



Guidelines for Box Lacrosse

Updated October 8, 2020*

Scheduling	<ul style="list-style-type: none">• No overtime will be played.• All participants must immediately leave the facility at conclusion of their game.
Facility Entrance & Warm Up Areas	<ul style="list-style-type: none">• Teams must wait until the benches are completely cleared and cleaned before entering the field.• No congregating near benches or field entry area before/after games.• Team Rooms are available in limited use.• Warm up time and space is limited to the venue during the 5 – 10 minutes prior to your scheduled time.• No warming up in hallways.• Teams must immediately leave the facility after the completion of their game.
Player Areas	<ul style="list-style-type: none">• Teams must sit on their assigned benches (Home or Away, per the game schedule).• Teams must clean all trash and personal items from all areas.• Team benches will be cleaned between games.• Players must remain 6 feet apart in the bench for games.• <i>Youth Practices:</i> Players should set personal equipment at least 6 feet away from other equipment.<ul style="list-style-type: none">○ Coaches will be asked to clean benches after each practice.
Player Limitations	<p>All participants must self-screen for a temperature of 100.4 or higher and any other COVID symptoms and are NOT allowed to attend if exhibiting either.</p> <ul style="list-style-type: none">• Shared goalie gear is strongly discouraged.
Food and Hygiene	<ul style="list-style-type: none">• Team water coolers are not allowed. Players must bring their own water/sports drink. Water fountains are not available.• Wash hands before attending and bring your own personal sanitizer when possible. Players are encouraged to sanitize their hands regularly.• Team meetings must be hosted outside of the facility.• Team snacks must be prepackaged and consumed outside of the Fieldhouse.
Personal Equipment	<ul style="list-style-type: none">• All protective equipment, including helmets, must be provided by the player.• <i>Youth:</i> Goalies in the older divisions are encouraged to provide their own protective gear for games.

	<ul style="list-style-type: none"> • Goalie gear is not available during practices. • <i>Kinder</i>: Sticks will be distributed to each player at the beginning of the season for use throughout the season. Sticks must be returned at the last session.
Shared Equipment	<ul style="list-style-type: none"> • Shared goalie gear used during games, will be cleaned between games. • See Personal Equipment for more information regarding Goalie Equipment. • Only one official will handle the ball per game. • Balls will be cleaned between games.
Social Distancing-Participants	<ul style="list-style-type: none"> • Remain 6 feet apart during warm ups, stretching and at all times in and out of the player benches. • No post-game or post-practice team huddles. No high fives, fist bumps etc. Sportsmanship will continue to be a touchless manner. • Carpooling with non-family members is discouraged.
Spectators	<p>See the Sport Leagues Guidelines for overall spectator information and requirements. The following is specific to Lacrosse.</p> <ul style="list-style-type: none"> • <i>Kinder and Youth</i>: Parents may be asked to assist with keeping participants safely engaged and distanced. <ul style="list-style-type: none"> ○ Parents/guardians are responsible for any first aid needs of their child. • <i>Youth Box LAX</i>: Spectators are limited to 1 to 2 per player. Indoor mandates apply to all spectators.
Coaches	<ul style="list-style-type: none"> • <i>Youth</i>: <ul style="list-style-type: none"> ○ Coaches can ask parents and assistant coaches to help with any of the following pending the volunteer abides by all social distancing and mask guidelines. ○ Coaches will clean benches after their practice. Disinfectant will be on-site for coaches to use. ○ Limit practices to 50 to 55 minutes and vacate the gym quickly to accommodate turnover. ○ Only 2 coaches may be on the bench at a time during games. ○ All coaches must wear a mask. Per State Mandate, masks are required. ○ Be creative with non-physical sportsmanship and support. No high fives, hugs, etc. ○ Maintain team roster and attendance for each practice and game to assist with Contact Tracing if needed.
Game Staff Support	<ul style="list-style-type: none"> • Sport supervisors and officials are available during games to assist with social distancing and mask guideline enforcement and cleaning equipment. • Our team is committed to supporting coaches and participants as we reopen programming. • Officials will still host a pre-game meeting with distancing observed; no handshakes and no coin toss allowed. • Home Team is assigned by the game schedule. • Staff will clean team benches and ball in between games.