



Pre-Season Coaches Meeting – 2025

7-8pm 3/30/2025

# Agenda



- Overview
- Season Schedule
- Field Coordination
- Fees
- Conduct/Sportsmanship
- Website
- Boys Rules
- Girls Rules
- Boys/Girls Schedules Questions
- Misc. Items

# Overview



- **Mission:** Grow the game of lacrosse by promoting cooperation and coordination between recreational boys and girls' youth lacrosse member clubs in south-central Wisconsin, in coordination with the Wisconsin Lacrosse Federation (WLF).
- Badgerland has been helping provide opportunities since 2009
- Last 3 Years:

Games	2022	2023	2024
Boys Games	235	192	209
Girls Games	96	84	101
<b>Total Games</b>	<b>331</b>	<b>276</b>	<b>310</b>

	2022	2023	2024
Boys			735
Girls			321
<b>Total</b>			<b>1,056</b>

# Board



Role	Person	Member Club	Next Election	Contact
President	Brian King	Waunakee Boys	2025	presidentbadgerlandlax@gmail.com
Vice President (Boys)	Russ Coley	Waunakee Boys		blaboysyouth@gmail.com
Vice President (Girls)	Vacant	n/a		n/a
Treasurer	Ric Stoor	Waunakee Boys		blatreasurerlax@gmail.com
Secretary	Vacant	n/a		n/a
Director of Marketing	Ava Kenny	Capitol City		avajkenny22@gmail.com
Director of Sportsmanship	David Armiak	Capitol City		darmiak@gmail.com

## Other Key People

Role	Person	Club	Contact
Boys Scheduler	Jeff Reuter	Janesville	jeffreuter0202@gmail.com
Girls Scheduler	Karen Gill	Capitol City	kmgill2877@gmail.com
Boys Officials Assignor and Trainer	Jeremy Sullivan	n/a	malabyoc@gmail.com
Girls Officials Assignor	Scott Saunders	n/a	saunders.lax@gmail.com
Girls Officials Trainer	Jack Long	n/a	jlong21@wi.rr.com

# Season Schedule



## Feb/March

- **Sun, March 30<sup>th</sup>, 2025**      **Badgerland All Clubs/Coaches Meeting**  
Publish Draft BLA Season Schedule

## April

- Sat., April 5<sup>th</sup>, 2025      Boys Officials – Field Rating Day (Waunakee)
- Sun., April 6<sup>th</sup>, 2025      Girls Officials – Field Rating Day (Waunakee)
- **Mon., April 7<sup>th</sup>, 2025**      **Publish Final BLA Season Schedule**
- Sat. April 12<sup>th</sup>, 2025      Badger Spring Invite (Girls)
- Sun., April 13<sup>th</sup>, 2025      Badger Spring Invite (Boys)
- **Sat/Sun, April 19<sup>th</sup>, 2025**      **First Weekend of BLA Games**

## May

- Sat/Sunday, May 24-25<sup>th</sup>, 2025      Memorial Day Weekend (No BLA Games)
- Sat/Sunday, May 31<sup>st</sup>, 2025      Last Weekend of BLA Games

## June

- Sat/Sunday, Jun 7<sup>th</sup>-8<sup>th</sup>, 2025      Deforest Tournament
- Wed., June 11<sup>th</sup>, 2025      U14 Badgerland All-Star Game(s)
- ~Tue., June 24<sup>th</sup>, 2025      End of Year BLA Clubs Meeting

# BLA Team Fees



Type	Amount
Boys Youth	\$165
Girls Youth	\$100

Ric Stoor - [blatreasurerlax@gmail.com](mailto:blatreasurerlax@gmail.com)



## 2025 Season Invoice

- Boys Youth (6U – 14U) \$165 per team
- Girls Youth (10U-14U) \$100 per team

Please send a check or money order, payable to "Badgerland Lacrosse", to:

Richard Stoor  
Badgerland Lacrosse, Inc. Treasurer  
2413 Genevieve Way  
Waunakee WI 53597

Payment is due on or before March 28, 2025\*. These fees include WLF dues which Badgerland Lacrosse must pay by March 31, 2023. Thank you for your payment.

**\*Late payments will incur a \$25/team late fee. Late payments may also result in a forfeiture of one or more games.**

**Team or Club Name:** [Click here to enter text.](#)

**Contact Name, Email & Cell#:** [Click here to enter text.](#)

### Number of Teams

<b>Boys 14U:</b>	<a href="#">Click here to enter text.</a>	<b>Girls 14U:</b>	<a href="#">Click here to enter text.</a>
<b>Boys 12U:</b>	<a href="#">Click here to enter text.</a>	<b>Girls 12U:</b>	<a href="#">Click here to enter text.</a>
<b>Boys 10U:</b>	<a href="#">Click here to enter text.</a>	<b>Girls 10U:</b>	<a href="#">Click here to enter text.</a>
<b>Boys 8U:</b>	<a href="#">Click here to enter text.</a>		
<b>Boys 6U:</b>	<a href="#">Click here to enter text.</a>		

**Amount Paid:** [Click here to enter text.](#)

# Boys/Girls Schedule



## Days

- Boys 8U/10U – Saturdays
- Boys 12/14U – Sundays
- Girls 10U/12/14U – Saturdays and Sunday

## Game Day Weekends

1. April 19th and 20th - Easter Weekend (Saturday Games Only)
2. April 26th and 27th
3. May 3rd and 4<sup>th</sup>
4. May 10th and 11<sup>th</sup>
5. May 17th and 18<sup>th</sup>
6. May 24th and 25th – No Games - Memorial Day Weekend
7. May 31st and June 1st

## Schedulers

Boys - Jeff Reuter

- [jeffreuter0202@gmail.com](mailto:jeffreuter0202@gmail.com)

Girls - Karen Gill

- Karen Gill

# Field Coordination

- Field maintenance and requirements
  - Goals
  - Painted lines
  - Mowed
  - Scoreboard
  - Horn and Timer
- Rain and cancellations
  - Coordination is home team's responsibility for cancellations
  - Coach contact information is available on Badgerland.com
    - <https://www.badgerlandlacrosse.com/coaching-resources/2025-coach-contact-list/76075>



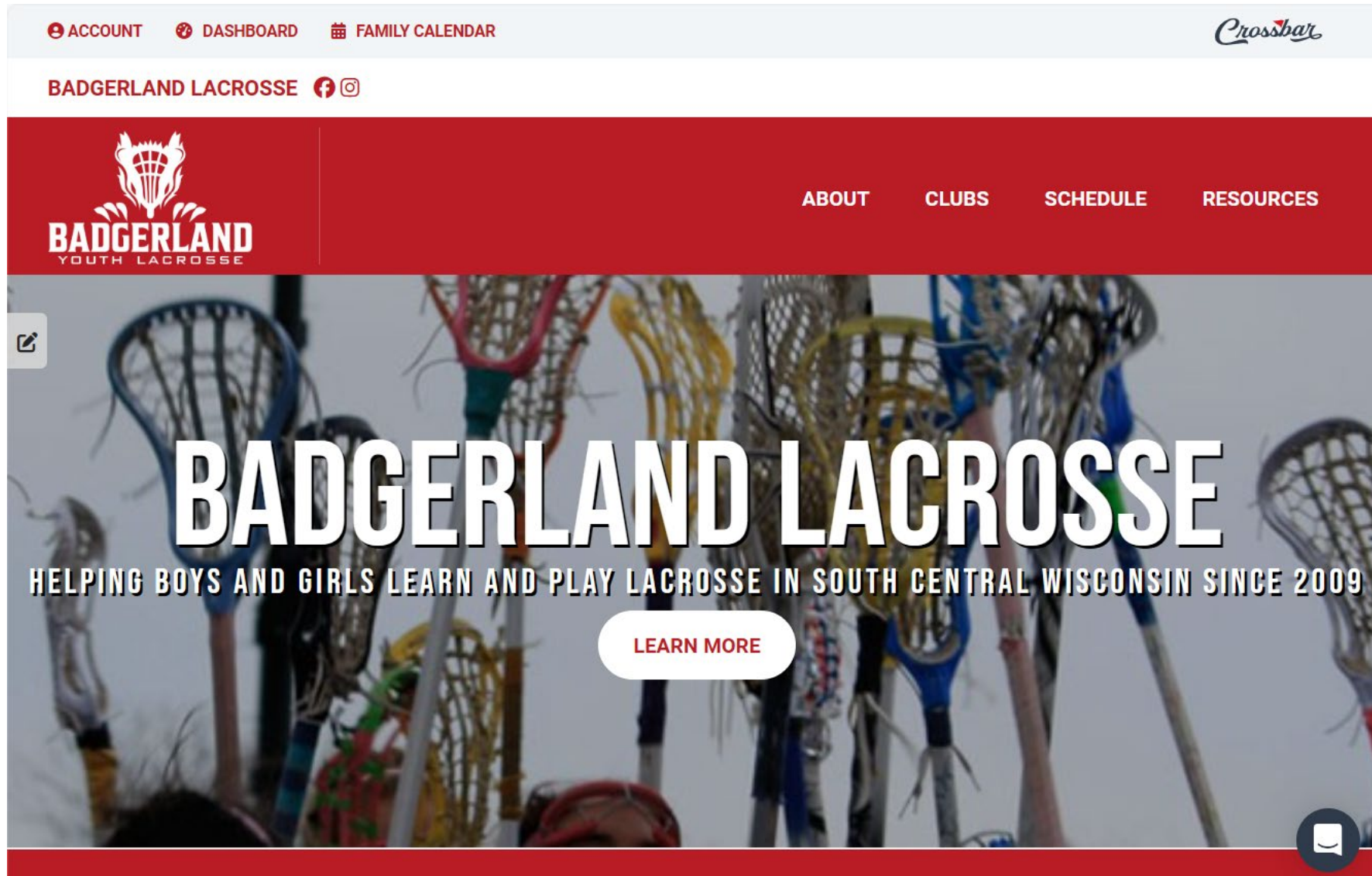
# Field Coordination



Town	Teams	Field Location	Address
Capitol City	Boys/Girls	Garner Park	381 S Rosa Rd, Madison, WI 53705
Deforest	Boys/Girls	Windsor Sport Complex	4198 Mueller Rd, Deforest, WI 53532
Janesville	Boys	JVL Youth Sports Complex	100 S Wuthering Hills Dr, Janesville, WI 53546
Middleton	Boys	West Middleton Elementary School 1/2	7627 W. Mineral Point Rd., Verona, WI 53593
Middleton	Boys	Airport Road Field 1/2	8424 Airport Rd., Middleton, WI 53562
Middleton	Girls	Middleton Northside Elementary	3620 High Rd, Middleton, WI 53562
Oregon	Boys	Brooklyn Legion Park	205 S 1st Street, Brooklyn, WI, 53521
Oregon	Girls	Jaycees Park #4	N Perry Pkwy, Oregon, WI 53575
Sauk Prairie	Boys	Culver Community Park	340 21st St, Prairie du Sac, WI 53578
Sauk Prairie	Girls	Sauk Prairie Middle School	207 Maple St, Sauk City, WI 53583
Sun Prairie	Boys	Prairie View Middle School	400 N Thompson Rd, Sun Prairie, WI 53590
Sun Prairie	Boys	Central Heights Middle School	220 Kroncke Drive, Sun Prairie
Verona	Boys	Badger Ridge	700 N. Main St. Verona, WI 535893
Verona	Boys/Girls	Sugar Creek Elementary	700 N. Main St. Verona, WI 535893
Waunakee	Boys	Tierney Park	2111 Peaceful Valley Parkway, Waunakee, WI 53597
Waunakee	Girls	Waunakee Ice Pond	1110 Prairie View Dr, Waunakee, WI 53597
Waunakee	Boys/Girls	Waunakee High School	301 Community Drive, Waunakee, WI 53597

# Website

<https://www.badgerlandlacrosse.com/>



# Conduct/Sportsmanship



- Sportsmanship
  - *This is Wisconsin **RECREATIONAL** youth lacrosse. It is not the PLL.*
  - Coach appropriately
    - Referees
    - Families
    - Kids
  - Issues between club
    - Dir. Of Sportsmanship
      - David Armiak - darmiak@gmail.com

- Compete With Class
- Honor The Game
- Utilize Best Practices

## 9 Ways to Model Good Sportsmanship from the Sidelines

1. Cheer on effort, not just achievement
2. Focus on the psychosocial dynamic
3. Encourage cheering for everyone
4. Be aware of negative language
5. Cheer for the other team
6. Coaches should set the tone with parents
7. Pay attention to your body language
8. Roleplay high-stress scenarios
9. Remember that kids absorb everything

# Officials and Rules



- Fees increased in 2025 for Officials only.
- Clubs are responsible for paying officials before or after the game.
- Fees shall be split between the two clubs involved in the game

Type	Amount
10U	1 Official - \$60.00 per game
12U/14U	2 Officials - \$60.00 per official per game or 1 Official - \$90.00 per game
If you cancel a game, and officials don't know and show up, hosts are still responsible for paying them	

# Boys Rules



- Badgerland follows USA Lacrosse rules unless otherwise noted below.

Category	8U	10U	12U	14U
<b>Ages / Grades</b>	7-8 yrs. (1-2)	9-10 yrs. (3-4)	11-12 yrs. (5-6)	13-14 yrs. (7-8)
<b>Players</b>	4v4	7v7	10v10	10v10
<b>Field Size</b>	Half	Half	Full	Full
<b>Goalie, Goal Size</b>	No, 3x3 or 6x6 flipped	Yes, 4x4 or 6x6 flipped	Yes, 6x6	Yes, 6x6
<b>Ball</b>	Soft	Hard	Hard	Hard
<b>Face Off / Offsides</b>	No	Yes	Yes	Yes
<b>Body Checking</b>	No	No	Yes	Yes
<b>Long Pole</b>	No	No	Yes	Yes
<b>Officials</b>	Coach	1	2	2
<b>Man Down</b>	No	No	Yes	Yes
<b>On-The-Fly Substitution</b>	No	No	Yes	Yes
<b>Mercy Rule</b>	Yes – 6+	Yes – 6+	Yes – 12+	Yes – 12+
<b>Time</b>	2x12 minutes (run)	4x10 minutes (run)	4x12 minutes running	4x12 minutes running
<b>Slow Whistle</b>	Yes	Yes	Yes	Yes
<b>Misc.</b>	1 pass attempt before shot	1 pass attempt before shot	No one-arm stick checks	No one-arm stick checks

# Girls Rules



- Badgerland follows USA Lacrosse rules unless otherwise noted below.
- New 12U Division in 2024 (dependent on Teams available)

Category	10U	12U	14U
<b>Ages / Grades</b>	8-10 yrs. (3rd, 4th)	11-12 yrs (5th/6th)	13-14 yrs. (7th, 8th)
<b>Players</b>	7v7	10v10	12v12
<b>Field Size</b>	Half (60-70 yards x 35-45 yards)	Full (110-140 yards x 60-70 yards)	Full (110-140 yards x 60-70 yards)
<b>Goalie, Goal Size</b>	No, 4x4 or 6x6 flipped	Yes, 6x6	Yes, 6x6
<b>Ball</b>	Hard	Hard	Hard
<b>Gear Req.</b>	Full	Full	Full
<b>Face Off</b>	3v3 draw at the center	3v3 draw at the center	3v3 draw at the center
<b>Offsides</b>	Not Enforced	Enforced	Enforced
<b>Pass Rule</b>	two-pass rule	None	None
<b>Officials</b>	1 required	2 officials (1 minimum)	2 officials
<b>On-The-Fly Substitution</b>	Yes	Yes	Yes
<b>Mercy Rule</b>	4+	4+	4+
<b>Time</b>	4x10 minutes running	4x12 minutes running	4x12 minutes running
<b>Overtime</b>	No	One 3 minutes. Sudden Victory	Two 3 minutes. Sudden Victory
<b>Start After Goal</b>	Face Off / Draw	Face Off / Draw	Face Off / Draw
<b>Cover</b>	Not Allowed	Not allowed when another player within playing distance; All checking below the shoulder	Not allowed when another player within playing distance

# Officials and Rules



## Officials Coordinators

### Boys

Jeremy Sullivan

Email: [malabyoc@gmail.com](mailto:malabyoc@gmail.com)

Phone: 1-708-269-2700

### Girls

Scott Saunders

Email: [saunders.lax@gmail.com](mailto:saunders.lax@gmail.com)

Phone: 1-847-217-9030

# Closing





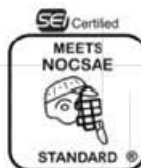
# Appendix

# BOYS' FIELD PLAYER EQUIPMENT

## Required Equipment

### 1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified



### 2. FIELD PLAYERS CROSSE (Stick)

- » Short Crosse - 40-42"
- » Long Crosse - 52-72"
- » 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).

### 3. GLOVES

- » Hand must be fully inserted in glove

### 4. SHOES

- » Athletic cleats or athletic shoes

### 5. PROTECTIVE CUP

- » Fitted for comfort & protection
- » Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

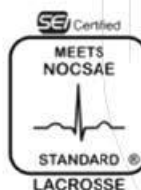


### 6. ARM PADS

- » Elbow should be properly & completely covered

### 7. SHOULDER PADS

- » Covers top of shoulder, collarbone & sternum
- » Should fit comfortably; adjust by loosening/tightening straps
- » NOTE: NOCSAE ND 200 compliant shoulder pads will be mandatory as of January 1, 2022



### 8. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)



## Optional Equipment

### 9. RIB PADS (NOT SHOWN)

- » Covers the ribs and kidneys; adjust by loosening/tightening straps
- » Should fit comfortably, not restricting breathing





# BOYS' GOALIE EQUIPMENT

## Required Equipment

### 1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard performance specification and SEI certified

### 2. THROAT GUARD

- » Separate from helmet & required for goalies
- » Attach with snaps/screws/other fasteners
- » Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

### 3. CHEST PROTECTOR ★★

- » Covers front torso, neckline to below navel
- » Body straps must be secured to the front of pad - adjust for a snug, comfortable fit

### 4. PROTECTIVE CUP

- » Fitted for comfort & protection
- » Garments to improve comfort include: supporters, all-in-one briefs & combinations of both

### 5. SHOES

- » Athletic cleats or athletic shoes

### 6. GOALIE GLOVES

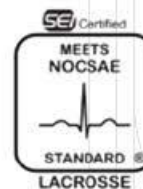
- » Hand must be fully inserted in glove
- » Includes goalie specific additional thumb protection

### 7. GOALIE CROSSE

- » Length 40 - 72"
- » NOTE: 10U and younger has allowances for shorter stick lengths (please reference the USA Lacrosse Boys' Youth Rules Book).

### 8. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)



\*\*Starting with the 2021 season, goalies MUST wear.....



# GIRLS' FIELD PLAYER EQUIPMENT

## Required Equipment

### 1. GOGGLES

- » Meets the current ASTM standard for women's lacrosse eyewear;
- » SEI certified and bears the SEI mark.
- » SEI Website [sei.net.org/search.htm#&section=hidden-us\\_lacrosse](http://sei.net.org/search.htm#&section=hidden-us_lacrosse)



### 2. CROSSE

- » Must adhere to Rule 2 Section 2 and meet the manufacturers specifications (Appendix B)
- » Legal Sticks- [uslacrosse.com/legal-womens-sticks](http://uslacrosse.com/legal-womens-sticks)

### 3. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)



## Optional Equipment

### 4. GLOVES

- » Must be close-fitting & should be comfortable for player while holding a stick.





# GIRLS' GOALIE EQUIPMENT

## Required Equipment

### 1. HELMET

- » Statement/seal indicating it meets NOCSAE lacrosse standard
- » performance specification and SEI certified

### 2. THROAT GUARD

- » Separate from helmet & required for goalies
- » Attach with snaps/screws/other fasteners
- » Proper fit for helmet & guard must be done relying on manufacturers' guidelines & requirements on their website or included with helmet/guard

### 3. CHEST PROTECTOR ★★

- » Covers front torso, neckline to below navel
- » Body straps must be secured to the front of pad - adjust for a snug, comfortable fit
- » SEI WEBSITE

### 4. GOALIE GLOVES

- » Hand must be fully inserted in glove
- » Includes goalie specific additional thumb protection

### 5. LEG PADS

- » Must protect shins and thighs
- » May not use field hockey goalie pads

### 6. PELVIC and ABDOMINAL PROTECTION

- » Generally incorporated as a part of thigh padding

### 7. CROSSE

- » Must adhere to Rule 2 Section 3, Appendix B
- » Legal Stick List - [uslacrosse.com/legal-womens-sticks](http://uslacrosse.com/legal-womens-sticks)

### 8. MOUTHGUARD

- » Must be visible color other than clear or white
- » Self-molding (from manufacturers) or custom-molded (from dentist)

## Optional Equipment

### 9. SHOULDER PADS

- » Covers top of shoulder, collarbone & sternum
- » Should fit comfortably; adjust by loosening/tightening straps



*\*\*Starting with the 2021 season, goalies MUST wear goalkeeper chest protectors which meet the NOCSAE NC200 lacrosse standards at the time of manufacture.*

