

U7 Division - 2025 Season Info (2019/2020/2021) under 7 years old - ages 5 & 6

- The typical lacrosse season for the Beaumont Raiders U7 begins at the start of April.
- U7 teams play with 9-12 players per team (dependent on total registrations)
- U7 is co-ed
- U7 can have 1 friend request, they must be reciprocal (please email the U7 Director)
- U7 teams will receive one floor time per week
- Typically floor times have been on Wed nights, usually early evening. At the start of the season practices times will be scheduled when available to give the coaches and players a chance to get together before league play begins.
- U7 teams are pooled by region by the GELC to participate in a few games against other clubs' teams (dependent on registration numbers of other clubs), based on closest geography and these games will be played on two Saturdays or perhaps one Sunday, through the season. The dates for these are in May **TBD** and June **TBD**. Beaumont Raiders is part of the South Pool, typically playing teams from Leduc, South Edmonton, and Sherwood Park.
- U7 will follow LTAD Option X with the following modifications:
 - 1 hour game
 - 5 min warm-up
 - Shift on the fly
 - Soft ball is used
 - 3 x 15 min, run-time periods with three-minute breaks
- There will be NO SHOT CLOCK at U7, NO SCORE at U7 and NO GOALIES at U7
- [Alberta Box Lacrosse Rules](#)
- The year-end wrap-up Jamboree weekend for all of the U7 teams in the GELC is scheduled for June 13-15, 2025
- **JERSEY:** You will be given a FREE reversible pinnie for gameplay and to keep following the season. Numbers to be distributed by team managers.
- ** Mouthguards are not mandatory for U7 as per ALA Regulation 8.05

Playing Equipment required:

- Helmet with a full face cage (Hockey helmet are approved for use, & field lacrosse helmets are approved)
- Lacrosse Stick
- Gloves (hockey or lacrosse)
- Shoulder pads/ chest protector (can use a hockey one)
- Kidney belt (specific to the sport of lacrosse)
- Elbow pads
- Slash guards (fit between the top of shoulder pads and elbow pads)
- Indoor runners

If you have any specific questions, please contact the Division Director:

u7u9@beaumont RAIDERS.com

U9 Division - 2025 Season Info (2017/2018) under 9 years old - ages 7 & 8

- U9 teams will consist of 8 to 16 players per team (dependent on registrations)
- U9 will have evaluations this season to ensure parity teams are made. Evaluations will consist of skills and parity games.
- U9 Lacrosse will be played as per the Lacrosse Canada Rule Book - Option L
- U9 Season Play will begin April 12-13, 2025. U9 will receive two floor times per week
- For the remainder of the 2025 Box Lacrosse playing season, weekday games will be scheduled on Tuesday and Thursday, with a start time of 6:00 pm or 7:00 pm. There will be weekend play with Westlock.
- The year-end wrap-up Jamboree weekend for all of the U9 teams in the GELC is scheduled for June 13-15, 2025
- Please note there is a possibility of the odd Saturday game.
- U9 will play approximately 8 to 10 league games.
- U9 teams are scheduled in close geographical proximity to Beaumont
- U9 will follow the LTAD Option L with the following modifications:
 - Fallback
 - Shift on the fly
 - Regulation ball used
 - No coaches on the floor
- U9 level lacrosse is full floor, 5 on 5 lacrosse, with goalies.
- Players will rotate as goalie (so everyone gets a chance to try)
- Referees are present for the game portion of the time slot to start and stop play. Play will be stopped for infractions.
- 5 min warm-up, 3 x 12 min straight run-time periods, 3 min breaks between periods, NO SHOT CLOCK at U9
- Game sheets should be filled out for U9 games
- [Alberta Box Lacrosse Rules](#)
- Black shorts are required for games. Raiders shorts are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)
- Jersey: You will be loaned a jersey that is to be returned at the end of the season

Goalie Equipment

- Goalie Equipment for U9 age level – 1 set per team will be loaned out from the Beaumont Raiders equipment locker. If any other players are interested in borrowing goalie equipment, please contact the equipment director for more information and fees: equipment@beaumont RAIDERS.COM

Player Equipment Required

- Helmet with a full-face cage
- (Hockey helmet are approved for use, also field lacrosse helmets are approved)
- Lacrosse Stick
- Indoor runners
- Gloves (hockey or lacrosse)
- Shoulder pads/ chest protector (can use a hockey one)

U9 Division and Season Information Continued

- Kidney belt (specific to the sport of lacrosse)
- Elbow pads
- Slash guards (fit between the top of shoulder pads and elbow pads)
- Mouth guard *mandatory for U9 and up as per [GELC Regulation 10.04](#)
- Black shorts are required for games. Raiders shorts are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)

If you have specific questions, please email the division director u7u9@beaumont RAIDERS.COM

U11 Division and 2024 Season Info (2015/2016) under 11 years old - ages 9 & 10

- U11 has both male and female divisions and teams. You choose the division at registration.
- U11 teams will consist of a min 12 runners +1 goalie, up to 18 runners + 2 goalies per team (dependent on registrations)
- U11 will receive two floor times per week – typically weeknights (M-F) 1 game & 1 practice
- U11 Season Play will begin April 12-13, 2025.
- Weekday games will be scheduled on Tuesday and Thursday, with a start time of 6:00 pm or 7:00 pm. There will be weekend play with Westlock. Member clubs will schedule practices at their discretion.
- Practices start April and game play begins April 12-13, 2025
- Black shorts are required for games. Raiders shorts are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)
- Each team gets 2 sets of jerseys (home/away) that need to be returned at the end of the season
- GELC Playoffs typically start the third week of June.
- U11 is typically played with teams created for parity. If the club has enough players for more than 1 team the teams are formed with the intent of creating equal strength teams (Parity teams). There are tryouts and evaluations to allow this to occur.
- There may be a couple of games on the weekends. These would be weekend games for Westlock and Grande Prairie, Camrose etc. to be played in Edmonton/Area. They travel to Edmonton/area to have teams to play against.
- The Men's Division is set up with club teams competing geographically close to start. Then after a set number of games (after the May long weekend), the teams will be resorted and placed in different divisions with similarly skilled teams for the remaining season games.
- The Women's Division is set to play against all the other womens' teams in the same age division in the GELC league the entire season. This is due to a smaller number of total teams in the GELC clubs.
- U11 Games are 1 hour in length. 5 mins of warm up practice and then 3 x 12 min straight run-time periods with 3 min for rest in between. Full rink surface, with 30 second shot clock, and referee's and goalies. Nets are medium size - 4x4 size. In U11 each

game or period, as applicable shall be run time except that the clock will be stopped for timeouts. A score sheet must be completed and uploaded to GELC website.

U11 Division and Season Information Continued

- All goals, penalties and assists are recorded. A differential of 5 goals is not to be posted to the scoreboard, but is recorded on the game sheet.
- U11 Rules 15.17.1 All U11 box lacrosse games shall be played in accordance with Lacrosse Canada Rules according to LTAD Option L
- [Alberta Lacrosse Box Lacrosse Rules](#)

Goalie Equipment

- Goalie Equipment for U9 age level – 1 set per team will be loaned out from the Beaumont Raiders equipment locker. If any other players are interested in borrowing goalie equipment, please contact the equipment director for more information and fees: equipment@beaumont Raiders.com

Player Equipment

- Helmet with a full-face cage
- (Hockey helmet are approved for use, also field lacrosse helmets are approved)
- Lacrosse Stick
- Indoor runners
- Gloves (hockey or lacrosse)
- Shoulder pads/ chest protector (can use a hockey one)
- Kidney belt (specific to the sport of lacrosse)
- Elbow pads
- Slash guards (fit between the top of shoulder pads and elbow pads)
- Mouth guard *mandatory for U9 and up as per [GELC Regulation 10.04](#)
- Black shorts are required for games. Raiders shorts are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)

If you have any questions please email your division director u11u13@beaumont Raiders.com

U13 Division and Season Info (2013/2014) ages 11 & 12

- U13 Lacrosse is played in tiers A,B
- U13B and U13 Women's Division Season Play will begin April 16, 2025.
- For the remainder of 2025 Box Lacrosse playing season, U13B and U13W weekday games will be scheduled on Monday, Wednesday and Friday, with a start time of anywhere between 6:00 - 8:15pm. There will be some weekend play. Member clubs will schedule practices at their discretion.
- U13A Season Play will begin April 17, 2025.
- For the 2025 Box Lacrosse playing season, U13A weekday games will be scheduled on Tuesday and Thursday, with a start time of anywhere between 6:00-8:15 pm. There will be some weekend play. Member clubs will schedule practices at their discretion.

U13 Division and Season Information Continued

- U13 teams will consist of a min of 12 runners +1 goalie up to 18 runners + 2 goalies per team (dependent on registrations)
- Black shorts are required for games. Raiders shorts are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)
- Each team gets 2 sets of jerseys (home/away) that need to be returned at the end of the season.
- The Men's U13 division has A teams and B teams (and some associations have C teams) There are tryouts and evaluations to allow this to occur and there is a deadline to register to tryout. Visit the Titans website for deadlines and tryout information.
- The Women's U13 division has parity/leveled teams. There are currently not enough teams to support an A/B division separation. The Women's Division is set to play against all the other womens' teams in the same age division in the GELC league the entire season.
- Games are 1 ¼ hours. 10 mins warm-up. 3 x 15 min stop time periods. Nets are regular full size, 4x6. The clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with 3 minute break between periods.
- A game sheet must be completed. All goals, penalties and assists are recorded.
- [Alberta Lacrosse Box Lacrosse Rules](#)
- There may be a couple of games on the weekends. These would be weekend games for Westlock and Grande Prairie, Camrose etc. to be played in Edmonton/Area. They travel to Edmonton/area to have teams to play against.
- GELC Playoffs are typically the third week of June. The winning teams of the GELC city championship for the division **must** go to provincials, this is the ALA rule.
- 2025 Minor Box Provincials are in Calgary, AB July 11-13th, 2025
- 2025 Provincials are held July 11 - 13, 2025 in Calgary Alberta.

Goalie Equipment

- Goalie Equipment for U9 age level – 1 set per team will be loaned out from the Beaumont Raiders equipment locker. If any other players are interested in borrowing goalie equipment, please contact the equipment director for more information and fees: equipment@beaumont RAIDERS.COM

Player Equipment

- Helmet with a full-face cage
- (Hockey helmet are approved for use, also field lacrosse helmets are approved)
- Lacrosse Stick
- Indoor runners
- Gloves (hockey or lacrosse)
- Shoulder pads/ chest protector (can use a hockey one)
- Kidney belt (specific to the sport of lacrosse)
- Elbow pads
- Slash guards (fit between the top of shoulder pads and elbow pads)
- Mouth guard *mandatory for U9 and up as per [GELC Regulation 10.04](#)

- Black shorts are required for games. Raiders shorts are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)

If you have any questions please email your division director: u11u13@beaumont RAIDERS.COM

U15 Division and Season Info (2011/2012) ages 13 & 14

- U15 Lacrosse is played in tiers A,B
- U15B and U15 Women's Division Season Play will begin April 16, 2025.
- For the remainder of 2024 Box Lacrosse playing season, weekday games will be scheduled on Monday, Wednesday and Friday, with a start time of anywhere between 7:00 - 8:30 pm. There will be some weekend play. Member clubs will schedule practices at their discretion.
- U15A Division Season Play will begin April 17, 2025
- For the 2025 Box Lacrosse playing season, U15A weekday games will be scheduled on Tuesday and Thursday, with a start time of anywhere between 7:00 - 8:30 pm. There will be some weekend play. Member clubs will schedule practices at their discretion.
- U15 teams will consist of a min. 12 runners +1 goalie up to 18 runners + 2 goalies per team. (dependent on registrations)
- U15 will receive two floor times per week – weeknights; 1 practice and 1 game
- U15 Practices start the 1st week of April and games in the middle of April.
- Black shorts are required for games. Raiders shorts are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)
- Each team gets 2 sets of jerseys (home/away) that need to be returned at the end of the season.
- The Men's U15 division has A teams and B teams (and some associations have C teams) There are tryouts and evaluations to allow this to occur. 'A' level tryouts start in January and teams are announced at the end of February. Beaumont area athletes are zoned for 'A' Lacrosse with South Zone Cyclones. A new team formation that includes athletes zones in Beaumont, Leduc and South Edmonton.
- The Women's U15 division has parity/leveled teams. There are currently not enough teams to support an A/B division separation. The Women's Division is set to play against all the other womens' teams in the same age division in the GELC league the entire season.
- Typically the games are scheduled during the week.
- Games are 1.5 hours long. 10 min warm-up. 3 x 15 min stop time periods. The clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with 5 minute break between periods.
- A game sheet must be completed. All goals, penalties and assists are recorded.
- [Alberta Lacrosse Box Lacrosse Rules](#)
- There may be a couple of games on the weekends. These would be weekend games for Westlock and Grande Prairie, Camrose etc. to be played in Edmonton/Area. They travel to Edmonton/area to have teams to play against

U15 Division and Season Information Continued

- GELC Playoffs are typically the third week of June. The winning teams of the GELC city championship for the division **must** go to provincials, this is the ALA rule.
- 2025 Minor Box Provincials are in Calgary, AB July 11-13th, 2025
- 2025 Provincials are held July 11 - 13, 2025 in Calgary Alberta.

Goalie Equipment

- Goalie Equipment for U9 age level – 1 set per team will be loaned out from the Beaumont Raiders equipment locker. If any other players are interested in borrowing goalie equipment, please contact the equipment director for more information and fees: equipment@beaumont RAIDERS.COM

Player Equipment

- Helmet with a full-face cage
- (Hockey helmet are approved for use, also field lacrosse helmets are approved)
- Lacrosse Stick
- Indoor runners
- Gloves (hockey or lacrosse)
- Shoulder pads/ chest protector (can use a hockey one)
- Kidney belt (specific to the sport of lacrosse)
- Elbow pads
- Slash guards (fit between the top of shoulder pads and elbow pads)
- Mouth guard *mandatory for U9 and up as per [GELC Regulation 10.04](#)
- Black shorts are required for games. Raiders shorts are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)

If you have any questions please email your division director: u15u17@beaumont RAIDERS.COM

U17 Division and Season Info (2009/2010) ages 15 & 16

- U17B and U17 Women's Division Season Play will begin on April 17th, 2025.
- For the remainder of 2025 Box Lacrosse playing season, U17B and U17W weekday games will be scheduled any day of the week with a start time of anywhere between 7:00 - 8:30 pm. There will be some weekend play. Member clubs will schedule practices at their discretion.
- U17 has divisions and teams in both men and women; you choose the division at registration
- U17 teams will consist of a min 12 runners +1 goalie up to 18 runners + 2 goalies per team (dependent on registrations)
- U17 will receive two floor times per week – weeknights. 1 practice and 1 game.
- Black shorts are required for games. Raiders shorts are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)
- Each team gets 2 sets of jerseys (home/away) to be returned at the end of the season
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U17 Division and Season Information Continued

- The Mens U17 division has A teams and B teams (and some associations have C teams) There are tryouts and evaluations to allow this to occur. The deadline to register for 'A' try-outs is **TBD**, 'A' Tryouts begin **TBD**.
- The Women's U17 division has parity/leveled teams (not A/B). There are currently not enough teams to support an A/B division separation. The Women's Division is set to play against all the other womens' teams in the same age division in the GELC league the entire season.
- **U17A** is part of the Wildrose Division and will have travel games in Calgary/Red Deer
- **U17B** is part of the GELC regular season and will play GELC clubs in and around Edmonton
- The **U17 Women's** team is part of the GELC regular season and will play GELC clubs in and around Edmonton.
- Games are 1.75 hours long. 3 x 20 min stop time periods. The clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with 5 min. breaks between periods.
- A game sheet must be completed. All goals, penalties and assists are recorded.
- [Alberta Lacrosse Box Lacrosse Rules](#)
- There may be a couple of games on the weekends. These would be weekend games for Westlock and Grande Prairie, Camrose etc. to be played in Edmonton/Area. They travel to Edmonton/area to have teams to play against
- GELC Playoffs are typically the third week of June. The winning teams of the GELC city championship for the division **must** go to provincials, this is the ALA rule.
- 2025 Minor Box Provincials are in Calgary, AB July 11-13th, 2025
- 2025 Provincials are held July 11 - 13, 2025 in Calgary Alberta.

Goalie Equipment

- Goalie Equipment for U9 age level – 1 set per team will be loaned out from the Beaumont Raiders equipment locker. If any other players are interested in borrowing goalie equipment, please contact the equipment director for more information and fees: equipment@beaumont RAIDERS.COM

Player Equipment

- Helmet with a full-face cage
- (Hockey helmet are approved for use, also field lacrosse helmets are approved)
- Lacrosse Stick
- Indoor runners
- Gloves (hockey or lacrosse)
- Shoulder pads/ chest protector (can use a hockey one)
- Kidney belt (specific to the sport of lacrosse)
- Elbow pads
- Slash guards (fit between the top of shoulder pads and elbow pads)
- Mouth guard *mandatory for U9 and up as per [GELC Regulation 10.04](#)
- **Black shorts** are required for games. **Raiders shorts** are recommended and can be purchased individually or as a team at season start up. [Raiders Apparel Information](#)

If you have any questions please email your division director: u15u17@beaumont RAIDERS.COM