

# 2023 RFH Youth Lacrosse



**Registration is now underway for K-8 boys lacrosse**

<https://www.rfhyouthlacrosse.org/registration/>

**(Girls registration is coming soon, see bottom of flyer)**

**Please complete the registration by February 15th so we can place uniform orders.**

The dues are (\$150 k-2 & \$325 for 3rd -8th) and covers all expenses including uniform, practices, and games.

The season will start around March 1st and go through May/early June. Grade level coaches may schedule some pre-season activities and you will be notified by them directly. Please register now so you can be included in those activities.

## **A few key points:**

- Please update the current grade and uniform size on the registration form.
- USA Lacrosse insurance must be active through June 2023, the registration form will check this and require updates as needed. This ensures that all registered players have the full coverage throughout the season.
- New Shoulder pad rules are in effect by USA Lacrosse - All shoulder pads must meet NOCSAE ND200 standard in order to play- Here is the list of approved pads.

<https://www.usalacrosse.com/sites/default/files/documents/Safety/chest-protection-USLM-july.pdf>

**If there are any questions,** please contact [RFHYLACROSSE@GMAIL.COM](mailto:RFHYLACROSSE@GMAIL.COM)

## **To note regarding boys/girls lacrosse:**

- RFH Youth Lacrosse runs the boys K-2 clinics, boys 3rd – 8th youth teams and the HS boys' programs.
- Rumson Recreation runs the recreation lacrosse program for Rumson and Fair Haven girls in grades K-8. Registration for Girls K-8<sup>th</sup> Lacrosse coming soon at <https://www.rumsonrecreation.org/>
- RFH Youth Lacrosse also offers RFH Youth Girls Lacrosse (RFHYGL) for 5th – 8th grade girls who desire to play a more competitive schedule of tournaments and individual games. Registration coming soon at <https://www.rfhyouthlacrosse.org/registration/>