

## Ft. Mill Lacrosse Club Regulations:

Practices will begin on time and end on time

1. Up to 5 minutes late: 4 Laps or 4-100 yd sprints
2. Up to 15 minutes late 6 Laps or 6-100 yd sprints
3. Up to 30 minutes late 8 Laps or 8-100 yd sprints
4. Up to 1 hour late 12 Laps or 12-100 yd sprints
5. Over 1 hour: Don't come

Unexcused absences:

Miss one practice: No playing 1-quarter next game

Miss two practices: No playing 1 half next game

Miss three practices: No playing 3 quarters next game

Miss four practices: No playing in game, next game

Miss a game: No playing in next game.

Acceptable excuses:

1. Academic: email from teachers or coaches to [jimvan11@comporium.net](mailto:jimvan11@comporium.net)
2. Parental: Email or phone call: 803-548-5362
3. Official copies of schedules for other sports including player's name and parents signature

Uniforms:

1. Practice: Only with team shirts and shorts. Must wash at least once per week. In cold weather any sweats will be ok, but practice pennies will be worn.
2. Games: Only game uniforms. Socks and undergarments all one color. Without these you will not play.

Academics:

1. 2.0 average to participate
2. Parents can hold players from playing for Academic performance or personal reasons as can teachers
3. Next year eligibility will be determined by this semester 1-09 to 6-09.

Equipment Minimum

1. Legal Stick
2. Shoulder and arm pads, must cover rotator cuff and from mid-biceps to mid-forearm

3. Gloves-Black
4. Helmet white with logo only
5. Cup
6. Mouth Guard (**can not** be clear or white)
7. Name on all equipment

Paperwork:

1. Release forms
2. US Lacrosse membership
3. Player and parent code of conduct
4. Health insurance policy number

Parental Involvement:

1. Commitment to have boys on time and to pick up on time
2. Parental committee to help with lining fields
3. Parental committee to supply oranges and drinks for games
4. Parental committee to solicit funds/advertising/develop game Programs
5. Parental committee to set up fund raising activities/social events
6. Parental committee to run concessions