

# UPPER VALLEY RECREATION ASSOCIATION (UVRA) SPORTS MANUAL

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### UVRA Member WEB SITES - in alphabetical order

|  |  |  |
|--|--|--|
| CCBA   | Claremont  | Hanover  |
| <a href="http://www.joinccbba.org">www.joinccbba.org</a>                           | <a href="http://www.Claremontnh.com">www.Claremontnh.com</a>               | <a href="http://www.hanovernh.org">www.hanovernh.org</a>               |
| Hartford   | Hartland   | Lebanon  |
| <a href="http://www.hartford-vt.org">www.hartford-vt.org</a>                       | <a href="http://www.hartland.govoffice.com">www.hartland.govoffice.com</a> | <a href="http://www.lebcity.com">www.lebcity.com</a>                   |
| Lyme   | Norwich  | Plainfield   |
| <a href="http://www.lymenh.org">www.lymenh.org</a>                                 | <a href="http://www.norwich.vt.us">www.norwich.vt.us</a>                   | <a href="http://www.plainfieldschool.org">www.plainfieldschool.org</a> |
| Rivendell - none   | Sharon - none  | Springfield – none   |
| Thetford   |  | Weathersfield  |
| <a href="http://www.thetfordvermont.us">www.thetfordvermont.us</a>                 |  | <a href="http://weathersfieldschools.org">weathersfieldschools.org</a> |
| Windsor  |  | Woodstock  |
| <a href="http://www.vermont-towns.org/windsor/">www.vermont-towns.org/windsor/</a> |  | <a href="http://www.woodstockrec.com">www.woodstockrec.com</a>         |

**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.

| <u>UVRA Members</u> |                  | <u>Year</u> | <u>PREZ./SECRETARY</u> |                  |
|---------------------|------------------|-------------|------------------------|------------------|
| <u>ASSIGNMENTS</u>  |                  |             | <u>YEAR</u>            | <u>PRESIDENT</u> |
| 1                   | CCBA             | 1977        |                        |                  |
|                     | <u>SECRETARY</u> |             |                        |                  |
| 2                   | HANOVER          | 1977        | 1999                   | THETFORD         |
|                     | HARTFORD         |             |                        |                  |
| 3                   | HARTFORD         | 1977        | 2000                   | SPRINGFIELD      |
|                     | THETFORD         |             |                        |                  |
| 4                   | LEBANON          | 1977        | 2001                   | LYME             |
|                     | SPRINGFIELD      |             |                        |                  |
| 5                   | WOODSTOCK        | 1977        | 2002                   | HARTLAND         |
|                     |                  |             |                        | LYME             |
| 6                   | NORWICH          | 1990        | 2003                   | PLAINFIELD       |
|                     | HARTLAND         |             |                        |                  |
| 7                   | WINDSOR          | 1992        | 2004                   | CLAREMONT        |
|                     | PLAINFIELD       |             |                        |                  |
| 8                   | THETFORD         | 1995        | 2005                   | CCBA             |
|                     | CLAREMONT        |             |                        |                  |
| 9                   | LYME             | 1998        | 2006                   | LEBANON          |
|                     |                  |             |                        | CCBA             |
| 10                  | CLAREMONT        | 1998        | 2007                   | NORWICH          |
|                     | LEBANON          |             |                        |                  |
| 11                  | SPRINGFIELD      | 1998        | 2008                   | HANOVER          |
|                     | NORWICH          |             |                        |                  |
| 12                  | HARTLAND         | 1999        | 2009                   | WOODSTOCK        |
|                     | HANOVER          |             |                        |                  |
| 13                  | PLAINFIELD       | 2001        | 2010                   | WINDSOR          |
|                     | WOODSTOCK        |             |                        |                  |
| 14                  | WEATHERSFIELD    | 2003        | 2011                   | HARTFORD         |
|                     | WINDSOR          |             |                        |                  |
| 15                  | RIVENDELL        | 2005        | 2012                   | THETFORD         |
|                     | HARTFORD         |             |                        |                  |
| 16                  | SHARON           | 2006        |                        |                  |

**FOUNDING MEMBERS {1977}**

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

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.

Transfer of Power -- AFTER Annual meeting in September

\*\*\*\*\*  
 Directors' meeting in: Jan/April/October Place and time set by  
 President  
 \*\*\*\*\*

# UVRA Members' Contact Information

| Organization/Contact         | Address/Position      | Town / E-mail  | State | Zip   | Work Phone #        | Home #            | Website  |
|------------------------------|-----------------------|--|-------|-------|---------------------|-------------------|--|
| CCBA                         | P.O. Box 386          | Lebanon  | NH    | 03766 | 603-448-6477        | 603-448-1831      | <a href="http://www.joinccba.org">www.joinccba.org</a>                     |
| Patti Friedman, CPRP         | Associate Director    | <a href="mailto:patti.friedman@joinccba.org">patti.friedman@joinccba.org</a>       |       |       | 603-398-1544-cell   |                   |  |
| Claremont Parks & Recreation | 130 Broad St.         | Claremont  | NH    | 03743 | 603-542-7019        | 603-542-7047      | <a href="http://www.claremontnh.com">www.claremontnh.com</a>               |
| Scott Hausler, CPRP          | Director              | <a href="mailto:gcddirector@claremontnh.com">gcddirector@claremontnh.com</a>       |       |       | 603-504-2565-cell   |                   |  |
| Hanover Parks & Recreation   | 48 Lebanon St.        | Hanover  | NH    | 03755 | 603-643-5315        | 603-643-0724      |  |
| Hank Tenney                  | Director              | <a href="mailto:Recdept@HanoverNH.org">Recdept@HanoverNH.org</a>                   |       |       | 603-448-4014        |                   |  |
| Deb O'Byrne                  | Assistant Director    | <a href="mailto:deb.obyrne@hanovernh.org">deb.obyrne@hanovernh.org</a>             |       |       |                     |                   |  |
| Hartford Parks & Recreation  |                       | White River Jct.   | VT    | 05001 | 802-295-5036        | 802-295-6382      | <a href="http://www.hartford-vt.org">www.hartford-vt.org</a>               |
| Tad Nunez                    | Director              | <a href="mailto:tnunez@hartford-vt.org">tnunez@hartford-vt.org</a>                 |       |       | 802-356-4176        |                   |  |
| Matt Frazee                  | Assistant Director    | <a href="mailto:mfrazee@hartford-vt.org">mfrazee@hartford-vt.org</a>               |       |       | 802-356-5391        |                   |  |
| Hartland Parks & Recreation  | P.O. Box 75           | Hartland   | VT    | 05048 | 802-436-2790        | 802-436-2790      | <a href="http://www.hartland.govoffice.com">www.hartland.govoffice.com</a> |
| Ray Sapp                     | Director              | <a href="mailto:hartlandvtrec@vermontel.net">hartlandvtrec@vermontel.net</a>       |       |       |                     |                   |  |
| Andrew Cappello              | Assistant Director    | <a href="mailto:hartlandrecreation@gmail.com">hartlandrecreation@gmail.com</a>     |       |       |                     |                   |  |
| Lebanon Parks & Recreation   |                       | Lebanon  | NH    | 03766 | 603-448-5121        |                   |  |
| Cindy Heath                  | Director              | <a href="mailto:Recreation@Lebcity.co">Recreation@Lebcity.co</a>                   |       |       |                     |                   |  |
| Kevin Talcott                | Assistant Director    | <a href="mailto:kevin.talcott@lebcity.com">kevin.talcott@lebcity.com</a>           |       |       |                     |                   |  |
| Paul Coats                   | Program Director      | <a href="mailto:paul.coats@lebcity.com">paul.coats@lebcity.com</a>                 |       |       |                     |                   |  |
| Lyme Recreation              | 182 Dorchester Rd.    | Lyme   | NH    | 03768 | 603-795-4941        | 603-795-2781      | <a href="http://www.lymenh.gov">www.lymenh.gov</a>                         |
| Steve Small                  | Director              | <a href="mailto:lyme_rec@hotmail.com">lyme_rec@hotmail.com</a>                     |       |       | 603-491-7537-cell   | 603-795-4868-home |  |
| Norwich Recreation           | P.O. Box 1137         | Norwich  | VT    | 05055 | 802-649-1419 X109   | 802-649-0123      | <a href="http://www.norwich.vt.us">www.norwich.vt.us</a>                   |
| Jill Kearney                 | Director              | <a href="mailto:recreation@norwich.vt.us">recreation@norwich.vt.us</a>             |       |       |                     |                   |  |
| Plainfield                   | 92 Bonner Rd.         | Meriden  | NH    | 03770 | 603-469-3250        |                   |  |
| Brandon Feid                 | Athletic Director 5-8 | <a href="mailto:bfeid@valley.net">bfeid@valley.net</a>                             |       |       | 603-667-3544-cell   | 603-298-3375-home |  |
| Dan Cantlin                  | Rec Director K-4      |  |       |       | 448-3000 x5494-work | 603-469-3406-home |  |
| Rivendell                    | P.O. Box 232          | Fairlee  | VT    | 05032 | 603-646-1049        |                   |  |
| Theresa Woodward             | K - 6                 | <a href="mailto:Theresa.Woodward@dartmouth.edu">Theresa.Woodward@dartmouth.edu</a> |       |       | 603-353-4622-home   | 603-667-7553-cell |  |

|                               |                       |  |    |       |                   |              |  |
|-------------------------------|-----------------------|--|----|-------|-------------------|--------------|--|
| <b>Sharon Recreation</b>      | 109 Karilyn Drive     | Sharon   | VT | 05065 | 802-763-7022      |              | <a href="mailto:SharonElementary@verizon.com">SharonElementary@verizon.com</a>     |
| Cheryl Reed                   | Director              | <a href="mailto:csjis@aol.com">csjis@aol.com</a>                                 |    |       | 802-356-1208-cell |              |  |
| <b>Springfield Recreation</b> |                       | Springfield  | VT |       | 802-885-2727      | 802-885-2727 |  |
| Andy Bladyka                  | Director              | <a href="mailto:springfieldrec@hotmail.com">springfieldrec@hotmail.com</a>       |    |       | 802-885-1443-home |              |  |
| Matt McCarthy                 | Assistant Director    | <a href="mailto:springfieldrec@hotmail.com">springfieldrec@hotmail.com</a>       |    |       | 802-886-1522-home |              |  |
| <b>Thetford Recreation</b>    | P.O. Box 126          | Thetford Center  | VT | 05075 | 802-785-2922 x14  | 802-785-2031 | <a href="http://www.thetfordvermont.us">www.thetfordvermont.us</a>                 |
| Hilary Linehan                | Director              | <a href="mailto:recreation@thetfordvermont.us">recreation@thetfordvermont.us</a> |    |       | 802-765-4309-home |              |  |
| Andy Martin                   | Youth Sports Director | <a href="mailto:andrew.martin@astronics.com">andrew.martin@astronics.com</a>     |    |       | 802-785-2024-home |              |  |
| <b>Weathersfield</b>          | P.O. Box 279          | Ascutney   | VT | 05030 | 802-674-5400      |              |  |
| Diana Day                     | Grades 5 - 8          | <a href="mailto:dddlijs@aol.com">dddlijs@aol.com</a>                             |    |       | 802-674-5996-home |              |  |
| Laura Berry                   | Grades K - 4          | <a href="mailto:lliard33@hotmail.com">lliard33@hotmail.com</a>                   |    |       |                   |              |  |
| <b>Windsor Recreation</b>     | P.O. Box 47           | Windsor  | VT | 05089 | 802-674-6783      |              | <a href="http://www.vermont-towns.org/windsor/">www.vermont-towns.org/windsor/</a> |
| Harry Ladue                   | Director              | <a href="mailto:hladue@windsor-vt.gov">hladue@windsor-vt.gov</a>                 |    |       | 802-674-6986      |              |  |
| <b>Woodstock Recreation</b>   | 54 River St.          | Woodstock  | VT | 05091 | 802-457-1502      |              |  |
| Gail Devine                   | Rec Director          | <a href="mailto:gdevine@woodstockrec.com">gdevine@woodstockrec.com</a>           |    |       | 802-356-0544-cell |              |  |
| Joel Carey                    | Athletic Director     | <a href="mailto:j_carey84@yahoo.com">j_carey84@yahoo.com</a>                     |    |       | 802-952-9371-cell |              |  |

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## UVRA Sport Specific Guidelines

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### UVRA K – 4th Grade BASEBALL Guidelines

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

1. Parents pitch only but they will not field ball or throw to bases. Players must make the play
2. You can only score a MAX. OF 5 RUNS EACH INNING OR THREE OUTS WHICHEVER COMES FIRST.
3. Outfielders can't play ON a base for a force out. Infielders should make all plays on bases. Runner is safe if outfielder tags a base.
4. CATCHERS MUST WEAR PROTECTIVE EQUIPMENT. ALL GAMES SHOULD START AT 6:00 PM Max. of 7 (strikes) pitches to each batter.
5. Teams will use soft Incrediball.
6. No stealing, bunting or going on passed balls or wild pitches
7. Every player will bat before any player bats twice. Free Substitution

8. Each team will umpire their own games.  
{No Jewelry – see page 10 for detailed description}

## **UVRA "B" LEAGUE BASEBALL (\*5<sup>th</sup> & 6<sup>th</sup> Grades) Guidelines**

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

1. Any player in 5<sup>th</sup> or 6<sup>th</sup> grade. \*In some towns, 4<sup>th</sup> graders may play in this league. Check with your Recreation Director.
2. Regulation "Little League" diamond. 46 ft. pitching and 60' bases.
3. Six innings constitutes a full game. A game is legal if the losing team has batted in the 4th inning.
4. Pitching: Maximum of 3 innings per game, and 6 innings a week. Week runs from Sunday to Saturday. A pitcher may be replaced on the mound and then may return as a pitcher later in the same game.
5. Stealing: Base runners must remain on the bases until the ball has reached the plate. No stealing home, delayed or otherwise, unless the catcher throws to a base trying for an out.
6. 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.
7. Each batter and runner must wear a helmet with both ear guards. The helmet must have the safety seal on it.
8. Each catcher must wear protective helmet, cup, throat guard, chest protector and shin guards.
9. The batter is automatically out on the third strike, even if the catcher drops the ball.
10. Adults may NOT coach on the baselines. Base coaches must wear helmets.
11. Home team will provide balls, umpire and marked fields.
12. No inning will start after TWO HOURS. Time limit does not apply to playoffs.
13. The 15 run rule applies after the losing team has batted in the fifth inning. The game could end in the top of the sixth and the home team does not have to bat if they are behind by 15 runs. This includes tournament play.
14. No team is allowed to start the game with less than 8 players.
15. There is a entry fee for each (B) team you enter in the league.
16. Teams should supply qualified ADULT UMPIRES for all games.
17. Protest on judgment calls are not accepted. Rules can be protested and must be made prior to the next pitch. You need to submit your protest in writing within 24 hours to Recreation Office.
18. EVERYONE WILL BAT. THE LEAGUE WILL HAVE FREE SUBSTITUTION. YOU PUT EVERYONE ON YOUR LINEUP CARD THAT SHOWS UP TO THE GAME AND EVERYONE HITS ONCE BEFORE SOMEONE HITS TWICE. YOU CAN PLAY ANYONE ANYWHERE IN THE FIELD AT ANY TIME.

{No Jewelry – see page 10 for detailed description}

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## **UVRA BASKETBALL GUIDELINES for 3<sup>rd</sup> – 6<sup>th</sup> Grades**

All games will be played by High School Federation rules, but with the modifications below.

~ For 5<sup>th</sup> & 6<sup>th</sup> Grades, Man to Man defense is strongly recommended, but not mandatory.

### **Specific Rules for 3rd & 4th Grades**

- A. Once a team gains possession in its defensive end of the court, the other team must pick up at half court.
- B. 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.

C. The 10 second rule will be in effect.

D. For foul shots, players will be allowed to take one step in (approx. 3'), 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.

E. NO FULL COURT PRESS , ZONE OR 3-POINT SHOT FOR GRADES 3 & 4

**For 3<sup>rd</sup> – 6<sup>th</sup> Grade teams**

- ~ Mouth Protectors mandatory for all
- ~ Ball size: boys in grades 3, 4 & 5 & all girls' teams will use the women's ball.  
5/6 or 6<sup>th</sup> grade boys teams will use the men's ball.
- ~ All teams will supply balls 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. No carry over. One timeout in 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.

{No Jewelry – see page 10 for detailed description}

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**UVRA FIELD HOCKEY GUIDELINES**

| <u>LEVEL</u> | <u>LENGTH OF GAME</u>                   | <u># OF PLAYERS</u> |
|--------------|---|---------------------|
| Grades 4-6   | 2-20 minute halves (5 min. @ half-time) | 11 on 11            |

**ALL GAMES WILL BE PLAYED BY HIGH SCHOOL FEDERATION RULES, EXCEPT WITH THE FOLLOWING RULE MODIFICATIONS:**

- 1. Substitutions can be made at any time. Player on field must come to sideline before substitute can enter.
- 2. No Overtimes.

**MOUTH PROTECTORS ARE MANDATORY.**

{No Jewelry – see page 10 for detailed description}

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## UVRA GUIDELINES FOR 3<sup>rd</sup> – 6<sup>th</sup> Grade LACROSSE – both sexes

All games will be played by High School Federation Rules, but with the following modifications.

### Length of Games - Four 8 Min Quarters – No Overtime

**MOUTH PROTECTORS ARE MANDATORY for both sexes; all levels/grades**

#### **Guidelines specific for BOYS**

1. Body checking is permitted, however, no take out checks are allowed.
2. Whenever the difference in score exceeds 6 goals, the losing team may elect to take possession of the ball at midfield without a face off following the scoring of a goal by either team.
3. Stick Length = 36" – 40" for short; 40 & ¼" – 72" for long. **No long sticks allowed for grades 4 & under.**  
Grades 5 – 6 long sticks are optional, but if used, no more than 4 allowed on field.

#### **Guidelines specific for GIRLS**

1. **Eye guards/safety goggles mandatory for all female levels/grades**
2. Goalie must wear helmet with face mask, separate throat protector, chest protector, goalie gloves, and leg padding on the shins and thighs.
3. No stick checking
4. No holding the ball for more than 3 sec. when closely guarded/marked and the defense has both hands on her stick and is in position to legally check were checking allowed.
5. With a 4 goal differential, possession goes to the team with fewer goals at the center circle with the opposing team 4 meters away.
6. Sticks need to be between 35 ½ " to 43 ¼"

{No Jewelry – see page 10 for detailed

description}

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## UVRA YOUTH SOCCER GUIDELINES for 1<sup>st</sup> – 6<sup>th</sup> Grades

| <u>Grades Size</u>           | <u>Game Length</u> | <u># of Players</u> | <u>Ball Size</u> | <u>Field Size</u> | <u>Goal</u> |
|------------------------------|--------------------|---------------------|------------------|-------------------|-------------|
| 1st – 4 <sup>th</sup><br>12' | 2 – 20 min. halves | 6 v 6               | *4               | 180' x 115'       | 5' x        |

**\*\*5<sup>th</sup> & 6<sup>th</sup> 2 - 25 min. halves 8 v 8 5 245' x 145' 6' x 18'**

**\*For 1<sup>st</sup> & 2<sup>nd</sup> 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.**

**FOR ALL GRADES: MOUTH PROTECTORS ARE MANDATORY  
NO SLIDE TACKLING ALLOWED  
NO JEWELRY ALLOWED - see page 10 for detailed description**

**Games will be played by High School Federation Rules with modifications listed above, as well as the following:**

**For 1st – 4<sup>th</sup> Grades**

- 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**

**For 5th & 6<sup>th</sup> Grades**

**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.**

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

**These Guidelines have been revised and agreed upon by all UVRA Town Directors. We ask coaches in these towns to please follow them, as well as helping us implement the Zero Tolerance Policy.**

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**UVRA 3rd/4th Grade GIRLS' SOFTBALL RULES**

**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. Unless stated in the following rules, the present High School National Federation Softball Rules will be followed. {No Jewelry – see page 10 for detailed description}**

1. 3/4 grade Girls will use the 11" Rif #5
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. (No windmill for 3/4 grade).
4. Coaches will pitch the first three innings. Players will pitch the remainder of the game. There will be no walks. At this age level, the basics of hitting will be emphasized rather than walking in runs. In the last three innings, if a batter receives four balls, the count is cleared and a coach will pitch three (3) pitches between the shoulders and the knees, at which the batter should swing at every one. The umpire should decide if the pitch was between the shoulders and the knees. If the pitch was not between the shoulders and the knees, the umpire should say "no pitch" and another pitch will be given. If the batter strikes out she will be out. The player/pitcher will field within the pitcher's circle and even with or behind the coach pitching.
5. A game consists of six innings. A half inning will consist of 7 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 3<sup>rd</sup> strike.
8. During the player-pitch inning a batter hit by a pitched ball will go to 1st base (unless she makes no attempt to get out of the way).
9. 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.
10. Every team member shall play at least two innings defensively in every game and emphasis shall be on fun and skill development.
11. No bunting, stealing or leading off. Runners may not leave the base until the ball has been hit. Sliding is allowed. (Federation rules apply).
12. The infield fly rule will not be in effect.
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 (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.
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)

## **UVRA 5/6 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 7 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 1:45 hrs. 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 10 for detailed description}

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## 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, jewelry related to body piercings, necklaces, etc.**

**Pierced ears cannot be “taped” to play.**

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

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**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.**

\*\*\*\*\*

## Members of the Upper Valley Recreation Association

Carter Community Building Association {CCBA}, Claremont, Hartford,

**Hartland, Hanover, Lebanon, Lyme, Norwich, Plainfield, Rivendell, Sharon, Springfield, Thetford. Weathersfield, Windsor and Woodstock.**

\*\*\*\*\*

### **MOUTH PROTECTOR RULE:**

As of November 8, 2007 NHIAA republished the Mouth Protector Rule as part of the 2007 - 2008 Policies and Procedures. They no longer refer to these as mouthguards, they are now called Mouth Protectors. Additional Interpretations for these requirements are as follows:

If a player does not wear the Mouth Protector during warm-ups, then the official should instruct the player to conform to the requirement to wear them. If the player refuses, then they should be directed to the bench and the coach should be notified. If they don't have one, then they can observe the warm-ups from the bench and will not be allowed to participate.

If a player's mouth protector "accidentally" comes out during play, it is expected that the player will retrieve the protector and put it back in his/her mouth. If this happens, then the player should be allowed to complete the move before being required to retrieve the mouth protector

All players shall wear FULL mouth protectors that must cover all molars as well as front teeth

- ⌚ FULL mouth protectors must be worn in all practices, pre-game warm-ups and games. This includes preseason scrimmages, jamborees as well as the state tournament.
- ⌚ Full mouth protectors are required of all participants at all levels of interscholastic competition (Freshman, Junior Varsity, Varsity)
- ⌚ There is no color requirement for mouth protectors.

### **ADMINISTRATION on the Court / Field**

- ⌚ Coaches shall assume the responsibility to make certain each player is provided with and is properly wearing a mouth protector.
- ⌚ In the event a player is participating without a mouth protector the game official shall stop play.
- ⌚ A charged 30-second time out must be used to re-insert the player or substitute for the player.
- ⌚ If the 30-second time outs have been used up one of the full-length time outs must be used.
- ⌚ For Basketball, time outs in excess of those allotted will be a "team technical" (NFHS Rule 6 Section II Article 3). The penalty is two shots plus the ball for a division line throw-in.

**WAIVERS** - Waivers can only be granted by the Sports Medicine Committee upon receipt of documentation provided by a physician (as defined by NH RSA 329). A player must wear the mouth protector until the physician, parents and school have signed clearance and waivers of liability.

## **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, 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 CCBA, Claremont, Hanover, Hartford, Hartland, Lebanon, Lyme, Norwich, Plainfield, Rivendell, Sharon, Springfield, Thetford, Weathersfield, Windsor and Woodstock have drawn up and agreed to the following guidelines. These sixteen towns will use said guidelines in all their programs, where applicable.

**GENERAL PRINCIPLES**

The general principles which guide the athletic programs for Youth, sponsored by the Upper Valley Parks and 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.

**SPECIFIC RESPONSIBILITIES**

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

- (1) To see that every player participates in every game during the regular season. 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

**For THE PARKS AND RECREATION DEPARTMENTS:**

- (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.

**For PLAYERS AND/OR TEAM MEMBERS**

- (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 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.

**RESPONSIBILITIES OF OFFICIALS**

- (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**

**DIRECTORS: (alphabetically by town)**

|                |   |
|----------------|---|
| CCBA:          | Patti Friedman                                  |
| CLAREMONT:     | Scott Hausler                                   |
| HANOVER:       | Hank Tenney                                     |
| HARTFORD:      | Tad Nunez                                       |
| HARTLAND:      | Ray Sapp  |
| LEBANON REC :  | Cindy Heath                                     |
| LYME:          | Steve Small                                     |
| NORWICH:       | Jill Kearney                                    |
| PLAINFIELD:    | Brandon Feid                                    |
| RIVENDELL:     | Theresa Woodward                                |
| SHARON:        | Cheryl Reed                                     |
| SPRINGFIELD:   | Andy Bladyka                                    |
| THETFORD:      | Hilary Linehan                                  |
| WEATHERSFIELD: | Laura Berry K-4 <sup>th</sup> Grades; Diana Day |

5th-8<sup>th</sup>

WINDSOR:  
WOODSTOCK:

Harry Ladue  
Gail Devine

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

ALSO: 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 must play in their 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.

{ALL GAMES WILL BE PLAYED BY High School Federation Rules UNLESS MODIFIED as listed in this manual}

This booklet has been revised and approved by the UVRA Directors – 11 / 2007

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## UVRA Winter Directions

### CCBA's Witherell Center –

**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 Witherell 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 Witherell 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 your playing at.

**For Zotto Gym:** Park along Broad Street or in the Municipal parking lot after you enter onto Broad Street. You may also take the first turn around on Broad Street which will face you back towards the west. Parking is limited. Please use the Municipal Lot or park along Broad Street. The Zotto Gym is located behind the Claremont Post Office and the Goodwin Community Center Administrative Building.

**Claremont Middle School:** When you get onto Broad Street go all the way to the end and across the railroad tracks. Middle School is at the end.

### HANOVER

#### TO THE HANOVER HIGH SCHOOL GYM

**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.

#### **TO THE \*\*new\*\* RICHMOND MIDDLE SCHOOL GYM**

**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.

#### **TO THE RAY SCHOOL GYM**

**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.

### **HARTFORD**

#### **OTTAUQUECHEE SCHOOL (QUECHEE):**

**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.

#### **DOTHAN BROOK SCHOOL (WILDER):**

**From 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 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.

### **HARTFORD FACILITIES CONTINUED ON NEXT PAGE...**

#### **HARTFORD MIDDLE SCHOOL (WHITE RIVER JCT.):**

**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.

### **HARTLAND:**

**Hartland Elementary School: From the North** take I-91 S. Take Exit 9. Turn Right onto US-5/VT-12 (0.9 miles). Turn Slight Right to stay on US-5 (0.1 miles). Turn Right onto Station Road (0.2 miles). Turn Right onto Martinsville Road. End at Hartland Elementary School 97 Martinsville Rd.

**From the South** take I-91 N. Take Exit 9. Turn Left onto US-5/VT-12 (0.9 miles). Turn Slight Right to stay on US-5 (0.1 miles). Turn Right onto Station Road(0.2 miles). Turn Right onto Martinsville Rd. End at Hartland Elementary School 97 Martinsville Rd.

### **LEBANON**

**Seminary Hill School Gymnasium: From the 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 4<sup>th</sup> 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. Park in lot in front of school and gym entrance is back of school up metal stairs.

**From the 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. Park in lot in front of school and gym entrance is back of school up metal stairs.

**From the South:** Take I-89 North to exit 19 and bear right off ramp. Go through 1<sup>st</sup> light (Timken Aerospace on right) and follow past movie theater/car dealer on Miracle mile and continue up Seminary Hill and then down Hill and school on left close to bottom of hill. Park in lot in front of school and gym entrance is back of school up metal stairs.

**From the 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. Park in lot in front of school and gym entrance is back of school up metal stairs.

**From the East:** Follow Route 12A into West Lebanon and continue past plazas through 8 sets of lights. At 9<sup>th</sup> 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. Park in lot in front of school and gym entrance is back of school up metal stairs.

**LYME Lyme School:** 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.

#### **NORWICH:**

**The Marion Cross School Gym:** 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:**

**Coming from the north** to the Plainfield School:

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** to the Plainfield School 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.

#### **\*POMFRET:**

**Pomfret Elementary School and Fields:** 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 ¼ of a mile on the left

#### **RIVENDELL:**

Rivendell/Orford: I-91 South to Exit 15, Fairlee/Orford exit. Make a right off the exit to the stop sign. Make a left onto Rt. 10 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.

#### **SHARON:**

**Sharon Elem. School gym and ALL fields:** 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 School North Field is Behind the school. From The North same as above except go right at end of ramp.

#### **SPRINGFIELD:**

**Riverside Middle School (Grades 7 & 8):** I-91 south to Exit 7. Go west on Rt. 11 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):** 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.

#### **THETFORD:**

**Thetford Elementary School:** I-89 **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.

**Elementary School:** I-89 **South** 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.

#### **WEATHERSFIELD:**

**Weathersfield Middle School (5-8)**

**Take I-91 South** to Exit 8: Claremont/Ascotney. 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.

**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.

**Elementary School**

**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.

**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:**

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 2<sup>nd</sup> 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.

**High School:** I-91 south to exit 9. Take a left off the exit onto Rte. 5 south into Windsor. At the first set of lights take a right onto State St. The school is about 200 yards up on your left.

**\*WOODSTOCK:**

**Woodstock:** Vail Field, WES Gym. Take Rt. 4 west continue into Woodstock. Go ¾ 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.

\*Also see Pomfret for other field that Woodstock uses.

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**UVRA Spring Directions**

**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 your playing at.

**Claremont Middle School:** When you get onto Broad St. go all the way to the end and across the railroad tracks. Middle School is at the end.

**Hanover:**

**Reservoir Road Field-** 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--**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.

**Grasse Rd. Field--**Heading north on Park St., driving past the Hanover Coop, make a right onto Wheelock St. Or coming up hill from I-91 & Norwich, continue straight through first light. The second light will be the intersection of Wheelock and Park streets. From the intersection of Wheelock and Park streets, drive 1.3 miles and make a left onto Grasse Rd. Field will be on your right.

**Hartford:**

**TENNEY FIELD OR HARTFORD HIGH SCHOOL FIELD (WHITE RIVER JCT.):**

**From North:** I91 – 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 South:** I91 – 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.

**CLIFFORD PARK (WEST HARTFORD):**

**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.

**RATCLIFFE PARK (WHITE RIVER JCT.):**

**From North:** I91 – 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 South:** I91 – 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.

**Hartland:**

**Hartland Elementary School: From the North** take I-91 S. Take Exit 9. Turn Right onto US-5/VT-12 (0.9 miles). Turn Slight Right to stay on US-5 (0.1 miles). Turn Right onto Station Road (0.2 miles). Turn Right onto Martinsville Road. End at Hartland Elementary School 97 Martinsville Rd.

**From the South** take I-91 N. Take Exit 9. Turn Left onto US-5/VT-12 (0.9 miles). Turn Slight Right to stay on US-5 (0.1 miles). Turn Right onto Station Road(0.2 miles). Turn Right onto Martinsville Rd. End at Hartland Elementary School 97 Martinsville Rd.

**Hartland Recreation Center:** From the North take I-91 S. Take Exit 9. Turn Right onto US-5/VT-12 (0.9 miles) Turn Slight Left onto VT-12 (0.4 miles) End at Hartland Recreation Center 19 Route 12.

**From the South** take I-91 N. Take Exit 9. Turn Left onto US-5/VT-12 (0.9 miles). Turn Slight Left onto VT-12 (0.2 miles). End at Hartland Recreation Center 19 Route 12

**Lebanon/West Lebanon: Seminary Hill:** Rt. 10 south out of Hanover. Once on Main St. in old West Leb., go past the Dunkin Donuts (on your left) and head up the hill. School is on your right. Fields are up & in the back.

**Lyme:**

**Lyme School:** 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:** 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!!!

**Norwich:**

**Huntley Meadow:** 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.

**Plainfield:**

**Coming from the north** to the Plainfield School:

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.

For games at the turf field site please park in the hockey rink lot at KUA and walk down to fields.

**From Rt. 12 A** to the Plainfield School 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.

**\*Pomfret:**

**Pomfret Elementary School and Fields:** 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

**Sharon:**

**Sharon Elem. School gym and ALL fields:** 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 School North Field is Behind the school. From The North same as above except go right at end of ramp.

**Springfield:**

**Riverside Middle School-** I-91 south to Exit 7. Go west on Rt. 11 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.

**North Springfield (Ben & Jerry's Field)**

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 2<sup>nd</sup> street on your left (100 yards from intersection) Take a right at the bottom of the road. Take 2<sup>nd</sup> left at the IVEK building.

**Thetford**

All games are played at the Thetford Elementary School with the exception of 5/6 little league games for the majors which will be played at the Post Mills field.

**Elementary School:** I-89 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.

**Elementary School:** I-89 South 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:** Continue following Rt. 113 past the elementary school for about 5 miles until you come to Post Mills village were you will turn right onto Rt. 244. Follow 244 for about 1/2 mile and ball field will be on your right next to the fire station.

**Weathersfield - Weathersfield Middle School (5-8)**

**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.

**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.

**Weathersfield Elementary School - 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 is about 2 ½ miles.

**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** *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:** *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 2<sup>nd</sup> 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 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.

**\*Woodstock: Vail Field, WES Gym.** 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. \* Also see Pomfret. \*

## **UVRA Fall Directions**

**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 your playing at.

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

**Claremont Middle School:** When you get onto Broad Street go all the way to the end and across the railroad tracks. Middle School is at the end.

**Hanover High School Football Field:** 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-** 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 --** 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. ° 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.

### **Hartford:**

**RATCLIFFE PARK (WHITE RIVER JCT.):** From North: I91 – 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 South:* I91 – 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):**

*From North:* I91 – 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 South:* I91 – 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):**

*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. 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 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):**

*From North:* I91 – South to exit 13. Take Rt. 5 South to Wilder. The school is on the right across from the King Arthur Flour Warehouse.

*From South:* I91 – 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.):**

*From North:* I91 – 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 South:* I91 – 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.

### **Hartland:**

**Hartland Elementary School: From the North** take I-91 S. Take Exit 9. Turn Right onto US-5/VT-12 (0.9 miles). Turn Slight Right to stay on US-5 (0.1 miles). Turn Right onto Station Road (0.2 miles). Turn Right onto Martinsville Road. End at Hartland Elementary School 97 Martinsville Rd.

**From the South** take I-91 N. Take Exit 9. Turn Left onto US-5/VT-12 (0.9 miles). Turn Slight Right to stay on US-5 (0.1 miles). Turn Right onto Station Road(0.2 miles). Turn Right onto Martinsville Rd. End at Hartland Elementary School 97 Martinsville Rd.

**Hartland Recreation Center:** From the North take I-91 S. Take Exit 9. Turn Right onto US-5/VT-12 (0.9 miles) Turn Slight Left onto VT-12 (0.4 miles) End at Hartland Recreation Center 19 Route 12.

**From the South** take I-91 N. Take Exit 9. Turn Left onto US-5/VT-12 (0.9 miles). Turn Slight Left onto VT-12 (0.2 miles). End at Hartland Recreation Center 19 Route 12

**Lebanon/West Lebanon: Seminary Hill School:** Rt. 10 south out of Hanover. Once on Main St. in old West Leb., go past the Dunkin Donuts (on your left) and head up the hill. School is on your right. Fields are up & in the back.

#### **Lyme:**

**Lyme School:** 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:** 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!!!

#### **Norwich:**

**Huntley Meadow:** 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.

#### **Plainfield:**

**Coming from the north** to the Plainfield School:

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.

\*5/6 Soccer is played next to track on Rt 120 (see below), or at times on the KUA turf field. For games at the turf site please park in the hockey rink lot at KUA and walk down to fields.

**From Rt. 12 A** to the Plainfield School 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.

\*For 5/6 Soccer, take Bonner Rd to the end past the school. Take a left on to Rt. 120 and the field is next to the track on Rt. 120. If playing on the KUA turf go past Bonner Rd. completely and enter KUA hill while still on Trues Brook Road. This now turns into Main St. Meriden. Go down hill and take a left into the hockey rink area. Parking is across from rink. Walk down behind the rink to turf field.

#### **\*Pomfret:**

**Pomfret Elementary School and Fields:** 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

#### **Rivendell:**

**Samuel Morey:** From North or South in Vermont: take I-91 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:** Coming 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:** 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 School North Field is Behind the school.

From The North same as above except go right at end of ramp.

**Springfield:**

**Field Hockey:** (New) Springfield High School

Springfield-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 ½ 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

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**

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.

**Thetford Elementary School:**

Take I-89 **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.

Take I-89 **South** 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.

**Weathersfield:**

**Weathersfield Middle School (Grades 5-8) - 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.

**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.

**Weathersfield Elementary School – From 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 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**

**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:** 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 2<sup>nd</sup> 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 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.

**Woodstock:** Vail Field, WES Gym. Take Rt. 4 west continue into Woodstock. Go ¾ 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.

\* Also see Pomfret for other fields that Woodstock uses. \*

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