



CITY OF SAINT PAUL
Mayor Christopher B. Coleman

1500 Rice Street
Saint Paul, Minnesota 55117
www.stpaul.gov/parks

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2015 REC (OVER 30) DROP-IN LACROSSE BULLETIN

Here's a new opportunity for men and women, aged 30 and older, to play lacrosse in a recreational setting without the pressure of a competitive league. The playing field is synthetic turf.

- FEE:** \$4.00 per week – St. Paul residents
\$5.00 per week – non St. Paul residents
- DATES:** Sundays, August 9 – September 27, 2015 (No September 6)
Times: 2:30 pm - 4:30 pm
- DIVISION:** Rec Over 30 (First 45 players)
Players must be at least 30 years old or older. Picture ID will be required.
- RULES:** Helmets and mouth guards are required to play. Remaining equipment is recommended, but not required. (shoulder pads, gloves, arm pads, non-metal spikes). Goalies must wear a chest, neck protector & helmet. No body checking. There will be no officials. Players will call penalties on themselves.
- GAME FORMAT:** Players will be divided after arrival each week. Games will be played 25 minutes. Teams will then switch, new teams will play for 25 minutes. Teams will keep switching after 25 minutes.
- PAYMENT:** Fee will be paid before getting on the field (Cash only). No reserving spots. First come, first served. **No refunds will be given. Payment will be taken up at the rec. center front desk. No cash transfers will happen on the field.**
- LEAGUE SITE:** Jimmy Lee Recreation Center – 270 N. Lexington Parkway St. Paul, MN 55104 651-642-0650
- QUESTIONS:** Contact Jody Griffin at 651-558-2254 or jody.griffin@ci.stpaul.mn.us



It is the expectation that participants conduct themselves appropriately. To ensure a safe environment for all participants, the Municipal Athletics Conduct Policy is strictly enforced. See policy on our website at www.stpaul.gov/athletics

Saint Paul Parks and Recreation is not responsible for injuries to players. Players play at their own risk.

