

## **Redcoats Q&A**

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

The breakdown of divisions and associated birth years can be found in the table on the registration page on the website: <https://www.redcoatslacrosse.com/registration-2024/>

### **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.

For 2024, it is expected that Redcoats team rosters will be established by mid-April and practices will start shortly thereafter.

### **What is the commitment each week?**

From U9 through to U17, the commitment is generally 2-3 weeknights every week. There are a total of 3 weekend commitments across the course of the season, consisting of 2 tournaments, plus the Ontario Lacrosse Association (OLA) provincials at the beginning of August.

For U7, it is usually 1-2 nights per week, plus Saturday mornings. There are 2 weekend tournaments. The U7 level does not participate in OLA provincials - so the season wraps at the end of July.

### **What days of the week are practices and games?**

For the 2024 season, Redcoats have secured both Mondays and Thursdays for home games and practices. However, there may be times where there is an additional away game that differs from these 2 days or an away game that is scheduled on a Monday or Thursday.

Each club submits their floor time availability to our local Zone (zone 9) for scheduling purposes.

### **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.

### **Are there tournaments throughout the season?**

Tournaments differ season to season. For the 2024 season, each team has been successfully registered in 2 tournaments plus provincials.

For general planning purposes - we are happy to share details of what's been booked thus far. However, please note that registration numbers will drive the number of teams at each age level. ***If additional teams are added, the second team may have different dates than those noted below.***

For the U7 age level, the planned tournaments are:

- July 6-7: Oakville Hawks Tournament

- <https://oakvillelacrosse.com/tournaments/>
- July 19-21: Pelham Raiders Futures Tournament
  - <https://www.pelhamraiders.com/future-stars-scores-and-schedule>

For U9, U11 #1, U13, U15 age groups, the planned tournaments are:

- June 28-30: Hamilton Super Series Tournament
  - <https://www.hamiltonlacrosse.com/my-tournament>
- July 12-14: Huntsville District Tournament
  - <https://www.hawkslacrosse.ca/tourneys>

For U11 #2 team, the planned tournaments are:

- May 24-26: Six Nations Confederacy Tournament
  - <https://www.snmla.ca/tournament/>
- July 12-14: Clarington Dan Greer Memorial Tournament
  - <https://www.claringtonminorlacrosse.com/dan-greer-tournament>

#### **OLA Provincials:**

- U9: August 4-6
- U11: August 9-11
- U13: August 2-4

#### **Is there a house league program?**

At this time, we do not offer a house league program within our association. The Redcoats program is currently rep teams only. We strive to grow the sport of lacrosse within West Niagara so that one day we can offer a successful house league program.

#### **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 pre-season camp, as an opportunity to build some initial comfort and skills prior to the player evaluations. There are still 3 weeks remaining. More details can be found here:  
<https://www.redcoatslacrosse.com/pre-season-camp-2024/>

Coaches do consider potential talent in kids vs. current skills/experience as they make decisions around team rosters.

If registration numbers allow for two teams in an age division, one of those teams is generally considered a “developmental” team that plays in a lower division within Zone 9 and tournaments – this is a great learning opportunity for those newer to lacrosse.

#### **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 happens if my child does not make the team?**

If your child does not make a team within Lincoln, you will be refunded your \$50.00 tryout fee. We will then assist you with finding your next closest rep or house league program.

### **What do the registration fees cover?**

Registration includes:

- Operating costs such as floor time and painting of floor lines
- Referee and timekeeper fees for games
- Equipment such as balls, pinnies, goalie equipment, training aids and more
- Dry fit shorts and shirt for every player
- 2 season tournaments per team plus provincials
- OLA insurance

Coaches are volunteers and do not get paid.

Registration fees for the Soft (otherwise known as U5) & U7 programs are kept as low as possible and subsidized by the organization, to ensure growth of the lacrosse program in West Niagara.

### **Will there be more fees if my child makes the team? If so, how much and what does this cover?**

The Redcoats do not mandate team rep team fees. This will be at the discretion of each individual team, with approval from the Board of Directors. A clear outline of what team fees will be used for will also be provided.

Team sponsorships and fundraisers can also be utilized to cover team expenses.

### **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/required-equipment/box-equipment/box-guidelines.pdf>

If you have any questions, the Head Coaches would be happy to answer questions either at the pre-season 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 zero-impact 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 exactly is box lacrosse and how does it differ from field lacrosse?**

Sometimes known as indoor lacrosse, box lacrosse is often played on an ice hockey rink once the ice has been removed or covered. There are six players per team, consisting of five ‘runners’ and a goalie. OLA games consist of three 15-minute periods. The team with the most goals at the end of the game wins.

Unlike its field counterpart, the confined space of an indoor arena amplifies the box lacrosse action, with a smaller playing area and goalie nets, and a reduced team size of 6 players compared to the 10 in field lacrosse. This not only changes the game’s pace but its strategic depth as well. Box lacrosse more closely resembles ice hockey in its intensity and pace.

There are other areas of the game, like rules and regulations, that differ between the two sports, like the use of a shot clock. In box lacrosse, a shot clock (usually 30 seconds) requires the offensive team to take a shot on goal within a set time, encouraging faster play. Field lacrosse does not typically have a shot clock. Also, there is no offside rule in box lacrosse, allowing players to move freely across the entire playing surface. In field lacrosse, however, teams must keep a certain number of players on each side of the midfield line, creating an offside rule that influences transitions and positioning.

### **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_-_2020_box_rule_%26_situation_handbook.pdf)

### **Where can I stay up to date on Redcoats information?**

Information can be found on [www.redcoatslacrosse.com](http://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!