

UPPER VALLEY RECREATION ASSOCIATION (UVRA) SPORTS MANUAL

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Mission Statement: The Upper Valley Recreation Association (UVRA) works cooperatively to improve the lives of our area community members by offering recreation leisure services and events. Our goal is to promote community spirit, participation, and positive athletic experiences for all with a professional and consistent approach.

FOUNDING MEMBERS {1977}

CCBA: Dennis Fallon, Hanover: Hank Tenney, Hartford: Bruce McGarry
Lebanon: Larry Tibbetts, Woodstock: Chuck Wielgus

<u>UVRA Members</u>	<u>Year</u>	<u>PRES./SECRETARY ASSIGNMENTS</u>		
		<u>YEAR</u>	<u>PRESIDENT</u>	<u>SECRETARY</u>
1 CCBA	1977			
2 HANOVER	1977	2009	HANOVER	NORWICH
3 HARTFORD	1977	2009	WOODSTOCK	HANOVER
4 LEBANON	1977	2010	WINDSOR	WOODSTOCK
5 WOODSTOCK	1977	2011	HARTFORD	WINDSOR
6 NORWICH	1990	2012	SPRINGFIELD	HARTFORD
7 WINDSOR	1992	2013	HARTLAND	SPRINGFIELD
8 THETFORD	1995	2014	CLAREMONT	HARTLAND
9 LYME	1998	2015	CCBA	CLAREMONT
10 CLAREMONT	1998	2016	LEBANON	CCBA
11 SPRINGFIELD	1998	2017	NORWICH	LEBANON
12 HARTLAND	1999	2018	HANOVER	NORWICH
13 PLAINFIELD	2001	2019	WOODSTOCK	HANOVER
14 WEATHERSFIELD	2003	2020	WINDSOR	WOODSTOCK
15 RIVENDELL	2005	2021	HARTFORD	WINDSOR
16 CORNISH	2008	2022	SPRINGFIELD	HARTFORD
17 ENFIELD	2010	2023	HARTLAND	SPRINGFIELD
18 MASCOMA	2013	2024	CLAREMONT	HARTLAND

Transfer of Power -- AFTER Annual meeting in the Fall

Only towns with full time Recreation Directors will be expected to fill the office of President or Secretary within this rotation. Towns with part time hired Recreation Directors will be given the option. Towns with volunteer run Recreation Departments are not required to hold executive positions. All members are required to attend a minimum of 4 meetings per year. It is recommended that these include all three directors meetings.

*UVRA Members' and Contact Information

Organization/Contact	Address/Position	Town / E-mail	State	Zip	Phone #	Fax #	Website
Brownsville Matt Kantola	Athletic Coordinator	Brownsville mattkantola@gmail.com	VT	05037	802-230-6088		
*CCBA Curtis Richardson Kevin Talcott, CPRP	Executive Director Sports Director	Lebanon kevin.talcott@joinccba.org	NH	03766	603-448-6477 603-359-0198 cell	603-448-1831	www.joinccba.org
*Claremont Parks & Recreation Mark Brislin Justin Martin	Director Sup.of Rec. Programs	Claremont mbrislin@claremontnh.com cccprograms@claremontnh.com	NH	03743	603-542-7019 603-504-0283 603-667-1087 cell		www.claremontparks.com
*Cornish Doug McGrath Jen Wishnfsky	Athletic Director Assistant AD	Cornish CornishAD@sau6.k12.nh.us jwishnfsky@cornish.k12.nh.us	NH	03746	603-675-5891 603-675-5891	603-675-6279	
*Enfield and Canaan Kati Lary Jopek	Mascoma Valley P&R Director	Enfield mvalleyrec@gmail.com	NH		603-523-4501 x 111		
Grantham Marsha Goggins	Recreation Director	Grantham athletics@granthamnh.net	NH	03753	603-667-1303 cell	603-863-6124 home	
*Hanover Parks & Recreation John Sherman Liz Burdette Brienne Barnes	Director Assistant Director Athletic Manager	Hanover John.sherman@hanovernh.org Liz.Burdette@hanovernh.org Bri.Barnes@hanovernh.org	NH	03755	603-643-5315		www.hanoverrec.com
*Hartford Parks & Recreation Scott Hausler Jay McDonough	Director Program Director	White River Jct. recreation@hartford-vt.org shausler@hartford-vt.org jmcdonough@hartford-vt.org	VT	05001	802-295-5036 802-299-8757 cell 802-356-5391 cell	802-295-6382	www.hartford-vt.org www.hartfordrec.leaq1.com
*Hartland Parks & Recreation John Leonard Joe Olmsted	Director Assistant Director	Hartland jleonard@hartlandvt.org jolmsted@hartlandvt.org	VT	05048	802-436-2790 802-280-5033 cell 802-299-8074 cell	802-436-1014 home	www.hartlandrecreation.com
*Lebanon Parks & Recreation Paul Coats Kristine Flythe Rick Desharnais	Director Program Coordinator Program Coordinator	Lebanon Paul.coats@lebanonnh.gov K.flythe@lebanonnh.gov Rick.d@lebanonnh.gov	NH	03766	603-448-5121 603-398-2082 cell 603-491-2746 cell 603-848-3889 cell	603-448-1496	www.lebanonNH.gov/recreation www.leaguelineup.com/lebrac
*Lyme Recreation Steve Small	Director	Lyme recreation@lymenh.gov	NH	03768	603-795-2239 603-491-7537 cell	603-795-2239 work	www.lymenh.gov
*Mascoma Youth Sports Jessica Washburn	MYSL Board President	Mascoma info@mascomayouthsports.com jess.washburn1@gmail.com	NH	03766	802-318-1215 cell		www.mascomayouthsports.com
*Norwich Recreation Jill Kearney Niles	Director	Norwich jkearney@norwich.vt.us recreation@norwich.vt.us	VT	05055	802-649-3040 x 5 603-643-4761 home	802-649-0123	www.norwich.vt.us
*Plainfield Brandon Feid Dan Cantlin	Athletic Director 5-8 Rec Director K-4	Meriden bfeid@plainfieldschool.org dcantlin@aol.com	NH	03770	603-469-3250 603-667-3544 cell 603-469-3406 home	603-469-3985 603-709-7008 home 603-667-0891 cell	www.plainfieldschool.org
*Rivendell Amy Fahey Stacey Dunham	K – 6 Director	Fairlee rivendellrec@gmail.com	VT	05032	802-333-9755 603-359-8419 cell 802-505-8304		http://www.cso-rivendell.org/ https://sites.google.com/site/rivendellrecreationassociation/home
Sharon Recreation Miriam Rubin	Select board Member	Sharon Selectboard@sharonvt.net	VT	05065	802-763-8268 x 4		
*Springfield Recreation Andy Bladyka Keith Eno	Director Assistant Director	Springfield springfieldrec@hotmail.com springfieldrec@hotmail.com kenospringfieldrec@gmail.com	VT		802-885-2727 802-299-6150 cell 802-463-3290 home 802-376-9969 cell	802-885-2727 802-886-1443 home	www.springfieldvtparksandrec.webs.com
*Thetford Recreation Nathan Maxwell	Director	Thetford Center recreation@thetfordvermont.us	VT	05075	802-785-2922 x 6 603-795-2639 home 603-667-6633 cell	802-785-2031	www.thetfordvermont.us
*Weathersfield Jason Larochelle Alicia Crane	A.D. Assistant A.D.	Ascutney jason.larochelle@wsesu.net alicia.crane@wsesu.net	VT	05030	802-674-5400	802-674-9963	www.weathersfieldschools.org
*Windsor Recreation James Aldrich Bill Gokey	Director	Windsor jaldrich@windsorvt.org wgokeyjr@yahoo.com	VT	05089	802-674-6783	802-674-1017	www.windsorvt.org
*Woodstock Recreation Gail Devine Joel Carey	Director Assistant Director	Woodstock gdevine@woodstockrec.com jcarey@woodstockrec.com	VT	05091	802-457-1502 802-356-0544 cell 802-952-9371 cell	802-457-3813	www.woodstockrec.com

UVRA SPORT SPECIFIC GUIDELINES

UVRA YOUTH SOCCER GUIDELINES for 1st thru 6th Grade

<u>Grades</u>	<u>Game Length</u>	<u># of Players</u>	<u>Ball Size</u>	<u>Field Size</u>	<u>Goal</u>
1 st – 4 th	2 - 20 min. halves	7 v 7(including goalie)	4	180' x 115'	5' x 12'
5 th & 6 th **	2 - 25 min. halves	9 v 9(including goalie)	4	245' x 145'	6' x 18'

For 1st & 2nd grades, ball size 3 or 4 is recommended

Field size may vary slightly within the UVRA league but should be within a 10' range of Guidelines. The goal sizes should be within 6" in height and 1' in length of what is recommended above.

*******No Slide Tackling at ALL Levels*******

{ALL GAMES WILL BE PLAYED by High School Federation RULES but with the following modifications}

For 1st thru 4th Grade

1. No penalty kicks. Games re-start with an indirect kick from point of the foul. No kicks taken closer than 12 yards from goal. For such kicks, opposing team must remain 10 yards from the ball before whistle.
2. One retake allowed on illegal throw-ins, with corrections given by official.
3. Unlimited substitutions on all whistles
4. No off sides called
5. Coaches are allowed on the field
6. No Slide Tackling or Heading is Allowed
7. 3rd and 4th grade teams should consist of enough players to play 2 simultaneous games of 7v7.

(IT'S ASSUMED THAT ALL 3RD AND 4TH GRADE SCHEDULED GAMES WILL BE 2 GAMES OF 7V7 BEING PLAYED SIMULTANEOUSLY)

For 5th & 6th Grades - should only engage in limited heading

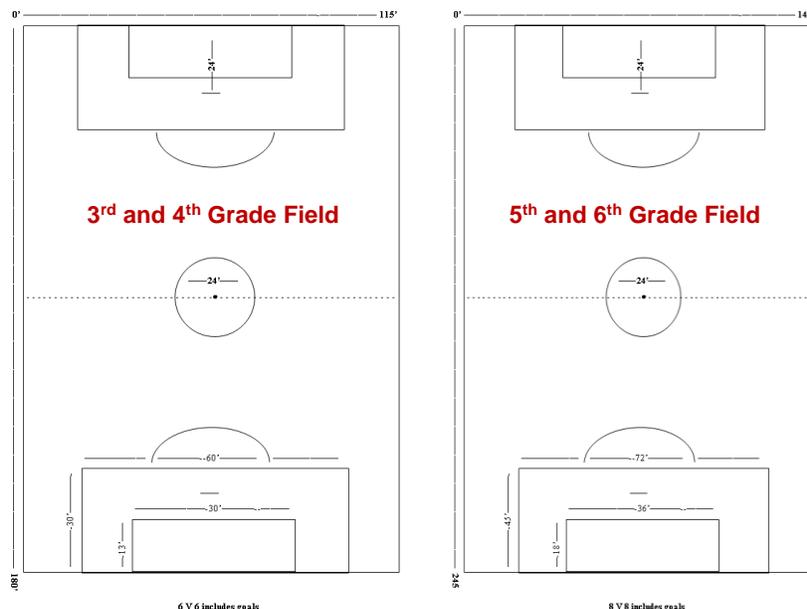
SUBSTITUTIONS: On Throw-ins and Corner Kicks, only the team with ball possession may sub players in. If, however the team with possession is subbing (demonstrated to official by player standing at mid-field touchline) then the other team may also sub, unlimited substitutions on goal kicks.

Size 4 soccer ball is to be used for games at this level.

Note: Penalty kicks can be stepped off 12 yards from goal if fields are not regulation size, or not marked.

FOR ALL GRADES: Mouth Protectors Are Strongly Recommended

UVRA SOCCER FIELD Measurements



UVRA SPORT SPECIFIC GUIDELINES

UVRA FIELD HOCKEY Guidelines

<u>LEVELS</u>	<u>LENGTH OF GAME</u>	<u># OF PLAYERS</u>
Grades 3-4	2-20 minute halves (5 min. @ half-time)	8 on 8
Grades 5-6	2-20 minute halves (5 min. @ half-time)	8 on 8

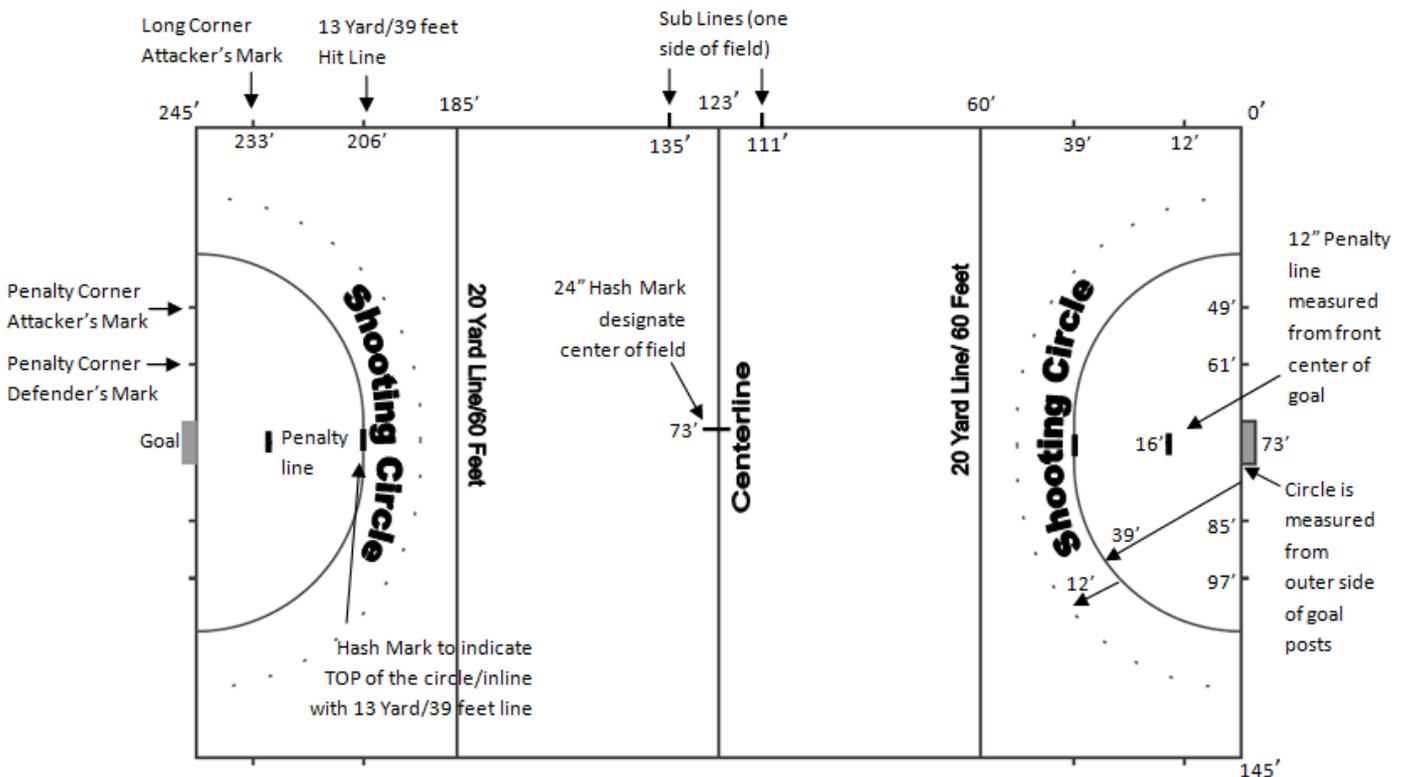
Combined 4th thru 6th grade teams must schedule games with 5th and 6th grade teams. Players must play up!

{ALL GAMES WILL BE PLAYED by High School Federation RULES but with the following modifications}

1. Substitutions can be made at any time. Player on field must come to sideline before substitute can enter.
2. No Overtimes.
3. Field Hockey Goggles are MANDATORY (players will not be allowed to play without them)

MOUTH PROTECTORS ARE STRONGLY RECOMMENDED.

UVRA FIELD HOCKEY Measurements



{No Jewelry – see page 12 for detailed description}

UVRA SPORT SPECIFIC GUIDELINES

UVRA / ILC Boys LACROSSE Rules

UVRA / ILC games will follow the rules set forth by the National Federation of State High School Associations' (NFHSA) Lacrosse Rules with the exception of certain rules written by USLacrosse, and any further exceptions agreed upon by member programs. NFHSA and USLACROSSE Youth Rules apply to all games except for the following modifications:

Age and Eligibility Guidelines

- A child should register to play lacrosse in either their town of residence, or school district, if different, if a program is offered. Towns or programs should not compete for players from outside their area.
- The ILC does not encourage or support the formation of "select" teams. Division teams are recommended to be organized by grade: (Ages guidelines as of December 31 of year preceding competition)

Division Grades Age Range Comparable Divisions

3/4 3rd & 4th 8-10 Lightning or Under 11

5/6 5th & 6th 11-12 Junior or Under 13

7/8 7th & 8th 13-14 Senior or Under 15

- It is important that placement on division teams be based on ensuring that individuals are playing with/against others appropriate to their size, maturity, skill and experience. The intent of this is in no way to mean that players may be placed on a team to dominate play and to win. If a program has more than one team in a competitive division, they should be grouped by physical size and lacrosse ability and experience (i.e. A, B or C level).

Equipment

- All players must wear, regardless of division, a NOCSAE approved helmet with chin strap and attached mouth guard.
- All players on teams in 3/4, 5/6 & 7/8 Divisions must wear helmet as above, gloves, arm pads, shoulder pads when playing games against other teams.
- Players in 3/4 programs that play in-house, intramural or may scrimmage other similar programs must wear a minimum of helmet as above and gloves.
- All goalies must wear full protective equipment and a throat guard.
- Lacrosse sticks that are between 52" and 72" (long sticks) are only allowed in the 7/8 Division, and only a max of 4 on the field at one time.
- 3/4 Division players may play with sticks 30" - 40" in length.
- 5/6 Division players must use sticks at least 36" in length.

Responsibilities of the home team

- Home team will be responsible for maintaining appropriate sportsmanship and behavior during games by players, coaches, parents, and spectators, and will provide: Horn, game clocks & timekeeper One "patched" official for all 5/6 and 7/8 Division games. Two officials are strongly recommended and payment to game officials. A properly lined field for play, emergency procedure plan for injuries (First aid kit, ice, cell phone, EMT or first aid personnel on scene)

Length and play of game

- 5/6 & 7/8 Divisions will play four-10 minute stop time quarters.
- 3/4 Division will play four-12 minute running time quarters.
- Games may end with a tie, or, if both team coaches agree, a maximum of 2 overtime periods not longer than 4 minutes each may be played.
- The 3/4 and 5/6 Divisions are exempt from the stalling rule for the team ahead in the last 2 minutes of the game.
- In any game, at any point during a game when there is a five (5) point lead, the team that is behind will be given the ball at the midfield line in lieu of a face-off as long as the four-point lead is maintained, unless waived by the coach of the trailing team.
- No offensive 10-second count or defensive 20-second count will be used.

- If a game official detects an effort to stall the advancement of the ball in either the defensive clearing area or the offensive zone outside the offensive box, the official will give a verbal command to "advance the ball" followed by a visual 5-second hand count. If the team so warned does not attempt to advance the ball within the 5-second count, a turnover will occur with restart at the point of the stalling infraction.
- Timeouts — two (2) timeouts are permitted per half of maximum 2 minute duration.

Body Checking

- Body checking is permitted in 7/8 and 5/6 Divisions; however, no take-out checks are permitted by any player. **A takeout check is defined as any check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.**
- Players in the 5/6 and 7/8 divisions may make contact in an upright position within five yards of the ball. No body checking of any kind (including man/ball "clear the body" type pushing) is permitted in the 3/4 Division. If a loose ball is not moving, the referee may re-start play following the alternate possession rule.
- In all Divisions "High Hits" with the crosse, hands, arms or body are illegal. A High Hit is any intentional contact above player's shoulders to the neck or head area. The penalty is a 3 minute, non-releasable penalty for the first offense, and game ejection for the second offense. The game official will determine if a high hit is intentional or incidental (slashing).
- **Checking is not permitted in the 3/4 Division.**
- One handed checks are not permitted in the 5/6 and 7/8 Divisions.
- Any player(s) on a team not appropriate to the division due to any combination of grade, age, size, experience, etc. that will create an unsafe environment will be ejected.

Time Serving Penalties

- Time serving penalties are enforced and man up situations are permitted in all divisions except the 3/4 Division, where there are no time-serving penalties; instead the player must be substituted for and the ball awarded to the other team at the point of the infraction.

Game Officials

- If there is not at least one patched official to start a scheduled game, coaches can decide to not play the game, or terminate the game, if there is any question about proper control of play using "unofficial" officials. Or, coaches may organize a scrimmage where players from both teams are mixed to form teams and play can go on with coaches on the field.

UVRA / ILC Girls LACROSSE Rules

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Age and Eligibility Guidelines

- A child should register to play lacrosse in either their town of residence, or school district, if different, if a program is offered. Towns or programs should not compete for players from outside their area.
- The ILC does not encourage or support the formation of "select" teams. Division teams are recommended to be organized by grade: (Ages guidelines as of December 31 of year preceding competition)

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- It is important that placement on division teams be based on ensuring that individuals are playing with/against others appropriate to their size, maturity, skill and experience. The intent of this is in no way to mean that players may be placed on a team to dominate play and to win. If a program has more than one team in a competitive division, they should be grouped by physical size and lacrosse ability and experience (i.e. A, B or C level).

Equipment

- Sticks- 3rd/4th Divisions - Boys or girls stick may be used.
- 5th/6th Divisions - Girls stick, modified pockets
- 7th/8th Divisions - Girls stick, legal pockets

Protective Equipment

- Mouth guards and legal eye protection required.
- Close fitting gloves and soft headgear permitted
- Hard helmets only worn by goalie. Goalie must wear: NOCSAE Helmet, face mask, separate throat protector, chest protector, abdominal and pelvic protector, goalie gloves, leg padding on thighs shins, mouthpiece.

Coaching Areas

- Coaches at all levels may move along entire boundary line except: area in front of opposing team and substitution area. Coaches for 5th/6th may be on the field for the 1st half; coaches for 3rd/4th the entire game.

Fan Behavior

- Coaches are responsible for the behavior and conduct of spectators associated with their team. Cards will be issued to coaches for fan misbehavior. Games may be forfeited if misbehavior is continued.

Duration of Play

- 5th/6th & 7th/8th – 25 minute halves. 3rd/4th - 20 minute halves. Running clock except for after goals.
- Final 2 minutes clock stops on all whistles.
- For 10 goal differences, clock runs except for injury and final 2 minutes.

Managing the Game

1. Two timeouts per game, only after a goal, or when a team has possession of the ball.
2. Substitution is unlimited during play, after goals, and during halftime and timeouts. Substitutions are made through the substitution box only. Replaced player must be off of field prior to substitute entering field.
3. Fouls shall follow US LAX Women's rules with the following modifications:
 - No checking for 5th/6th & 3rd/4th. Modified checking (below the shoulder) only for 7th/8th.
 - Accidental/unintentional soft touches to the head with a stick are a YELLOW card.
 - Any significant check to the head, or dangerous slashing that may or may not contact a player is a mandatory RED card and the player will sit out the remainder of the game.
4. Second Rule- An attacking player may NOT hold the ball for more than 3 seconds when closely guarded/marked AND the defensive player has both hands on her stick and is in position to legally check if checking were allowed.
5. The attacking team MUST pass the ball a minimum of 3 times, prior to taking a shot, off of a draw or clearing the ball from their end of the field. The pass count does not start over if the ball is intercepted prior to crossing the defending restraining line.
6. No draw for ≥ 4 goal differences. Play will restart with losing team taking ball at center line.
7. *Goals are NOT scored when:*
 - Ball bounces off an attacking player.
 - Ball enters goal AFTER the horn has sounded.
 - Attacking player steps on or in goal circle.
 - Attacking player's stick passes over the goal circle
 - Goalkeeper while within goal circle is interfered with
 - Dangerous follow-through by attacking player
 - Goal enters goal while attacking team is off-sides.
 - Goalkeeper may NOT score an attacking goal.
 - Ball enters goal from indirect position

8. Maximum number of players on or over restraining line (not including goalie) is 7.

9. Out of Bounds- Carrying or throwing the ball out of bounds, or stepping on or over the out of bounds line while carrying the ball. While a player has stepped out of bounds, they may not take part in play.

10. Attempted shots going out of bounds will be awarded to the player standing closest to the ball when it went out of bounds. This includes the goalie.

Major Fouls

- Rough/Dangerous Check
- Check to Head- Yellow or Red card
- Slash- Yellow or Red card
- Player misconduct- Yellow or Red card
- Holding
- Cross in sphere
- Illegal contact
- Using cross in intimidating/dangerous manner
- Reach across the body to check
- Illegal cradle, too close to head/face
- Blocking (moving pick)
- Charging
- Obstruction to Free space- Defender obstructs shooters space to goal (> sticks length away)
- Three seconds- defender in critical scoring area > 3 seconds while not marking opponent.
- Forcing Through- attacker forces her way through legal guarding, backing into, knocking defenders down.
- Dangerous Propelling- uncontrolled pass
- Dangerous Shot- uncontrolled shot

Minor Fouls

- Covering- cover ground ball with stick or foot
- Empty stick check
- Warding off
- Hand Ball
- Illegal Grip- Squeezing Head of Stick to hold ball
- *Body Ball*- Deliberately impede ball with body
- Throw her Crosse
- Illegal Draw- Draw too soon, no attempt made to draw up and away, player moves prior to whistle, ball fails to go higher than heads of players.
- Jewelry- take part in game with jewelry on
- *Delay of Game*- Failure to stand still on whistle, to move 4 meters away on foul, to properly wear mouth guard or eyewear.

{No Jewelry – see page 12 for detailed description}

UVRA SPORT SPECIFIC GUIDELINES

UVRA 3rd thru 6th Grade BASKETBALL Rules

{ALL GAMES WILL BE PLAYED by High School Federation RULES but with the following modifications}

- ~ Mouth Protectors are strongly recommended for all
- ~ Ball size: All teams 3rd thru 6th grade will use the women's ball size (28.5).
- ~ All teams will supply balls and a first aid kit at their gyms for visiting teams.
- ~ All games will be 12 minute halves or 6 minute quarters. (Home team decides)
- ~ Maximum of 5 minutes for half time break.
- ~ 1-minute break between quarters
- ~ If tied, one (2) minute overtime will be played, after which game can end in a tie.
- ~ Stop time will be used at all levels. Two timeouts per half with no carry over. One additional timeout in be given for overtime.
- ~ **"COMMON SENSE AND COURTESY FOR ALL"** - Coaches should demonstrate sportsmanlike behavior and if they have a large lead, should do all they can to keep the game from becoming too one-sided, score-wise.

Specific Rules for 3rd & 4th Grades

1. Once a team gains possession in its defensive end of the court, the other team must pick up at half court. NO FULL COURT DEFENSE.
2. The official should let the flow of the game continue if a team has a fast break. If a team steals the ball before it gets over the half court line, the official will award the ball to the team that was in possession, out of bounds, closest to the spot of the violation.
3. The 10 second rule will be in effect.
4. For foul shots, shooters will be allowed to take one step in (approx. 3'), **ONLY IF** the 8' hoop hangs flush with the 10' hoop. Shooter will not be allowed to get their own rebound unless touched by another player first. This foul line should be clearly marked.
5. Man to Man defense is mandatory – NO ZONE – Double teaming is allowed. **If the Official determines a team is playing zone they will be issued a warning for illegal defense, each violation after will result in one foul shot and possession of the ball at mid court.**

Specific Rules for 5th and 6th Grades

1. Full court defense is allowed until there is a 15-point lead. If you are ahead by 15 points **NO** full court defense, and the common sense and courtesy rule must be followed.
2. **Man to Man Defense is Strongly Recommended!**

~ **"COMMON SENSE AND COURTESY FOR ALL"**~

Coaches should demonstrate sportsmanlike behavior and if they have a large lead, should do all they can to keep the game from becoming too one-sided, score-wise.

{No Jewelry – see page 12 for detailed description}

UVRA SPORT SPECIFIC GUIDELINES

BASEBALL - UVRA Grades 5/6 Baseball Rules

Sportsmanship is our Goal.

ZERO TOLERANCE POLICY IN EFFECT

(All Games will be played by the High School Federation rules, but with the following modifications.)

General Rules:

1. Players must be in 5th or 6th Grade.
2. Each game will be 6 innings in length. It is a legal game after the losing team has batted in the 4th inning.
3. Only 9 players play on the field at a time.
4. No inning will start after 1 hour and 45 minutes from the scheduled start time of the game.
5. All innings have a scoring maximum of 5 runs per team **(except for the 6th inning)**.
6. The 10 run rule applies after the losing team has batted in the fourth inning. The game will end.
7. Each player must play at least two innings per game in the field.
8. No metal spikes allowed.
9. Players are allowed to base coach. ***We encourage players to be base coaches. (Players MUST wear a helmet)***
10. Base paths are 60' Pitching distance is 46'
11. Rules are not to be altered.

Batting:

1. All players will bat before the first batter bats for a 2nd time. Batting line ups will stay the same through the game.
2. Each batter and runner must wear a helmet with both ear guards. *(face mask are recommended)*. If a runner throws off their helmet, the team will be warned once, the second time it occurs, the team will receive an out.
3. The batter is **automatically out** on the third strike, even if the catcher drops the ball.
4. Thrown Bats: There will be one warning per team, after that a thrown bat is an automatic out. *(Umpires decision)*
5. Infield fly rule **will be in effect** with runners on 1st & 2nd or 1st, 2nd & 3rd and less than two outs - the umpire will make the call.

Base Runners:

1. Stealing: Is allowed to all bases, Base-runners must remain on the base until the ball has passed the plate, they may then steal. **NO STEALING ON A PLAYER PITCHED BALL FOUR!**
2. If the umpire sees a base-runner leaving early he will call **"NO PITCH"**. Each team will receive one warning per game for leaving early. The next player from that team that leaves early will be called out.
3. Players **MUST SLIDE** when there is a close play to avoid a collision. Fielders may not block a base or base path.
4. Any Over-throw out of bounds may advance to the base plus 1 base.
5. **No head first sliding** allowed at any base. Runner will **automatically be called out.**

Pitching:

1. Maximum of 3 innings per game, 6 innings per week. One pitch counts as one inning. Week runs from Sunday to Saturday. Pitchers pitching 2 or 3 innings per game (**CAN NOT PITCH BACK TO BACK DAYS**) (Coaches this is an honor system for the safety of your pitchers.)
2. NO balks will be called against the pitcher.
3. Pitching distance is 46'.

Equipment

1. Bats **MUST** be stamped with the USA Cert. logo
2. Balls shall be official Little League or Cal Ripken hard baseballs.

Umpires:

1. Umpires will have complete authority at the field and final word on all disputes. The umpires may ask a player/coach or fan to leave the game or field after one warning if they feel these measures are necessary.
2. Umpires and Coaches will confer on bad weather as to waiting the storm out or canceling at that time. Safety is the number 1 factor. Umpires have the final say. In the case of Thunder & Lightning the 30-minute rule applies.

UVRA Grades 3/4 Baseball Rules

(All Games will be played by the High School Federation rules, but with the following modifications.)

General Rules:

1. Players must be in 3rd or 4th Grade.
2. No inning will start after 1 hour and 30 minutes from the scheduled start time of the game.
3. The 10 run rule applies after the losing team has batted in the fourth inning. The game will end.
4. Each player must play at least 2 innings per game in the field.
5. No metal spikes allowed.
6. All innings have a scoring maximum of 5 runs per team ***(except for the 6th inning)***.
7. **DEAD BALL:** the ball is dead as soon as pitcher has ball secured in mound area.
8. Base paths are 60' Pitching distance is 46'
9. Rules are not to be changed.

BATTING

1. All players will bat before the first batter bats for a 2nd time. Batting line ups will stay the same through the game.
2. Each batter and runner will wear a helmet with both ear guards. Throwing of the helmet is a team warning, the next time by that team; the player will be out.
3. **The batter is automatically out** on the third strike, even if the catcher drops the ball.
4. The only time a batter will receive a walk to first base is when hit by a pitch (**ONLY when player is pitching**)
5. **No throwing bats.** A warning will be given to the Team for the first offense, the second time a player on that Team violates this rule the Team will receive an out.
6. Infield fly rule **will NOT be in effect.** (Coaches are however encouraged to teach this rule).

BASE RUNNING

1. **STEALING** is allowed (**NO STEALING HOME, ON BALL FOUR** and/or **ANY BASE WHEN COACH OR PITCHING MACHINE PITCHES**) The only way to score from third base is either a batted ball or hit batter when bases are loaded (hit batter - when players are pitching NOT during coach pitch). Base-runner may not leave until the ball has passed the batter.
2. If the umpire sees a base runner leaving early, he will call "NO PITCH". Each team will receive one warning per game. Next time it is an out.
3. Each team should have one adult coach coaching the base.
4. Players **MUST SLIDE** when there is a close play to avoid a collision. Fielders must try not to block a base or base path. **No head first sliding.** (head first sliding is an automatic out)
5. Any Over-throw out of bounds may advance to the base plus 1 base.

PITCHING

1. Maximum of 3 innings per game, 6 innings per week. Week runs from Sunday to Saturday. Pitchers pitching 2 or 3 innings per game (CAN NOT PITCH BACK TO BACK DAYS) (Coaches this is an honor system for the safety of your pitchers.)
2. **Pitching Machine (if available)** Coaches pitch the first 3 innings. When Coach pitch's the batter either gets a hit or strikes out. NO WALKS. (After Memorial Day Pitching Machine or Coaches will pitch first 2 innings)
3. Players will pitch the last 3 innings of the game. Coach will come in after 4th ball, the strike count continues, batter will either get a hit our strike out. NO WALKS. (After Memorial Day player will pitch the last 4 innings)
4. Pitchers must pitch from the pitching mound. (Pitching rubber is 46").
5. No balks will be called.

Equipment

1. Bats **MUST** be stamped with the USA Cert. logo
2. Balls shall be RIF Level 10 baseballs.

UMPIRES

1. Umpires will have complete authority at the field and final word on all disputes. The umpires may ask a player, coach or fans to leave the game or field after one warning if they feel these measures are necessary.
2. Umpires and Coaches will confer on bad weather as to waiting the storm out or canceling at that time. Safety is the number 1 factor. Umpires have the final say. In the case of Thunder & Lightning the 30 minute rule applies.

{No Jewelry – see page 12 for detailed description}

UVRA SPORT SPECIFIC GUIDELINES

SOFTBALL - UVRA 3rd and 4th Grade Girls' SOFTBALL Rules

{ALL GAMES WILL BE PLAYED BY High School FEDERATION RULES but with the following modifications}

The main objective of these rules is to enhance the emotional and physical well being of the player and to add consistency to the game.

1. 3/4 grade Girls will use the 11" Rif #10.
2. The pitching distance will be 30-35 feet. No one will be allowed to pitch less than 30 feet from home plate. The pitcher's body has to be within 2-ft area of the pitching rubber. Pitchers must present the ball and may only take one step forward on the pitch. (The foot can go behind before the forward motion). Figure eight and slingshot are all acceptable pitching styles.
3. A pitcher may pitch a maximum of 2 innings per game.
4. Coaches will pitch the first three innings. Players will pitch the last 3 innings of the game. Coach will come in after 4th ball, **there will be No stealing on ball four**. The strike count will continue, batter will either get a hit or strike out. NO WALKS. (After Memorial Day player will pitch the last 4 innings)
5. A game consists of six innings. A half inning will consist of 5 runs or 3 outs, whichever comes first. If a game is tied at the end of six innings, it will remain a tie.
6. No new inning will start after 1 ½ hrs of playing time, regardless of innings played.
7. The strike zone will be from the shoulders to knees. Batter is out and cannot run on a dropped 3rd strike.
8. Substitutions are unlimited. Each player shall be allowed to bat whether or not she plays in the field, and the batting order may not change. This means the batting order includes all players and the top of the order does not bat until all players have batted once.
9. Every team member shall play at least two innings defensively in every game and emphasis shall be on fun and skill development.
10. No bunting, stealing or leading off. Runners may not leave the base until the ball has been hit. Sliding is allowed. (Federation rules apply).
11. The infield fly rule will not be in effect.
12. Runners may take as many bases as possible on an overthrown ball into fair territory. The ball is not dead until it is returned to the pitcher in the pitcher's circle (8ft radius.) Players, in the umpire's opinion that are not at least 1/2 of the way to the next base must return to the preceding base without penalty.
13. Runners may advance only one base on an overthrown ball into foul territory from the base that the player has already obtained.
14. If an umpire decides that a bat is dangerously thrown after a hit, the team and coach will be warned. On the second infraction by any member of the team, the batter will be called out.
15. Fielders must play in the conventional softball positions. A team may play with a maximum of 10 players, six infielders and four outfielders. One outfielder can be used as a short fielder and can be a rover as long as they play in the outfield. A team may start the game with 7 players, no less.
16. All catchers must wear shin guards, chest & throat protectors, mask and helmet. While making a play, the catcher may take the mask and helmet off. Catchers warming a pitcher up must wear a mask, helmet & throat protector. Batters, on deck batters, base runners and player/base coaches must wear helmets.
17. Coaches, players, and spectators shall show respect toward umpires, the opposing team and each other at all times. (See UVRA zero tolerance policy)

{No Jewelry – see page 12 for detailed description}

UVRA SPORT SPECIFIC GUIDELINES

UVRA - 5th & 6th Grade Girls SOFTBALL Rules

{ALL GAMES WILL BE PLAYED BY High School FEDERATION RULES but with the following modifications}

1. 5/6 Grade Girls will use the 11" softball.
2. The pitching distance will be 35-40 feet. The pitcher's body has to be within 2-ft area of the pitching Pitchers must present the ball and may only take one step forward on the pitch. (The foot can go behind before the forward motion.) Windmill, figure eight and sling shot are all acceptable styles.
3. A pitcher may pitch a maximum of 4 innings per game.
4. The strike zone will be from the shoulders to knees. Batter is out and cannot run on dropped third strike. A batter hit by a pitch will go to first base. (Unless she makes no attempt to get out of the way)
5. A game consists of six innings. A half inning will consist of 5 runs or 3 outs, whichever comes first. If a game is tied at the end of six innings, it will remain a tie.
6. All games will be a maximum of two hours in length. No new inning may start after 1 hour and 45 minutes of playing time.
7. Substitutions are unlimited. Each player shall be allowed to bat whether or not she plays in the field, and the batting order may not change. This means the batting order includes all players and the top of the order does not bat until all players have batted once.
8. Every team member shall play at least two innings defensively in every game and emphasis shall be on fun and skill development.
9. No bunting or leading.
10. Stealing will not be allowed on a pitched or passed ball to the catcher. The ball is in play if the pitcher drops the ball outside of the pitching circle (8 ft. radius) or if it is overthrown to the pitcher.
11. Sliding is allowed. Federation Rules apply for sliding.
12. The infield fly rule will be in effect -- with runners on 1st & 2nd or 1st, 2nd, & 3rd and less than two outs.
13. Runners may take as many bases as possible on an overthrown ball into fair territory. The ball is not dead until it is returned to the pitcher in the pitcher's circle.
14. Runners may advance only one base on an overthrown ball into foul territory from the base that the player has already obtained.
15. If an umpire decides that a bat is dangerously thrown after a hit, the team and coach will be warned. On the second infraction by any member of the team, the batter will be called out.
16. Fielders must play in the conventional softball positions. A team may play with a maximum of 10 players, six infielders and four outfielders. One outfielder can be used as a short fielder and can be a rover as long as they play in the outfield. A team may start the game with 7 players, no less.
17. All catchers must wear shin guards, chest & throat protectors, mask and helmet. While making a play, the catcher may take the mask and helmet off. Catchers warming a pitcher up must wear a mask, helmet & throat protector. Batters, on deck batters, base runners and player/base coaches must wear helmets.
18. Coaches, players and spectators shall show respect toward umpires, the opposing team and each other at all times. (See UVRA zero-tolerance policy)

{No Jewelry – see page 12 for detailed description}

Cancellation Protocol

- **No Cancellations should be made without the full agreement of both Recreation Department Administrators.**
- Spring and Fall events (Outside Games) should be initiated by the home team based on their field conditions
- Winter events (Inside Games) should be initiated by away team based on travel conditions

Jewelry Rule

- **The Upper Valley Recreation Association approved the following jewelry rules for all sports teams in K-6th grades.**
- **This is not to be modified by Departments, Coaches, or Officials.**
- **This policy has been established to assure our student/athletes participate in the safest possible environment.**

- **No Jewelry shall be worn in any sporting event. No Jewelry means NO...**

(Earrings, studs, bobby pins, any type of barrettes including plastic ones, wrist or ankle bracelets, and jewelry related to body piercings, necklaces, etc.)

Pierced ears **MAY NOT** be “taped” to play.

Federation Rule: Rule 3 Section 5 ART. 6 “Jewelry shall not be worn”

- **Religious and medical-alert medals are not considered jewelry.**
- **A religious medal must be taped and worn under the uniform.**
- **A medical-alert medal must be taped and may be visible.**

Lightning Rule

GUIDELINES ON HANDLING CONTEST DURING LIGHTNING DISTURBANCES

Updated and approved April 2007

The Upper Valley Recreation Association feel that understanding the dangers of Lightning is very important for the safety of our children.

We have adopted these guidelines to provide a policy to be followed in all UVRA sporting events.

The purpose of these guidelines is to provide a policy to those responsible for making decisions concerning the suspensions and restarting of contests based on the presence of lightning or thunder.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events. The enforcement of these rules should be done by officials and/or coaches.
2. Develop criteria for suspension and resumption of play:
 - a. A 30-second or less flash-to-bang count calls for removal of the athletes from the field to an appropriate shelter. Or the visualization of any lightning, play must be suspended using the 30-minute rule.
 - b. 30-minute rule. Once play has been suspended wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming play.

SPORTSMANSHIP IS OUR GOAL

To that end, we've adopted the following

ZERO TOLERANCE POLICY

EXPECTATIONS OF SPECTATORS:

The Upper Valley Recreation Association {UVRA}* has agreed that there will be zero tolerance for fan misbehavior at all sporting events. This includes but is not limited to: booing, shouting at officials, or arguing any call. Expressing any negative behavior or comments, threats or obscene gestures to players, coaches or officials is also unacceptable.

Cheering in a positive fashion, for both sides is highly encouraged. Ours is a recreational league with fun as the primary emphasis. Many officials and coaches are volunteers and we should all appreciate their efforts, and support them, setting a good example for the children.

Any spectator who does not behave appropriately {as directed above} will be asked to leave, according to the following steps:

1. Officials {s} will identify violators to the coaches, or vice versa.
2. Officials {s} confer with both coaches, one of whom will then approach the spectator and may give a warning, or ask them to leave. If the spectator is not recognized by either coach, the home coach will speak to him/her.
3. If the decision is made for the spectator to leave, play will not resume until he/she has left the facility. If he/she refuses to leave, his/her team will forfeit, and the game will be over.

Please help us foster good sportsmanship, and encourage positive experiences for our youth.

These towns/organizations are members of the UVRA and have agreed upon the above guidelines: Carter Community Building Association {CCBA}, Claremont, Cornish, Enfield, Grantham, Hartford, Hartland, Hanover, Lebanon, Lyme, Norwich, Plainfield, Rivendell, Sharon, Springfield, Thetford, Weathersfield, Windsor and Woodstock.

UPPER VALLEY PARKS AND RECREATION ASSOCIATION GUIDELINES

FOR YOUTH ATHLETIC PROGRAMS (GRADES K-6)

The Parks and Recreation Departments of the towns / organizations of the UVRA have drawn up and agreed to the following guidelines. These seventeen towns will use said guidelines in all their programs, where applicable.

All Guidelines / Rules have been agreed upon by the Upper Valley Recreation Association (UVRA) Departments.

The UVRA has agreed that:

1. If departments have more than one team in a division, the teams will be split into equal teams.
2. All "HOME" games played at towns in the UVRA will follow these rules.
3. A child may only register to play in one town, either their town or their parents town of residence if a program is offered there. If a student tuitions in, he/she can play in the town or school he/she tuitions into.
4. If there are not enough children for a team, only registered children may play in another town.
5. Families with parents living in two different towns may choose either town's programs for their children to participate in.

GENERAL PRINCIPLES

The general principles which guide the athletic programs for youth, sponsored by the Upper Valley Recreation Association are as follows:

- (1) Every player participates. Every child on every team will participate for a significant period of time in each game. (Minimum example: baseball, softball - 2 innings or in basketball, soccer - 1 quarter)
- (2) Recreation Department athletic programs will emphasize the pleasure of skill development and physical fitness, and avoid preoccupation with winning and perfectionism.
- (3) Coaches, players and spectators are representatives of their town and the Parks and Recreation Department, and are expected to act accordingly.
- (4) Where equal and separate programs do not exist, girls and boys will be granted an equal opportunity to participate.
- (5) **If within a particular town both a girls and boys team is offered and available those participants MUST play on the team of their gender.**
- (6) Students shall play in their grade level regardless of their ability. A student can only "play up" if the numbers warrant fielding a team. This move cannot cause another team to be short. An exception may be made at the discretion of the town Recreation Director, or for special needs or safety purposes. Any such exception must be approved by the UVRA.

SPECIFIC RESPONSIBILITIES

COACHES who participate in UVRA Parks and Recreation Department programs assume the following responsibilities:

- (1) **To see that every player participates in every game both during the regular season and all tournament play. Equal participation in the program as a whole is the desired goal.**
- (2) In practices and in games players should be as evenly-matched as possible, and a preoccupation with winning should not be encouraged. Players should be taught to accept defeat graciously, and the coach should lead by example.
- (3) To refrain from directing abusive or sarcastic language or gestures toward officials, other coaches or players. Coaches and officials during interaction shall conduct themselves in a professional manner at all times.
- (4) To ensure that Parks and Recreation Department equipment is accounted for, and maintained in usable condition and returned promptly at the end of the season.
- (5) To be reliable, and on time. (The first to arrive, and the last to leave...)
- (6) Never to play an injured player. Think of the player first and not the team's final outcome.
- (7) To leave facilities in the same or better condition than they were when the team arrived.
- (8) To ensure that all participants have registered and have paid the appropriate fee.
- (9) To ensure that playing conditions, facilities or circumstances present no physical risks to your players, and to take appropriate action if they do.
- (10) To keep the team together, and under your supervision during out-of-town trips. Team and coaches enter and leave dressing areas together.
- (11) To keep attendance.
- (12) To contact parents and the Director of the Parks and Recreation Department if a player is injured and requires medical attention. Coaches should also fill out an accident form for office.
- (13) To ensure that all valuables are collected before each game and returned to participant(s).
- (14) To have all players, and team coaches shake hands after the completion of the game.
- (15) To contact the Parks and Recreation Director and players with any changes in scheduled games or practice times.
- (16) To see that the members of your team have the same style shirts and that each shirt is numbered.
BASKETBALL: Number must be on front and back

PLAYERS/TEAM MEMBERS who participate in UVRA Parks and Recreation Department programs assume the following responsibilities:

- (1) Attend all scheduled practices and games, or notify the coach in advance that they will not be able to attend.
- (2) Register for the program as instructed by your coach and/or Recreation Department, and pay all necessary fees prior to the first official meeting.
- (3) Be courteous and respectful to your coach, the other team's coach and players, and the officials. You are representative of your town, the Parks and Recreation Department, and your family and you should behave accordingly.
- (4) Exhibit team spirit and loyalty at all times. Encourage your teammates and don't "put down" teammates, or opposing team members.
- (5) Report all injuries to your coach.
- (6) Report directly to the facility where the practices or games are to be held. Leave immediately after the practice session or game with the team. Do not leave the gym, field or other facility without the specific approval of the coach.
- (7) Respect the property of others when the team travels to other towns or facilities.
- (8) Stay with the team whenever you travel out-of-town. The coach is responsible for your well-being.
- (9) Turn in your uniform or other equipment issued to you as directed by the Coach at the end of the season.
- (10) To return all equipment or uniforms that are issued to you at the completion of the season. The participant is responsible for replacement of any lost or damaged equipment or uniforms.

The PARKS AND RECREATION DEPARTMENTS of UVRA assume the following responsibilities:

- (1) To arrange a schedule of games which ensures that teams are as evenly-matched as possible.
- (2) To publish a complete monthly schedule of practices for each coach at the beginning of each season, and to inform coaches of any changes to that schedule.
- (3) To support coaches when grievances arise.
- (4) To try to ensure that officials are competent and fully aware of the objectives of the program and the level of proficiency of the players.
- (5) To ensure that a game schedule is made and passed out to each coach. Also to ensure that the facilities are ready for games, and coaches and participants are notified of any scheduling changes.
- (6) To confirm all scheduled games with other Recreation Departments.

OFFICIALS who participate in UVRA Parks and Recreation Department programs assume the following responsibilities:

- (1) Should have knowledge of the Rules of the Game including new rule changes.
- (2) Should never criticize the performance of players on the court or field.
- (3) Should dress in similar uniforms when possible. Shirts should be provided by the sponsoring agency, if needed.
- (4) Should conduct interaction with coaches and spectators in a professional manner.
- (5) Should not let injured players continue in a game if in your judgment it is not safe to do so.
- (6) Should be aware of the age group you are working with and officiate accordingly. Keep the game flowing.

UPPER VALLEY ASSOCIATION OF PARKS AND RECREATION

1. CCBA
2. CLAREMONT
3. CORNISH
4. ENFIELD and CANAAN
5. HANOVER
6. HARTFORD
7. HARTLAND
8. LEBANON
9. LYME
10. MASCOMA YOUTH SPORTS LEAGUE
11. NORWICH
12. PLAINFIELD
13. RIVENDELL
14. SPRINGFIELD
15. THETFORD
16. WEATHERSFIELD
17. WINDSOR
18. WOODSTOCK

UVRA GPS Field/Gym Locations & Directions

CCBA

- **Wetherell Center – 1 Campbell Street, Lebanon NH 03766**

From the North: I-89 south to Exit 18 (DHMC/Lebanon High School). Bear right off the exit and continue on Route 120 to stop sign. Turn left onto Hanover St. Follow Hanover St. for approximately 1/2 mile and take a left into the parking lot next to Village Pizza/Peking Tokyo/Lebanon Floral mini-mall. Stay to the left and go down a slight hill bearing to the right at the bottom of the hill. Continue around the municipal parking lot onto Taylor St. The Wetherell Center will be on your left.

From the South: I-89 to Exit 17 (Enfield/Lebanon). Take a left off the exit and follow Route 4 into downtown Lebanon. Approx. 3 miles. At the green take your first right onto Campbell St. Turn right at the end of Campbell St. onto Parkhurst St. Take your first left onto Spencer St., go approx. 100 yards and drive straight into the Wetherell Center's parking lot.

CLAREMONT

From I-91 south or north: to Exit #8, route 103 to the center of Claremont. At the rotary/parking in center of town, take the third right (city hall on the left). You are now on Broad Street. Broad Street Park (gazebo in center) is on your left. Now follow the directions to the place you are playing at:

- **Monadnock Park – Broad Street, Claremont NH 03743**

Go ¼ mile down Broad Street. Stevens High School is on the right. After passing Stevens High take your first left which is the access road leading down into Monadnock Park.

- **Claremont Middle School - 107 South Street, Claremont NH 03743**

When you get onto Broad Street go all the way to the end of the road. Middle School will be directly in front of you.

- **The Claremont Savings Bank Community Center - 152 South Street, Claremont NH 03743**

When you get onto Broad Street go all the way to the end of the road. The Community Center will be directly on your left. Overflow parking will be at the middle School and at Arrowhead Rec. Area which is directly across the street from the community Center.

- **Veterans Park – 25 Veterans Park Road, Claremont NH 03743**

Head west on Broad Street, until you reach the second set of lights (Birney's Gas Station will be on your left.) Take a left onto Winter Street. You will then take travel ¼ of a mile until you reach Veterans Park Road, take a right and the park will be on your right.

- **Moody Park – 152 Maple Ave., Claremont NH 03743**

Once on Broad Street go all the way to the end of the road and take a right on to South Street. You will come to a stop sign where you will take a left on to Pleasant Street. Follow Pleasant Street until you reach a set of lights. You will go straight through the lights and the road will become Maple Ave. Go approximately 1 mile down Maple Ave. and Moody Park will be on your left.

- **Sarah B.H. Smith Riverside Park – 43 Washington Street, Claremont NH 03743**

Head west down Broad Street and go through your first set of lights. The park will be on your right. If you go through another set of lights, you have gone too far.

- **Barnes Park – 9 Bernard Way, Claremont NH 03743**

Once on Broad Street, go around the gazebo and head west. Once you reach the first set of lights, take a left down North Street. Go approximately 1 mile and Barnes Park will be on your right.

CORNISH

- **Cornish Elementary School –**

Go south on 91 to exit 9 (Hartland/Windsor exit) go left off the ramp toward Windsor. Go into town, about 3 miles. At the 2nd light turn left onto Bridge Street, after you cross the bridge, turn right onto RT 12A. Go less than a 1/4 of a mile and bare left at the red store 12% Solution onto Townhouse Rd. You will go about 3 miles until you get to the Cornish fair grounds, turn right onto Parsonage Rd. Soccer field is just ahead on left after large barn. If you come to the school you have gone too far.

GRANTHAM

- **Grantham Village School – Shedd Rd, Grantham NH 03753**

To soccer fields: I-89 South to exit 13 Grantham. Take right off exit and travel through town approx. 2 miles. Speed limit will have changed to 55 mph. Look for Grantham Recreation Park sign on right. Take "Cote Road" on right and take first left onto Shedd Road. Soccer fields will be on left but look for parking signs to direct you to proper parking areas and fields.

HANOVER

- **Hanover High School Football Field – 41 Lebanon Street, Hanover NH 03755**

Take I-89 north to Exit 18 Hanover/Lebanon. Take a right off the exit and head into town on Rt. 120 about 5 miles. When you come to the "Y" with the Mobil Station and Food Store on your right, bear left into town on Lebanon St. The High School will be on your Left. The football field is in the back. The bus can make the first left into the driveway at the beginning of the school next to the Quaker Meeting House. This will take them to the back parking lot and the field. Parents can park along the street in front, Hovey Lane (the first left after the schools) or in the back parking lot.

- **Reservoir Road Field – 63 Lyme Road, Hanover NH 03755**

Take Rt. 10 north from Hanover, from the lights by the med school. Reservoir Rd. will be about a ½ a mile on the right. Field is on the right between the two baseball fields.

- **Sachem Field - 394 N Main St. West Lebanon NH 03784**

From Lebanon, take Route 120 North all the way into Hanover. At the set of lights at the Hanover Food Co-op, bare left. At second set of lights which is a "T", turn left onto Main St./Rt. 10 South. (Molly's Balloon Restaurant is in front of you). Go about 1 ½ mi. on Rt. 10. Field Complex is on left with Campion Ice Rink. Park in the Rink parking lot. From W.Lebanon, Route 10 North. From the Mobil Foodstop, go about four miles past dam. Field/rink on your right before you get to town.

- **Hanover High School Gym – 41 Lebanon Street, Hanover NH 03755**

From Interstate 89: Take Exit 18 in New Hampshire and follow Route 120 north for about 6 miles into Hanover. At the traffic light adjacent to the Mobil Station, bear left (you will now be on Lebanon Street) toward the Business District. Travel on Lebanon Street for about one block. On the left hand side of the street is Hanover High School. Enter the school via the doors to the left and behind the flagpole; the gym will be down the hall.

From Interstate 91: Take Exit 13 in Vermont and follow signs to Hanover and Dartmouth College. Cross the bridge taking you into New Hampshire and continue up the hill to the first traffic light. Turn right and go to the next light where you will turn left at Lebanon Street. Continue down Lebanon Street, past the downtown area, and past the football stadium on your left and the stone church on your right. A block after the stone church is Hanover High School. Enter the school via the doors to the left and behind the flagpole; the gym will be down the hall.

- **Richmond Middle School Gym - 63 Lyme Rd, Hanover NH 03755**

From Interstate 89: Take Exit 18 in New Hampshire and follow Route 120 north for about 6 miles into Hanover. At the traffic light adjacent to the Mobil Station go straight (this is now called Park Street) and continue through two additional traffic lights. At the third light, bear right and follow Rt. 10 north for 1.4 miles. (A landmark to look for is the Police/Fire Station on your left just beyond Reservoir Road. The school is about 200 yards beyond this point on the right hand side.) Parking is on the road, in the turnabout in front of the school and in the back left hand, behind the field. ** Please enter the gym using the door next to the field on the right side of the school.

From Interstate 91: Take Exit 13 in Vermont and follow signs to Hanover and Dartmouth College. Cross the bridge taking you into New Hampshire and continue up the hill to the first traffic light. Continue through the light (you are on Wheelock Street), and turn left at the corner of the Green (Rt. 10 North). Follow Rt. 10 for about 2 miles. (A landmark to look for is the Police/Fire Station on your left just beyond Reservoir Road. The school is about 200 yards beyond this point on the right hand side.) Parking is on the road, in the turnabout in front of the school and in the back left hand, behind the field. ** Please enter the gym using the door next to the field on the right side of the school.

- **Ray School Gym - 26 Reservoir Rd, Hanover NH 03755**

From Interstate 89: Take Exit 18 in New Hampshire and follow Route 120 north for about 6 miles into Hanover. At the traffic light adjacent to the Mobil Station go straight (this is now Park Street) and continue through two additional traffic lights. At the third light, bear right and follow Rt. 10 north for about .8 mile. Turn right onto Reservoir Rd. School is down .1 mile on left. Go through parking lot to left of school. Gym is in the back with the red doors.

From Interstate 91: Take Exit 13 in Vermont and follow signs to Hanover and Dartmouth College. Cross the bridge taking you into New Hampshire and continue up the hill to the first traffic light. Continue through the light (you are on Wheelock Street), and turn left at the corner of the Green (Rt. 10 North). Follow Rt. 10 North for about 1.8 mile. Turn right onto Reservoir Rd. School is down .1 mile on left. Go through parking lot to left of school. Gym is in the back with the red doors.

- **Grasse Rd. Field - 41 Grasse Rd, Lebanon NH 03786**

Heading north on Park St., driving past the Hanover Coop, make a right onto Wheelock St. From the intersection of Wheelock and Park streets, drive 1.3 miles and make a left onto Grasse Rd. The field will be on your right.

- **Costello Field in Etna – 190 Etna Road, Etna, NH 03750**
- **Thompson Terrace – 4 Thompson Terrace Rd., Hanover, NH 03755**
- **Farr Road Field – 181 Greensboro Road, Hanover, NH 03755**

HARTFORD

- **Ratcliffe Park (White River Jct.) – 75 Latham Works Lane, White River Junction, VT 05001**

From the North: I-91 – South to exit 12. Take left from exit then right at stop sign onto Rt. 5 South, go to the first set of stop lights (at bottom of hill). Take a left, at next stop light, take a right onto Bridge St, go over the river and under the train overpass, turn left onto North Main St. Follow street through downtown White River Jct. to South Main St. Take the first street on left (Nutt Lane) over the railroad tracks, then left onto Latham Works Lane. Parking on right. Fields are right there.

From the South: I-91 – North to exit 11. Go straight off the exit ramp onto Route 5 North; go straight through the first stop light, then a flashing caution light and straight through the next stop light, this will put you onto North Main St. At the first stop sign, go straight, follow street through downtown White River Jct. to South Main St. Take the first street on left (Nutt Lane) over the railroad tracks, then left onto Latham Works Lane. Parking on right. Fields are right there.

- **Watson Park (Hartford) – Maple Street, Hartford VT 05001**

From the North: I-91 – South to exit 12. Take left from exit then right at stop sign onto Rt. 5 South, go to the first set of stop lights (at bottom of hill). Turn right onto Rt. 14 North. Go about ½ miles, just after overpass to I-91 and cemetery, you'll see Watson Park on your left.

From the South: I-91 – North to exit 12. Take right from exit then right at stop sign onto Rt. 5 South, go to the first set of stop lights (at bottom of hill). Turn right onto Rt. 14 North. Go about ½ miles, just after overpass to I-91 and cemetery, you'll see Watson Park on your left.

- **Quechee Green Park (Quechee) – 70 Village Green Circle, Quechee, VT 05059**

From the North: I-91- south to I-89 North to Exit 1. Make a left off of exit to Rt. 4 west. Make a right at the Fat Hat Factory onto Clubhouse Rd. Clubhouse Rd. turns into Dewey Mills Rd. At the stop sign near the cemetery, go straight, this will put you onto Quechee Main St. Take a left onto Village Green which will bring into a parking lot. Look for signs for Municipal Parking. Field will be on the right, beyond the playground (where the balloon festival is held).

From the South: I-91- north to I-89 North to Exit 1. Make a left off of exit to Rt. 4 west. Make a right at the Fat Hat Factory onto Clubhouse Rd. Clubhouse Rd. turns into Dewey Mills Rd. At the stop sign near the cemetery, go straight, this will put you onto Quechee Main St. Take a left onto Village Green which will bring into a parking lot. Look for signs for Municipal Parking. Field will be on the right, beyond the playground (where the balloon festival is held).

- **Dothan Brook School (Wilder) - 2300 Christian Street, Wilde, VT05088**

From the North: I-91 – South to exit 13. Take Rt. 5 South to Wilder. The school is on the right across from the King Arthur Flour Warehouse.

From the South: I-91 – North to exit 12. Take right from exit then left at stop sign onto Rt. 5 North, go through Wilder village. The school is on the left across from the King Arthur Flour Warehouse.

- **Tenney Field or Hartford High School Field (White River Jct.) - 73 Highland Ave, Hartford, VT 05001**

From the North: I-91 – South to exit 12. Take left from exit then right at stop sign onto Rt. 5 South, at the fourth street on the right, turn right onto Hebard St., and immediately turn left onto Highland Ave. Take the first drive on right to the High School. Tenney Field will be on the right at the stop sign, in front of the HHS Cafeteria. HHS Field will be on the left at the stop sign, just to the left of the tennis courts.

From the South: 91 – North to exit 12. Take right from exit then right at stop sign onto Rt. 5 South, at the fourth street on the right, turn right onto Hebard St., and immediately turn left onto Highland Ave. Take the first drive on right to the High School. Tenney Field will be on the right at the stop sign, in front of the HHS Cafeteria. HHS Field will be on the left at the stop sign, just to the left of the tennis courts.

- **Ottaquechee School (Quechee) - 304 Dody Lane, Hartford VT 05001**

From North: I 91- south to I-89 North to Exit 1. Make a left off of exit to Rt. 4 west. Make a right at the Fat Hat Factory onto Clubhouse Rd. Clubhouse Rd. turns into Dewey Mills Rd. Turn right at the stop sign near the cemetery. Go up hill and make a left onto Morgan Rd. Go about 1/5 of a mile then turn left onto Dody Lane which leads to the school.

From South: I 91- north to I-89 North to Exit 1. Make a left off of exit to Rt. 4 west. Make a right at the Fat Hat Factory onto Clubhouse Rd. Clubhouse Rd. turns into Dewey Mills Rd. Turn right at the stop sign near the cemetery. Go up hill and make a left onto Morgan Rd. Go about 1/5 of a mile then turn left onto Dody Lane which leads to the school.

- **Hartford Middle School (White River Jct.) - 245 Highland Ave, Hartford VT 05001**

From North: I-91 – North to exit 12. Take left from exit then right at stop sign onto Rt. 5 South, at the fourth street on the right, turn right onto Hebard St., and immediately turn left onto Highland Ave. Follow Highland Ave. all the way to the football field fence line (just beyond Middle school), turn right into parking lot behind the Middle School. Gym is adjacent to the parking lot on the right.

From South: I-91 – North to exit 12. Take right from exit then right at stop sign onto Rt. 5 South, at the fourth street on the right, turn right onto Hebard St., and immediately turn left onto Highland Ave. Follow Highland Ave. all the way to the football field fence line (just beyond Middle school), turn right into parking lot behind the Middle School. Gym is adjacent to the parking lot on the right.

- **Kilowatt Park (Wilder) – 61 Passumpsic Avenue, Wilder, VT 05088**

From the North: I 91 South to exit 12. Turn left off ramp. Left at stop sign onto Route 5 N. Just before Ken's Country Store turn right onto Depot Street. Go to the end and turn left. Take 1st turn on right over wooden bridge. Field is straight ahead, slightly to the left on the dirt road.

From the South: I 91 N to exit 12. Turn right off the ramp. Left at stop sign onto Route 5 N. Just before Ken's Country Store turn right onto Depot Street. Go to the end and turn left. Take 1st turn on right over wooden bridge. Field is straight ahead, slightly to the left on the dirt road.

- **Clifford Park – 100 Recreation Drive, West Hartford VT 05084**

From North: Follow Route 14 South approximately 5 miles out of Sharon. At the metal bridge, turn right over river and go up the hill (Quechee/West Hartford Rd). Take first left onto Westfield Drive and next left onto Recreation Drive which will drop you right down to the park.

From South: Follow Route 14 North approximately 8 miles out of White River Junction. At the metal bridge, turn left over river and go up the hill (Quechee/West Hartford Rd). Take first left onto Westfield Drive and next left onto Recreation Drive which will drop you right down to the park.

- **MAXFIELD SPORTS COMPLEX - 120 Leslie Drive, White River Junction, VT 05001**

I-89 South / North: Take exit I-91 South, White River Junction. Keep left at the fork, following signs for I-91 North. Merge onto I-91 North. Take first exit #11 for US-5 Toward, White River Jct. Sharp left onto US-5 South/N. Hartland Rd. Travel 2 miles. Maxfield Sports Complex will be on your left.

I-91 South / North: Take exit # 11, White River Junction. For US-5 Toward, White River Jct. Sharp left onto US-5 South/N. Hartland Rd. Travel 2 miles. Maxfield Sports Complex will be on your Left.

HARTLAND

- **Hartland Elementary School - 97 Martinsville Rd, Hartland VT 05048**

From the North: Take I-91 South to Exit 9. Turn right onto US-5/VT-12. Turn slight right to stay on US-5. Turn right onto Station Road. Turn right onto Martinsville Road. End at Hartland Elementary School.

From the South: Take I-91 North to Exit 9. Turn left onto US-5/VT-12. Turn slight right to stay on US-5. Turn right onto Station Road. Turn right onto Martinsville Road. End at Hartland Elementary School.

- **Hartland Recreation Center - 19 Route 12, Hartland VT 05048**

From the North: Take I-91 South to Exit 9. Turn right onto US-5/VT-12. Turn slight left onto VT 12. End at Hartland Recreation Center on left.

From the South: Take I-91 North to Exit 9. Turn left onto US-5/VT-12. Turn slight left onto VT 12. End at Hartland Recreation Center on left

LEBANON

- **Seminary Hill School – 20 Seminary Hill, West Lebanon NH 03784 (Civic Memorial) Field - 8 Crawford Avenue, West Lebanon, NH 03784**

From North using I-91 or to I-89 South: Take exit 20 which is first exit in New Hampshire. Take left onto 12A and proceed through 3 sets of lights. At 4th set you will be at intersection of 12A and Route 10 (So. Main St, West Leb)–Dunkin Donuts to your left. Take right at light and school is on right then take 2nd right after school onto Crawford Avenue into parking lot at field.

From North using Route 10 South: Follow all the way into West Lebanon and continue through 3 sets of lights on Main Street West Lebanon –Dunkin Donuts on your left. Continue straight at light and school is on right then take 2nd right after school onto Crawford Avenue into parking lot at field.

From South: Take I-89 North to exit 19 and bear right off ramp. Go through 1st light(Timken Aerospace on right) and follow past movie theater/car dealer on Miracle mile and continue up Seminary Hill and then down Hill, take 3rd left onto Crawford Avenue into parking lot at field.

From West: Take bridge over Connecticut River into West Lebanon and bear right at light onto Main Street. Follow through 2 sets of lights –Dunkin Donuts on your left. Continue straight at light and school is on right then take 2nd right after school onto Crawford Avenue into parking lot at field.

From East: Follow Route 12A into West Lebanon and continue past plazas through 8 sets of lights. At 9th light you will be at intersection of 12A and Route 10 (So. Main St., West Leb) Dunkin Donuts to your left. Take right at light and school is on right then take 2nd right after school onto Crawford Avenue into parking lot at field.

- **Elks Field - 20 Labombard Road, Lebanon NH 03766**

From North: I 89 south to exit 18 and bear left onto Rte. 120 towards Hanover. Through lights and take right at second light onto Heater Rd. (Miller Auto on right). Take first left onto LaBombard rd. and field is on your right.

From South: I 89 north and bear right onto Rte. 120 towards Hanover. Through lights and take right at second light onto Heater Rd. (Miller Auto on right). Take first left onto LaBombard rd. and field is on your right.

- **Old Lebanon Junior High - 75 Bank St, Lebanon, NH 03766**

In downtown Lebanon off the green, bear right onto Rte. 4 east (Bank Street) and follow about ½ mile and school is on your left.

- **Eldridge Park - 23 Spencer St, Lebanon, NH 03766**

From North: I-89 South to exit 18, bear right off exit and go 1/8 mile to stop sign(welcome to Lebanon sign). Take left onto Hanover street and follow about ¾ mile until you reach Lebanon green. Follow green half way around and the road splits 3 ways. Continue straight (don't bear left or right) following CCBA sign. Take left onto Spencer street and field is on left.

From South: I-89 North to exit 18. Take left off exit and go 1/8 mile to stop sign(welcome to Lebanon sign). Take left onto Hanover street and follow about ¾ mile until you reach Lebanon green. Follow green half way around and the road splits 3 ways. Continue straight (don't bear left or right) following CCBA sign. Take left onto Spencer street and field is on left.

- **Lebanon High School, Lebanon - Hanover St School Gym - 195 Hanover St., Lebanon NH 03784**

From North: using I-91 or to I-89 south Take left off exit 18 and continue through lights over highway. Take first left onto Evans drive (by the Team Nissan North car dealership) Take first right into parking lot at the rear of the school by the Football Field and Running Track. Please park in this parking lot; Access to the gym is in the alley way between Lebanon High School and Hanover Street School.

From North: using Route 10 or to Route 120 south Follow 120 past Dartmouth Hitchcock Hospital through lights at intersection of Old Etna Road. Continue thru 1 more set of lights(Miller Auto/Armory on left) then take first right onto Evans drive (by the Team Nissan North car dealership) Take first right into parking lot at the rear of the school by the Football Field and Running Track. Please park in this parking lot; Access to the gym is in the alley way between Lebanon High School and Hanover Street School.

From South: Take I-89 North to exit 18 and bear right off ramp. Take first left onto Evans (by the Team Nissan North car dealership) Take first right into parking lot at the rear of the school by the Football Field and Running Track. Please park in this parking lot; Access to the gym is in the alley way between Lebanon High School and Hanover Street School.

From West: I-89 south and take left off exit 18 and continue through lights over highway. Take first left onto Evans drive

From East: Follow Route 12A west to I-89 south and take left off exit 18 and continue through lights over highway. Take first left onto Evans drive

Junior High Track & Field– Lebanon High School Track, Lebanon -195 Hanover St., Lebanon NH 03784

Follow same directions as to High School. Track is on right before school and park in adjacent lot.

- **Hanover St School Gym - 195 Hanover St, Lebanon, NH 03766**

From I-89, take exit 18. Turn North on Rt 120 towards Hanover. Immediate Left on Evans Drive (by the car dealership). Go to stop sign, turn right on Hanover St. School is on your right.

- **Pat Walsh Park/Field- Bank Street Extension, Lebanon, NH 03766**

From I-89 South or North take exit 17 and go left onto Route 4 West and take a Sharp Right on to Bank Street Extension.

From Colburn Park (across from 51 North Park Street Lebanon, NH) follow Route 4 East (Bank Street) take a left onto Bank Street Extension.

Pat Walsh Park/Field will be on your right. Parking is along the road, and in the small dirt/rock parking area by the field.

LYME

- **Lyme School - 35 Union Street, Lyme NH 03768**

Rt. 10 north out of Hanover. School is up about 9.8 miles on the left, just before the center of town.

or From Interstate 91: Exit 14, go east on 132 (left if coming from the North, right if coming from the south). At "T" take a right on route 5, go 100 yards and take left on E. Thetford Rd., over bridge (Connecticut River) to stop sign: Turn right and school is 200 yards on your right.

- **Post Pond – Route 10, Lyme NH 03768**

Take Rt. 10 north into, and through Lyme. Go past the Green about ¾ mile. Post Pond Field is on the left immediately after the pond. OR From Interstate 91: Exit 14, go east on 132 (left if coming from the North, right if coming from the south). At "T" take a right on route 5, go 100 yards and take left on E. Thetford Rd., over bridge (Connecticut River) to stop sign. Continue straight through the stop sign, bear left at the church (staying on rte 10 north) passing Loch Lyme Lodge on your right. Then take driveway on left just after passing Post Pond - if you pass the baseball field on your left you've gone too far!!!

- **Crossroads Academy - 95 Dartmouth College Highway, Lyme, NH 03768**

From the medical school take route 10 north, approximately 8 miles. ***The school is on the left with a signed entrance. Take the first left after the Crossroads main entrance - Shoestrap Road, field 100 yds. on your left and has a parking area.

From North: South on Route 10 past Post Pond, past the Lyme School 35 Union Street, Lyme, NH 03768 (on the green) and take your 2nd right which is 2.2 miles from the school blinking crossing light between the library and the school.

MASCOMA, ENFIELD and CANAAN

- **Canaan Elementary School (CES) – 31 School Street, Canaan, NH 03741**

Exit 17 off I-89 South. Take Route 4 East to Canaan. At 4-way intersection in town take a left. Take a left onto the first side street. Field is on the right behind the school.

- **Enfield Village School (EVS) - 271 US Route 4, Enfield, NH 03748**

Exit 17 off I-89 South. Take Route 4 East to Enfield. The school is on the left just past the sharp corner going into Enfield. Field is located at the school

- **Mascoma High School (MHS) – 27 Royal Road Canaan, NH 03741**

- **Indian River School (IRS) - 45 Royal Road Canaan, NH 03741**

Exit 17 off I-89 South. Take Route 4 East through Enfield to West Canaan. Mascoma High School / Indian River Middle School is up on the hill on the left. The field is located on Rte. 4

- **Shaker Field – Shaker Field Recreation Area, 500 Route 4A, Enfield, NH 03748**

Exit 17 off I-89 South. Take Route 4 East to Route 4A south to La Salette. Fields are on the left, 1/8 mile past the La Salette Shrine

- **Huse Park - US Route 4, Enfield, NH 03748**

Exit 17 off I-89 South. Take Route 4 East to Enfield. After passing the Enfield Village School on your left, take a right at the three corners. The field is immediately on the left behind the new community center and church.

- **Williams Field - US Route 4, Canaan, NH 03741**

Exit 17 off I-89 South. Take Route 4 East to Canaan. The field is on Route 4 in downtown Canaan across from the Canaan Post Office.

NORWICH

- **Huntley Meadow - 111 Turnpike Rd, Norwich VT 05055**

I-91 to exit 13. Off the exit ramp head away from the Connecticut River, towards Norwich. Go through one set of lights and continue straight on Main St. past the school on your right, Dan & Whit's General store & the Norwich Inn on your left. Just before the road runs uphill, take a left onto Turnpike Road (about a mile total from the interstate). Travel approx. 1/4 mile, and turn left into the parking area for Huntley Meadow. You'll see multiple playing fields and 4 tennis courts down to your left. Park in either upper or lower lot.

- **Marion Cross School Gym – 22 Church Street, Norwich VT 05055**

I-91 to exit 13. Off the exit ramp head away from the Connecticut River, towards Norwich. Go through one set of lights. Then immediately after you pass a dark gray church on your right, take the next driveway, also on your right. It runs alongside the Green/Marion Cross Elementary School. There is parking at the end of the drive where you can enter at the far end of the school. Walk straight through lobby to the gym entrance.

PLAINFIELD

- **Plainfield School - 92 Bonner Rd, Meriden NH 03770**

From the north: Take Rt. 120 toward Meriden. Go past blinking light at the foot of KUA hill. Go past the track on right and take the next right on to Bonner Rd. School is down Bonner Rd. on the left about 200 yards.

From Rt. 12 A: Take Trues Brook Road toward KUA/Meriden. Follow this road about 5 miles. Take right on to Bonner Rd. School is down the hill on the right. If you get to KUA you've gone a bit too far.

RIVENDELL

- **Rivendell School – Orford NH 03777**

From the South: I-91 North to Exit 15, Fairlee/Orford exit. Make a right off the exit to the stop sign. Make a left onto Rt. 5 north. Go through Fairlee. Make a right at the bridge and go across to Orford towards 25A. The Rivendell School is the old Orford School on the left of 25A.

- **Samuel Morey – School Street, Fairlee VT 05045**

From the South: in Vermont: take I-91 North to Exit 15, turn right off ramp, left at stop sign (VT Route 5) and next left (by Post Office) onto School Street.

From Orford, NH: Route 10 to Bridge Street, turn left at stop sign and right (by Post Office) onto School Street

- **Westshire School – 744 VT Route 113, West Fairlee VT 05083**

From the South: Take I-91 North to Thetford exit (14), off the exit ramp turn left onto route 113, stay straight on Route 113 for approximately 8 miles, you will see a welcome to West Fairlee sign on your left the school is just under a mile on the right

SHARON

- **Sharon Elem. School gym and ALL fields - 75 Route 132, Sharon VT 05065**

From the south: I-89 Exit 2 at end of ramp go left under interstate bridge, take 1st right beside Town Offices you will pass South Field and can see the School. North Field is Behind the school.

SPRINGFIELD

- **Field Hockey: (New) Springfield High School – 303 South Street, Springfield VT 05156**

From the North: I-91 South to Exit 7. Rt. 11 West 3.4 miles to blinking light in front of Louis Whitcomb Senior Citizen Housing. Go left up steep hill (South St.) At the top of the hill stay straight on South St. SHS is about 1/2 mile on the right. Field Hockey field is beyond the soccer field to the right of the school.

- **Soccer: Old North Springfield School (N. Spfld) Grades 5/6 – School Street, North Springfield VT 05150**

From the North: Go south on I-91 to Exit 8 (Windsor/Ascutney). Turn right off ramp on Rt. 131 West to junction to Rt. 106 (Flashing light) Turn left on Rt. 106 south. Continue to T at junction of Rt. 10. Take a left-about 150 yards on Rt. 10 take a right onto School St. (across from Cota & Cota) Go down School St. to dirt driveway on left just before the end of the street. The field is up the bank to the left of the parking lot.

- **Riverside Middle School-Grades 7/8 - 13 Fairground Rd, Springfield, VT 05156**

I-91 south to Exit 7. Go on Rt. 11 west through town. At the light in front of the Springfield Plaza turn left and stay on Rt. 11 West. McDonalds will be on your right. Go over bridge and take next right into entrance of school.

- **Community Center (Grades 3-6) – 139 Main Street, Springfield VT 05156**

Located on Main St. At the blinking light in front of the Louis Whitcomb Senior Housing bear right and cross the bridge. The Community Center is the first building on the left after the bridge.

- **North Springfield (Ben & Jerry's Field) - 45 Fairbanks Rd, North Springfield VT 05150**

Take I-91 south to Exit 8 (Windsor/Ascutney) Go right off exit (west) on Rt. 131 to Jct. 106 (yellow flashing light). Go left (south) on Rt. 106 until you reach a T intersection at the Jct. of Rt. 10. Bear right onto Rt. 10 and then take 2nd street on your left (100 yards from intersection) Take a right at the bottom of the road. Take 2nd left at the IVEK building.

THETFORD

- **Thetford Elementary School - 2689 Route 113, Thetford VT 05074**

From the South: I-91 North to Exit 14. Make a left off the exit onto Rt. 113. At the top of the long hill, continue straight and school will be on your left. Playing fields are to the right of the school and behind it as is the entrance to the gym for basketball games.

From the North: I-91 North to Exit 14. Make a right off the exit onto Rt. 113. At the top of the long hill, continue straight and school will be on your left. Playing fields are to the right of the school and behind it as is the entrance to the gym for basketball games.

- **Post Mills Baseball Field – 202 Route 244, Post Mills, VT 05074**

Exit 14 off Interstate 91; continue up the hill on Vermont Rte. 113. Go past the elementary school for about 5 miles, turn right onto Rt. 244. In about 1/2 mile the field will be on your right.

WEATHERSFIELD

- **Weathersfield Middle School - 135 Schoolhouse Rd, Rt 5 Ascutney, VT 05030**

From the North: - Take I-91 South to Exit 8: Claremont/Ascutney. Make a left off the exit. At the stop light after the Mobil Station, make a left onto Rt. 5 north. Go about 1 mile and you will see Schoolhouse Road on your left. Go up the road to the school.

From the South: Take I-91 North to Exit 8: Claremont/Ascutney. Make a right off the exit. At the stop light after the Mobil Station, make a left onto Rt. 5 north. Go about 1 mile and you will see Schoolhouse Road on your left. Go up the road to the school.

- **Hoisington Field - 1862 Rte. 106, Perkinsville VT 05051**

From the North: Take I-91 South to Exit 8. Turn right and take Route 131 West. Go 8 miles to Route 106 South. Take Rte 106 South (turn left) and the school will be down about 2 ½ miles.

From the South: Take I-91 North to Exit 8. Turn left and take Route 131 West. Go 8 miles to Route 106 South. Take Rte 106 South (turn left) and the school will be down about 2 ½ miles.

WINDSOR

- **Windsor High School Murphy – Morse Track - 19 Ascutney Street, Windsor, VT 05089**

From the North: I – 89 to White River Jct. I-91 south to Exit 9. Take a left onto Rte. 5. Go about 3 to 4 miles to Windsor. At first set of lights take a right up the hill. About 300 yards school entrance on left. Bear left to track.

From the South: I – 91 to exit 8. Off ramp go to set of lights. Take a left onto Rte. 5. 5 miles to Windsor. At second set of lights take a left up the hill. About 300 yards on left is school entrance. Bear left down hill to track.

- **Windsor Fairgrounds - Route 44 Ascutney St, Windsor VT 05089**

From the North: Take I-91S to Exit 9. Take a left off the exit onto Rte. 5 south into Windsor. Go about 4 miles to 2nd set of lights. Make a right onto Union St. Go past the Recreation Center till the road comes to a fork. Go left. Stay on this road till you come to the Windsor Fairgrounds which is on your left.

From the South: Take I-91N to Exit 8. Take a right off the exit to the first set of lights. Take a left onto Rte 5 North into Windsor. Go about 5 miles to the first set of lights. Make a left onto Union St. Go past the Recreation Center till the road comes to a fork and bear left. Stay on this road till you come to the Windsor Fairgrounds which is on your left.

- **Windsor Recreation Center – 29 Union Street Windsor VT 05089**

From North: Take I-91S to Exit 9. Take a left off the exit onto Rte. 5 south into Windsor. Go about 4 miles to 2nd set of lights. Make a right onto Union St. The Recreation Center is about 200 yards up on your left. Gym is in back.

From South: Take I-91N to Exit 8. Take a right off the exit to the first set of lights. Take a left onto Rte 5 North into Windsor. Go about 5 miles to the first set of lights. Make a left onto Union St. The Recreation Center is about 200 yards up on your left. Gym is in back.

WOODSTOCK

- **Woodstock Elementary School Gym - 15 South Street, Woodstock VT 05091**
- **Vail Field - 31 South Street, Woodstock VT 05091**

Take Rt. 4 west continue into Woodstock. Go ¼ around the Village green and turn right onto Rt. 106 (South Street) Woodstock Elementary School is on the right and Vail Field is just after on the Left.

- **The Prosper Valley School (Old Pomfret School) - 1071 Pomfret Road, South Pomfret VT 05067**

Take Rt. 4 West. Continue into Woodstock. When you get into Woodstock take RT. 12 N. Follow RT. 12 N to the intersection of Rt. 12 and Pomfret Rd. (at the Gallery after Billings farm) Bear to the right, you will be on Pomfret Rd. The school is approximately ¾ of a mile on the left