goal. The bottom corner will hang.
- Goalies are encouraged. 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.**
- Offside rule for 3/4:** The 50-yard line is to be used as a restraining line to keep 2 players back.

Fifth through Eighth Grade clarifications (see following pgs for age specific too)

- An initiated check to the head is a yellow card.
Stick to stick contact doesn't mean there is a foul. Player can run into a defensive player's legal stick & their own stick hits them in their head (not cardable foul). It needs to be an INITIATED check.
- If a player is being legally guarded and has no opportunity to shoot and shoots- this could be a DANGEROUS PROPEL if there are girls in front of her or her follow through hits her defender, both are Yellow cards.
- Keep the defense marking up with in a sticks length with in the 8m, this will help reduce the shooting space calls and girls standing in shooting space.
- Girls may not hold stick horizontally and make contact with opposing player. Encourage girls to hold stick vertically when playing defense and not push bottom hand out into opposing player, this is also illegal.

Shooting Space:

To understand shooting space, look at the big picture. The criteria are:

- Is the shooter in the Critical Shooting Area (CSA)? This starts at the 12-meter mark above the goal line and spreads 12 meters on either side of the goal, and goes behind the goal to the end line.
- The player must be looking to shoot, and have the opportunity to shoot.
- When looking to see if someone is in shooting space you pull a line up from where the goal line extended meets the goal circle on either side of the goal up to where the ball is located. It looks like an ice cream cone, of sorts. This area is much bigger than you would think. Try using ropes at practice one night and show the girls just how big it really is.

New this season for 5th-8th:

- "dots" 5 meters below the 8 meter hash on the goal line extended and mirror each other. They may be any color and be removable (ie. spray painted). If a foul is committed Below Goal Line Extended the player getting possession will take the ball to the "dot" and the player that fouled will go behind if a major foul or beside if it was a minor foul.
- Dangerous Contact Foul -A new mandatory yellow card has been added. Dangerous Contact is defined as any action that thrusts or shoves a player with or without the ball who is in a defenseless position. This includes but is not limited to: head down, from out of the visual field, in the air or out of balance especially in the kidneys, ribs, lower back, shoulder blades or aimed at the neck or head.
- Penalty administration for 3 Seconds will be at the spot of the ball, not automatic 8m shot. Three Seconds: while defending within the 8-meter arc, remain in that area more than 3 seconds unless one is marking an opponent within a stick's length. The 3-second rule is in effect when the team in possession of the ball crosses the ball over the restraining line into their attacking end of the field.
- Foul Placement: When the defense is called for a three-second violation, the free position will be awarded at the position of the ball to restart play. The offender shall go 4m behind the player with the ball. If a flag has been raised and the scoring play ends without additional foul (s) or a shot on goal, the free position will be awarded at the position of the ball when the flag was raised.

Fifth and Sixth Grade (additional 5/6A and 5/6A Playoffs/Championships on other pages)

-5/6 may have a 5/6A and a 5/6B team based on player's ability. If there are two B teams they must be divided equally by ability.

-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

- NO follow through in the crease allowed.

-5/6 A & B 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.

-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, no stopping in the last 2 minutes. Each team may have two time outs anytime in the game.

-Home teams must provide a reliable clock manager to keep time and a scoreboard. The scoreboard must be visible, although the scores are not reported. This is to determine if there is a 4-goal advantage, or Mercy Rule, (see below) If a team is 5 goals ahead of the opposing team the leading team is encouraged to use their non-dominant hand, play other positions, etc.

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

-Substitutes must enter the field and exit the field 5 yards either side of the center line. 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'.

-Three second closely guarded/marked with good defensive positioning rule applies.

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

“Mercy Rule” U13 (5th-6th Grade A & B)

Leading team should be encouraged to use their non-dominant hand.

a) 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.

b) Running Clock the entire game regardless of score

5/6A (These are additional 5/6A rules)

- 5/6A rosters are due to the PAGLA East President BEFORE the first weekend of games.
- Play time for 5/6A players will be at the coaches' discretion.
- 5/6A head coaches must email PAGLA East President (s) within 24 hours of game to report scores. Both coaches must report score.
- Only 5/6A teams will participate in the play offs.
- Teams are permitted to opt out of play offs if they do not want to participate.
- May be Saturday and Sunday games. Games cannot be cancelled or re-scheduled for any reason except the weather.
- 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.
- The home team must provide a scoreboard and it must be visible to refs. Scores must be reported to the PAGLA (East) President within 24 hours of game completion by head coaches.

“Mercy Rule” U13 (5th-6th Grade A & B)

Leading team should be encouraged to use their non-dominant hand.

- a) 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.
- b) Running Clock the entire game regardless of score

Seventh and Eighth Grade 7/8 A & 7/8 B **New 2016 rules on page 9

(see additional 7/8A and 7/8B specific rules on next pages)

-7/8 may have a 7/8A and a 7/8B team based on player's ability and commitment level. If there are two B teams they must be divided equally by ability.

-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

- NO follow through into the crease allowed.

-7/8 A & B 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.

-All games are 2-25 minute running clock halves, stopping in last 2 minutes of the game (not last two minutes of 1st half) unless the mercy rule is effect (see below). Each team gets 2 timeouts during the game- anytime and clocks stop for timeouts.

-Home teams must provide a reliable clock manager to keep time.

-Home team must provide a scoreboard and it must be visible, although the scores are not reported for 7/8 B. This is to determine the mercy rule (see below)

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

-Substitutes must enter the field and exit the field 5 yards either side of the center line. 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'.

-Three second closely guarded/marked with good defensive positioning rule applies.

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

***'Mercy' Rule' U15 (7th-8th Grade A & B):**

- a) The clock will stop in the last 2 minutes of the game 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.

7/8 A

- 7/8A rosters are due to the PAGLA East President BEFORE the first weekend of games.
- Play time for 7/8A players will be at the coaches' discretion.
- 7/8A head coaches must email PAGLA East President (s) within 24 hours of game to report scores. Both coaches must report score.
- Only 7/8 A teams will participate in the play offs.
- Teams are permitted to opt out of play offs if they do not want to participate.
- All games are 2-25 minute running clock halves, stopping in last 2 minutes of the game (not last two minutes of 1st half) unless mercy rule is in effect (see below).
- May be Saturday and Sunday games. Saturday games cannot be cancelled or re-scheduled for any reason except the weather. Raindate for Saturday games is the following Sunday if possible.
- 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.
- The home team must provide a scoreboard and it must be visible to refs. Scores must be reported to the PAGLA (East) President by head coaches within 24 hours of game completion.

“Mercy Rule” U15 (7th-8th Grade A & B):

- a) The clock will stop in the last 2 minutes of the game 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 is encouraged to use their non-dominant hand.

7/8 B

- Each 7/8 B teams do not have to play all the teams in the league since there are no playoffs.
- May be Saturday and/or Sunday games.
- No weeknight games
- Rain date for a Saturday game is the following Sunday, if possible.
- Players must be given equal playing time given all things equal, i.e if two players have attended equal practice time, etc.
- All games are 2-25 minute running clock halves, stopping in last 2 minutes of the game (not last two minutes of 1st half) unless the mercy rule is in effect- see below.
- Home team must provide a scoreboard and it must be visible**, although the scores are not reported for 7/8 B. This is to determine the mercy rule (see below)

“Mercy Rule” U15 (7th-8th Grade A & B):

- a) The clock will stop in the last 2 minutes of the game 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 is encouraged to use their non-dominant hand.

7/8A and 5/6A Play Off Rules and Regulations

- 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 time keeper- there must be a time keeper from each team.
- Home team provides the scoreboard that must be visible to the refs.
- Scorekeepers and timers must be centrally located at the 50 yard line.
- Referees and coaches sign both scorebooks at the conclusion of the game.
- Scores must be reported to the PAGLA(East) President by both teams within 24 hours of the game.
- All games are 2-25 minute running clock halves, stopping on all whistles in the last 2 minutes of the game (not of the 1st half).
- No Mercy Rule for Play Offs

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

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 used to determine seeding. This rewards good defense and does not give anyone incentive to run up the score.

Overtime:

- When the score is tie at the end of regular playing time, overtime is to be played.
- Both teams have a 5 min rest and toss a coin for choice of ends, 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 7/8A and 5/6A rosters 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.

7/8A Semi and final games will be played at Chestnut Hill fields for the 2016 playoffs- Abington is backup.

5/6A Semi and final games will be played at Wissahickon fields for the 2016 playoffs- Abington is backup field if needed

