



MAINE/NEW HAMPSHIRE PLAY DAY 2018
Hosted by Yarmouth High School & North Yarmouth Academy



DATE: March 30, 2019

TIMES: 10AM-6PM

FEE: \$275 Please Make Checks Payable to Yarmouth School Department. 286 West Elm Street, Yarmouth ME 04096

LOCATION: Yarmouth High School Turf (247 Portland Street Yarmouth ME 04096) & North Yarmouth Academy Turf (Travis Roy Ice Arena 495 U.S.1 Yarmouth ME 04096)

PARKING:

At Yarmouth High School buses should park next to the school building. Buses may unload and pick-up at the gate to the field.

At NYA buses should park at the Travis Roy Arena in the turn around at the end closest to the field.

SUPPORT: Referees, timers, trainers and water will be at each field.

INDOOR FACILITIES: will be available in the event weather is uncomfortable for teams waiting.

MISSION: For many teams these are the first scrimmages of the season. Many teams are using this play-day to assess and sort their athletes. Please keep this in mind and we are sure to have a wonderful day of lacrosse.

TIMEKEEPING: All games will keep running time. All games will start promptly on the hour with a 10 minute warm-up. This warm-up will include captains and certification but no line-up. Teams will play 20 minute halves. There will be a 5 minute halftime. After the game 5 minutes will be reserved for handshakes and clearing the bench area to make room for the next team. Teams playing at 10am should arrive early for warm-ups so we start on time. NO Timeouts-outs except for equipment problem, injury or emergency. NO Overtime- Games that end in a tie will remain a tie.

PENALTIES: NO man up/down. All flag down situations will result in "Fast Break" opportunities for the offended team. After the penalty is called one referee will announce the penalty to the scorer's table and bench as normally reported in a game. Simultaneously, the second referee will set-up the fast break. (This will help ensure maximum time of play.) A fast break is defined as all midfielders on the midfield line with one midfielder from the team who was offended awarded the ball 5 yards ahead of the other midfielders. **The player who committed the personal foul must be substituted and must remain off the field for the duration of the penalty.** If the penalty is committed by the goalie the "In-Home" can serve the penalty unless the officials deem it necessary for the goalkeeper to serve the penalty.

LUNCH: Each team is responsible for their own lunch. There are a few local establishments that can provide lunches. Contact NYA or Yarmouth coaches for suggestions. A partial list is below:

Pat's Pizza 846-3701
Romeo's Pizza 846-1473

David A. Pearl
Head Varsity Boys Lacrosse Coach
Yarmouth High School
david_pearl@yarmouthschools.org
Cell (207) 329-9470

Sam Manders
Head Varsity Boys Lacrosse Coach
North Yarmouth Academy
sam@207lacrosse.com
Cell (207) 210-2633

Field	Yarmouth			NYA	
Time	247 Portland St, Yarmouth, ME 04096 (High School Turf Field)		Time	495 Us Route 1, Yarmouth, ME 04096 (Travis Roy Arena At N Yarmouth)	
10am	Brunswick	St Thomas Aquinas	10am	Scarborough	Portsmouth
11am	Yarmouth	Windham, NH	11am	NYA	Bedford
12	Brunswick	Portsmouth	12	Scarborough	St Thomas Aquinas
1pm	Yarmouth	Bedford	1pm	NYA	Windham, NH
2pm	Brunswick	Bedford	2pm	Scarborough	Windham, NH
3pm	Yarmouth	Portsmouth	3pm	NYA	St Thomas Aquinas
4pm	Brunswick	Windham, NH	4pm	Scarborough	Bedford
5pm	Yarmouth	St Thomas Aquinas	5pm	NYA	Portsmouth

