

Tournament Format

- All games will be 20 minutes in length.
- Every team is guaranteed a minimum of 3 games.
- Overtime Format:
 - Teams play a 'sudden death', 3 minute period.
- Awards will be given to the Tournament Champions and Runners Up.
- Standings will be determined by the following:

Points System

- 3 points for a win.
- 1 point for a tie.
- 0 points for a loss.
- 1 point for a shutout victory.
- 1 point per goal scored (maximum of 5)
- (Maximum possible points = 10; a 3-0 or better shutout victory)

Sponsors of The CNY Family Sports Centre



Cool Down
Ice Cream Parlor
Serving Ice Cream,



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

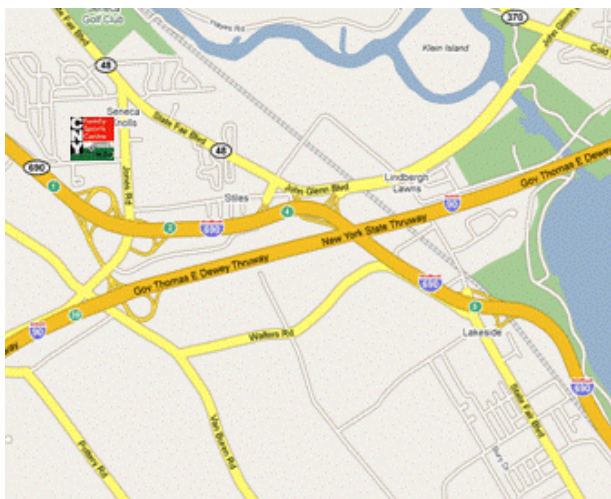
Featuring Outdoors

- ◆ Four 110 yd. x 70 yd. multipurpose natural grass fields
- ◆ Two 70 yd. x 40 yd. natural grass multipurpose fields
- ◆ 30 yd. x 20 yd. Brazilian style sand field
- ◆ Family picnic area

Directions

Take Exit 39 on the NYS Thruway, to 690 East, and exit at Jones Road (Exit 2)

Exit from 690, Exit 2, and turn right. The CNY Family Sports Centre is located on the left hand side, approximately a half mile past the exit.



5th Annual "Gotta Believe"



Men's Open Christmas Lacrosse Tournament Saturday December 26th, 2009

7201 Jones Road
Syracuse, New York 13209
Phone: (315) 638-8866 - Fax: (315) 638-2882

www.cnyfsc.com

Tournament Information

Date & Time

Saturday, December 26th, 2009
5:00 pm– 12:00 am

Registration

In order to register please fill out and return the registration form on this brochure with a \$75.00 deposit to hold your spot in the tournament.

Fees

\$225.00 - per team.

Make checks payable to: **CNYFSC**

Full payment is due before 1st game

Deadlines

The registration form and tournament fees need to be submitted no later than

Friday, December 18th, 2009. Entries received after this date will be accepted on an availability basis only.

Schedule Requests

ALL schedule requests must be submitted in writing no later than 1 week prior to the start of the tournament. After this deadline requests may not be honored.

Rosters

ALL teams **MUST** submit a roster prior to the start of their first game.

Number of Players

Each team can roster up to 16 players per team.



Equipment Requirements

Players required equipment:

- *helmets
- *gloves
- *mouth guard
- *stick

Goalies are required to have:

- *chest protector
- *goalie throat guard
- *goalie stick

Footwear:

Cross trainers or indoor turf shoes

****NO CLEATS****

****Absolutely NO *box goalie* gear will be allowed to be worn in this tournament.**

Teams will be automatically *disqualified* if proper indoor goalie attire is not worn!**

*In Memory of
Dan Spillet*

*"Play Every Game
Like It's Your Last"*



Team Application

**Christmas Tournament
Saturday, December 26th, 2009**

Team Name: _____

Manager/Coach: _____

Manager/Coach Email: _____

Address: _____

City: _____ Zip: _____

Day Phone: _____

Evening Phone: _____

Assistant: _____

Day Phone: _____

Evening Phone: _____

Credit Card: (Only if paying with credit card)

Visa _____ MasterCard _____ Discover _____

Expiration Date: _____ CVC2 Code: _____

Card Holder: _____

Signature: _____

Please make checks payable to: **CNYFSC**

**Any Questions?
Contact:**

Lacrosse Director

Kaitlin Donahue

315-638-8866

kdonahue22@aol.com