



# JOIN OUR LACROSSE LEAGUE

## 80/35 MEN'S SUMMER LACROSSE LEAGUE

- Age 16+ **Required**
- Prior Lacrosse Experience **Required**
- US Lacrosse Membership **Required**

**When: June 5th – August 7th**

- Age 16+ **Required**

**Where: Birdland Sports Complex**

- 300 Holcomb Ave, Des Moines, IA 50313

**League Format**

- Two 20 Minute Halves of Running Time
- 5 Minute Half Time
- Golden Rule Overtime with Braveheart, if Necessary

**Team Format**

- Four 15 Man Teams will be Distributed Randomly
- Maximum of Two Player Referrals will be Allowed for Team Selection

***If you have any additional questions, please feel free to contact us by email at [8035Lax@gmail.com](mailto:8035Lax@gmail.com)***