



QUESTIONS AND ANSWERS FROM THE REDCOATS LACROSSE ASSOCIATION FOR THE UPCOMING SEASON 2025

How do I know what age group my child is eligible to play for?

Division	Birth Year	Deadline April 30th
Soft Lacrosse ages 3 & 4	2021-2022	FREE
Box Paperweight ages 5 & 6	2019-2020	\$260.00
Box U9 ages 7 & 8	2017-2018	\$600.00
Box U11 ages 9 & 10	2015-2016	\$600.00
Box U13 ages 11 & 12	2013-2014	\$600.00
Box U15 ages 13 & 14	2011-2012	\$600.00

**Note the prices do not include team fees. Team fees will be determined by each team upon commencement of the season. Some of these fees may be offset by fundraising and/or sponsorship.*

In 2025, our anticipation is to have rep teams at the following age groups:

- U5/Soft Lacrosse (2021-2022) - No fee to foster a love for the sport!
- U7 (2019 & 2020) - No player evaluations required, but depending on numbers the players may be separated into two sub-teams for games and tournaments to ensure the bench is not overly large and everyone has an opportunity to play, while also reducing the travel demands on these younger players.
- U9 (2017 & 2018) - depending on registration numbers, the hope is to have two teams at this age level



- U11 (2015-2016) – depending on registration numbers, the hope is to have two teams at this age level
- U13 (2013-2014) – depending on registration numbers, the hope is to have two teams at this age level
- U15 (2011-2012) – one team anticipated

How are teams made? At any age level where two teams are anticipated, player assignments across the 1 and 2 teams will be **skills-based as we are a REP league**. There will be no rosters organized by major/minor divisions at any age group. The rough anticipation is that the 1 team will enter as a “B” level team and the 2 team (development team) will enter as a “D” level team – however input will be collected from assigned coaching staff at each age level (based on any understanding they may have of the anticipated talent pool for that age level) and these starting designations may be adjusted for specific age levels.

What are the sizes of teams? Roster sizes will be anywhere from minimum 13 players to maximum 18 players, based on whether there ends up being one or two teams at that age level. The decision to only have one team at an age level due to registration numbers does not guarantee that 18 players will be accepted on that roster – the designated Head Coach for each age level will be responsible for making decisions about roster size based on the range of skill levels of the players under consideration.

Player Evaluations and Team Selection: The goal is to hold player evaluations earlier in the year to avoid typical conflicts with hockey players, and to allow teams to be formalized before the end of February. Having teams finalized this early in the year will allow for better planning for jerseys, tournaments, necessary floor time and other important season details. Additionally, players not offered a roster spot with the Redcoats can be released and attend tryouts in other centers. Only players who have registered by the time player evaluations begin and who have attended at least 3 of the evaluation sessions will be considered for a release. Please be aware that costs for the release process are generally at the expense of the player.

Where can I find information about Releases?

<https://www.redcoatslacrosse.com/release/>

Where will practices take place? The Peach King Arena will be closed again for renovations over the summer of 2025, however we will have access to BOTH the **Fleming and Jordan arenas** throughout the duration of the 2025 season – each on Monday, Tuesday, and Thursday evenings – to allow for a significant increase in access to floor time to utilize for practices and games.

How long is the lacrosse season? The regular lacrosse season (as per OLA schedule) is from May 6th-August 9th. These dates may differ slightly season to



season. Try before you buy, pre-season camps, evaluations and team practices usually begin prior to the official season start date.

How much travel is involved? The Redcoats belong to Zone 9 within the Ontario Lacrosse Organization (OLA). This means that our season sanctioned games fall within the Zone 9 boundaries of St. Catharines, Pelham, Niagara on the Lake, Fort Erie, Hamilton, 6 Nations and Burlington. Some of these clubs, however, may not have a team in your child's age division to play and this changes from season to season. Exhibition games can be added outside of Zone 9 at the coach's discretion.

What are the chances a child who has never played the sport of lacrosse will make a rep team? We encourage anyone new to lacrosse and considering registering for the season to attend the preseason camp, as an opportunity to build some initial comfort and skills prior to the player evaluations. More details can be found here: <https://www.redcoatslacrosse.com/pre-season-camp-2025/>

Does my child need to attend all player evaluation dates? We ask all children to attend all scheduled player evaluation time slots for their division. If your child cannot attend one due to a prior commitment, you must let the head coach know right away.

What is the mandatory equipment needed to play lacrosse? Lacrosse equipment requirements are very similar to hockey, with the addition of a kidney guard - and stick of course! Full details can be seen here: <https://ontariolacrosse.com/content/playing/requiredequipment/box-equipment/box-guidelines.pdf> If you have any questions, the Head Coaches would be happy to answer questions either at the preseason camp, player evaluations, or as the season kicks off. They are happy to provide guidance and expertise on nuances of equipment and stick choices that will work best for each child before investing in purchasing equipment.

How physical is the game of lacrosse? Is full checking allowed? What is the risk of injury for my child? Lacrosse is a fast-paced sport that does include controlled contact. Player safety is a top-of-mind priority for the Redcoats organization. We can't grow the game if we can't demonstrate there is a safe way to learn it. We want players to fall in love with lacrosse without fear of significant contact. In 2023, the OLA introduced modified contact rules for the U7 age level to prioritize the safety of developing athletes. Cross-checking has been replaced with a "place and push" technique on the ball carrier only - with the intent being to steer the ball-carrier away from the goal. The result is a zeroimpact defensive play. Contact with a ball-carrier is only allowed with the 24' dotted line around the net and must stop when the ball-carrier loses possession or approaches the boards. No contact is permitted with non-ball-carriers anywhere on the floor. Confidence is the single



most important factor in the development of young players. There is a time and a place for introducing contact, and it happens when players have developed confidence in their running, passing and shooting abilities.

At U9 and above there is “full” contact. Coaches are committed to helping each player develop skills and game experience, at all age levels, in a way that reduces risk of injury. With education, rules, and guidelines, lacrosse as a sport has less injuries than soccer.

What are the general rules of box lacrosse? The full rules & regulations can be found here:

[https://cloud.rampinteractive.com/canadianlacrosse/files/misc%20pdf/2019 - 2020 box rule %26 situation handbook.pdf](https://cloud.rampinteractive.com/canadianlacrosse/files/misc%20pdf/2019%20-%2020%20box%20rule%26%20situation%20handbook.pdf)

Where can I stay up to date on Redcoats information? Information can be found on www.redcoatslacrosse.com, but you can also follow us on social channels (“Redcoats Lacrosse” on Facebook, and @redcoatslacrosse on Instagram) for the most timely updates!

We hope this information helps you plan ahead as we approach the start of a new season! #Go Redcoats Go!