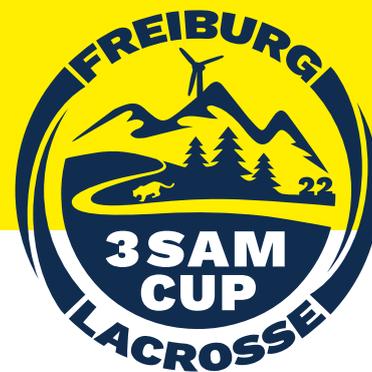


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INFOLETTER

3SAMCUP 2022

Dear team, dear refs!

So glad you made it to Freiburg! Now that you are finally here, nothing can stop us from having a great weekend full of lacrosse. In this folder, you can find all the nitty-gritty for the 3SamCup 2022. If you are missing something, do not hesitate to contact us!

You can share a digital version of this team folder with your players via the following QR code



In case of urgencies (in particular during the party when nobody is around the sports facility): Max can be reached under +491773680138, Fred under +4917632880093.

SCHEDULE

Friday

From 18:00 ___ Arrival. meet and greet, 3Sam chill, ...

18:00-22:00 __ BBQ + drinks at the catering area

18:00-19:30 __ Tournament registration

Saturday

From 8:00 ___ Breakfast (for free!)

From 8:00 ___ Tournament registration

8:30 _____ Captains- and ref-meeting (by the benches)

9:00 - 19:30 __ Lacrosse is played

From 22:00 __ Party at Harmoniekeller

Sunday

From 8:30 ___ Breakfast (for free!)

9:30 - 14:30 __ Lacrosse is played

15:00 _____ Ceremony

Captains, Refs, Bench

The captains and ref-meeting is scheduled for Saturday, 8:30am.

In case your captains and refs did not join the tournament's WhatsApp group yet, they can join using the following QR code:



Your team needs to provide a ref and bench personnel. You can look up when it is your turn in the ref and bench schedule.

We ask for your comprehension that the planning might get a little chaotic with the KO-mode on Sunday. We will do our best to inform you about your shifts as early as possible. It would, however, be of great help if you could tag by the tournament info booth every now and then to get the latest updates.

Bench

To use the DLaxV Online Shot Clock, use the laptop at the bench (if available), or scan the suitable QR code on the left side with your phone (room id: 3samcup-22-men/women pin: superbench). With the other code, the teams can display the shotclock live on their phones.

Shot Clock Control



Women

Shot Clock Viewer



Men



Trash

We provided you with a trash bag to collect your trash around the tents. We also set up three recycling stations around the facility (see the map below), where you can responsibly get rid of your cardboard, plastic and glass, as well as refundable bottles.

Merch

At the tournament info booth you can not only have a look at our own merch (shirts, buffs, sunglasses), but also check out a small selection of lacrosse apparel provided by our partner Exize.

Catering

The catering this year will be entirely vegetarian.

FRIDAY

There will be BBQ and beer.

SATURDAY AND SUNDAY

From the late morning on we will provide you with vegetarian specialties from the grill, as well as coffee, cake, and our famous frozen smoothies.

We keep the grill running until the early evening. You are also invited to order pizza or check out one of the many restaurants downtown, in the vicinity of the party location. In case you need recommendations, just ask!

We negotiated a special deal for you with „Pizza Factory Ost“ (www.pizza-factory-ost.de). If you mention that you are part of the 3SamCup, you will receive a 15% discount!

BREAKFAST

Complimentary! Saturday from 8:00am, Sunday from 8:30am on. Please remember to bring your own dishes!

Bring your own Besteck (Dishes)

We hope you remembered to bring your own dishes! Close to the catering area we have set up a dish-washing area (see plan below), where you can rinse your dirty plates and cups.

Behavior

- Our sports facility is comparably small, with many direct neighbors. Please show some consideration such that we can host the 3SamCup in the coming years as well!

- BBQ and open fires are forbidden on the sports facility. You can, however, bring your grill to the Dreisam and enjoy your private BBQ there.
- The same applies to loud music. We will provide you with beats! In case you absolutely need to rave, please go to the Dreisam.
- You can put up your tents on the grass around the lacrosse fields (c.f. the plan below) between Friday 18:00 and Sunday 16:00. Please note that the running track needs to be free at all times.
- Minors are only allowed to camp, play, and join the party if they are accompanied by a grown up supervisor. Please bring a written statement from the parents/custodian stating their agreement with the child being at the tournament and joining the party. Please put the name of the supervisor on the document and bring a copy of the parents/custodians ID. Without this statement, the minor will not be able to play and enter the party.
- Glass bottles are prohibited on the campgrounds to minimize the risk of splinters. They are only allowed in the catering and spectator areas.

PayPal und Vouchers

We are offering PayPal payment such that you won't have to run around with tons of cash in your pockets. Just check by the tournament info to electronically pay for our 10€ "puma pesos" (vouchers) which you can use at the catering area. If your mobile phone is dead, don't fret - we have set up a charging station close by the catering area (see plan below).

Corona/COVID

It is going to get hot and cramped on the party. Hence, we would like to ask you to take a COVID rapid test either before you arrive on Friday or before you enter the party on Saturday (we won't check, though). We try to keep a little stash of tests.

Sports Facility



Parking: On the PTSV Jahn facility (turn left directly after the gate) or in the neighboring streets.

Camping: Only on the grass areas around the lacrosse fields. The tartan track needs to stay clear at all times.

Dreisam: If you want to enjoy your own BBQ or listen to loud music, please go to the Dreisam. Nobody is going to complain there. Don't forget your swimwear!

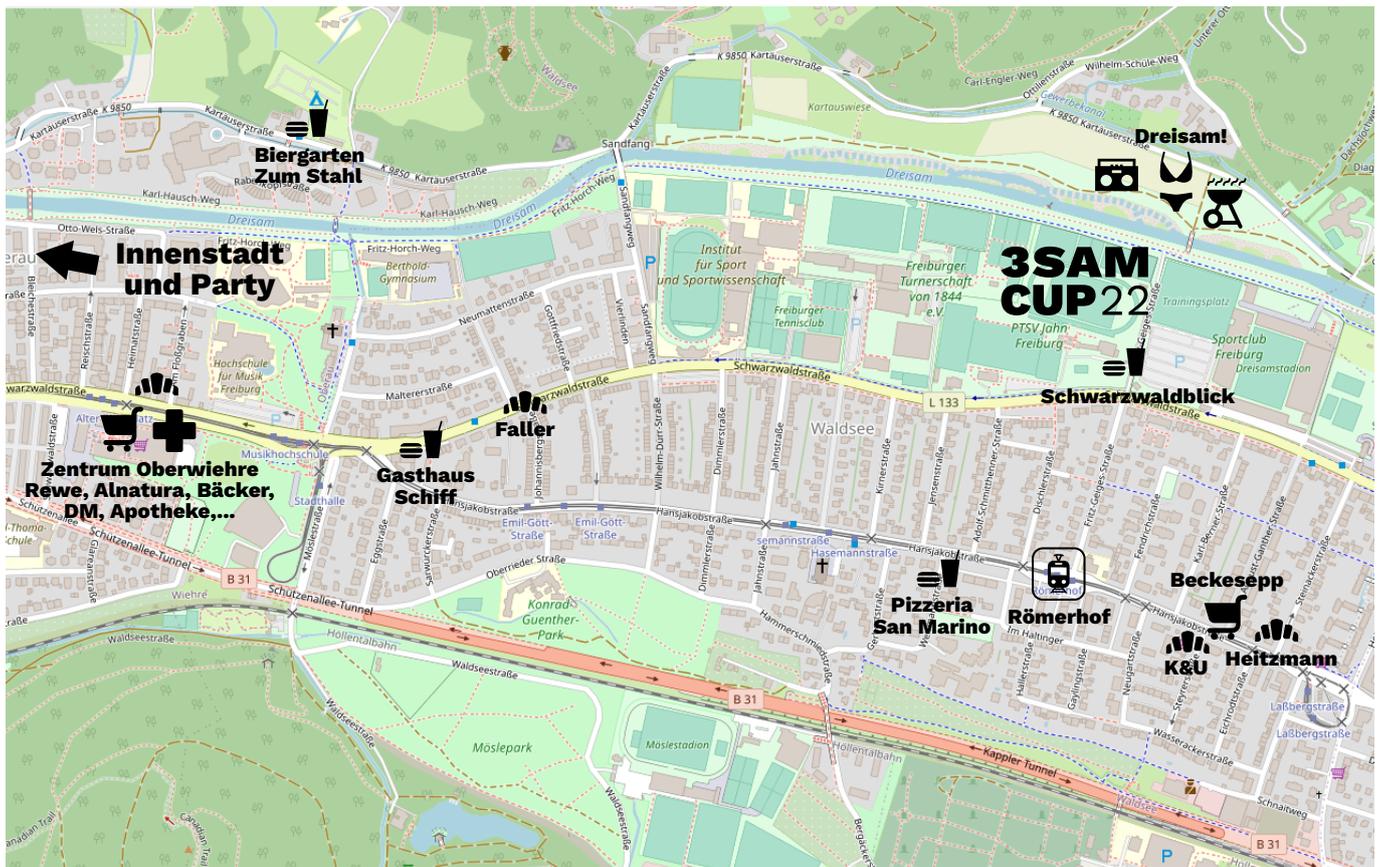
Toilets: Can be found at the showers and in the basement of the restaurant. Please be respectful and leave them behind in order. The toilets at the restaurant will be closed during the night.

3SamCup Address

PTSV Jahn Freiburg e.V.
 Schwarzwaldstraße 187-189
 79117 Freiburg i. Br.

Area Plan

Best shopping location: Zentrum Oberwiehre with groceries, a pharmacy, a drugstore and a bakery. Schwarzwaldstraße 78, 79117 Freiburg im Breisgau (around 15 minutes by foot, 10 minutes by tram or 5 minutes by car)



Party

The party is located at the Harmoniekeller (Grünwälderstraße 16-18, 79098 Freiburg). You got your party wristbands at the team registration already. The party starts 22:00. If you have friends in Freiburg, you can buy additional wristbands at the tournament information.

The Harmoniekeller is located downtown. Just take the tram 1 from the stop "Römerhof" in the direction of "Landwasser" and exit at "Oberlinden". It is a 10 minute ride. From there, walk along Salzstraße and turn left to Augustinerplatz. Turn right immediately to get to the Grünwälderstraße.

You need a ticket of level 1. The cheapest option will be the Regio24 ticket (5 persons for 14€), which you can also use all night. Alternatively, get the 2x4 ticket for 18€.

Tram time tables for the night:

- getting there: each 10-15 minutes until 22:48, then each 30 minutes (XX:18 and XX:48) from Römerhof.
- getting back: all night each 30 minutes from Oberlinden (XX:02 and XX:32)

Taxi: 0761-555555

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RULES

PREFACE

For the most part, we are playing by the official field-lacrosse rules as published by World Lacrosse. They can be found under the following links: [World Lacrosse Rules](#). However, the following adaptations apply:

FIELD

The field measures roughly 60 m x 40 m. There are no restraining and wing lines.

PLAYERS

Each team plays with 8 players on the field at a time, including the goalie. During a live ball, only 5 players are allowed in the opponents half, and 6 players are allowed in the own half of the field (offside rule). In the mens game, two long-poles per team are permitted.

TIME

Each game takes 2 x 15 minutes with a 3 minute half-time break, in which sides are swapped. The last 30 seconds of each half and the complete overtime period are played with stop clock. Each team has one 60-second timeout per game.

TIE AFTER 30 MINUTES

In case of a tie after 30 minutes, a sudden-victory period is played (already during group stage). A coin toss decides on the direction of play. If there is no goal during these 2 minutes, a period of braveheart follows, until the game is decided by the first goal. For the braveheart, only one goalie plus one field player are allowed. The offside rule is reduced to 1 and 2 players in the respective halves of the field. The goalies are allowed to perform the face-off and draw. For the latter, the goalie needs to use a normal field stick, however.

SHOTCLOCK

There is a 60-second shot clock. If the shot clock expires, the defending team is awarded the ball (at the point where the ball was upon expiry). If the offensive team intentionally throws the ball away, a technical foul for delay of game is called. The shot clock is reset when

- the ball touches the goalie while being inside the crease
- the ball is shot up from above the goal line and hits a goal pipe
- the possession changes
- a period ends, except there is an active penalty and the next period starts without draw/face-off (c. f. World Lacrosse rules).

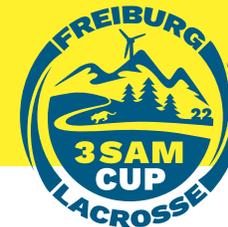
DRAW AND FACE-OFF

There is no face-off after a goal is scored. The ball starts at the goal line. There is a face-off at the beginning of each half and the overtime periods, except there is an active penalty (c. f. World Lacrosse rules). For the draw/face-off, all other players need to keep a distance of 9m. The distance is released immediately upon the whistle.

OVER AND BACK

Over and back is active after the first pass in the opponents half is thrown. This modification of the rules is performed to account for the tight space on the field and to facilitate clearing.

GAME PLAN WOMEN



Scan for online
 game plan on
3samcup.frlax.de/plan

GROUP BLUE

Team	PTS	GLS	Rank
Pumas			
Budapest			
Unicorns Würzburg			
Köln			

GROUP YELLOW

Team	PTS	GLS	Rank
Aachen Eagles			
Relaxed Allstars			
Karlsruhe Stormerinnen			
Konstanz Seagulls			

SATURDAY

Time	Home	Score	Score	Guest	Bench	Teamref
9:00	Unicorns			Köln	Relaxed	Relaxed
9:45	Pumas			Budapest	Aachen	Aachen
10:30	Relaxed			Karlsruhe	Köln	Köln
11:15	Aachener			Konstanz	Unicorns	Unicorns
12:00	Köln			Budapest	Karlsruhe	Karlsruhe
12:45	Unicorns			Pumas	Konstanz	Konstanz
13:00	Lunch break					
15:00	Relaxed			Konstanz	Budapest	Budapest
15:45	Karlsruhe			Aachen	Pumas	Pumas
16:30	Budapest			Unicorns	Karlsruhe	Konstanz
17:15	Pumas			Köln	Aachen	Relaxed
18:00	Konstanz			Karlsruhe	Pumas	Budapest
18:45	Aachen			Relaxed	Unicorns	Köln

SUNDAY

Game	Home	Score	Score	Guest	Bench	Ref	Headref
SF 1 9:30	Blue No. 1			Yellow No. 2	Blue No. 3	Yellow No. 3	
SF 2 10:15	Blue No. 2			Yellow No. 1	Yellow No. 4	Blue No. 4	
L 1 11:00	Blue No. 3			Yellow No. 3	Loser SF 2	Loser SF 1	
L 2: 11:45	Blue No. 4			Yellow No. 4	Winner SF 2	Winner SF 1	
Small Finale 12:30	Loser SF 2			Loser SF 1	Loser L 1	Winner L 1	
Finale 14:00	Winner SF 1			Winner SF 2	Loser L 2	Winner L 2	

GAME PLAN MEN



Scan for online
 game plan on
3samcup.frlax.de/plan

GROUP BLUE

Team	PTS	GLS	Rank
Unicorns Würzburg			
Karlsruhe			
Konstanz Seagulls			
Victorious Secret			

GROUP YELLOW

Team	PTS	GLS	Rank
Pumas			
Aaachener Auhuuren			
Tuelax			
Münchner Kindl			

SATURDAY

Time	Home	Score	Score	Guest	Bench	Teamref
9:00	Konstanz			Victorious	Aachener	Aachener
9:45	Unicorns			Karlsruhe	Pumas	Pumas
10:30	Aachener			Tuelax	Victorious	Victorious
11:15	Pumas			Münchner	Konstanz	Konstanz
12:00	Victorious			Karlsruhe	Tuelax	Tuelax
12:45	Konstanz			Unicorns	Münchner	Münchner
13:00	Lunch break					
15:00	Aachener			Münchner	Karlsruhe	Karlsruhe
15:45	Tuelax			Pumas	Unicorns	Unicorns
16:30	Karlsruhe			Konstanz	Tuelax	Münchner
17:15	Unicorns			Victorious	Pumas	Aachener
18:00	Münchner			Tuelax	Unicorns	Karlsruhe
18:45	Pumas			Aachener	Konstanz	Victorious

SUNDAY

Game	Home	Score	Score	Guest	Bench	Ref	Headref
SF 1 9:30	Blue No. 1			Yellow No. 2	Blue No. 3	Yellow No. 3	
SF 2 10:15	Blue No. 2			Yellow No. 1	Yellow No. 4	Blue No. 4	
L 1 11:00	Blue No. 3			Yellow No. 3	Loser SF 2	Loser SF 1	
L 2: 11:45	Blue No. 4			Yellow No. 4	Winner SF 2	Winner SF 1	
Small Finale 12:30	Loser SF 2			Loser SF 1	Loser L 1	Winner L 1	
Finale 14:00	Winner SF 1			Winner SF 2	Loser L 2	Winner L 2	



MENU

FOOD

BBQ cheese	2.50 €
Veggie burger (with „Maultaschen“)	3.50 €
Pretzel stick with butter/margarine	1.50 €
Cake	1.00 €
Vegan specialties	market price

DRINKS

Beer/shandy	2.00 €
Coffee	1.00 €
Mineral water	0.50 €
Smoothie	3.00 €
Smoothie with shot	4.00 €
Paulaner Spezi	2.00 €
Softdrinks	2.00 €

Refund	1,00 €
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AWARENESS

Dear friends of happy lacrosse!

As much as we love partying and wild evenings, it is important to us that the evenings and nights are a good time for ALL of us! What should be obvious is unfortunately not always, especially when alcohol comes into play.

Therefore, "No" means "No". We do not want anyone to feel inconvenienced, we do not want strangers to enter tents without an invitation, we want you to have the time of your life, but everyone has to feel comfortable!

However, if a situation does arise where you or someone on your team feels uncomfortable, don't hesitate to contact us. All Pumas have an open ear for you.

You are especially welcome to contact one of our designated confidant Pumas (at any time of the day or night, too):

Miriam Huml - +4915756398331
Frederic Stepp - +4917632880093