PLAYER SAFETY IS OUR PRIMARY RESPONSIBILITY

- Players are recommended to have an athletic physical prior to playing any sports.
- Players who are sick, experiencing any symptoms of an illness, or injured should not play in the game. Your health and spring season are more important.
- Players must check in with their coach to make sure their attendance is recorded on the **GameSheet** app.
- Any unsportsmanlike conduct (in actions, words, or deeds) will result in a 5-minute penalty. This is in effect before, during, & after on-field play.
- While in the bench area, players should be under control & demonstrate proper sportsmanship. Penalties can be issued to the bench as well.
- **NO** hitting into the boards! Any hit into the boards will result in a 5-minute major penalty or in case of a severe incident, the player being issued a game misconduct & ejection from the game.
- Any hits to the head or hits from behind will result in a 5-minute major penalty.
- Players must play the ball first. Playing the body will result in an interference call & possession awarded to the opposing player.
- Offensive moving picks can be set, but movement off the pick (roll, slip, or screen) is necessary. A player cannot hit another player from behind & attempt to drive block them off the ball.
- Defensive cross-checking (on ball) is permitted but needs to be kept below the shoulders and above the waist. Cross-checking from behind or to the opposing player's head will result in a penalty.
- Face-offs will be done to start the game, to start each period, & after each goal. Face-off mechanics should be down, set, & blow the whistle. Each team must have 3 players on their defensive side of the floor. The center circle is for the draw players only until possession is gained.

- Ball movement & off-ball movement usually lead to high percentage shots. Winding up and shooting as hard as one can, very rarely pays off in box lacrosse.

- All players deserve to play and improve their skills. Sub on, sub off, repeat!

- There is NO jumping off on the boards after a goal is scored or given up!

- At the end of the game, get together as a team, give a cheer, line-up, & shake hands. **Move on!**

- Drive home safely, we will see you next time!