

# Lacrosse Format

- 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 JV - 5 and a Goalie  
Boys Modified - 5 and a Goalie  
Boys Future Stars (5th & 6th Grade) - 6 and a Goalie  
Boys 3rd & 4th Grade - 6 and a Goalie

Girls Premier - 5 and a Goalie  
Girls 2nd Division - 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](http://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't play in a lower division (9th grader can't play in Boys Modified Division)

**New Age**

Individual Champion & Runner - Up awards are supplied by:

**Graphix**



## New York State's Most Complete All Season Sports Complex

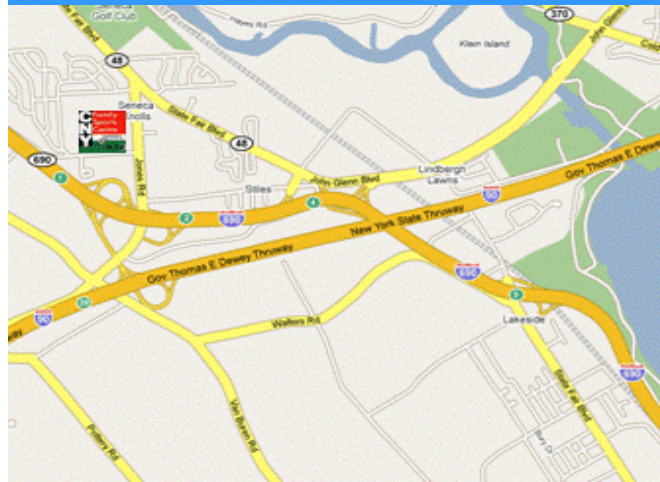
### Featuring Indoors

- ◆ Two 185' x 85', Artificial turf with dasherboard multipurpose fields
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Trophy & team photo area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center
- ◆ Video arcade
- ◆ 12000 sq. ft. 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 fields
- ◆ Family picnic area
- ◆ Children's playground
- ◆ Jogging and walking trails
- ◆ 250 car parking lot

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



# Indoor Lacrosse Leagues Team Registration Fall/Winter 2011



The CNY Family Sports Centre  
7201 Jones Road  
Syracuse, NY 13209  
Phone: (315) 638 - 8866  
Fax: (315) 638 - 2882

[www.CNYFSC.com](http://www.CNYFSC.com)

## 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.\*\*
- \* Players assume all responsibility for playing each week with the proper equipment\*

## Team League Fees

### Team League Fees

9 week league: \$850.00  
8 games and a possible playoff  
(playoff is time permitting)

\$100.00 Deposit is Required at time of team registration. Registration is not considered final until a deposit is received

★ 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

## Fall/Winter 2011 Leagues

### Boys Divisions

#### Boys Modified (7th/8th grade)

**Day:** Every Wednesday  
**Dates:** 10/19/11 - 12/21/11  
**Time:** 5:00pm - 8:20pm

Players need to be in 7th or 8th Grade  
\*No Games on November 23rd\*

#### Boys Future Stars (5th & 6th grade)

**Day:** Every Friday  
**Dates:** 10/21/11 - 12/23/11  
**Time:** 5:00pm - 8:20pm

Players need to be in 5th or 6th Grade  
\*No Games on November 25th\*

#### Boys 3rd & 4th Grade

**Day:** Every Friday  
**Dates:** 10/21/11 - 12/23/11  
**Time:** 5:00pm - 8:20pm

Players need to be in 3rd or 4th Grade  
\*No Games on November 25th\*

Players can play up a Division but can't play down a division

### Girls Divisions

#### Girls 2nd Division

**Day:** Every Tuesday  
**Dates:** 10/18/11 - 12/20/11  
**Time:** 5:00pm - 9:10pm

Players are in 9th or 10th Grade and also younger and/or inexperienced players

#### Girls Premier

**Day:** Every Thursday  
**Dates:** 10/20/11 - 12/22/11  
**Time:** 5:00pm - 9:10pm

Advanced players 9th-12th Grade  
\*No Games on November 24th\*

Players can play up a Division but can't play down a division

## League Application

### Indoor Lacrosse Registration Form 2011

Team Name: \_\_\_\_\_

Division: \_\_\_\_\_

Manager/Coach: \_\_\_\_\_

Manager/Coach Cell Phone: \_\_\_\_\_

Manager/Coach Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Manager/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: \_\_\_\_\_

Signature: \_\_\_\_\_

**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**