



**Inner City Handball Association  
Presents  
The 43rd Annual "Long Island Open"**  
(to benefit the ICHA Junior Development Program)



**Date** March 14 - 16, 2025

**Site** LA Fitness, 1111 Marcus Ave, New Hyde Park, NY 11042 516-355-2302. The Flagship Club of LA Fitness with 125,000 square feet this is the largest LA Fitness in the company and the country. After a 3.7 million dollar renovation, this club has all new equipment, machines, free weight area, training area, high cardio studio and stretching area. Other amenities include a 25 meter swimming pool, jacuzzi, sauna, basketball court, squash court and NINE handball / racquetball courts.

**Events** SINGLES: Open Men, Open Women, **Big Blue Men's Open**, **Big Blue Women's Open**, B, C, Seniors (35+), Masters (40+), **Big Blue Masters (40+)**, Golden Masters (50+), Veteran Masters (55+), Super Golden (60+), Vet. Golden (65+), Super Vet. (70+), Juniors (19 & 17under)  
 DOUBLES: Open Men, Open Women, **Big Blue Men's Open**, **Big Blue Women's Open**, B, C, Seniors (35+), Masters (40+), **Big Blue Masters (40+)**, Golden Masters (50+), Veteran Masters (55+), Super Golden (60+), Vet. Golden (65+), Super Vet. (70+), Juniors 19 & 17 under  
*Minimum of 8 players are needed for each singles event and four teams for doubles event.  
 Tournament committee has the right to re-classify entries.*

**Entry Fees \$85.00 First Event  
\$25.00 Second Event  
\$25.00 Third Event**

\*ICHA adult members pay \$15.00 less for first event  
 ICHA Junior members 21 and under pay \$20.00 all junior events.  
 NON ICHA Juniors pay \$30.00 all junior events  
 No more than three events are allowed per entry. ONLY ONE DISCOUNT APPLIES.

**Deadline** Entries must be received by Friday March 2, 2025

**Awards** Trophies for the first two places (Tee shirts for all players.)  
**Rules** USHA four wall rules will apply. USHA 21 ball & Penn Big Blue will be used. All matches will be two out three 21 pt. games with an 11 pt. tie-breaker. Losers of each match must referee immediately on the same court.

**EYE GUARDS ARE MANDATORY!!!**

**Mail Entries To** [Inner City Handball Association, Inc. or REGISTER ONLINE at www.icha.org](http://www.icha.org)  
**Checks Payable To** Inner City Handball Association, Inc., P.O. Box 531, Baldwin, NY 11510

**Starting Times** Available after 6:00 p.m. Wednesday March. 12, 2025 at 718-703-7699  
 All players should be prepared to play at 7Pm Friday 3/14 or 9a.m. on Saturday 4/15/2025.

**Hospitality** Hospitality, plus Gatorade and snacks will be available throughout the tournament.

**Housing** Call ICHA or visit [www.icha.org](http://www.icha.org) on the Internet for more information.

**More Info** Call ICHA at 718-703-7699 (24hrs 7days). Please leave a message, your call will be returned.

- 
- Singles:**  Men Open  Women Open  Men Open Big Blue  Women Open Big Blue  Boys 19& under  Girls 19& under  
 B  C  Seniors (35+)  Big Blue Masters (40+)  
 Masters (40+)  Girls 17& under  Boys 17 & Under  
 Golden Masters (50+)  Veteran Masters (55+)  
 Super Gold (60+)  Vet Golden Masters (65+)  Super Vet (70+)
- Doubles:**  Men Open  Women Open  Men Open Big Blue  Women Open Big Blue  Boys 19& under  Girls 19& under  
 B  C  Seniors (35+)  Big Blue Masters (40+)  
 Masters (40+)  Girls 17& under  Boys 17 & Under  
 Golden Masters (50+)  Veteran Masters (55+)  
 Super Gold (60+)  Vet Golden Masters (65+)  Super Vet (70+)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ City / State / Zip: \_\_\_\_\_  
 Partner: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ City / State / Zip: \_\_\_\_\_  
 Signature: \_\_\_\_\_

In consideration of your accepting this entry, I hereby for myself, heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Inner City Handball Association, Inc., LA Fitness Club, their agents, representatives, or assignees, for any and all injuries which may be suffered by me during the 43rd Annual Long Island Open Benefit Handball Tournament.