JDF LACROSSE – BOX/FIELD TRYOUT PROCESS

Updated Dec 2, 2025

Contents

1. TRYOUT COMMITTEE

After the AGM, a Tryout Committee is formed to plan and oversee the tryout process. The committee coordinates logistics, communicates with families, handles complaints, and resolves issues throughout tryouts.

Committee Roles

- Division Directors
- VP of Operations
- VP of Box Programs and Development
- Head Coach
- Registrar
- Field/Floor Allocator

2. REGISTRATION

Players trying out for a Tier 1 or A team must:

1. Register through the JDF website.
2. Select the "Tryout" option.
3. Pay the $40 tryout fee
4. Complete registration before the first session — no in-person or late registration is permitted.

All registered players are guaranteed at least one tryout session, after which cuts may begin.

The Registrar compiles a master list including player name, contact email, handedness, and goalie designation. This list is provided to Volunteer 1 for use during evaluations.

3. EVALUATORS

To maintain fairness and consistency:

- Each division has 3–4 independent evaluators per session.
- Evaluators are paid $50 per session.
- Evaluators must have no affiliation with any player in the division.

Evaluators receive:

- A clipboard
- Evaluation sheets
- Player lists shown by pinnie number only
- Randomly assigned groups balanced by age and handedness

Volunteer 2 collects all evaluation sheets after each session and stores them securely until tryouts are complete.

4. EVALUATION PROCESS

Each division (U13, U15, and U17) will receive a minimum of two tryout sessions, with additional sessions added depending on registration numbers.

Qualified, neutral coaches run each session according to practice plans created by the Head Coach. Scrimmage times must be coordinated in advance with the Ref Allocator.

Evaluation Criteria

Players are evaluated in the following three categories:

1. Stick Skills
2. Offensive Skills
3. Defensive Skills

After each session, evaluation sheets are reviewed. Lowest-ranked runners may be released after any session, depending on division numbers.

Cut Player Communication

Cut players will receive feedback and be placed into the appropriate division for their continued development.

Goalies

Goalies participate in all tryout sessions unless it is clear they are not suited for A play, in which case they may be released earlier.

5. CUTS

Cuts are necessary to identify players who best fit A-team expectations.

After each session, the Head Coach, Evaluators, and Division Director will meet to review evaluation results and feedback to determine whether cuts should be made. Cuts may begin as early as the first session.

Once the division is reduced to approximately 22 runners (typically 17 runners + 5 alternates, depending on registration), the group is passed to the appointed Head Coach for final coach-led evaluations.

6. FINAL TEAM PLACEMENT

The A team Head Coach evaluates the remaining players and is given up to one additional floor time to finalize the roster.

Typical final rosters include 15–17 runners, depending on registration.

Goalie Selection

Goalies are chosen based on both evaluation ranking and team suitability. If multiple strong goalies remain, a team may roster more than one.

Decision Transparency

The Head Coach has final roster authority. However, cutting a highly ranked player requires justification to the Head Coach of JDF and Division Director before approval. Coachability, attitude, and commitment may also be considered during final decisions.

Appropriate Roster Size

Coaches must select a roster that allows players to receive meaningful and equitable playing time. Selecting players who will see minimal floor time provides little developmental benefit.

Final Cut Meetings

For final cuts, coaches will provide feedback to players via email, ensuring communication is clear and respectful. The feedback will:

- Highlight the player's strengths
- Explain areas for improvement
- Provide clear reasoning for the decision