*Fastbreak Fall Lax*

**fall league lacrosse: multi-town program**

 **When**: on Sunday’s beginning, October 4, 2020– November 8 ,2020.

 **Why**: a great opportunity to keep the stick in the kids’ hands and get many more touches than 10 v10

**Where:** Heavenly Farms Field 440 Dunhams Corner Rd East Brunswick

**Who**: 3/4th grade division, 5/6th grade division and 7/8th grade division. All players must be valid US Lacrosse members

**Time:** Games will be played at 5:30pm , 6:45pm , and 8pm (younger grades earlier times)

**Format:** 7v7 (minimum 10 players, maximum 12 players/ team). Each Team will be allowed no more than two long poles on the field at one time in the 5/6 and 7/8 divisions. 60 inch max length in 5/6 division

**Referees:** All Referees will be NJ High School Varsity Referees

**Fee:** $1,100/ team (includes pinney for each player). Organizations can bring teams or players can register and play for house teams. FastBreak Lax will supply coaches, if needed

**Management**: League will be supervised and run by Joe Garavente – Asst Coach Monroe HS, GMC Asst Coach of the Year, 2010, 2015, Director of Coaching Monroe Rec Lacrosse, Founder of FastBreak Lacrosse, Two Time NCAA Champion Johns Hopkins

**registration**

Fblax.us $120 per single player or register as team for $1100 - US Lacrosse Number Required for all players

**ON LINE REGISTRATION Paid by Credit Card – individual registration open Sept 1, 2020**

**Updates will be provided on this Website.**

[**www.fblax.us**](http://www.fblax.us)

**As exciting as it is for the possibility of getting back on the field, FBLax will take every precaution necessary to get back on the field. There is a risk to getting back on the field with the seriousness of Covid 19. Here is the plan of what players, fans and coaches can do to minimize risk. When you register you will sign a waiver. Teams and parents will also agree to use the TeamSnap temperature certification process to take players’ temperature on the day of the games.**

FastBreak Lacrosse Sunday Night League Covid-19 Prevention

Preparation

* Players and Coaches must temperature and symptom check before heading to practice - anyone with a temperature or symptoms within 14 days must stay home. TeamSnap certification process that parent has taken their child's temperature that day
* If you are sick, stay home
* If a player or coach has a temperature or symptoms, they will be asked to leave for the health and safety of all players
* If a player or coach has been in contact with someone who is now sick, they should make that known before the game
* Wash Jersey and Equipment Regularly - Keep Equipment out in the sun as much as possible
* All players must return signed waivers at time or registration with parent’s signature –this waiver to be completed shortly, will forward to all when complete. This will include Waiver of Liability, Acknowledge Risk of Participation and standard Covid 19 language commonly being used by sports organizations.

Games

* We will have staggered starting times.   5:30, 6:45 and 8pm. Games take about 55 minutes   No players from the next game will be allowed on the field till all players from previous games clear the field. Allow players to leave field while maintaining 20 foot cushion
* Players and Parents should maintain social distancing in parking lots and wear masks when social distancing may be difficult
* Limit of two fans per player. Parents from the designated home team(from website schedule) in north end zone, away parents in south end zone
* Limit of three Coaches, must wear masks, maintain player distance on sidelines. Both teams on same sideline maintaining 10 yds to start of “bench”

On the Field

* There will be no “shared” water - we ask all players to bring more than enough water for themselves
* All players should bring their own hand-sanitizer
* Sanitize hands before and after practices, as well as properly wipe down equipment.
* NO SPITTING
* No “Hi-Fives,” “Handshakes,” “Fist-Bumps,” or “Celebration Hugs”
* No congregating
* No Shared Equipment, Water Bottles, Mouth Guards, etc