



2026 Lakeshore Power League Guide

Below are some helpful tips, guidelines, and rules for the upcoming 2026 Lakeshore Power League. We look forward to hosting your team and hope you have a good time!

- Schedule -- The full playing schedule will be posted on AES and kept up to date throughout each weekend. The schedule will be posted no later than the Tuesday before each play date. Last-minute schedule changes are always possible, please check your schedule up to the day of the competition. In the event of changes, your club director will be notified.
- Rosters -- AAU-verified rosters must be submitted. Only athletes and coaches with a valid 2026 AAU membership are allowed to participate.
- Format – We will be keeping the format from last year. The first weekend of league play will be used to determine seeding. After, teams will move up, down or remain in the same pool based upon results. To avoid unnecessary crowds, every team on site will be playing all at once. The effect will be that everyone will play three matches in a row. Playing waves will be around three (3) hours long.
 - Officiating – There will only be an R1 up-official calling the match. This is because there will be no work crew. Honor calls by players and coaches is highly encouraged.
 - Parents – Each team will need to supply one parent/coach/injured player/etc... to either tick off the score on a modified scoresheet OR keep score on a flip/electronic scoreboard. The modified scoresheet will simply keep track of the score, as well as the number of subs.
 - Subs will still follow the protocol of lining up inside the 10' line but they will be whistled and waved in by the R1 up official.
 - Court warm-ups will be 5-4-4 for the first match of the day, and no further warm-ups will be allowed thereafter since every team will already have just played. No switching of benches between sets.
 - **Balls will not be provided for warm-up. You will be responsible for bringing warm-up balls.**
- Parking -- Most playing sites have free parking available. Please ensure that all fire lanes are kept clear.
- Spectators / Seating -- Admissions fees are \$10 per spectator with 12 under free. Outside chairs are allowed in most facilities, but please understand that space in spectator areas will be limited. The facility staff at each location reserves the right to make individual decisions about outside chairs.
- Concessions – Concessions will be available at MSA facilities. No team food tables allowed. No crockpots or large, plastic coolers. No community food. Please respect the facilities by keeping your space clean, taking care of all trash, and alerting facility staff to any clean-up issues.

- Below are the addresses for each possible playing site:
 - **MSA Fieldhouse:** 5435 28th Street Court, Grand Rapids MI 49546
 - **MSA Woodland:** 2100 28th Street SE, Grand Rapids, MI 49508
 - **MSA Sport Spot:** 3701 32nd St SE, Grand Rapids, MI 49512
 - **Grand Rapids Community College – Ford Fieldhouse:** 111 Lyon, Grand Rapids MI 49503
 - **SportHouse Athletic Center:** 1350 Judson Rd., Norton Shores, MI 49456
 - **Aquinas College – Sturrus Sports & Fitness Center:** 1580 Fulton St E, Grand Rapids, MI 49503
 - **Northview High School:** 4451 Hunsburger NE, Grand Rapids, MI 49525
 - **Northview Highlands:** 4645 Chandy Dr NE, Grand Rapids, MI 49525

