



## Central NY's Premier Lacrosse Organization

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### Girls/Women Indoor Lacrosse 2018

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#### Girls K-6<sup>th</sup> (Clinic/Scrimmage)

Location: Rising Stars, Westmoreland, NY

Dates: Nov 7, 14, 28, Dec 5, 12, 19, Jan 9, 16, 23, 30 (10 weeks, Wednesdays 6pm-8pm)

Cost: Kindercrosse - \$100, Girls 3<sup>rd</sup>-6<sup>th</sup> Clinic - \$175

Visit [www.tricitylacrosse.org](http://www.tricitylacrosse.org) for specific details

#### Girls Varsity/College/Women (League)

Location: Utica College

Dates: Nov 25, Dec 2, 9, 16, Jan 6, 13, 20, 27, Feb 10, 17 (10 weeks, Sundays 4-6pm)

Cost: Local players: \$125, Out of town college players: \$75

Visit [www.tricitylacrosse.org](http://www.tricitylacrosse.org) for specific details

#### Player Requirements

US Lacrosse Insurance (purchase at [www.uslacrosse.org](http://www.uslacrosse.org), membership link), reversible jersey (not provided), online waiver forms for Tri-City Lacrosse, all protective gear.

#### League Rules

- Modified Level A HS Rules
- 10 vs. 10
- Substitutions "on the fly"
- No clearing time
- 1 Timeout/half (anywhere on field)

#### Other Details

- Checks should be made out to "Tri-City Lacrosse"
- Price for GV/Women's league includes pinnie
- Registration/waiver forms are available at [www.tricitylacrosse.org](http://www.tricitylacrosse.org).
- Women's League: first week (Nov 25) mandatory scrimmage so captains can pick teams!!
- Schedule available November 18.