

## 2020 PAGLA (East) Directives

### Revised March 2020

*\*\*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 US 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 2019 Season the PAGLA East President is Will McBride (CRLA). The CR Committee consists of the directors from AGLC, Deep Run and Chestnut Hill.

**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 B team, 6<sup>th</sup> 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 6<sup>th</sup> graders. **NO 6<sup>th</sup> graders on a 7/8A.**

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

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.

### 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.

## ZERO TOLERANCE OF UNSPORTSMANLIKE BEHAVIOR (US LACROSSE)

US 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.

US 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.

**\*\*If a coach or parent receives a yellow card for behavior- the club is fined \$100. Two yellow cards in one game- a red card. If a coach or parent receives a red card for behavior- the club is fined \$200 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.**

-Sportsmanship is paramount at PAGLA along with the development of all players. As such, no team should win a game by more 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 the more than 10 points: The coach of the losing team can report the score and involved teams to PAGLA's board. Violations will be treated as follows:

1<sup>st</sup> violation: Violating team's coach is warned of their violation

2<sup>nd</sup> violation: Violating team's program director will need to meet with a Sportsmanship Committee (likely by phone)

3<sup>rd</sup> violation: B-level teams will automatically be registered for A-division play at the playday.

A-level team coaches will be subject to disciplinary measures by the Board, including a possible revocation of coaching privileges.

## Uniforms/NOCSAE Balls:

Follow current US 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'...

\*\* 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 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 before the fall annual PAGLA meeting. (Not register teams- just their club)
- Clubs must let the PAGLA East President know prior to February 1st:
  - 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 31st- 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 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 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 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 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.

## 2020 PAGLA East Ref Fees

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

<b>Please meet with ref (and hopefully other coach at same time) <u>before the game</u>- ask about rules being emphasized and pay ref through the PAYBALL app</b>				
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				
<b>Teams:</b>	<b>7/8</b>	<b>5/6</b>	<b>3/4 and K/2</b>	
<b>Refs:</b>				
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 clubs** at the Round Robin at a site that has **4 officials** each club 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 clubs** at the Round Robin at a site that has **4 officials** the hosting club pays each official \$10 and the visiting 4 club 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 clubs** but only has **3 officials** each club 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 clubs** but only has **3 officials** each club 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 clubs** but only has **2 officials** each club 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 clubs** but only has **2 officials** each club 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>

## Game Scheduling

-PAGLA East Scheduler will create the 7/8, 5/6 and 3/4 game schedules.

-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 not 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 (See Exhibit A) by February 1st 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 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](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.

**\*\*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 by calling/texting/emailing the ref director and call 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 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. **Home Team Director (NOT coach)**-email referee director, Scheduler and Visiting Team Director to cancel game in Arbiter/League Athletics.
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 both the Referee Director and East Scheduler 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 pads must protect 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.
  
- Please remember that the goalies must wear leg protection on their shins and that this protection must be larger than 6 inches and must be lacrosse pads. If they are in the game with improper equipment it is an foul for illegal equipment and a change of possession, goalie must leave the field to get proper equipment on, ball goes to the 8m hash on the goal line extended and goalie stays in the crease.

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

- Teams must be divided into players of equal ability.
- 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. If a club wants to purchase a 4x4 or 5x5 net to be used on their home field, they must also provide the appropriate size Rage Cage for the smaller net if those are the only nets available. It is also acceptable for one team to use a 6x6 net/rage cage combo and the other team have a 4x4 or 5x5 net for use with a goalie. It is also acceptable to affix material to a 6x6 goal to convert it to a 4x4 or 5x5 net.
- Only 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. Cones should also be placed at midfield and approximately 15 yards on either side of the midfield cone to establish a restraining line.
- NO 8 meter arc is required
- Dots 5 meters behind the goal line is required.
- NO CHECKING ALLOWED
- 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). From 5<sup>th</sup> 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 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.

-Keep parents at midfield- in between games. **Spectators are not allowed on same side of the 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.

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

#### Free Movement

1. Only player who committed foul and player who got fouled stop and

set-up according to major and minor foul. a. 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

b. Inside critical scoring area:

i. player who fouled must stop and be set up by ref 4m away

and girl who was fouled must stop and get set up behind

by ref, but everyone else can move freely. Play resumes on the ref's whistle.

-Kicking the ball is allowed

**\*\*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.**

## 5/6 & 7/8 Rule Explanations

### New for 2020

#### i. Free Movement

1. Only player who committed foul and player who got fouled stop and

set-up according to major and minor foul. a. Anywhere on field except 12m:

i. player who fouled must start moving 4m away and girl who was fouled can self-start

b. Inside 12m critical scoring area:

i. player who fouled must stop and be set up by ref 4m away

and girl who was fouled must stop and get set up on 12m

by ref, but everyone else can move freely c. Inside 8m:

- i. player who fouled must stop and be set up 4m behind by referee and girl who was fouled must stop and get set up on 8m hashmark by ref
  - ii. The defensive players are entitled to the hashmarks adjacent to the 8m free position.
  - iii. Everyone else can move freely outside of the Penalty Zone
- 
- ii. Self-start- applies everywhere except inside 12m critical scoring area
  - iii. Ball out of bounds after shot

1. When reach stick out forward to “appear” in front of opponent, if player’s stick is reaching over the boundary line out of bounds at same time that ball goes out of bounds, then player reaching stick forward is considered out of bounds and next closest player will get the ball

### Other 2020 Points of Emphasis

-Inclusion of the neck area in the penalty for check to the head

#### - STARTS AND RESTARTS

As the second year of allowing self-starts begins, the rules committee would like to clarify how they are administered. Officials need to be cognizant of not disadvantaging the ball carrier when unnecessarily resetting play, and players must show evidence of recognizing the call made by stopping within playing distance of the foul prior to the self- start. When a whistle is required to start play and a player self-starts on her own, a false start penalty will be administered for the U12 and U14 levels. Consistent and proper officiating will provide smooth transition for starting and restarting play.

#### DELAY OF GAME - SELF-START

As the pace of play has increased, the rules committee has identified both offensive and defensive delays of game outside the critical scoring area and with boundary restarts as a point of emphasis. Teams and players that attempt a self-start beyond a playing distance, fail to move when directed, make no attempt to move, or encroach on the ball carrier prior to her commencing play shall be penalized. Officials are

encouraged to manage the delays with warning, upgrade to a major foul and use the green, green-yellow and yellow cards.

## REPEATED FOULS

This point of emphasis is to focus game management on limiting repetitive fouls and manage illegal play. These fouls disrupt the flow of play and present a risk of injury and unsafe play. Any foul on the field is a warning to all participants. When a team or an individual player is recognized by the officials and continues to commit a foul or a series of fouls, a warning shall be given and any consecutive foul may be carded. Officials must be aware of teams and players that continually foul in particular situations; for example, during transitions and stalls when players foul in order to breakdown or slow a team's movement. Consistent officiating of repetitive fouling will decrease the risk of injury, improve game management, maintain the pace of play and uphold the integrity of the game.

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

-Each club may have 5/6A and/or 5/6B team based on their player's ability. If you have enough players to field 2 teams (minimum 30 players), one team will be registered as an "A" level team and the 2<sup>nd</sup> team will be registered as a "B" level team. Prior to the start of the season, a minimum of 8 players must be designated for the "A" Team (roster and uniform # sent to "A" level coordinator. These players should not play at the "B" level. You can have players who are not on the "A" 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

-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; 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 time outs 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 B), 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.**

**-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 Grade A & B)

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 (both "A" and "B" level) should be posted online (either on the PAGLA site or through your team's webpage) and verified by both coaches by 3pm the day of the game. The "A" level Coordinator will resolve any discrepancies that may arise.

-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'.

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

-No overtime during the regular season.

-Year-end tournament is open to all 5/6 teams. Teams must identify their participation in the year-end tournament by May 5th.

### **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.

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

-There may be Saturday and Sunday games. Games cannot be cancelled or re-scheduled for any reason except the weather. An A game forfeit will be recorded as 0-10.

-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/ A Play Off Rules and Regulations for 2019

- 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 timekeeper 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. The scorekeeper/timer is not part of the team's coaching staff.
- Referees and coaches sign both scorebooks at the conclusion of the game.
- Scores must be posted online (either through the PAGLA website or your team's webpage) by both coaches before 3pm if the game is played on a Saturday or Sunday. For games played during the week, scores must be reported by 9am the next morning. Any discrepancies will be resolved by PAGLA East A level coordinator Chuck Wurzbach [wisslax2013@yahoo.com](mailto:wisslax2013@yahoo.com) .
- 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 tie 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, 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 5/6A 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.

5/6A Semi will be played at Plymouth Whitemarsh HS (Victory Field) and 5/6A final games will be played at Center Square Park (WissLax) for the 2020 playoffs-CCLC fields are the backup.

## Seventh and Eighth Grade 7/8 A & 7/8 B (Follows US Lacrosse U14 rules except as noted below)

-7/8 may have a 7/8A and a 7/8B team based on player's ability and commitment level. If you have enough players to field 2 teams (minimum 30 players), one team will be registered as an "A" level team and the 2<sup>nd</sup> team should be registered as a "B" level team. Prior to the start of the season, a minimum of 8 players must be designated for the "A" Team (roster and uniform # sent to "A" level coordinator. These players should not play at the "B" level. You can have players who are not on the "A" 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

-7/8 A & B will utilize new USL checking rule. Transitional Checking is defined as checking above the shoulder but extend the sphere area around the head where checks are allowed to 12 inches. Checks across the body will be prohibited.

-All games are 2-25 minute running clock halves, stopping in last 2 minutes of the game (not last two minutes of 1<sup>st</sup> half) unless the mercy rule is effect (see below). 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.

-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 B), so there are no discrepancies with a score.**

### \*'Mercy' Rule' U14 (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.

--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 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 10 yard 'box'.

-With the new checking rule three second closely guarded/marked with good defensive positioning rule no longer applies.

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

-Games may be Saturday and Sunday games. Saturday games cannot be cancelled or re-scheduled for any reason except the weather. The rain date for Saturday games is the following Sunday if possible. An "A" game forfeit will be recorded as 0-10.

-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 (both "A" and "B" level) should be posted online (either on the PAGLA site or through your team's webpage) and verified by both coaches by 3pm the day of the game. The "A" level Coordinator will resolve any discrepancies that may arise.

## 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.

-All 7/8 teams can choose to participate in the year-end tournament.

## 7/8 B

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

## 7/8 A Play Off Rules and Regulations for 2019

**-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 time keeper- there must be a timekeeper 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 (and may not yell at the officials about the way they are officiating).
- Referees and coaches sign both scorebooks at the conclusion of the game.
- Scores must be posted online (either through the PAGLA website or your team's webpage) by both coaches before 3pm if the game is played on a Saturday or Sunday. For games played during the week, scores must be reported by 9am the next morning. Any discrepancies will be resolved by PAGLA East A level coordinator Chuck Wurzbach [wisslax2013@yahoo.com](mailto:wisslax2013@yahoo.com) .
- All games are 2-25 minute running clock halves, stopping on all whistles in the last 2 minutes of the game (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 tie 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, 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 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.

Semi will be played at CCLC (Sparks Field) and final games will be played at Conshy Bulldogs (Plymouth Whitemarsh HS) fields for the 2019 playoffs- WissLax (Center Square Park) field is the backups.

## EXHIBIT A-Schedule Information

Club:

Club Contact (Name/Cell/Email):

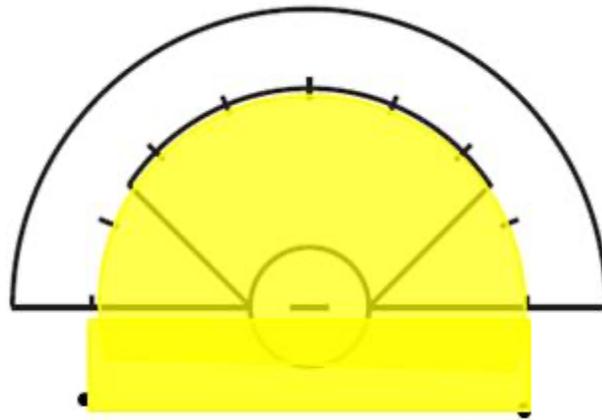
Team Name (ex. 5/6B-AGLC White)	Home Field Address	Blackout Dates	Other Issues



## Exhibit C-PENALTY ZONE

The Penalty Zone has been developed to simplify penalty administration and address safety concerns around 8m free positions in the girl's game. This area shall be cleared for all 8m free positions awarded above the goal line extended.

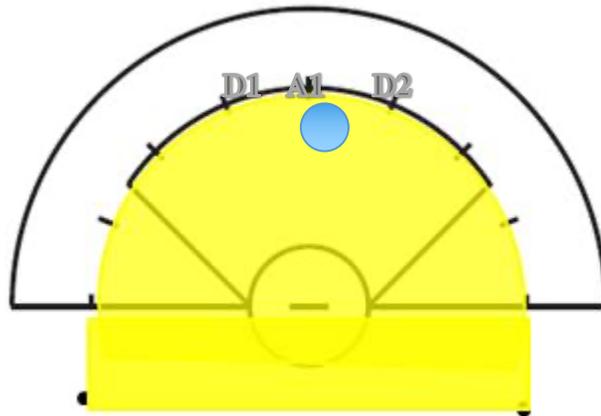
The penalty zone is the area 8 meters away from the goal circle above the goal line extended (includes the entire 8m arc and both "pie" areas) and the area created by the extension of the 8m marks (on the Goal line extended) to the dots and between the dots.



**Yellow shaded area is the Penalty Zone.**

If a major foul by the defense takes place within 8 meters of the goal circle, including the "pie" area and above the goal line extended, the free position is placed on a hash mark and therefore the entire penalty area is cleared. The player who gets fouled takes the hash, the defenders are entitled to the opposite hash marks of the fouled player and all other players must clear the zone.

For any major foul by the defensive player occurring in the Critical Scoring Area and below the goal line extended the foul is administered at the nearest dot. The penalty zone is not cleared when a foul is administered at a dot.



### Major/Minor Fouls Between the 8m and 12m

-If it is a major foul, the offender goes behind the player fouled and penalty lane is cleared to goal (4m either side).

-If it is a minor foul, the offender is moved in front of the player fouled onto the 8m and it is an indirect free position. The player cannot shoot on an indirect.

