

# ★ ST. JOHN'S ★ CAPITALS

## 2025 Summer League Information

### Rally Cap

**AGES 5, 6 & 7**  
**BIRTH YEARS: 2018, 2019 & 2020**  
**FIELD(S): WISHINGWELL**  
**PROGRAM SLOTS: MONDAYS & WEDNESDAYS OR TUESDAYS & THURSDAYS**

9U Minor is suitable for players in any of the following categories: first year players in the age group; players in the age group who completed one year of Rally Cap; players in the age group that need a less competitive experience for their development and 7 year olds who have completed 2 years of Rally Cap. Players may be moved back to Rally Cap if needed for development. Teams will have two sessions per week that will rotate 5:00 pm and 6:45 pm starts. Each session lasts for an hour and fifteen minutes.

The end of season event will feature a fun playoffs to introduce the kids to this type of format where everyone will receive a medal.

Rally Cap is an entry-level Baseball Canada program that is suitable for players of all skill levels. Teams will have two sessions per week that will rotate 5:00 pm and 6:45 pm starts. Each session lasts an hour and fifteen minutes.

### 9U Minor

**AGES 7, 8 & 9**  
**BIRTH YEARS: 2016, 2017 & 2018**  
**FIELD(S): VIRGINIA PARK & KELLY'S BROOK**  
**PROGRAM SLOTS: MONDAYS & WEDNESDAYS OR TUESDAYS & THURSDAYS**

9U Major is suitable for players in either of the following categories: players in the age group who completed multiple years of Rally Cap; players in the age group who have done private training and/or multiple years of winterball and need a more competitive experience. SJMBA reserves the right to move players to the 9U Minor division if there is a safety concern. Teams will have two sessions per week that will rotate 5:00 pm and 6:45 pm starts. Each session lasts for an hour and fifteen mins. The end of season playoffs will consist of a more competitive style format with tier based seeding and playdowns. Games in this end of season format may be played on the weekends as well, depending on how many teams there are total in 9U Major.

### 9U Major

**AGES 8 & 9**  
**BIRTH YEARS: 2016 & 2017**  
**FIELD(S): VIRGINIA PARK & KELLY'S BROOK**  
**PROGRAM SLOTS: MONDAYS & WEDNESDAYS OR TUESDAYS & THURSDAYS**

The 11U program has two games per week with practices at the beginning of the season. This division also has an end of season championship tournament. Games mostly start at 5:30 pm with some games under the lights at 7:30 pm. *Players that are trying out for all-star teams must register for this division as well, since certain teams play in a regional 11U league.*

### 11U

**AGES 10 & 11**  
**BIRTH YEARS: 2014 & 2015**  
**FIELD(S): LITTLE ST. PAT'S, KILBRIDE, TERRA NOVA, WYATT PARK & KITTY GAUL**  
**PROGRAM SLOT: TUESDAYS & THURSDAYS**

### 12U Female

**AGES 10, 11 & 12**  
**BIRTH YEARS: 2013, 2014 & 2015**  
**FIELD(S): WYATT PARK & CONWAY GLENN**  
**PROGRAM SLOT: MONDAYS, WEDNESDAYS & THURSDAYS**

The 12U program has two games per week with practices at the beginning of the season. This division also has an end of season championship tournament. Games mostly start at 5:30 pm. This is a regional league so games can take place in Mount Pearl & Paradise. *Players that are trying out for female all-star teams must register for a house league division as well.*

The 13U program has two games per week with practices at the beginning of the season. This division also has an end of season championship tournament. Games mostly start at 5:30 pm with some games under the lights at 7:30 pm. *Players that are trying out for all-star teams must register for this division as well, since certain teams play in a regional 13U league.*

### 13U

**AGES 12 & 13**  
**BIRTH YEARS: 2012 & 2013**  
**FIELD(S): LITTLE ST. PAT'S, TERRA NOVA, BANNERMAN PARK, SHEA HEIGHTS & KITTY GAUL**  
**PROGRAM SLOT: MONDAYS & WEDNESDAYS**

### 14U Female

**AGES 13 & 14**  
**BIRTH YEARS: 2011 & 2012**  
**FIELD(S): CONWAY GLENN**  
**PROGRAM SLOT: MONDAYS & WEDNESDAYS**

The 14U program has two games per week with practices at the beginning of the season. This division also has an end of season championship tournament. Games mostly start at 5:30 pm. This is a regional league so games can take place in Mount Pearl & Paradise. *Players that are trying out for female all-star teams must register for a house league division as well.*

The 15U program has two games per week with practices at the beginning of the season. This division also has an end of season championship tournament. Games mostly start at 5:30 pm with some games under the lights at 7:30 pm. *Players that are trying out for all-star teams must register for this division as well, since certain teams play in a regional 15U league.*

### 15U

**AGES 14 & 15**  
**BIRTH YEARS: 2010 & 2011**  
**FIELD(S): AIRPORT HEIGHTS**  
**PROGRAM SLOT: TUESDAYS & THURSDAYS**

### 19U Female

**AGES 15, 16, 17, 18 & 19**  
**BIRTH YEARS: 2006, 2007, 2008, 2009 & 2010**  
**FIELD(S): TBD**  
**PROGRAM SLOT: TBD**

The 19U program is currently being discussed with the metro associations with respect to number of teams, field slots, etc. Please send an email to Evan Bursey [ebursey@baseballstjohns.ca](mailto:ebursey@baseballstjohns.ca) to secure your spot.

The 18U program has one or two sessions per week. This division has an end of season championship tournament.

Games mostly start at 5:30 and 8:30 pm on Sundays with games potentially scheduled for Mondays, Wednesdays, Fridays or Saturdays to allow for more games played during the season. There will be a house league division this season and the "A" team will play in a metro league. This is a regional league so games may take place in Mount Pearl, Paradise or CBS.

*Players interested in playing 18U all-star can register for all star tryouts only and after teams are picked, can decide on house league if they make AA*

### 18U

**AGES 16, 17 & 18**  
**BIRTH YEARS: 2007, 2008 & 2009**  
**FIELD(S): ST. PAT'S, SMALLWOOD, STONY HILL, PETER BARRY DUFF, WISHINGWELL**  
**PROGRAM SLOT: MONDAYS, WEDNESDAYS, FRIDAYS, SATURDAYS & SUNDAYS**



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