

13th Annual School Lacrosse Tournament "2019"

**Thanks coaches for all your support over the years -
Last One For Dymment.....**

When: Thursday, May 9th 12 P.M. (Junior Gr.4-6)

Friday, May 10th 12 P.M. (Intermediate Gr.7-8)

Where: *Oshawa Civic Turf Fields Indoor and Field 5

Cost: \$90 per team

Awards: Championship shirts for 4 divisions

- Minimum of 4 games, played rain or shine
- Teams must provide their own whippet sticks to play
- Teams are coed with '6' players Junior and '5' players intermediate plus the goalie on the field of play

**To register send your cheque to Rob Dymment @
Blair Ridge P.S. to get a spot**

Indicate Jr. or Int. team and the coaches name for each team

Last year we filled up FAST!

Avoid disappointment-Get your team IN!!

" 40 Teams per division this year "

Full Description of the Format/Rules see below

Durham Invitational Lacrosse Tournament Rules and Format

- Teams must be coed with 6 players (Junior) 5 Players (Intermediate) **and** a goalie on at one time
- * a minimum of one player on the field needs to be male or female (not including the goalie)
- We will play the width of half a soccer field and change on the fly
- ***If we have 5 team pools - 12 -15 minute games (depending on time)***
- Whippet/soft lacrosse sticks used only (plastic heads)
- Goalies **must wear** helmet, gloves and jock/jill as minimum padding. They can wear other equipment as well and are permitted to use a regulation goalie stick. (SEE BELOW FOR DEFINITION OF EQUIPMENT THIS YEAR)
- Players minimum equipment is their stick. They can wear gloves, helmet and jock/jill but it is optional as **there is no contact!**
- No stick contact in the air (head to head stick contact may occur on loose balls on the ground) **No body checking or contact is permitted!**
- A player has 5 seconds with the ball only, then they must pass/shoot to avoid loss of possession
- A player may beat an opposing player from the other team and then must pass or shoot to avoid loss of possession ie. You cannot beat two players in a row.
- Nobody (a player's stick included) is permitted in the goalie crease on either team.
- When a ball is sent out of bounds; the team that played it out loses possession and the other team gets possession at the point where the ball left the field - even on a shot.

TRAPPING THE BALL: IF A PLAYER TRAPS THE BALL ON THE GROUND IT WILL BE HIS/HER POSSESSION **AS LONG AS THEY HAVE 2 HANDS ON THEIR STICK**. ALL OTHER PLAYERS GIVE HIM/HER A STICK LENGTH AND THEN PLAY RESUMES WITH THAT PLAYER RUNNING, PASSING OR SHOOTING THE BALL.

KEY RULES

1. Goalie Equipment - Hockey or lacrosse **shin pads**, hockey or lacrosse **pants** and hockey or lacrosse **uppers** (chest protector) **MAY** be used. Hockey Goalie pads or road hockey goalie pads **CANNOT** be used.
2. If a ball is trapped in front of the goal by an opposing team (5 metre square distance - ref's discretion) it will be moved 10m to the sideline to resume the play again. This helps to avoid dangerous shots from hitting players defending their net.
3. A player cannot drop the ball intentionally and regain possession by trapping it.