



Youth Lacrosse Information

- The Northern VT Youth Lacrosse League website is- <http://nvtyll.org>. This is the website for both the Boys and Girls Leagues.
- Players in grades 3rd-8th must have a US Lacrosse Membership, prior to the first game. Parents must go online and renew or get a membership for each child in their household that is playing - <https://www.uslacrosse.org>
- ALL players are expected to provide their own stick, appropriate footwear, lacrosse gloves and personal protection. Mouth Guards are required.
 - **Girls** are required to wear eye protection.
 - **Boys** are required to also have arm pads, shoulder pads, helmet, and a protective cup.
- Team jerseys will be loaned to each player and must be returned at the end of the season.
 - 3rd/4th girls' programs will receive a t-shirt for the season, which they will be able to keep.
- Players are expected to bring all their lacrosse equipment and water bottle to each practice and game.
 - Players without protective gear will not be allowed to practice or play.
- There will only be Outdoor practices this year due to COVID-19 guidelines. Outdoor practices will be at Allen Brook Park, as soon as the weather and field conditions permit, (Usually just after the April break). Practice days and times TBD.
- Some years Williston & Hinesburg combines players to have a team. Outdoor practices will be held one night in Hinesburg and one night in Williston if players are combined.
- Practice might be held in light rain unless there is thunder and/or lightning. Coaches will cancel practices if needed.
- Games Schedule- Not yet determined by the league. It will be based on COVID-19 Guidelines.
- The coaches work to get everyone playing time in each of the games, but don't guarantee "equal" playing time. The physical size and skill level of the other team must be considered in preparing the lineups and substitutions. We don't want anyone to get hurt or discouraged from playing.
- The primary goal is to expose children to the sport, provide for exercise, and have fun.
- Unsafe play, foul language, harassment, and disrespectful behavior will not be tolerated. Suspension or expulsion from the league could result. This is for players, parents, and spectators.
- We ask parents to help us to enforce these rules, by demonstrating proper behavior on the sidelines, as well as talking with your child prior to or after situations.
- Parents are to sit on the opposite side of the field from player's benches during games.
- We always need help from parents. If you know the game or have played, you can be especially helpful as some of the kids have never picked up a stick before. Adult supervision is always needed.