

League Formats

Indoor lacrosse will be non-contact field lacrosse in an enclosed area.

Competition is designed to assist in developing an individuals skills and knowledge of the sport.

Number of Players on the Field

Boys Grade 7/8 - 7v7 (6 and a Goalie)

Boys Grade 5/6 - 7v7 (6 and a Goalie)

Girls Premier - 6v6 (5 and a Goalie)

Girls 2nd Division - 6v6 (5 and a Goalie)

Rosters

All teams must submit a complete roster no later than the start of the first game. All teams are able to make adjustments to the roster until the third game. If teams do not comply they will not be allowed to play until a roster is submitted. The roster form is located on our website at www.cnyfsc.com

- ◆ Maximum of 16 players on a roster
- ◆ Players are not allowed to play on two teams in the same division
- ◆ Players can play up, but they can't play in a lower division (A 12th grader can't play in Girls 2nd Division, but a 9th grader can play in the Girls Premier)



About The Sports Centre

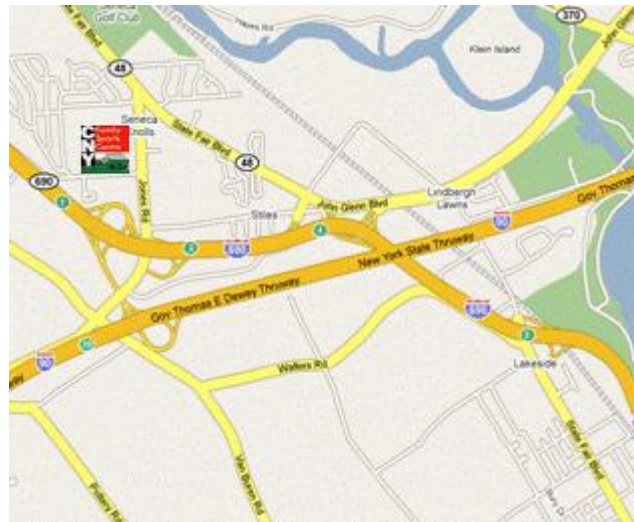
Featuring Indoors

- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dashboards
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center / Team Meeting Room
- ◆ Video arcade
- ◆ Upper Level Mezzanine for spectator viewing

Featuring Outdoors

- ◆ Three 110 yd. x 70 yd. multipurpose natural grass fields
- ◆ Two 70 yd. x 40 yd. multipurpose natural grass fields
- ◆ One 90 yd. x 60 yd. multipurpose natural grass field
- ◆ Family picnic area
- ◆ 250 car parking lot

Conveniently located off Route 690 at Jones Road or Exit 39 of the NYS Thruway



CNYFSC

Girls Premier Lacrosse
Boys Youth Lacrosse
Girls 2nd Division
Team Registration



Fall 2014 Leagues



The CNY Family Sports Centre
7201 Jones Road
Syracuse, New York 13209
Phone 638-8866
Fax: 638-2882

www.CNYFSC.com

Required Equipment

- Boys are required to wear helmets, gloves, mouth guard, and proper pads.
- Goal keepers must have chest protector, goalie throat guard and goalie stick.
- Girls are required to wear goggles and mouth guards.
- Any brand of sneakers is sufficient
players cannot wear cleats.

*** Coaches, parents and players assume all responsibility for playing each week with the proper equipment***

Mouth Guards are available at the front desk for \$2.

Team League Fees

Team League Fees

Boys Grades 7/8 & 5/6: \$950.00
Girls Premier & 2nd Division: \$950.00

All league fees must be paid by the third game

Schedule Requests

Scheduling requests will be taken into consideration. Any requests must be submitted in *writing* no later than the first game.

If you have not submitted a schedule request and you cancel your game, we will not make up the game

The only way games will be cancelled by the Sports Centre is if the NYS Thruway is closed due to weather

Game Dates & Times

Boys Grades 7/8:

Grades 7/8: Tuesdays, 9/23 - 11/18
Playoffs: Tuesday, 11/18 (top 4 teams)
Games Times: 5:00pm - 8:30pm

Top 4 teams make playoffs

Boys Grades 5/6:

Fridays, September 26th-December 5th
Playoffs: Friday, 12/5 (top 4 teams)
Game Times: 6:00pm—8:30pm

Top 4 teams make playoffs

No Games on October 10 or November 28
Next Session begins Monday, January 23rd

Girls 2nd Division

Day: Tuesday 10/21 - January 2015
Game Times: 5:00pm - 9:10pm
No Games on 12/30

Girls Premier

Day: Thursday 10/23— January 2015
Game Times: 5:00pm - 9:10pm
No Games 11/27, 12/25 or 1/1

Spring Leagues will start in January 2015

Levels of Play

Boys Grades 7/8 & Grades 5/6

Boys Grades 7/8—Players need to be in 7th or 8th Grade as of the start of the league

Boys Grades 5/6—Players need to be in 5th or 6th Grade of the start of the league

Girls Premier & Girls 2nd Division

Girls Premier - Advanced players 9th - 12 grade
Girls 2nd Division - Younger and or inexperienced players

Players can play up a Division but can not play down a division

Registration Form

Indoor Team Lacrosse Registration Form Fall 2014

Team Name: _____

Division: _____

Manager/Coach: _____

Manager/Coach Cell Phone: _____

Manager/Coach Home Phone: _____

Address: _____

City: _____ Zip: _____

Manager Email: _____

Coach Email: _____

Credit Card: (Required only if using credit card)

Visa _____ MasterCard _____ Discover _____

Exp: _____ CVC2 Code: _____

I as the team Manager/Coach agree to have my credit card used for purpose of insuring payment of league fees. I understand that if my team has not paid the full amount of league fees by the third game, my card will be billed for the balance of the fees.

Card Holder: _____

Make Checks Payable to: CNYFSC

Send to: Central New York Family Sports Centre
7201 Jones Rd
Syracuse, NY 13029

Phone: (315) 638-8866

Fax: (315) 638-2882

Email: kdonahue22@aol.com

Lacrosse Director: Kaitlin Donahue