

River's Edge Indoor Sports – LACROSSE PROGRAMS

Training:

We offer instructional training classes for the new and “slightly- experienced” player – both male and female. The only requirement for this class is to have a stick. Be sure it is gender correct as the sticks are different.

League Play:

The purpose of playing indoor lacrosse is to improve upon your stick skills, teamwork and enhance your abilities to play the game.

All league games will play 6v6 plus a goalie. The midfield line will be used as the restraining line whereby 4 players can go on offense and 2 must stay back. We will play two 22 minute halves with a running clock. We will use certified refs who will have full discretion regarding calling fouls/penalties in order to maintain the safety of all players at all time. Inappropriate hitting, language or unsportsmanlike behavior will result in lost playing time and could include expulsion from the game.

Boys:

No Hitting Policy-

No hitting is allowed. This includes slashing, cross checking, and overly aggressive play with the “intent to hit.” All hitting deemed inappropriate will result in a penalty and lost playing time for the penalized player.

Lacrosse is a physical sport and appropriate physical contact is allowed as long as the players involved are playing the ball and not the player. All decisions are at the referee’s discretion up to and including expulsion from the game.

Equipment-

All required equipment for the outdoor game is also required to play indoor including helmet, shoulder pads, mouth guard, gloves, arm protection and a stick. In addition, it is recommended that each player wears a cup and uses additional padding protection (i.e. rib). Under no circumstances may a player enter the field of play without being fully and properly equipped including the goalie as described below.

Goalie-

In addition, the goalie must wear a cup, chest protector and throat guard.

Girls:

All female players are required to have a mouth guard, legal stick and eye goggles. The goalie must have all required outdoor equipment including helmet with face mask, throat guard, chest protector, gloves and shin guards as well as any other padding for additional protection.

Other Information:

Rosters:

You may roster up to 18 players. Every player including any subs must have a parent sign the River's Edge roster/waiver form prior to playing. Any player who is 18 may sign for themselves.

Substitutions:

Each team has unlimited substitutions and can do so on the fly and at anytime during the game.