



## MIDDLE SCHOOL RULES OF PLAY & SCHEDULE

- All players must have required league jersey, equipment & mouthpiece (bring your own water).
- NO CLEATS! Turf shoes or court shoes only.
- Each session will start with a skill development period followed by an open play period.
- NO one handed checks & NO hitting into the boards!
- The shot clock is 30-seconds once possession is gained.
- The shot clock resets when the ball hits the goalie or the goal, or when there is a change of possession.
- Any ball into the net or soccer goal will be a change of possession (except off a shot that hits the goal, goalie, or defensive player)
- Penalties are running time upon player entering the penalty box (2:00 min. personal foul; 5:00 min. major foul). A goal scored wipes the penalty out.
- Inappropriate language will result in a 10-minute player suspension (2<sup>nd</sup> offense=expulsion from game). Fighting will result in an automatic ejection from game or expulsion from the league.

Date	Skill Session (all sessions will be played on Field 2 from 5:00-6:00 pm)
12/7/19	Intro to box lacrosse, basic skill work
12/14/19	2-man game (offense & defense)
12/21/19	Small group concepts up to 3 v. 3 (offense & defense)
1/11/20	Full group concepts up to 5 v. 5 (offense & defense)
1/18/20	Transition concepts (half-floor & full floor)
1/25/20	Open game play
2/1/20	Open game play
2/8/20	Open game play
2/15/20	Open game play

**Holiday Break:** There will be no sessions on December 28, 2019 and January 4, 2020.

## COACHING STAFF

Coach	Program Affiliation
Charlie Joyce	Co-Director & Cleveland Demons
Logan Parsons	Co-Director & Solon High School
David Blue	Cleveland Demons / Solon High School
Dan Clem	Cleveland Demons / Archbishop Hoban High School
Bobby Lyle	Cleveland Demons / Jackson High School
Hans Rydquist	University School
Todd Sidle	Solon High School

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