

Framingham Youth Lacrosse
Spring 2013 – U15 Girls (grades 7/8)
Parent and Player Information Guide

Coaches Contact Information

Team	Coach	Phone	Email
Framingham 7/8 Blue	Melissa Figueroa	(202) 445-1866 C	mrsmfigueroa@gmail.com
Framingham 7/8 Silver	Bill Bowman	(617) 899-0426 C	heynowbill@gmail.com

Team Play:

The MBGLL league is an instructional league that focuses on Fun, Learning & Safety. We will play other towns in our league that range in experience from 1st year programs to multiple years of experience. It is all part of the growth of our sport. If you have questions about the MBGLL organization, please feel free to ask us or visit the website at <http://www.mbgll.org>

The rosters for the two Framingham grades 7/8 are set. The rosters are built to create an even distribution of talent. We have taken great effort to make the team as even as possible to stay inside the requirements for both the league and Framingham Youth Lacrosse.

Game Play:

The girls youth rules are divided by age level. The grade 7/8 teams follow the level B rules. The officials will focus above all on the safety of the players. The rules section of this document is just a summary to help you and your daughters get started in understanding the complexities of this game. Level B games are played on a standard field (see diagram below) and with shorter periods (25 minutes each half). The game time is kept by a time keeper provided by the home team and that time is running until the last 2 minutes of each half. At that point, the timer can be stopped at every whistle. Substitutions are done on the fly and we try very hard to give all the girls the same amount of game time. If you have any questions about game play or rules, please feel free to ask us (just not during a game ;-). We will do our best to clarify.

Team Parents:

We are currently looking for one or more team parents from each team to help with the day-to-day work of managing the teams. This generally involves helping to send updates and messages to parents and players, organizing fundraising efforts, etc. If you are interested, please let us know as soon as possible.

FYL Fundraisers:

In order to keep our registration fees down, the program (FYL) conducts two Fundraisers each year. The first is the "calendar raffle" and the second is our annual golf tournament. Please consider participating and/or assisting with those efforts as they represent the program's only means of raising non-registration fee funds. You were provided this information at our parent meet and greet earlier this season. If required, we will provide you with additional information as it becomes available.

Practices:

We will practice on Mondays and Wednesdays from 5:30 to 7:00 at the Framingham High School turf field. There may be some conflicts with varsity and JV games on the turf, so stay tuned to your email for more notification.

General Practice Info:

- Unless otherwise noted, all practices are from 5:30pm to 7pm. Please arrive at practice 10 minutes early to ensure that the girls are ready to start at 5:30pm.
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- Practice Attendance Policy – Players should do their best to attend both practices each week. In the event that a player cannot attend one or both practices, the player’s game time may be reduced to be fair to those who consistently attend practices.
- If you cannot attend a practice or game, please inform your coaches as soon as possible so they can plan accordingly.
- Each player should bring her own equipment (regulation lacrosse stick, eye protection, non-clear or non-white mouth guard, cleats) and water to each practice.
***** NOTE:** Players who do not have the proper protective equipment at practice or games will **NOT** be able to participate. This is for your child’s safety.
- Jewelry is prohibited during games and practices. Players will be required to remove earrings, bracelets, necklaces, pendants, etc. in order to play.

Games:

The league that we belong to, MBGLL, sets the game schedule for all of the teams in the league. There are over 300 teams from across the state in the MBGLL.

- A town’s MBGLL schedule typically includes 8 – 9 games per season. These games are played on Sundays. Occasionally, coaches will schedule additional mid-week games if requested by a coach from another town. We will inform you in advance if any mid-week games are scheduled.
- Game Schedule: A copy of the most recent game schedule is listed below. Please note that this is subject to change as the league determines field availability for this weekend’s start times. We will provide you with updates as they become available.
- Please arrive at each game at least 30 minutes before the start time so we can warm-up and prepare for the game.
- If a game needs to be cancelled due to inclement weather, we will do our best to inform you as soon as possible. Game cancellations may be posted on our web site (www.framinghamyouthlacrosse.org), or via e-mail depending on what method is readily available.
- The MGBLL league has a “**Zero Tolerance**” policy, for any misconduct by coaches, players or parents viewed as interfering with the play of the game or safety of the players. Please be respectful of all of the coaches, players, parents, and officials. If you have any questions or comments about the officiating, talk to the coaches.

Girls U-15 (Grade 7/8) Schedule Spring 2013

For Our New and Returning Players (and parents, too):

It's been a long winter and last year's lacrosse season is probably a distant memory. To help you get ready for this lacrosse season, we've included a little refresher course on some of the things that we'll be working on this season. For those, who are new to the sport of lacrosse, this is a great way to familiarize yourself with some of the rules and information that we will be working on. We will only have a few practices before our first game so please take some time to review this before our first game on April 7th. Please encourage your daughter(s) to read through the rules and terms. They will be hearing these terms consistently throughout the season.

A Quick Refresher of the MBGLL Girls 7/8 Rules for Players and Parents:

Sett up for the game:

- *No scoreboards allowed.*
- *Parents are to be on the opposite side of the field from players.*

Time per game:

- Each game is made up of two 25-minute halves. Time is kept as running time.

Number of players on the field:

- Each team fields 11 players and 1 goalie (3 attackers, 5 middies, 3 defenders, 1 goalie).

Three-Pass Rule:

- The three-pass rule is not used at the U15 level any more. See **Modified Checking**

Modified Checking:

- Checking the stick only if the entire stick is below shoulder level. The check must be in a downward direction and away from the body.
- See more at:
<http://www.uslacrosse.org/TopNav2Right/Rules/WomensRules/GirlsRules.aspx#sthash.GPaORTdU.sLGcu4Q1.dpuf>

Equipment:

- Lacrosse Stick – 7/8 players must use a regulation stick with regular pocket.
- Mouth guards - Colored mouth guards are mandatory at all levels, no clear, no white.
- Eye Protection - Eye protection is mandatory.
- Cleats – suggested but not mandatory.

Start of the Game

- All games start with the "draw". This is similar to a "face-off" in hockey or a "tip off" in basketball.

Start/Stop Play

- All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.

Glossary of Terms (Laxicon):

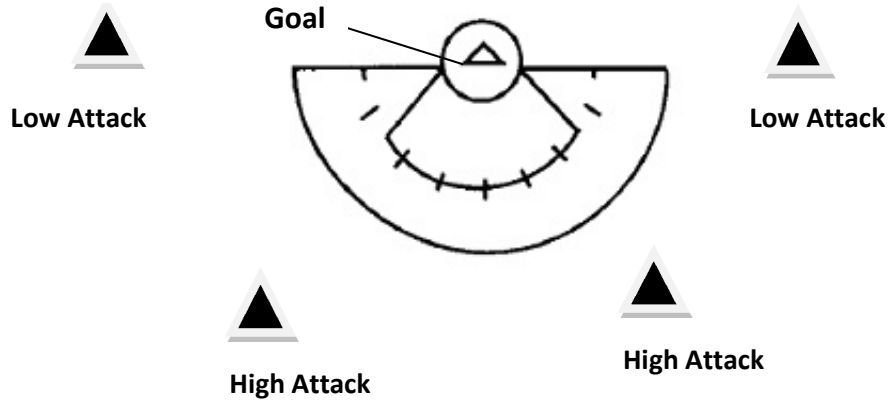
The following is a list of terms players will frequently hear during practice or games. There are a lot of terms for the girls to remember. They will, however, start to pick them up as the season progresses. Don't let them feel overwhelmed...they are not expected to pick it all up right away!

- **Clear:** Any action taken by a player within the goal circle to pass or carry the ball out of the goal circle.
- **Closely Guarded:** player with the ball has an opponent within one stick length.
- **Cradle:** The coordinated motion of the arms and wrists that keeps the ball securely in the pocket and ready to be passed or shot when running.
- **Critical Scoring Area:** An area 15 meters in front of and to each side of the goal and nine meters behind the goal. An eight-meter arc and 12 meter fan are marked in the area.
- **Crosse (Stick):** The equipment used to throw, catch, check and carry the ball.
- **Crosse Checking (legal at the 7/8 level):** Stick to stick contact consisting of a series of controlled taps in an attempt to dislodge the ball from the crosse.
- **Draw:** A technique to start or resume play by which a ball is placed in between the sticks of two standing players and drawn up and away.
- **Eight-Meter Arc:** A semi-circular area in front of the goal used for the administration of major fouls. A defender may not remain in this area for more than three seconds unless she is within a stick's length of her opponent.
- **Free Position:** An opportunity awarded to the offense when a major or minor foul is committed by the defense. All players must move four meters away from the player with the ball. When the whistle sounds to resume play, the player may run, pass or shoot the ball.
- **Free Space To Goal:** A cone-shaped path extending from each side of the goal circle to the attack player with the ball. A defense player may not, for safety reasons, stand alone in this area without closely marking an opponent.
- **Goal Circle:** The circle around the goal with a radius of 2.6 meters (8.5 feet). No player's stick or body may "break" the cylinder of the goal circle.
- **Grounded:** Refers to any part of the goalkeeper's or deputy's body touching the ground for support outside of the goal circle when she attempts to play the ball from inside the goal circle.
- **Indirect Free Position:** An opportunity awarded to the offense when a minor foul is committed by the defense inside the 12 meter fan. When the whistle sounds to resume play, the player may run or pass, but may not shoot until a defender or one of her teammates has played the ball.
- **Marking:** Being within a stick's length of an opponent.
- **Penalty Lane:** The path to the goal that is cleared when a free position is awarded to the attacking team.
- **Possession:** a player has the ball in her stick.
- **Restraining Line:** a solid line at each end of the field 30 yds up field from the goal line. 4 players and the goalie must remain behind the offensive restraining line when the team is on offense and 4 players must remain behind the defensive restraining line when the team is on defense.
- **Scoring Play:** A continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal.
- **Stand:** All players, except the goalkeeper in her goal circle, must remain stationary following the sound of any whistle.
- **Sphere:** An imaginary area, approximately 18 cm (seven inches) which surrounds a player's head. No stick checks toward the head are allowed to break the sphere.
- **12 Meter Fan:** A semi-circle in front of the goal used for the administration of minor fouls.
- **Warning Cards:** A yellow card presented by an umpire to a player is a warning which indicates that she will next receive a red card and be suspended from further participation if she continues to play dangerously and/or conduct herself in an unsportsmanlike manner. A green card is presented by an umpire to the team captain indicating a team caution for delay of game.

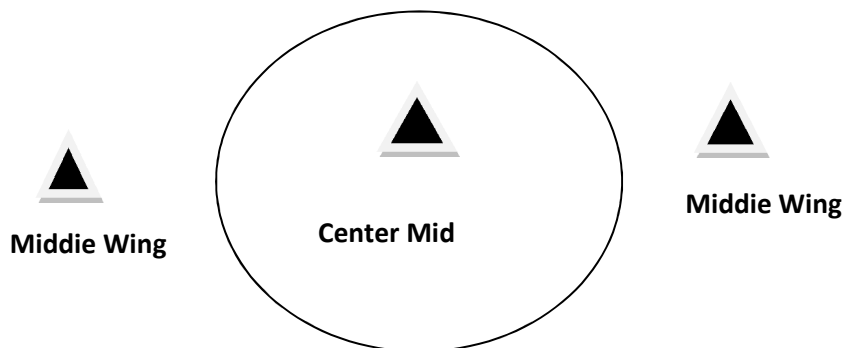
Girl's Lacrosse Positions

Below are the traditional names and positions for players at the 7/8 Grade level. It is important for the girls to learn the correct names of these positions. We will be using these terms in practice and games.

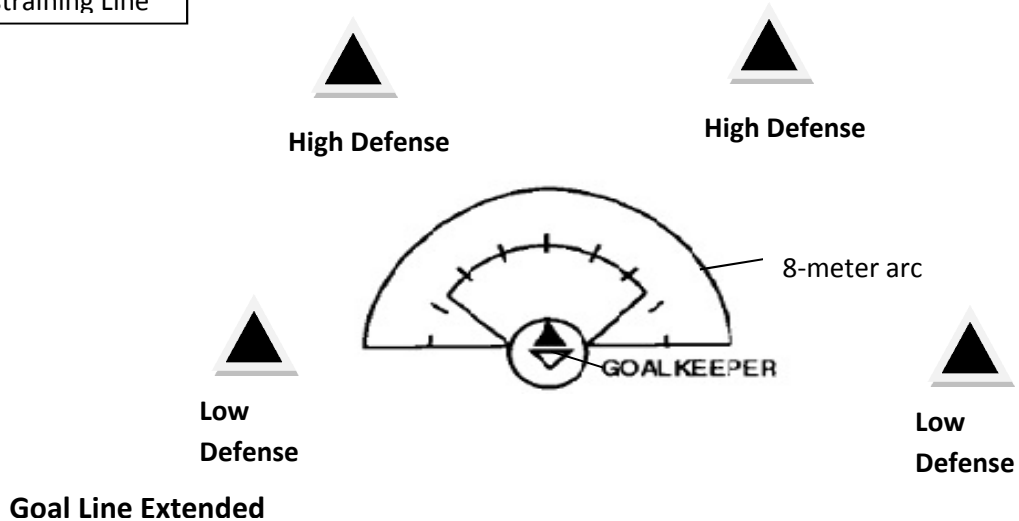
Goal Line Extended



Restraining Line



Restraining Line



Major Fouls:

A player must NOT:

1. Check roughly or recklessly. Checks will be controlled. (Checking is permitted in the 7/8 division)
2. Hold the stick within the seven-inch sphere around opponent's face and throat.
3. Use the stick in a dangerous or intimidating manner.
4. Hook the bottom end of an opponent's stick.
5. Reach across your opponent's body when level or behind them.
6. Block opponent: move in the path of an opponent without giving her a chance to change direction.
7. Obstruct the free space to goal, "shooting space", denying the attack the opportunity to shoot safely.
8. Remain in the 8-meter arc for more than 3 seconds unless marking an opponent a stick's length away.
9. Set a moving or stationary pick out of the visual field of the opponent, if she does not have enough space or time to change direction and contact occurs.
10. Detain by holding or pushing with body or stick.
11. Trip an opponent, deliberately or otherwise.
12. Charge, barge, shoulder or back into an opponent, or push with hand or body.
13. Propel the ball or follow through with the stick in a dangerous or uncontrolled manner.
14. Shoot dangerously or without control. A dangerous shot is determined by distance, force and placement. A shot may not be directed at a field player or the goalkeeper's body (especially head or neck). A shot may be called dangerous and a free position given to the goalkeeper even if it misses the goal.
15. Shoot from an indirect free position.
16. Violate the restraining line. Seven attack players are allowed in the offensive end, eight defensive players (7 field/1 goalkeeper) in their defensive end. Any part of the foot over the line is a violation; players may reach over with their stick to play the ball.

Minor Fouls: Things a player MUST NOT do:

1. Guard a ground ball with foot or stick or cover the ball with the stick.
2. Check an opponent's stick when she is trying to get possession of the ball (empty stick check).
3. Guard the stick with an arm. No warding off, or elbows with free arm.
4. Touch the ball with hand or body.
5. Use your hand or body to keep the ball in the stick.
6. Use any part of the body to impede, accelerate or change direction of the ball.
7. Deliberately cause the ball to go out of bounds.

Goal circle fouls: Things a goalkeeper MUST NOT do:

1. Allow the ball to remain in the goal circle for more than ten seconds.
2. Reach beyond the goal circle to play the ball in the air on the ground with hand, but can use stick.
3. Draw the ball into her goal circle, when any part of her is grounded outside the circle.
4. Goal circle reentry: Once the goalie leaves the crease with the ball, she MUST pass to a teammate who has the option of rolling or throwing the ball into the crease. However, if the goalie is checked, she may then reenter the crease.

Penalties for fouls:

1. The penalty for fouls is a free position with all players including the offender, moving 4M away from the player with the ball.
2. Major fouls: 4M behind, minor 4M in the direction from which she approached.
3. In the critical scoring area (inside the 8m arc) a major foul by the defense will result in a free position on the 8M arc (i.e., a shot on goal).
4. In the critical scoring area a minor foul will result in an indirect free position (no shot may be taken until the ball has been played by another player).

**Framingham Youth Lacrosse
Spring 2013 – U15 Girls (grades 7/8)
Schedule: Silver**

Date	Arrive	Game	Opponent	Location
Sun, Apr 7	11:15	11:45a to 1:00p	(h) vs Auburn U15	Framingham High School
Sun, Apr 21	12:30	1:00p to 2:15p	vs North Central U15 (h)	Oakmont Regional HS
Sun, Apr 28	11:15	11:45a to 1:00p	(h) vs Natick U15 Red	Framingham High School
Sun, May 5	12:30	1:00p to 2:15p	vs Auburn U15 (h)	Auburn Middle School
Sun, May 12	12:30	1:00p to 2:15p	(h) vs Hopkinton U15 White	Framingham High School
Sun, May 19	12:30	1:00p to 2:15p	vs Nashoba U15 White (h)	Nashoba Regional High
Sun, Jun 2	11:15	11:45a to 1:00p	(h) vs Westboro U15 White	Framingham High School
Sun, Jun 9	11:15	11:45a to 1:00p	(h) vs NorthboroSouthboro U15 Maroon	Framingham High School

On Line: <http://leagueathletics.com/Schedule.asp?oppn=&type=Game&snid=dMIDR5I0X&org=mbgll.org>

Team	Last	First
Silver	Ayotte	Natalie
Silver	Baker	Cassie
Silver	Bowman	Molly
Silver	Burnham	Audrey
Silver	Castriotta	Sofia
Silver	Cosgrove	Hannah
Silver	Davis	Mandy
Silver	deSantis	Sydney
Silver	Dorsey	Shannon
Silver	Gentile	Alexis
Silver	King	Kylie
Silver	Moy	Marissa
Silver	Murphy	Abby
Silver	Oliviera	Taylor
Silver	Puumala	Katie
Silver	Roulier	Brie
Silver	Schwab	Emma
Silver	Weeks	Shelby
Silver	Wright	Kara

**Framingham Youth Lacrosse
Spring 2013 – U15 Girls (grades 7/8)
Schedule: Blue**

Date	Arrive	Game	Opponent	Location
Sun, Apr 7	12:30	1:00p to 2:15p	(h) vs Shrewsbury U15 Green	Framingham High School
Sun, Apr 21	1:45	2:15p to 3:30p	vs Natick U15 (h)	Natick High School
Sun, Apr 28	12:30	1:00p to 2:15p	(h) vs Nashoba U15 Green	Framingham High School
Sun, May 5	12:30	1:00p to 2:15p	vs North Central U15 (h)	Oakmont Regional HS
Sun, May 12	1:45	2:15p to 3:30p	(h) vs Hopkinton U15 Green	Framingham High School
Sun, May 19	11:30	12:00p to 1:15p	vs Ashland U15 (h)	Ashland Middle School
Sun, Jun 2	12:30	1:00p to 2:15p	(h) vs Westboro U15 Silver	Framingham High School
Sun, Jun 9	12:30	1:00p to 2:15p	(h) vs Nashoba U15 White	Framingham High School

On Line: <http://leagueathletics.com/Schedule.asp?oppn=&type=Game&snid=dMIDR5I0X&org=mbgll.org>

Team	Last	First
Blue	Antonio	Angela
Blue	Buscariol	Natalia
Blue	Campbell	Natalie
Blue	Casale	Lauren
Blue	Casteneda	Alison
Blue	Chalmers	Ally
Blue	Farrel	Kenzie
Blue	Fernandes	Luisa
Blue	Figueroa	Michelle
Blue	Fortin	Allison
Blue	Kerr	Robin
Blue	Landers	Kelly
Blue	Mancall	Allie
Blue	Novak	Emily
Blue	Paradis	Caitlin
Blue	Rose	Hannah
Blue	Tersoni	Bella
Blue	Wade	Hannah