



SUNDAY, OCTOBER 13, 2024

WHITE RIVER STATE PARK CELEBRATION PLAZA - INDIANAPOLIS, IN

ADAPTIVE KING & QUEEN OF THE PARK

GAMEPLAY OVERVIEW

Adaptive lacrosse is a modified and inclusive version of the game for athletes with all types of disabilities. Any athlete with a disability that prevents them from playing "typical" formats of lacrosse can play adaptive lacrosse with appropriate support. Common athlete disabilities include autism spectrum disorder (ASD), cerebral palsy, ADHD, and Down syndrome amongst others. Family, friends, and peer athletes may also participate as adaptive teammates. Teammates provide support and may assist adaptive athletes in skills like scooping, throwing, and catching—but only as needed.

The Adaptive division will be played in a 4v4 format with a soft practice ball on a small-sided **GRASS** field. Stick checking and body checking are not allowed, and protective equipment is not required. All teams are guaranteed at least 4 games.

TEAM MAKE-UP

Roster sizes will be 6-8 players for each age group. At least half of the team should consist of adaptive players (i.e. athletes with disabilities). No more than 2 Coaches permitted per team. Additional volunteers may offer support to players on the field or on the sideline as needed. The adaptive division welcomes athletes of all genders and abilities and will consist of 2 different age groups:

- Ages 5-12
- Ages 13-22

RULES AND GUIDELINES

All games will adhere to USA Lacrosse Flex6 rules ([Flex6 Rules and Guidelines](#)):

- Gameplay will consist of 15-minute games with running clocks; No overtime play; A central horn will be used



- Modified **GRASS** fields will be used, measuring about 35 yards long, with goals positioned at both ends.
- Equipment modifications: No protective equipment is required. Players who prefer to wear protective equipment for safety reasons will be allowed to do so.
- Players may use either a boys or girls lacrosse stick.
- No long sticks are allowed.
- A soft practice ball will be used for all games.
- Assistive devices such as walkers, crutches, or wheelchairs are allowed.
- Stick checking and body checking are not allowed.
- Each field will have one on-field official per game. If a trained official is not available, coaches will be asked to help officiate the games.
- Games will begin with a coin flip to determine the opening possession. There will be no draws or face-offs.
- Sidelines and endlines will serve as boundary “guidelines” for the field of play. If the play is ruled out of bounds it will be picked up and run back in.

REGISTRATION PROCESS OVERVIEW

All interested teams must register online. For more information including pricing, team benefits, and how-to register guides, please visit www.usalacrosse.com/experience.

The team application will ask for basic information and payment upon registration. Once the team is signed up, the coach/team manager will submit the roster to invite players to join the team and create their individual player profiles.

Individual players will be able to set up their player profiles, select their skills clinics and purchase add-ons such as the athlete combine or additional tickets to the International Sixes Competition.

Included with team registration for all players:

- Official USA Lacrosse Experience event pinnie
 - This pinnie will serve as the team uniform shirt for the event.
- Guaranteed 4 games for each team
- Specialized skills clinics (Players will choose up to 3 clinics they want to attend; All clinics held on Saturday, October 12th)
 - An Adaptive clinic offering will be available
 - Rostered players will be able to select clinics during their registration process
 - Clinics will be run by top lacrosse players and coaches from National Teams and professional leagues.
- Tickets to all twelve (12) International Sixes games on Friday and Saturday.
- Access to two (2) expert led educational sessions on Saturday. Tentative subjects include Recruiting and Sports Science and Safety.



During registration, all teams and individual players can sign up for additional experiences throughout the weekend. Additional experiences include VIP Team Clinics with National Team Players/coaches, Parent Ticket Packs, Athlete Combines to measure sports performance metrics, and other fun festival activities. If you are not sure about adding these experiences on at the time of registration, both teams and individuals will be able to login to their dashboard and add them on leading up to the event. Note – spots for these additional experiences are limited!

If the division your team would like to sign up for is full, the event will institute a wait list. Those teams coming off the wait list will be invited in the order in which they registered. If a division is not full, and doesn't have enough teams to constitute worthwhile gameplay, that division may be eliminated. In the case of a division being eliminated, teams may be granted the option to play in another division if applicable.