

CCBC CATONSVILLE 2007/2008 LACROSSE LEAGUE

Camp Guidelines

1. *Campers are to be instructed and reminded to enter and leave through the lower level entrance to the Athletic and Wellness Center (AWC) next to Parking Lot 5 (Equipment Room side).*
2. *No food or drinks are permitted on the AWC Main Arena. Water bottles and cups of water are permitted in the Main Arena.*
3. *Tennis shoes only are allowed on the AWC Main Arena.*
4. *Campers should arrive no earlier than fifteen (15) minutes before the start of camp.*
5. *Spectators should view games from the balcony. To enter the balcony, walk the perimeter of the track, across the AWC Main Arena floor through Gym I or Gym III, to stairwells over which are marked "EXIT".*
6. *In the event of inclement weather, please call 410-455-4960 one hour before the start of camp.*

CCBC Catonsville Indoor Camp Philosophy:

Provide a safe, game-oriented setting in which to develop those lacrosse skills necessary for a successful high school season. Emphasis will be placed on passing, catching, scooping, shooting, defense and team play. The win-at-all-cost attitude will be de-emphasized. Every attempt will be made to compose teams of 10-15 players from the same school in order to facilitate a smooth transition to the spring regular season.

League Play:

MOUTHPIECES must be worn at all times while participating. A FREE mouthpiece will be available at check-in on the first day for anyone who needs one. After the initial game, players without a mouthpiece will need to purchase one at a cost of \$1.00 from the staff or sit out. GAME play will consist of teams with 5 players and a goalie. Approximately, every 5 minutes a whistle will signal substitutions. Games will start on the hour and last an hour. A short break at half will be taken. Off-sides will not be called. Everyone plays offense and defense. Riding is prohibited. Play is half-field man-to-man defense. Other than the rule changes outlined above, regular field game rules will be followed. Penalties have been enforced in a variety of ways depending on the severity of the infraction. Example of the penalties include: sitting out for a period of time at the discretion of the referee. Referees were specifically selected from coaches in order to not only control the game but also to provide advice and keep the flow of the game going. Please RESPECT all participants, staff, spectators and the facilities. Unsportsmanlike conduct is grounds for dismissal from the league. There is zero tolerance for fighting. The BALL consists of a taped, stuffed, tennis ball. This is done to firstly develop scooping skill and secondly, to protect the facility. (To date, this is our best model. Any suggestions would be welcomed.) ONE STEP RULE. In attempting to obtain a loose ball near any wall, the player closest to the ball shall be awarded one step by all opponents in order to prevent boarding.

Boy's Game

NO BODY CHECKING. This represents a deliberate attempt by the staff to insure the safety of all participants on a confined surface.

ALL SHORT STICKS. EACH player must provide his own stick, helmet, gloves and pads.

Girl's Game:

EACH PLAYER needs her own stick and mouthpiece.