

CAPITTALE



LACROSSE CLUB
HANDBOOK 2013/14

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MACROBERT CHAMPIONS 2013

BACKGROUND



EDINBURGHCAPITALLAX@GMAIL.COM



07930 272 188



WWW.FACEBOOK.COM/EDINBURGHCAPITALLAX



WWW.TWITTER.COM/CAPITALLAX_EDIN



CHRISTMAS (JUMPER) PARTY 2012

CAPITAL IS ONE OF TWO MIXED LACROSSE CLUBS IN EDINBURGH, AND ARGUABLY ITS FAVOURITE - THOUGH THAT VIEW MIGHT BE A LITTLE BIASED!?

WE ARE STOCKBRIDGE BASED AND TRAIN TWICE WEEKLY AT BROUGHTON HIGH SCHOOL - WE PRIDE OURSELVES ON OUR EXPERIENCE, ENTHUSIASM AND TEAM SPIRIT, AND COMPETE IN THE NATIONAL MIXED LEAGUE AS WELL AS ENTERING VARIOUS TOURNAMENTS THROUGHOUT THE YEAR

LAST YEAR WE WERE CROWNED CHAMPIONS OF THE MACROBERT CHAMPIONSHIP, THE MAJOR NATIONAL MIXED TOURNAMENT - FOR ONLY THE SECOND TIME IN THE CLUB'S 17 YEAR HISTORY

OUR SOCIAL SCENE IS INTEGRAL TO THE CLUB'S ONGOING SUCCESS, AND WE REGULARLY HOST A VARIETY OF EVENTS TO ENCOURAGE A CLOSE KNIT AND FRIENDLY TEAM ATMOSPHERE - AFTER ALL A TIGHT-KNIT TEAM OFF THE FIELD MAKES FOR A STRONG TEAM ON FIELD!

WE WELCOME PLAYERS OF ALL ABILITIES AND AGES, AND ACTIVELY ENCOURAGE NEW MEMBERS TO JOIN WHETHER A SEASONED PRO OR A COMPLETE BEGINNER, ENSURING EVERYONE GETS THE MOST OUT OF THEIR TIME WITH THE CLUB

THIS SEASON, THE COMMITTEE IS AIMING TO MAKE THE YEAR CAPITAL'S BEST SINCE THE CLUB'S INCEPTION IN 1996 - WE'RE HOPING TO BUILD ON LAST YEAR'S SUCCESSES ON FIELD, IN BOTH THE NATIONAL LEAGUE AND MACROBERT AND ARE EVEN INTRODUCING FITNESS SESSIONS AND SPECIALIST COACHING TO HELP US ACHIEVE THIS - OFF FIELD, AS WELL AS THE USUAL SOCIAL FRIVOLITIES, WE'RE HOPING TO STRENGTHEN OUR TIES WITH THE COMMUNITY SPORTS HUB AT BROUGHTON HIGH SCHOOL BY PARTICIPATING IN A NUMBER OF DEVELOPMENT DAYS/CAMPS AS WELL AS SETTING UP AN AFTER SCHOOL LACROSSE CLUB FOR P4-P7S

KEY INFORMATION



TRAINING

OUTDOOR: THURSDAY EVENINGS, 7PM TO 8.30PM ON THE ASTROTURF AT BROUGHTON HIGH SCHOOL

INDOOR: TUESDAY EVENINGS, 8PM TO 9PM IN THE SMALL GYM HALL AT BROUGHTON HIGH SCHOOL, MEETING IN THE FOYER AREA AT 7.50PM FOR A SHARP START

FITNESS: INSTEAD OF INDOOR TRAINING, ONCE A MONTH 'DO IT COMMANDO' WILL PUT US THROUGH OUR FITNESS PACES IN INVERLEITH PARK FOR A HARDCORE 45 MINUTES

LACROSSE SCOTLAND DEVELOPMENT DAYS & NATIONAL SQUAD TRAINING: HELD ONCE A MONTH-ISH, THESE WEEKENDS PROVIDE A FANTASTIC OPPORTUNITY TO GET PROFESSIONAL COACHING FROM THE NATIONAL COACH WITH THE BEST PLAYERS FROM ACROSS THE COUNTRY

MATCHES/TOURNAMENTS

LEAGUE: HOME AND AWAY FIXTURES WILL TAKE PLACE AGAINST ALL TEAMS, AS WELL AS TOURNAMENTS - DATES ARE SHOWN ON THE SEASON CALENDAR ON PAGES 07 & 08

PITCHERO: TO BE CONSIDERED FOR MATCH SELECTION, PLAYERS MUST HAVE A PITCHERO ACCOUNT SO YOUR AVAILABILITY FOR MATCHES CAN BE EASILY UPDATED AND MONITORED

TO SIGN UP FOR AN ACCOUNT, GO TO WWW.PITCHERO.COM AND CLICK THE SIGN UP BUTTON IN THE BANNER AT THE TOP - AFTER INITIAL SETUP AND SIGNING IN, GO TO 'MY NETWORK' AND SEARCH FOR CAPITAL LACROSSE AND ADD YOURSELF AS A PLAYER - THE CLUB PAGE CAN BE FOUND AT WWW.PITCHERO.COM/CLUBS/CAPITALLACROSSE - IF YOU RUN INTO ANY DIFFICULTIES OR REQUIRE FURTHER DETAILS, CONTACT THE MATCH SECRETARY

MAN OF THE MATCH: AFTER EACH GAME, SUPERB PLAYER PERFORMANCES WILL BE AWARDED WITH THE CAPITAL CUP, WHICH WILL BE PRESENTED EITHER AT POST MATCH DRINKS IN THE STANDARD (WHEN AT HOME) OR AFTER THE FINAL WHISTLE/COOL DOWN (WHEN AWAY)

SUBS

GENERALLY: ANNUAL SUBS COVER TRAINING, MATCH/PITCH FEES, INSURANCE, CLUB EQUIPMENT, SOCIALS ETC - WITHOUT THEM, CAPITAL COULDN'T FUNCTION - SUBS ARE MANDATORY AND FAILURE TO PAY WILL RESULT IN SUSPENSION FROM THE CLUB

AMOUNTS & DUE DATES:

	ADULT	STUDENT/UNEMPLOYED
FULL ANNUAL PAYMENT	£120	£80
EARLY BIRD PAYMENT (BY 30TH SEPT)	£115	£75
1ST INSTALMENT (BY 18TH OCT)	£80	£55
2ND INSTALMENT	£40	£25
PAY AS YOU GO (PER OUTDOOR SESSION)	£5	£4
PAY AS YOU GO (PER INDOOR/FITNESS SESSION)	£3	£2
PAY AS YOU GO (PER MATCH)	£2*	£2*

PLEASE NOTE: PAY AS YOU GO SUBS MUST BE PAID ON THE DAY, AT THE BEGINNING OF EACH SESSION
*PLUS A ONE-OFF LB MEMBERSHIP/INSURANCE FEE (UNLESS ALREADY REGISTERED WITH ANOTHER CLUB I.E MEN'S)

REGISTRATION: AT THE BEGINNING OF THE SEASON, CLUB REGISTRATION FORMS WILL BE ISSUED TO MEMBERS FOR COMPLETION AND WILL PROVIDE DETAILS ON PAYMENT METHODS FOR ANNUAL SUBS

KEY INFORMATION CONTINUED



LACROSSE SCOTLAND

MEMBERSHIP: TO OBTAIN PLAYING INSURANCE AND THEREFORE BE ELIGIBLE TO PLAY IN MATCHES, PLAYERS MUST REGISTER WITH LACROSSE SCOTLAND AT THE FOLLOWING WEB ADDRESS: [HTTPS://FS4.FORMSITE.COM/LACROSSESCOTLAND/MSHIP/SECURE_INDEX.HTML](https://fs4.formsite.com/lacrosseScotland/mship/secure_index.html)

MEMBERSHIP COSTS ARE COVERED BY CLUB SUBS SO WHEN REACHING 'PAYMENT METHOD' SELECT "MY CLUB WILL PAY AS PART OF MY ANNUAL CLUB FEES" - ONCE YOU'VE RECEIVED THE EMAIL CONTAINING YOUR APPLICATION REFERENCE NUMBER, PLEASE SEND IT ON TO EDINBURGHCAPITALLAX@GMAIL.COM - ANY QUERIES, CONTACT THE TREASURER

SOCIALS

SPONSOR: WE ARE SPONSORED BY 'THE STANDARD' ON HOWE STREET, WHERE WE CONVENE FOR DRINKS AFTER OUTDOOR TRAINING AND MATCHES

EVENTS: ORGANISED SOCIALS OF ALL SHAPES AND SIZES TAKE PLACE AFTER MOST MATCHES, AS WELL AS OTHER OCCASIONS - THESE ARE NOTED ON THE SEASON CALENDAR ON PAGES 07 & 08 AND ARE ALSO PUBLISHED TO THE EVENTS SECTION OF THE FACEBOOK PAGE

DEVELOPMENT

COMMUNITY SPORTS HUB: AS ONE OF THE CORE CLUBS IN THE BROUGHTON HIGH SCHOOL COMMUNITY SPORTS HUB, WE ASSIST IN RUNNING VARIOUS LACROSSE DAYS AND AFTER SCHOOL CLUBS FOR KIDS FROM LOCAL PRIMARY SCHOOLS - ALL MEMBERS ARE WELCOME TO GET INVOLVED AND SHOULD CONTACT THE DEVELOPMENT OFFICER FOR FURTHER INFO

KIT

PLAYING EQUIPMENT: IF YOU'RE JUST STARTING OUT, ALL YOU NEED TO BRING IS A MOUTHGUARD, TRAINERS FOR ASTRO AND STUDS OR MOULDED BOOTS FOR MATCHES ON GRASS - THE CLUB WILL LEND YOU A STICK UNTIL YOU'RE READY TO BUY YOUR OWN

CLUB KIT ORDERS: EACH SEASON, WE GIVE OUR MEMBERS THE CHANCE TO CLUTTER THEIR WARDROBES WITH ALL MANNER OF BRANDED GOODIES - THE MAIN KIT ORDER TAKES PLACE IN OCTOBER WITH AN ADDITIONAL ORDER IN JANUARY (DEPENDING ON DEMAND)

CLUB COMMUNICATIONS

EMAIL: IF YOU HAVE ANY QUERIES, YOU CAN REACH THE COMMITTEE MEMBERS USING EDINBURGHCAPITALLAX@GMAIL.COM

SOCIAL NETWORKING: 'LIKE' OUR FACEBOOK PAGE OR 'FOLLOW' US ON TWITTER TO KEEP YOUR FINGER ON THE CAPITAL PULSE

NEWSLETTER: A CLUB NEWSLETTER WILL BE PUBLISHED AT THE BEGINNING OF EVERY MONTH TO ENSURE PEOPLE ARE KEPT UP TO DATE WITH MAJOR GOINGS ON

COMMITTEE

MEETINGS: THE COMMITTEE MEET ONCE A MONTH. ONCE EVERY HALF SEASON, AN OPEN MEETING IS HELD, WHERE ANYONE FROM THE CLUB CAN ATTEND AND SHARE THEIR VIEWS - DATES FOR THESE ARE SHOWN ON THE SEASON CALENDAR ON PAGES 07 & 08

COMMITTEE



CAPTAIN: AMIE ROUTLEDGE



VICE CAPTAIN: NIKKI HENDERSON



TREASURER: CAROLINE MCLUCKIE



MATCH SECRETARY: DAVE HARVEY



DEVELOPMENT & MARKETING OFFICER: FI FUNG



SOCIAL SECRETARY: FI STEWART



KIT MANAGER: ADAM CLARKSON



SEASON CALENDAR (AUG - DEC)



WEEK	DAY	DATE	EVENT	LOCATION
#01	Tue	13/08/2013	N/A	
	Thu	15/08/2013	OUTDOOR TRAINING	BHS ASTRO
	Sat	17/08/2013	SOCIAL: FESTIVAL DRINKAGE	UDDER BELLY: BRISTO SD.
#02	Tue	20/08/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	22/08/2013	OUTDOOR TRAINING	BHS ASTRO
	Sat	24/08/2013	FESTIVAL OF SPORT 'SPORT WITH THE STARS' LAUNCH EVENT	MEADOWBANK STADIUM
#03	Tue	27/08/2013	COMMITTEE MEETING	BHS
			FITNESS WITH 'DO IT COMMANDO'	INVERLEITH PARK
	Thu	29/08/2013	OUTDOOR TRAINING (OPEN TO PUBLIC FOR FOS)	BHS ASTRO
	Sat	31/08/2013	FESTIVAL OF SPORT COACHING & CLUB CONFERENCE	HERIOT WATT
	Sun	01/09/2013	FESTIVAL OF SPORT COACHING & CLUB CONFERENCE	HERIOT WATT
#04	Tue	03/09/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	05/09/2013	AFTER SCHOOL LACROSSE CLUB FOR P4-P7 (6PM TO 7PM)	BHS ASTRO
			OUTDOOR TRAINING (OPEN TO PUBLIC FOR FOS)	BHS ASTRO
	Sat	07/09/2013	N/A	
#05	Tue	10/09/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	12/09/2013	AFTER SCHOOL LACROSSE CLUB FOR P4-P7 (6PM TO 7PM)	BHS ASTRO
			OUTDOOR TRAINING	BHS ASTRO
	Sat	14/09/2013	SOCIAL: PIZZA NIGHT	MAMMA'S, BRASSMARKET
#06	Tue	17/09/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	19/09/2013	AFTER SCHOOL LACROSSE CLUB FOR P4-P7 (6PM TO 7PM)	BHS ASTRO
			OUTDOOR TRAINING	BHS ASTRO
	Sat	21/09/2013	N/A	
#07	Tue	24/09/2013	FITNESS WITH 'DO IT COMMANDO'	INVERLEITH PARK
	Thu	26/09/2013	AFTER SCHOOL LACROSSE CLUB FOR P4-P7 (6PM TO 7PM)	BHS ASTRO
			OUTDOOR TRAINING	BHS ASTRO
	Sat	28/09/2013	UMPIRING COURSE	EDINBURGH
	Sun	29/09/2013	TRIAL LEAGUE TOURNAMENT WITH UMPIRE TESTING	EDINBURGH
#08	Tue	01/10/2013	COMMITTEE MEETING	BHS
			INDOOR TRAINING	BHS GYM HALL
	Thu	03/10/2013	AFTER SCHOOL LACROSSE CLUB FOR P4-P7 (6PM TO 7PM)	BHS ASTRO
			OUTDOOR TRAINING	BHS ASTRO
	Sat	05/10/2013	NATIONAL SQUAD OPEN TRAINING/DEVELOPMENT	TBC
	Sun	06/10/2013	NATIONAL SQUAD OPEN TRAINING/DEVELOPMENT	TBC
#09	Tue	08/10/2013	HUB CLUB FORUM	BHS
			INDOOR TRAINING	BHS GYM HALL
	Thu	10/10/2013	AFTER SCHOOL LACROSSE CLUB FOR P4-P7 (6PM TO 7PM)	BHS ASTRO
			OUTDOOR TRAINING	BHS ASTRO
	Sat	12/10/2013	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
		SOCIAL: 'UNDER THE SEA' FANCY DRESS PARTY ²	CAPTAIN'S CLUBHOUSE	
	Sun	13/10/2013	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
#10	Tue	15/10/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	17/10/2013	AFTER SCHOOL LACROSSE CLUB FOR P4-P7 (6PM TO 7PM)	BHS
			OUTDOOR TRAINING	BHS ASTRO
	Sat	19/10/2013	LEAGUE MATCH DAY	HOME OR AWAY TBC
			SOCIAL: PUB NIGHT	THE STANDARD
	Sun	20/10/2013	COACHING DEVELOPMENT DAY	TBC
#11	Tue	22/10/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	24/10/2013	AFTER SCHOOL LACROSSE CLUB FOR P4-P7 (6PM TO 7PM)	BHS
			OUTDOOR TRAINING	BHS ASTRO
	Sat	26/10/2013	LEAGUE MATCH DAY	BHS/PEFFERMILL
		SOCIAL: SKITTLES @ THE SHEEP'S HEAD	DUDDINGSTON	
#12	Tue	29/10/2013	COMMITTEE MEETING (OPEN TO CLUB)	BHS
			FITNESS WITH 'DO IT COMMANDO'	INVERLEITH PARK
	Thu	31/10/2013	AFTER SCHOOL LACROSSE CLUB FOR P4-P7 (6PM TO 7PM)	BHS ASTRO
			OUTDOOR TRAINING	BHS ASTRO
	Sat	02/11/2013	CLUBS' TOURNAMENT	TBC
#13	Tue	05/11/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	07/11/2013	OUTDOOR TRAINING	BHS ASTRO
	Sat	09/11/2013	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
			SOCIAL: LASER QUEST ²	DALRY ROAD
	Sun	27/10/2013	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
#14	Tue	12/11/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	14/11/2013	OUTDOOR TRAINING	BHS ASTRO
	Sat	16/11/2013	LEAGUE MATCH DAY	HOME OR AWAY TBC
			SOCIAL: ICE HOCKEY - EDINBURGH CAPITALS VS BELFAST GIANTS	MURRAYFIELD ICE RINK
	Sun	17/11/2013	COACHING DEVELOPMENT DAY	TBC
#15	Tue	19/11/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	21/11/2013	OUTDOOR TRAINING	BHS ASTRO
	Sat	23/11/2013	NATIONAL SQUAD OPEN TRAINING/DEVELOPMENT	TBC
			NATIONAL SQUAD OPEN TRAINING/DEVELOPMENT & UMPIRING COURSE	TBC
#16	Tue	26/11/2013	COMMITTEE MEETING	BHS
			FITNESS WITH 'DO IT COMMANDO'	INVERLEITH PARK
	Thu	28/11/2013	OUTDOOR TRAINING	BHS ASTRO
	Sat	30/11/2013	RESERVE LEAGUE MATCH DAY	
	Sun	29/09/2013	TRIAL LEAGUE TOURNAMENT WITH UMPIRE TESTING	GLASGOW
#17	Tue	03/12/2013	INDOOR TRAINING	BHS GYM HALL
	Thu	05/12/2013	OUTDOOR TRAINING	BHS ASTRO
	Sat	07/12/2013	SOCIAL: CHRISTMAS PARTY	TBC
#18	Tue	10/12/2013	N/A	
	Thu	12/12/2013	N/A	
	Sat	14/12/2013	N/A	
#19	Tue	17/12/2013	HUB CLUB FORUM	BHS
	Thu	19/12/2013	N/A	
	Sat	21/12/2013	N/A	
#20	Tue	24/12/2013	N/A	
	Thu	26/12/2013	N/A	
	Sat	28/12/2013	N/A	

SEASON CALENDAR (JAN - APR)



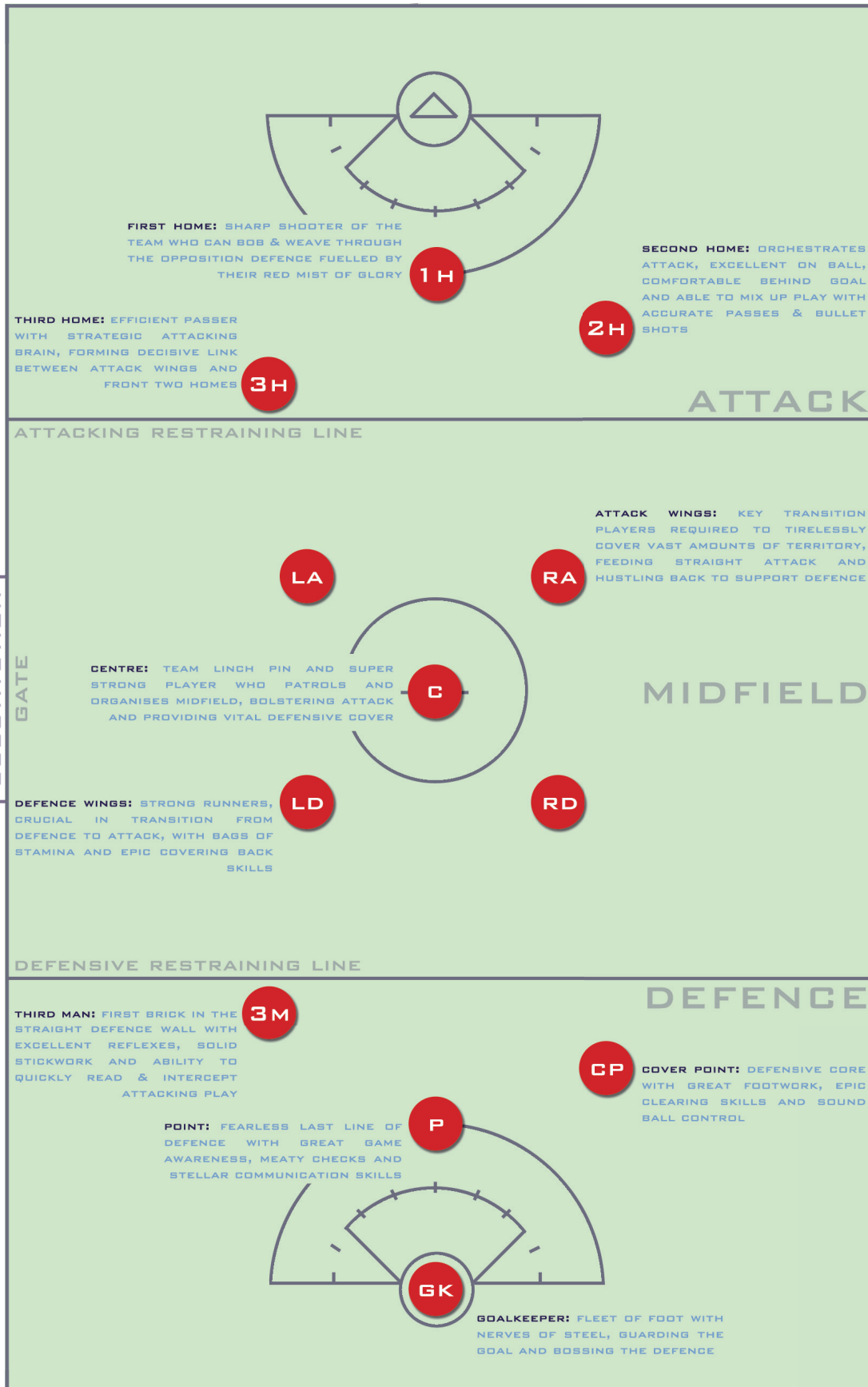
WEEK	DAY	DATE	EVENT	LOCATION
#21	Tue	31/12/2013	N/A	
	Thu	02/01/2013	N/A	
	Sat	14/12/2013	N/A	
#22	Tue	07/01/2014	N/A	
	Thu	09/01/2014	OUTDOOR TRAINING	
	Sat	11/01/2014	N/A	
#23	Tue	14/01/2014	FITNESS WITH 'DO IT COMMANDO' ¹	INVERLEITH PARK
	Thu	16/01/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	18/01/2014	NATIONAL SQUAD OPEN TRAINING/DEVELOPMENT	TBC
	Sun	19/01/2014	NATIONAL SQUAD OPEN TRAINING/DEVELOPMENT	TBC
#24	Tue	21/01/2014	INDOOR TRAINING	BHS GYM HALL
	Thu	23/01/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	25/01/2014	INDOOR TOURNAMENT ¹	TBC
	Sun	25/01/2014	INDOOR TOURNAMENT ¹	TBC
#25	Tue	28/01/2014	COMMITTEE MEETING	BHS
			INDOOR TRAINING	BHS GYM HALL
	Thu	30/01/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	01/02/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
	Sun	02/02/2014	SOCIAL: FAJITAS & MARGARITAS @ Tex Mex ²	THISTLE STREET
#26	Tue	04/02/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
	Thu	06/02/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	08/02/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
	Sun	09/02/2014	SOCIAL: ICE SKATING ²	MURRAYFIELD ICE RINK
	Sun	09/02/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
#27	Tue	11/02/2014	FITNESS WITH 'DO IT COMMANDO' ¹	INVERLEITH PARK
	Thu	13/02/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	15/02/2014	TRIAL LEAGUE TOURNAMENT	ABERDEEN
	Sun	16/02/2014	UMPIRING COURSE	TBC
#28	Tue	18/02/2014	INDOOR TRAINING	BHS GYM HALL
	Thu	20/02/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	22/02/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
	Sun	23/02/2014	SOCIAL: TEN PIN BOWLING ²	FOUNTAINBRIDGE
	Sun	23/02/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
#29	Tue	25/02/2014	COMMITTEE MEETING (OPEN TO CLUB)	BHS
			INDOOR TRAINING	BHS GYM HALL
	Thu	27/02/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	01/03/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
	Sun	02/03/2014	SOCIAL: MYSTERY ²	TBC
#30	Tue	04/03/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
	Thu	06/03/2014	INDOOR TRAINING	BHS GYM HALL
	Thu	06/03/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	08/03/2014	NATIONAL SQUAD OPEN TRAINING/DEVELOPMENT	TBC
	Sun	09/03/2014	NATIONAL SQUAD OPEN TRAINING/DEVELOPMENT	TBC
#31	Tue	11/03/2014	FITNESS WITH 'DO IT COMMANDO' ¹	INVERLEITH PARK
	Thu	13/03/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	15/03/2014	MACROBERT TOURNAMENT (DAY 1)	TBC
	Sun	16/03/2014	MACROBERT TOURNAMENT (DAY 2)	TBC
	Sun	16/03/2014	SOCIAL: CHOP CHOP BANQUET	HAYMARKET
#32	Tue	18/03/2014	HUB CLUB FORUM	BHS
			INDOOR TRAINING	BHS GYM HALL
	Thu	20/03/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	22/03/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
	Sun	23/03/2014	LEAGUE MATCH DAY ¹	HOME OR AWAY TBC
#33	Tue	25/03/2014	COMMITTEE MEETING	BHS
			INDOOR TRAINING	BHS GYM HALL
	Thu	27/03/2014	OUTDOOR TRAINING	BHS ASTRO
	Fri	28/03/2014	PUB QUIZ	THE STANDARD
	Sat	29/03/2014	RESERVE LEAGUE MATCH DAY	TBC
#34	Tue	30/03/2014	RESERVE LEAGUE MATCH DAY	TBC
	Tue	01/04/2014	INDOOR TRAINING	BHS GYM HALL
	Thu	03/04/2014	OUTDOOR TRAINING	BHS ASTRO
	Sat	05/04/2014	FRIENDLY TOURNAMENT ¹	TBC
	Sun	06/04/2014	FRIENDLY TOURNAMENT ¹	TBC
#35	Tue	08/04/2014	FITNESS WITH 'DO IT COMMANDO' ¹	INVERLEITH PARK
	Thu	10/04/2014	OUTDOOR TRAINING	BHS ASTRO
	Fri	11/04/2014	AGM	TBC

¹ AS FAR AS POSSIBLE, THE LEAGUE SECRETARY WILL TRY TO SCHEDULE MATCHES ON SATURDAY MORNINGS, HOWEVER THIS WILL DEPEND ON THE AVAILABILITY OF OUR OWN PLAYERS AND THE OTHER TEAM - SOME MATCHES MAY HAVE TO BE PLAYED ON SUNDAYS - SPECIFIC DETAILS ON OPPONENTS, LOCATIONS AND TIMINGS WILL BE RELEASED BY THE MATCH SECRETARY CLOSER TO THE TIME - DON'T FORGET TO KEEP YOUR AVAILABILITY UP TO DATE ON PITCHERO

² WHEN LEAGUE MATCHES ARE SCHEDULED FOR SUNDAYS, SOCIALS WILL TAKE PLACE ON THE FRIDAY EVENING TO ENSURE CLEAR HEADS AND FRESH GAME FACES FOR THE MATCH - KEEP AN EYE ON FACEBOOK FOR THE LATEST DETAILS

MATCHES/TOURNAMENTS
 SOCIALS
 NATIONAL SQUAD TRAINING

BASICS - FIELD POSITIONS



BASICS - RULES



MIXED LACROSSE IS A FAST-PACED, ACTION-PACKED, NON-CONTACT SPORT PLAYED ON A GRASS OR ASTRO PITCH WITH MARKINGS AND POSITIONS AS SHOWN ON THE PREVIOUS PAGE.

FULL MATCH RULES ARE AVAILABLE AT WWW.FILACROSSE.COM/RULES-WOMENS-FIELD BUT THE FOLLOWING TWO PAGES PROVIDE A BRIEF SUMMARY:

GENERALLY

STANDING ON THE WHISTLE: AT ANYTIME DURING THE MATCH WHEN THE REFEREE BLOWS THEIR WHISTLE, PLAYERS MUST STAND STILL

RESTRAINING LINE: WHEN ON THE OFFENSIVE, NEITHER TEAM MAY HAVE MORE THAN SEVEN ATTACK PLAYERS BELOW/GOAL SIDE OF THE RESTRAINING LINE IN THEIR OFFENSIVE/ ATTACKING END OF THE FIELD - SIMILARLY WHEN DEFENDING, NEITHER TEAM MAY HAVE MORE THAN EIGHT DEFENCE PLAYERS (INCLUDING THE GOALKEEPER) BELOW/GOAL SIDE OF THE RESTRAINING LINE IN THEIR DEFENSIVE END OF THE FIELD

SUBSTITUTIONS: EACH TEAM MAY SUBSTITUTE AN UNLIMITED NUMBER OF PLAYERS AT ANY TIME DURING PLAY, INCLUDING OVERTIME, AFTER EVERY GOAL, AFTER A TEAM TIME OUT AND AT HALFTIME - ALL SUBSTITUTIONS MUST BE MADE THROUGH THE SUBSTITUTION GATE IN THE CENTRE OF THE FIELD

NUMBER OF MEN ON PITCH: UP TO FOUR MEN ARE ALLOWED ON THE PITCH AT ANY ONE TIME, ONLY THREE OF WHICH CAN PLAY OUTFIELD - IF FOUR PLAY, ONE MUST BE IN GOAL (IN THIS SITUATION THE GOALKEEPER CANNOT GO BEYOND THEIR DEFENSIVE RESTRAINING LINE)

MAJOR FOULS

BARGING: A PLAYER MUST NOT CHARGE/PUSH INTO AN OPPONENT USING THEIR BODY

BLOCKING: A PLAYER MAY NOT INITIATE CONTACT BY MOVING INTO THE PATH OF AN OPPONENT WITH THE BALL, WITHOUT GIVING THAT PLAYER A CHANCE TO STOP/CHANGE DIRECTION

CHECKING: A PLAYER'S CHECK MAY BE DEEMED ILLEGAL IF MADE AROUND THE BODY, INTO THE FACE OR FROM BEHIND

DANGEROUS PROPELLING: A PLAYER MUST NOT FLICK THE BALL, EITHER IN THE AIR OR ON THE GROUND WITHOUT HAVING FULL CONTROL OF THE BALL

DANGEROUS SHOT: SHOOTING MUST BE CONTROLLED, AND NOT THROUGH PLAYERS

MISCONDUCT: A PLAYER MUST NOT CONDUCT THEMSELVES IN A DANGEROUS OR UNSPORTSMANLIKE MANNER, NOR PERSISTENTLY CAUSE RULE INFRINGEMENTS OR DELIBERATELY ENDANGER THE SAFETY OF OTHER PLAYERS

SHOOTING SPACE: A DEFENDER MAY NOT MOVE INTO THE SPACE BETWEEN AN ATTACKER & THE GOAL WHEN THE ATTACKER IS GOING TO SHOOT - THEY MUST MOVE TOWARDS THE PLAYER NOT INTO THEIR SHOOTING SPACE.

SLASHING/TACKLING DANGEROUSLY/WITH UNNECESSARY FORCE: A PLAYER MUST NOT

BASICS - RULES CONTINUED



SWING THEIR STICK AT AN OPPONENT'S STICK OR BODY RECKLESSLY OR WITH UNNECESSARY FORCE, REGARDLESS OF WHETHER THE OPPONENT IS STRUCK

STICK CONTACT: A PLAYER'S STICK MUST NOT MAKE CONTACT WITH THEIR OPPONENT'S BODY

THREE SECOND RULE: A DEFENDER MAY NOT STAND WITHIN THE INNER FAN FOR MORE THAN 3 SECONDS, UNLESS THEY ARE CLOSELY MARKING THEIR OPPONENT

WARDING: A PLAYER MUST NOT REMOVE ONE HAND FROM THEIR STICK & USE THEIR FREE ARM TO FEND OFF AN OPPONENT

MINOR FOULS

BODY BALL: IF THE BALL COMES OFF ANY PART OF A PLAYER'S BODY TO THEIR OWN ADVANTAGE, THEN POSSESSION IS GIVEN TO THE OPPOSING TEAM

COVERING: A PLAYER MUST NOT PUT THEIR STICK OVER THE BALL TO PREVENT OTHER PLAYERS FROM PICKING IT UP

EMPTY STICK CHECK: A PLAYER MUST NOT CHECK AN OPPONENT'S STICK WHEN THEY ARE NOT IN POSSESSION OF THE BALL

GOAL CIRCLE FOULS: NO PART OF AN OFFENSIVE OR DEFENSIVE PLAYER'S BODY OR STICK, EXCEPT THAT OF THE GOALKEEPER, SHOULD ENTER THE GOAL CIRCLE TOUCHING THE FLOOR - NO PLAYER, OTHER THAN THE GOALKEEPER, MAY ENTER THE GOAL CREASE



CAPITTAAL

LACROSSE CLUB
HANDBOOK 2013/14

