

# KENT COUNTY PARKS AND RECREATION

## YOUTH INDOOR LACROSSE LEAGUE

### RULES SHEET

- Games will be played from 6:00pm to 7:00pm
- Games will be played over a 6-week period
- Light Instructions before games (Throwing, Catching, ETC.)
- Round Robin Format
- Score will be kept by Coaches/Referees
- Smaller Box Lacrosse Goals will be used
- There will be a shooting restraining line that players must be inside in order to shoot on goal. (No Long Range Shots)
- This is a Low Contact League
- Players need to provide their own Helmet, Mouth Piece, Gloves, Elbow Pads, Shoulder Pads, and Stick.
- League fee includes a game pinnie
- All players will be placed on teams by Coaching Staff
- NO CLEATS or SPIKES

