

Welcome to our lacrosse family. Here are some things you can expect

## U7 (Formerly Mini Tyke)

- One practice during the week usually between 5-6pm
- Play and practice the width of regular box
- One game on the weekend usually between 10am-1pm
- Games are usually within the 3 other Victoria area lacrosse associations (Saanich, Victoria-Esquamalt, Peninsula)
- Use a Mini Tyke ball
- 3 on 3 format
- May play games without goalies
- May not keep score during games to emphasize fun
- Games mostly played outdoors
- 10-15 players per team on average
- Season runs from approx April - June
- Teams may opt to play tournaments for additional costs

## U9 (Formerly Tyke)

- One practice during the week usually between 5-6pm
- Play and practice the width of regular box
- One game on the weekend
- Games are usually within the 3 other Victoria area lacrosse associations (Saanich, Victoria-Esquamalt, Peninsula)
- 3 on 3 format
- Play with goalies
- Use standard lacrosse ball
- Games mostly played outdoors
- Approx 15 players per team on average
- Season runs from approx April - June
- Teams may opt to play tournaments for additional costs

## U11 (Formerly Novice)

- 1-2 practices during the week
- Games on the weekend; may start travelling outside the South Island area
- Games held indoors
- If skill level is there, a Crosby team (A team) may be formed and this team travels off island
- Players are all assessed to form balanced teams
- Full box used for practice and games
- Season can run into July if playing at Provincials; travel at players' own costs
- JDF hosts a U11 tournament and parents are expected to volunteer to help

## U13 (Formerly PeeWee)

- Tryouts for A1 team for a fee
- Assessments for all players to form tiered teams
- Travel up Island and possibly off Island at players' own costs
- Season can run into July if playing at Provincials; travel at players' own costs
- JDF hosts a U13 tournament and parents are expected to volunteer to help
- Parents can expect seed money to be collected at the start of the season to register for tournaments
- Parents can expect to do team fundraising

## U15 (Formerly Bantam) AND U17 (Formerly Midget/16U)

- Tryouts for A1 team for a fee
- Assessments for all players to form tiered teams
- Travel up Island and off Island at players' own costs
- Season can run into July if playing at Provincials; travel at players' own costs
- Parents can expect seed money to be collected at the start of the season to register for tournaments
- Parents can expect to do team fundraising

## Location Info

- Outdoor box locations: [JDF Box](#) is beside the Q Centre and the [Belmont Box](#) is near John Stubbs School
- Most indoor home games will take place at [JDF Arena](#)

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## Equipment requirements by division

### U7 (Formerly Mini Tyke)

- Helmet with Face Shield - both CSA approved.
- Shoulder Pads.
- Gloves - Lacrosse gloves are recommended. Hockey gloves are acceptable however they don't flex in the right places.
- Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".
- Mouth guard ("Boil & Byte" are acceptable).
- Elbow Pads (recommended).
- Knee Pads (recommended).
- Junior Canadian Lacrosse Stick

### U9 (Formerly Tyke)

- **Helmet with Face Shield - both CSA approved.**
- **Shoulder Pads.**
- **Gloves - Lacrosse gloves are recommended. Hockey gloves are acceptable however they don't flex in the right places.**
- **Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".**
- **Mouth guard ("Boil & Byte" are acceptable).**
- **Elbow Pads.**
- **Knee Pads (recommended, not mandatory).**
- **Arm slash guards (recommended, not mandatory).**
- **Kidney/rib/back slash guards (mandatory).**
- **Lacrosse Stick with a minimum length of 36 inches.**

### U11 (Formerly Novice)

- **Helmet with Face Shield - both CSA approved.**
- **Shoulder Pads.**
- **Gloves - Lacrosse gloves are recommended. Hockey gloves are acceptable however they don't flex in the right places.**
- **Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".**
- **Mouth guard ("Boil & Byte" are acceptable).**
- **Elbow Pads.**
- **Knee Pads (recommended, not mandatory).**
- **Arm slash guards (mandatory).**
- **Kidney/rib/back slash guards (mandatory).**
- **Lacrosse Stick with a minimum length of 36 inches.**

### U13 (Formerly PeeWee)

- **Helmet with Face Shield - both CSA approved.**
- **Shoulder Pads.**
- **Gloves - Lacrosse Gloves**
- **Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".**
- **Mouth guard (fitted).**
- **Elbow Pads.**
- **Knee Pads (recommended, not mandatory).**
- **Arm slash guards (mandatory).**
- **Kidney/rib/back slash guards (mandatory).**
- **Lacrosse Stick with a minimum length of 36 inches**

### U15 (Formerly Bantam) AND U17 (Formerly Midget/16U)

- **Helmet with Face Shield - both CSA approved.**
- **Shoulder Pads.**
- **Gloves - Lacrosse Gloves**
- **Athletic Support - Boys must wear a "Jock" with plastic cup. Girls must wear a "Jill".**
- **Mouth guard (fitted).**
- **Elbow Pads.**
- **Knee Pads (recommended, not mandatory).**
- **Arm slash guards (mandatory).**
- **Kidney/rib/back slash guards (mandatory).**
- **Lacrosse Stick with a minimum length of 40 inches.**

