



## 2019 TYLA Spring Recreational Lacrosse League

Welcome to TYLA spring lacrosse! Based on current registration levels, we will have 3 divisions for the 2019 season:

### **Clinic Division:**

This is for our players in prekindergarten and kindergarten (Ages 4 & 5). Sessions of this division will be held each Sunday (excluding the weekend of Memorial Day) at 12 pm. Players will rotate through 4-6 skill based stations finishing with short-sided games. The clinic division sessions are expected to last roughly 1 hour and 15 minutes, and parents are expected to remain at the field as this is not a drop-off event at this age group. No equipment is required as it is entirely provided by the league.

### **Junior Division:**

This is for players in grades 1 & 2 who will be placed onto individual teams of 5-6 players. Once per week, all teams will practice in a skill-based session on Wednesday evenings from 5:30 – 6:30 pm. For the first 35-45 minutes, all players will rotate through a skills-driven set of approximately 4 stations. In the final 15-25 minutes, each team will practice individually to work on positioning and game strategy. On Sunday afternoons at 1:30 pm, two simultaneous Junior Division games will be held. While no contact is allowed in these games, due to the potential for inadvertent contact, players are required to utilize a protective mouthguard.

### **Senior Division:**

The senior division will run in the exact same manner as the Junior Division for players in 3<sup>rd</sup> and 4<sup>th</sup> grade.

**Season Schedule:**

Thursday, April 11      Rec League Assessment Night (Grades 1 – 4 only)

Wednesdays              Jr/Sr Practice Nights

4/24; 5/1; 5/8; 5/15; 5/22; 5/29; 6/5

Sundays                    Clinic Sessions    12 – 1:15 pm

Junior Games    1:30 – 2:30 pm

Senior Games    2:45 – 3:45 pm

4/28; 5/5; 5/12; 5/19; 6/2; 6/9

**Coaches:**

The high school players from both the boys and girls lacrosse team are committed partners with TYLA. Each team in our recreational league will have a dedicated high school player or players serving as head coach to provide the lacrosse-specific skills development that is the focus of the league. In addition to the high school players, TYLA would like to identify a parent for each team to serve as adult supervision and provide support to the teen head coach. Interested parents should fill out the Rec League Coach Application on our website.

**Game Rules:**

The games in the Junior & Senior Division will follow these rules:

- Four quarters of 10 minutes, running time
- 4 on 4 with no goalie
- Horn blown at 5 minutes for substitutions
- 2 Attackers and 2 Defenders
- Initial possession determined by coin flip
- After a goal, the defending team takes the ball from their goal line
- Balls passed out of bounds will cause a change in possession
- Balls shot out of bounds will be awarded to the team with a player closest to the ball when it leaves the field
- Possession will alternate at the start of each quarter, at substitutions, and on whistles due to loose ball scrums
- No contact between players
- Players are allowed to check their opponents' stick head only. Any contact with the player will result in a warning. Multiple or significant contact may result in a forced substitution at the discretion of the official.

If you have any questions, please email us at [rec@tewksburylax.org](mailto:rec@tewksburylax.org)