

## Dear Coaches and Team Coordinators-

We are excited that you will be bringing a team to Snowflake. We know that many of you have questions on the logistics of the tournament. Hopefully, this packet will clarify all of the details for you.

Included:

1. Tournament Rules & Code of Conduct
2. Player Waivers
3. Field Diagrams
4. Directions to Duke

Please plan on arriving 30 minutes prior to your first scheduled game. A team representative will need to check-in at the Skandalaris Pavilion, and hand in all player waivers. No player will be allowed to participate without a signed waiver.

All teams will play 4 – 40 minute games. Players may play up in Divisions, but no player may play down. No long sticks are permitted during the games. We suggest a team of 12-15 players in order to maximize the learning experience.

We have arranged for the concession stand in Koskinen to be open from 11 am until 3 pm so the players, fans, and coaches can grab food between games.

Also included in this packet is the waiver for each participant. Please distribute these waivers to your team prior to the tournament. Each player must submit a waiver prior to stepping on the field. We will collect the team waivers 30 minutes prior to your first scheduled game.

Thank you for your cooperation!

Erin Stephenson  
On behalf of the Duke Lacrosse Coaching Staff  
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## Tournament Rules:

1. All games will be 40 minute running time. Each team will play 4 games.
2. It will be 7 v 7 format divided 2-2-2 and 1 goalie on the field. Play is limited to 4 on 4 in each end.
3. All penalties shall result in a 3 v 2 fast break situation.
  - A head start will be given to the team with the advantage from the midline.
4. After every goal, the goalie may immediately put ball back in play.
5. All substitutions will be made on the fly.
6. This is a no hitting tournament. Participants may play the ball, but should **never** look for the “**big**” hit.
7. **Age is always an issue at these events. After checking with U.S. lacrosse and their restrictions, it has been made clear to me that whatever level you had competed at during the summer is the level you are legal to play at during the fall of the same year. Now that being said we understand many of you choose to play up at these events and we believe that is a good thing, but we simply cannot have anyone playing down. We are promoting this event as a “GET BETTER” opportunity, not win the tournament as we are not even keeping score. We will do everything we can to ensure a level playing field, even modify scheduling the day of.**

\*\*\*\*\***EQUIPMENT**\*\*\*\*\*

**Mouthpieces & shoulder pads are mandatory. Goalies should SERIOUSLY consider wearing arm pads as well.**

- Please **NO long sticks** as this tournament as the size of the field gives them NO advantage other than the ability to swing it more frequently. The emphasis is on touching the ball often offensively and footwork defensively.
- Your players will benefit greatly from this style (**no poles**) as we do this with our team and the skill level rises.
- Over the years we have found by limiting the amount of stick swinging we ensure safety and limit injuries.

## Code of Conduct:

- Any foul language will result in expulsion.
- Any fighting will result in expulsion.
- And “riding” of officials will result in expulsion.
- Any “malicious hit” will result in expulsion.



- We ask that all parents and spectators stay in designated areas. Because of the layout of the fields, there will be balls being shot from 3 different fields. For this reason, we need all spectators to be aware and careful at all times.

# Duke Snowflake Lacrosse Tournament

## Waiver and Insurance Form

The undersigned being a parent or legal guardian of the child requesting camp admittance, does hereby affirm that the applicant is in good health, and suffers from no illness, disability or condition that requires the taking of medication on a regular basis unless that condition is disclosed and approved. Furthermore, the undersigned has no knowledge of any reason the applicant cannot participate in vigorous physical activity.

I understand that, as a participant in the camp, the undersigned, on behalf of all parents guardians, and on behalf of the applicant, hereby release Duke University, the Duke Lacrosse Staff, the Duke University Athletic Department, and all other employees or agents of the camp from any liability from loss or damage of personal property, injury or illness, mental or physical suffered by the camper during or related to camp.

\_\_\_\_\_  
Participant's Name

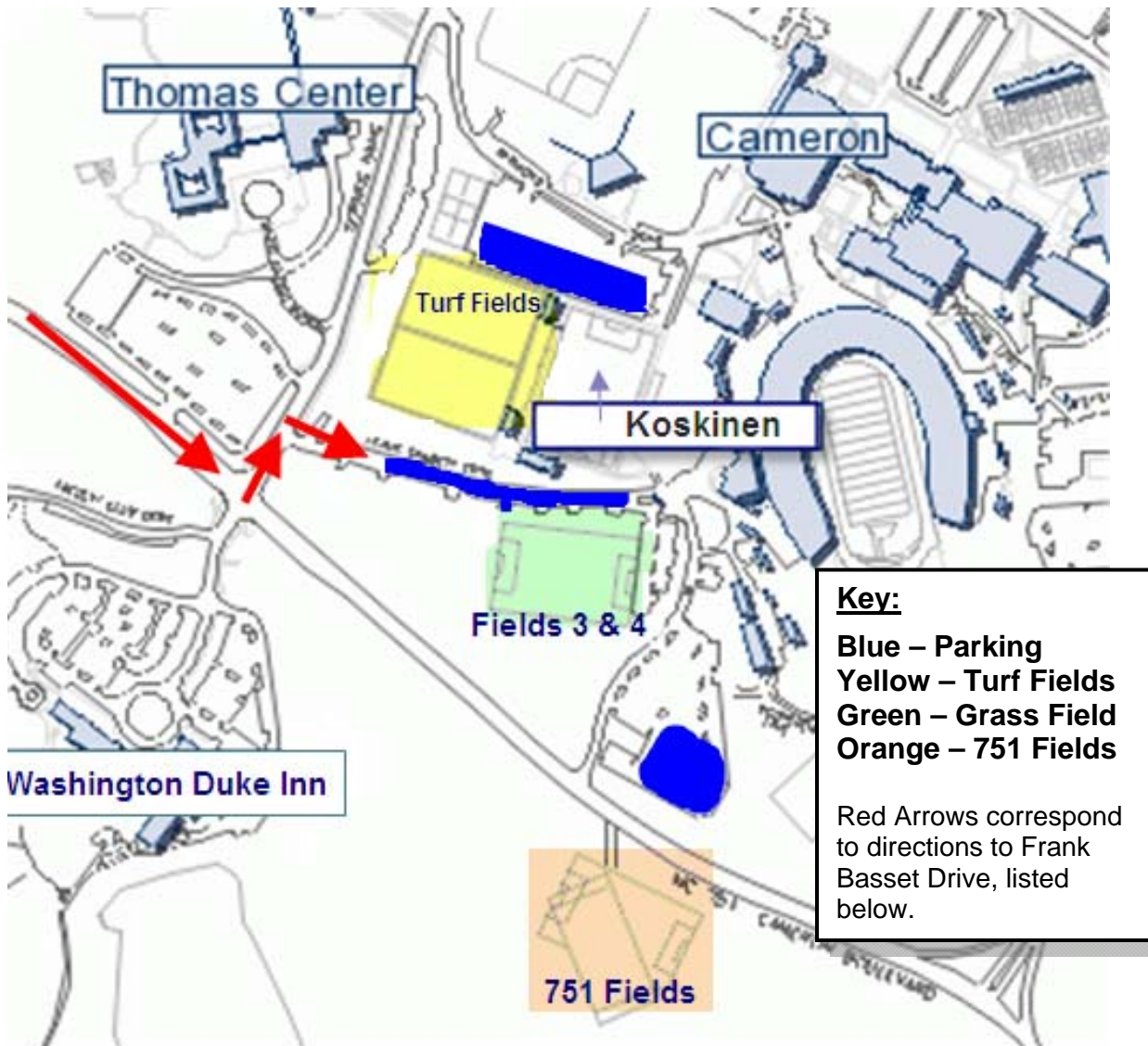
\_\_\_\_\_  
Team

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

Please give this form back to your team coordinator to be handed in at the tournament. This form must be completed and turned in at registration in order for participants to participate in camp- no exceptions.

# Field Map



\*\*\*This map can also be found at [maps.duke.edu](http://maps.duke.edu), where you can also adjust and zoom your viewing window.

## **Directions to Duke**

### **From the South:**

Take I-85 North to the NC 751/Duke University exit. Turn right on 751 and follow it about three miles. Turn left on Science Drive.

### **From the North:**

Take I-85 South to Highway 15-501 South in Durham. Follow 15-501 to NC 751 (Duke University West Campus) and follow it about one mile. Turn left on Science Drive.

### **From the East:**

Take I-40 West to Highway 15-501 exit and turn right. Follow 15-501 bypass to NC 751 exit and turn right. Turn left on Science Drive.

### **From the West:**

Take I-40 East to Highway 15-501 exit and turn left. Follow 15-501 bypass to NC 751 exit and turn right. Turn left on Science Drive.

**To park between the Turf Fields and Fields 3 & 4, you will take an immediate right on to Frank Basset Drive.**

**If you would like to park on the other side of the Turf Fields you will continue about a block on Science drive and then turn right on Whitford Drive.**

**To park in the lot across from the 751 field, do NOT turn on Science Drive. Instead, proceed a block past the stop light and there will be open iron gates on your left side. Turn into the parking lot there.**