

## **U7 Division and Season Info** (2017/2018) under 7 years old - ages 5 & 6 (was 6u)

The typical lacrosse season for the Sherwood Park 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 director)
- U7 teams will receive one floor time per week
- Typically they 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.
- Lacrosse practices will start at the beginning of April, the actual season begins April 17.
- U7 teams are pooled by region by the GELC. Sherwood Park is part of the South Pool, typically playing teams from Leduc, South Edmonton, and Beaumont.
- U7 play half floor, 3 on 3, with no goalies, no referee, and a soft practice ball is used. One hour time slot is divided into a 5-minute warm up, Three 15 min periods and a 3-minute break between. (Clock is run during timeouts)
- There will be **NO SHOT CLOCK** at U7.
- All teams will 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, thru the season. The dates for these are in May **TBD** and June **TBD**.
- The 2023 Wrap Up Weekend for the Season will on the Weekend of June **TBD** at the U7 Wrap up which will occur at the **TBD** (in the past it has been Father's Day weekend).
- **JERSEY:** You will be loaned a jersey/pinnie for the season, to be returned at the end.
- **\*\* Mouthguards** are not mandatory for U7 as per ALA Regulation 18.03.3

### **Equipment (no goalies at this age group)**

#### **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: [U7@sherwoodparktitans.ca](mailto:U7@sherwoodparktitans.ca)

## **U9 Division and Season Info** (2015/2016) under 9 years old -ages 7 & 8 (was 8u)

The typical lacrosse season for the Sherwood Park Titans U9 begins at the start of April.

- U9 teams will consist of 8 to 16 players per team (dependent on registrations)
- U9 can have 1 friend request, they must be reciprocal (please email the director)
- U9 will receive two floor times per week – Typically Tuesday and Thursday evenings, and early evening times. Although every effort will be made to maintain a schedule of only these evenings there may be times where practices must be scheduled on another evening to provide 2 floor times in one week. Game start times will be between 6:00 to 7:00 pm.
- Please note there is a possibility of the odd Saturday game. These would be weekend games for Westlock and Grande Prairie to be played in Edmonton/Area.
- Lacrosse practices will start at the beginning of April, with League play to begin mid April.
- U9 will play approximately 8 to 10 league games.
- U9 teams are scheduled in close geographical proximity to Sherwood Park.
- U9 level lacrosse is full floor, '5 on 5' lacrosse, with goalies.
- Players will rotate as goalie (so everyone gets a chance to try)
- Games are played full field
- Referees are present for the game portion of the time slot to start and stop play. Play will be stopped for infractions.
- There will be NO SHOT CLOCK at U9
- Game sheets should be filled out for U9 games
- On the weekend of June **TBD** the Wrap Up will occur at **TBD** (in the past it has been on Father's Day Weekend)
- **NEW this year.** Titans Classic Tournament will have a division for U9: June 2-4, 2023
- **JERSEY: You will be loaned a jersey that is to be returned at the end of the season**

### **Equipment**

Goalie Equipment for U9 age level. 1 set per team will be loaned out from the Sherwood Park Titans equipment locker. If any other players are interested in borrowing goalie equipment, please contact the equipment director for more information and fees: [equipment@sherwoodparktitans.ca](mailto:equipment@sherwoodparktitans.ca)

### **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)**

**Titans shorts (for games are preferred) \*Only available for purchase through [Sin Bin](#)**

If you have specific questions, please email the division director [U9@sherwoodparktitans.ca](mailto:U9@sherwoodparktitans.ca)

## U11 Division and Season Info U11 (2013/2014) ages 9 and 10 (was 10U)

- 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
- Practices start April and games middle of April, typically games are scheduled during the week
- Titans shorts are required for games **\*Only available for purchase through [Sin Bin](#)**
- Each team gets 2 sets of jerseys (home/away) that need to be returned at the end of the season
- GELC Playoffs are the last 2 weeks of June. The winning team for each division will go to provincials, held in Edmonton this season: July 14, 15, 16, 2023
- 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.
- Approx \_\_\_\_ games during the season are planned for the GELC clubs.
- 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 Men's: Mother's Day Mayhem Tournament in Beaumont (Mother's Day weekend)
- U11 Women's: Rock the North Tournament (May 5-7, 2023)
- U11 Games are 1 hour in length. 5 mins of warm up practice and then 3 - 15 min straight 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.
- 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
- Goalie Equipment for U11 age level will be loaned out from the Sherwood Park Titans equipment locker, please contact the equipment director for more information and deposit info: [equipment@sherwoodparktitans.ca](mailto:equipment@sherwoodparktitans.ca)

If you have any questions please email your division director [U11@sherwoodparktitans.ca](mailto:U11@sherwoodparktitans.ca)

## U13 Division and Season Info (2011/2012) ages 11 & 12 (was 12U)

- The typical lacrosse season for the Sherwood Park Titans U13 begins at the start of April.
- U13 has both men's and women's divisions and teams - you choose the division at registration.
- U13 teams will consist of a min of 12 runners +1 goalie up to 18 runners + 2 goalies per team (dependent on registrations)
- U13 will receive two floor times per week – weeknights (Monday-Friday)
- U13 Practices start April and games middle of April
- Titans shorts are required for games **\*Only available for purchase through [Sin Bin](#)**
- 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. The deadline to register for 'A' try-outs was Jan. 29, 2023, 'A' Tryouts began Feb. 5, 2023.
- 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.
- U13 typically gets 2 floor times a week. 1 practice and 1 game
- Approx \_\_\_ games during the season are planned for the GELC clubs.
- Games are 1.15 hour long. 5 mins of warm up practice and then 3 - 15 min stop time periods. Nets are regular full size. 4x4.6 size. The clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with a minimum two (2) minute break between periods.
- A game sheet must be completed. All goals, penalties and assists are recorded. A differential of 6 goals is not to be posted to the scoreboard.
- 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.
- Men's Teams: Titans Classic (June 2-4, 2023)
- Women's Teams: Rock the North Tournament (May 5-7, 2023)
- Teams may choose to participate in other tournaments as well
- GELC Playoffs are the last 2 weeks of June. The winning team for each division will go to provincials, held in Edm this season: July 14, 15, 16, 2023.
- Goalie equipment will be loaned out from the Sherwood Park Titans equipment locker. If any players are interested in borrowing goalie equipment, please contact the equipment director for more information and deposit info: [equipment@sherwoodparktitans.ca](mailto:equipment@sherwoodparktitans.ca)

If you have any questions please email your division director: [U13@sherwoodparktitans.ca](mailto:U13@sherwoodparktitans.ca)

## U15 Division and Season Info (2009/2010) ages 13 & 14 (was 14u)

- The typical lacrosse season for the Sherwood Park Titans U15 begins at the start of April
- U15 has both men's and women's divisions and teams - you choose the division at registration
- U15 teams will consist of
  - 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.
- Titans shorts are required for games **\*Only available for purchase through [Sin Bin](#)**
- 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. The deadline to register for 'A' try-outs was Jan. 29, 2023, 'A' Tryouts began Feb. 5, 2023.
- 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.
- Approx \_\_\_ games during the season are planned for the GELC clubs.
- Typically the games are scheduled during the week.
- Games are 1.5 hours long. 3 – 20 min stop time periods. The clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with a minimum two (2) minute break between periods.
- A game sheet must be completed. All goals, penalties and assists are recorded. A differential of 6 goals is not to be posted to the scoreboard.
- 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
- Men's Teams: Titans Classic (June 2-4, 2023)
- Women's Teams: Rock the North Tournament (May 5-7, 2023)
- Teams may choose to participate in other tournaments as well
- GELC Playoffs are the last 2 weeks of June.
- The winning team for each division will go to provincials, held in Edm this season, July 14,15,16, 2023.
- Goalie equipment will be loaned out from the Sherwood Park Titans equipment locker. If any players are interested in borrowing goalie equipment, please contact the equipment director for more information and deposit info: [equipment@sherwoodparktitans.ca](mailto:equipment@sherwoodparktitans.ca)

If you have any questions please email your division director: [U15@sherwoodparktitans.ca](mailto:U15@sherwoodparktitans.ca)

## U17 Division and Season Info (2007/2008) ages 15 & 16 (was 16u)

- The typical lacrosse season for the Sherwood Park Titans U17 begins at the start of April
- U17 has both men's and women's divisions and teams; 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.
- U 17 Practices start April and games middle of April
- Titans shorts are required for games **\*Only available for purchase through [Sin Bin](#)**
- Each team gets 2 sets of jerseys (home/away) to be returned at the end of the season
- The Men's 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 was Jan. 29, 2023, 'A' Tryouts began Feb. 5, 2023.
- 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.
- **U17 A** team is part of the Wildrose Division and will have travel games in Calgary and Red Deer
- **U17 B** team 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.
- Approx \_\_\_ games during the season are planned for the GELC clubs.
- Games are 1.5 hours long. 3 – 20 min stop time periods. The clock shall stop for goals, penalties, time-outs, and Officials discretionary stoppages (i.e. injury) with a minimum two (2) minute break between periods.
- A game sheet must be completed. All goals, penalties and assists are recorded. A differential of 6 goals is not to be posted to the scoreboard.
- 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
- U17 B Men's: Titans Classic (June 2-4, 2023)
- U17 Women's: Rock the North Tournament (May 5-7, 2023)
- Teams may choose to participate in other tournaments as well
- GELC Playoffs are the last 2 weeks of June
- The winning team for each division will go to provincials, held in Edm this season, July 14,15,16, 2023.
- Goalie equipment will be loaned out from the Sherwood Park Titans equipment locker. If any players are interested in borrowing goalie equipment, please contact the equipment director for more information and deposit info: [equipment@sherwoodparktitans.ca](mailto:equipment@sherwoodparktitans.ca)

If you have any questions please email your division director: [U17@sherwoodparktitans.ca](mailto:U17@sherwoodparktitans.ca)