

## **XTREME SCRIMMAGES (INFORMATION)**

### **No Contact lacrosse**

- All players must sign waiver-see Lax Plus website
- 9v9 plus GK
- 6v6 in the attacking and defensive zones.
- Defenders should play defense with their feet, checking is allowed when appropriate and if it is legal (also age appropriate)
- Bodying players in the ride/clear will be called, use your feet to get ahead and establish position
- Coin toss for first possession
- GK clears after goals scored
- Players will remain socially distanced on the bench and 10 feet off the sidelines.
- Players can move into the sub box when subbing
- Coaches must wear masks.
- HS will go 35 minute running scrimmages
- YOUTH will go 2, 18 minute running halves with 3-4 minute halftime

### **Achieve Lax Scrimmages, Saturday July 25th @ Forekicks (219 Forest Street, Marlboro, MA)**

#### **LP 26-27 Coaches: Marci Mullady/Kate Sarnacki**

Field 9-12:15 PM Lax Plus 26/27 vs. Mass Elite Navy

Field 8-1:00 PM LXC 26/27 Mint vs. Lax Plus 26/27

Field 9-2:45 PM Mass Elite 26 Teal vs. Lax Plus 26/27

### **Achieve Lax Scrimmages, Sunday July 26th @ Forekicks (219 Forest Street, Marlboro, MA)**

#### **LP 25 Coaches: Christa Morrison/Tinita Larmann**

Field 9-11:15 AM Lax Plus 2025 vs. Gold Star 7/8 Marines

Field 8-12 PM Lax Plus 2025 vs. NH Tomahawks 25 Gold

Field 9-1:40 PM Lax Plus 2025 vs. Mass Elite 25 Silver

#### **LP 25-26 Coaches: Tinita Larmann/Christa Morrison**

Field 8-2:45 PM Lax Plus 2025/26 vs. Central 25/26

Field 9-3:30 PM Lax Plus 2025/26 vs. Mass Elite 25 Bronze

Field 9-4:25 PM Lax Plus 2025/26 vs. Gold Star 7/8 Gold Coast

#### **LP 24-25 Coaches: Tinita Larmann/Kelly Gallo**

Field 8-5:30 PM LXC CENTRAL 7/8 vs. Lax Plus 2024/25

Field 9-6:15 PM Lax Plus 2024/25 vs. Bullets 2025 Orange

Field 9-7:10 PM Lax Plus 2024/25 vs. LXC 25 White

**Achieve Lax Scrimmages, Sunday July 26th @ Union Point  
(170 Memorial Grove Avenue, Weymouth, MA)**

**LP 23 Coaches: Ed Duclos/Carly Kingston**

Field 4-7:40 AM BS Bullets 23 Orange vs. Lax Plus 23

Field 3-8:20 AM LXC 22/23 Gold vs. Lax Plus 23

Field 4- 9:10 AM BS Bullets 23 Silver vs. Lax Plus 23

**LP 24 Coaches: Ed Duclos/Carly Kingston**

Field 3- 11:20 AM Lax Plus 24 vs. NHT 24 Gold

Field 3-12:00 PM Lax Plus 24 vs. LXC 24 Gold

Field 3-1:20 PM Lax Plus 24 vs. Mass Elite 24 Yellow

**LP 22-23 Coaches: Aimee Klapacki/Hannah Calabrese**

Field 4- 2:20 PM BS Bullets 21/22 Grey vs. Lax Plus 22/23

Field 4-3:00 PM Lax Plus 22/23 vs. LXC 22 White

Field 3-3:50 PM Lax Plus 22/23 vs. BS Bullets 22 Orange

**LP 22 Coaches: Diana Schmitt/Tessa Sinatro**

Field 1 (bubble)-2:40 PM Lax Plus 22 vs. Mass Elite 22 Black

Field 1 (bubble)-3:30 PM BS Bullets 22 Silver vs. Lax Plus 22

Field 2-4:10 PM Lax Plus 22 vs. Gold Star 22

**LP 21 Coaches: Tessa Sinatro/Diana Schmitt**

Field 3-5:20PM v Lax Plus 21 vs. Mass Elite 21 White

Field 4-6:10 PM Lax Plus 21 vs. BSB 21 White

Field 3-6:50 PM Lax Plus 21 vs. LXC 21 White