

VOLT BOX LACROSSE REGISTRATION FORM

(Please fill all areas to the best of your ability for every single player that is part of a individual registration)

(Please complete both sides of this form)

AGE DIVISION:

- Boys Grades 3-5
- Girls Grades 3-5
- Boys Grades 6-8
- Girls Grades 6-8
- Boys Grades 9-12
- Girls Grades 9-12
- Men Age 18+
- Women Age 18+

Registration for Session I accepted by October 22nd
Registration for Session II accepted by December 31st
Registration for Session III accepted by February 25th

Session I November 5th League will start

Session II January 7th League will start

Session III March 4th League will start

8 Games will be played in each session!

TIMES OF PLAY: TBD

Schedule will be e-mailed 3 days prior

Volt Box LAX Registration: \$80 per session per player.

Each additional player - \$80

You can register by mailing this form and fee to:

Bennington Sports Center Indoor Lacrosse
230 School Street, Bennington VT 05201

Make your check out to: Vermont Voltage

jrvoltage@gmail.com

(802) 309-4007

RELEASE FROM LIABILITY

BENNINGTON SPORTS CENTER

I understand that Box Lacrosse (herein referred to as Activity) can be a dangerous activity, that there are certain inherent risks associated with participating in the sport, and that injuries can and do occur.

I assume the entire risks incidental to the nature of this Activity, including risks which are not specifically foreseeable. I will follow the rules and regulations provided by ISA, Inc. and Bennington Sports Center (herein referred to as BSC) & VT Premier Suites, LLC. I assume all the risks incidental to the Activity. I have my own Health Insurance. I agree to release, indemnify, save, and hold harmless, ISA, Inc. DBA Vermont Voltage, BSC, ISA, Vermont Voltage, & VT Premier Suites, LLC their Boards, staff, or volunteers from liability of any nature, for property damage, or personal injury, including death, which might arise from participating in the Activity and from participating in any ancillary activity such as, but not limited to, use of facilities for training or practice, team meetings, social events, and team travel. It is understood that this release is binding on the participant, his or her heirs and assigns and constitutes a relinquishment of a legal cause of action which otherwise might be available. Therefore, the undersigned acknowledges that he or she either has consulted with a lawyer or has knowingly waived such right. . By signing below you are acknowledging that you will follow all rules & regulations set forth by Bennington Sports Center and that they must follow the Facility Rules in order take place in our Greenburg's Leagues and skill sessions.

Each player on your team MUST complete this form

Executed, this _____ day of _____, 2017/18

Participant's Signature

Participant's Name (Print)

Date of Birth

Parent's or Guardian's Signature (If Under 18 years old)

Parents or Guardian's Name (Print)

Medical Insurance (Company Name / Policy Number)

Address

Phone

EMAIL-very important

**VOLT LAX-WINTER 2017/18
INDOOR VOLT BOX LAX**



**ALL LEAGUES PLAYED AT THE
BENNINGTON SPORTS CENTER**
230 School Street, Bennington, VT
www.voltagesportsclub.com

AGE DIVISIONS

- Boys Grades 3-5
- Girls Grades 3-5
- Boys Grades 6-8
- Girls Grades 6-8
- Boys Grades 9-12
- Girls Grades 6-12
- Men Age 18+
- Women Age 18+



INDOOR LACROSSE

VOLT Box lacrosse, also known as indoor lacrosse and sometimes shortened to box lax or simply box, is an indoor version of lacrosse played mostly in North America. The game originated in Canada where it is the most popular version of the game played in contrast to the traditional field lacrosse game. It is played between two teams of 4-5 players and one goalie each and is traditionally played on an ice hockey rink or smaller field area. The playing area is called a box, in contrast to the open playing field of field lacrosse. The object of the game is to use a long handled racket, known as a lacrosse stick, to catch, carry, and pass the ball in an effort to score by ultimately hurling a solid rubber lacrosse ball into an opponent's goal.

Volt Box LAX Registration: \$80 per session per player.

Each additional player - \$80

You can register by mailing this form and fee to:

Bennington Sports Center Indoor Lacrosse
(230 School Street, Bennington VT 05201)

Make your check out to: Vermont Voltage

Required Equipment (Boys):

- Helmet
- Stick
- Shoulder Pads
- Arm Pads
- Gloves
- Athletic Cup
- Mouth Piece

Required Equipment (Girls):

- Stick
- Goggles
- Mouthpiece

Box Lacrosse League Rules of Play

- All players must play in their age division.
- 25 minute halves (running time) / 5 minute half time.
- **4 vs. 4 plus Goalkeepers**
- **Regulation 6ft. x 6ft. goals for upper age divisions (U15, HS, and College+)**
- **Small 4ft. x 4ft. goals for lower age divisions (U11 - U13)**
- Unlimited Substitutions (On the Fly), player must come off before another player can enter the field.
- Traditional face off to start match and after each goal is scored. All other players must stand alone in a separate corner or against the wall at midfield. Players may leave these starting positions upon the whistle, but may not interfere with faceoff players until possession is called out by the official.
- Goalkeepers must make at least one pass within 4 seconds of a save and on the defensive half of the field (i.e. no clearing passes over the midfield line.)
- Players may only shoot while on the offensive half of the field.
- Players may not make contact with a goalkeeper while they are inside their crease area. ***Violation of any above rule results in an award/change of possession. Play resumes immediately upon official's whistle.**
- All field lacrosse rules apply with the major exception of body checking for boys. NO body checking is allowed, particularly into walls. Both hands must be on their sticks when checking - one handed or wrap checks are not allowed. Checks to an opponent's stick, or gloves only! ***Violation of the above checking rule results in a change of possession and replacement of the violator for no less than one minute of play. Players are ejected from play (for the day) after a third violation. Players with three ejections are banned from play for the session without a refund.**

(Please complete both sides of this form)

REGISTRATION FORM

INDIVIDUAL SIGN-UPS

IF REGISTERED AFTER OUR DEADLINE THERE WILL BE A \$15.00 Late Fee PER INDIVIDUAL.

Make checks payable to: Vermont Voltage

Please individual complete personal info on how you would like to be contacted. All players must provide Name/ DOB / Email.

PLAYER NAME	DOB	EMAIL
1.		
2.		
3.		
4.		
5./		
6./		
7./		
8./		
9.///		
10.///		

*All players must have their own equipment to participate with the exception of helmets and goalie gear which will be provided upon request by MALA (deposit required).

NAME

ADDRESS

PHONE

EMAIL—very, very important (WRITE LEGIBLY PLEASE)