

MINOR FIELD LACROSSE

Boy's Field Lacrosse is played outdoors on a soccer field with two 10-player teams on the field. The team roster is 20-23 players. The team on the field consists of 1 goaltender, 3 attack, 3 midfielders and 3 defense. Field is very similar to Box in the fundamental skills of passing and catching, and the physical nature of the play. The games differ in the style of play and strategy. There is no controlling shot clock in Boy's Field and the game is more strategic and relies more heavily on possession and control of the ball.

Girl's Field Lacrosse is a quick, free-flowing game which is easy to understand and watch. The game is also played on a soccer field with two 12-player teams on the field. The full roster of a team is 16-20 players. Unlike Boy's Field or Box Lacrosse, Girl's Field is a non-contact sport. There is no aggressive checking with either the stick or the body. This results in a game which has added emphasis on a fast-paced, polished game, centred on ball movement.

There is a large cross over between the Field game and the Box game. Over the past few years we have seen a tremendous growth of the high school base of competition and the initiation of minor field lacrosse (9 -16 years of age) across Canada.

The sport of field lacrosse has quickly become a gateway for young Canadian players to receive scholarship opportunities from US universities.

A number of Zone 9 Clubs offer Minor Field Lacrosse for either Boys or Girls or both. Contact the Zone Registrar for information on which Club might have the program in which you are interested.

For news, updates and more program information, visit our website at [www.ontariolacrosse.com/page/field](http://www.ontariolacrosse.com/page/field)

ABOUT ZONE 9

Zone 9 is an administrative governing body for minor lacrosse in our region of Ontario. Our executive's mission is to govern, improve, foster and perpetuate all minor box lacrosse play within our region, by working to provide resources and support to the benefit of all of our associations. There are nine associations in Zone 9 that compete in play from May until August.

Lacrosse is a contact sport that combines skill, speed, strength, endurance and passion. Proponents of the sport compare it to hockey and basketball for its similarity in rules and athleticism. Lacrosse is Canada's National Official Summer Sport.

GIRLS LACROSSE

While girls have always played box lacrosse in Ontario on mixed teams, the Girls box lacrosse program is an option for female players who wish to play for girls-only lacrosse teams. Within Zone 9, there are five associations which offer Girls box lacrosse teams at varying divisions. At all levels of play, the rules are the same as boys box lacrosse, which makes the game fun and competitive for all participants.

Within Ontario, there are 19 associations currently offering Girls box lacrosse, which totals 40 teams participating in the Provincial Championships each August, as well as a Team Ontario all-star team which competes against other provinces in Canada for the National Championships. The number of girls-only teams grows each year as more and more female participants join the game.

If you are interested in learning more about a sport that is complimentary to both hockey and ringette, contact [zoneregistrar@gmail.com](mailto:zoneregistrar@gmail.com) for information on the association nearest you to sign up.

HOUSELEAGUE LACROSSE

House leagues are fun options for parents and children who want to play organized lacrosse. House leagues are intended to nurture skills development and sportsmanship through positive interactions between teammates and opposing players. They require less commitment from families, and are typically less competitive than rep teams. Within Zone 9, house leagues are operated in Burlington, Hamilton, and St. Catharines. House league teams are made up of players from a range of skill and experience levels, and teams are balanced for even play.

REP LACROSSE

Rep lacrosse offers tremendous opportunities for growth and development. Rep teams are formed through spring try-outs, placing players with similar skills and experiences on the same team which represent the communities in which they live. Every association in Zone 9 offers rep programs, and some associations have multiple teams at each division based on provincially accepted ratings. Teams play between 10 and 20 games per season, and attend at least one tournament in addition to competition in the Ontario Provincial Championships. Skill development and camaraderie are a priority focus, and skilled players often go on to have successful careers in junior, senior, university and professional lacrosse.



BOX REGISTRATION AGES

SOFT	AGES 3 - 4
PAPERWEIGHT	AGES 5 - 6
TYKE	AGES 7 - 8
NOVICE	AGES 9 - 10
PEEWEE	AGES 11 - 12
BANTAM	AGES 13 - 14
MIDGET	AGES 15 - 16
INTERMEDIATE	AGES 17 - 21

\* NOTE: All ages as of December 31

ZONE 9 ASSOCIATIONS MAP



Zone 9 Registrar  
Sam Hildebrandt | [zoneregistrar@gmail.com](mailto:zoneregistrar@gmail.com)

Parents of new players are encouraged to contact Sam for information on how and where to register. Player registration for all sectors takes place between January and May of each season.

ZONE 9  
Lacrosse  
Registration Guide



CANADA'S NATIONAL SUMMER SPORT  
*the fastest game on two feet*







# Catch the fun

**CANADA'S NATIONAL SUMMER SPORT**



## BURLINGTON CHIEFS

The Burlington Minor Lacrosse Association (B.M.L.A) is devoted to improve, foster and perpetuate the game of lacrosse among youth today! We have over 500 young boys and girls between the ages of 3-16 involved in one of our programs. We are proud to offer a boys and girls house league and a rep box lacrosse program, as well we offer a Rep Field lacrosse program. Come see what all the excitement is about, and how lacrosse can improve your hand- eye coordination, speed and agility! Great cross-training sport with hockey!

For news, updates and more program information, visit our website at [www.burlingtonlacrosse.com](http://www.burlingtonlacrosse.com)

**Registration Info:** [info@burlingtonlacrosse.com](mailto:info@burlingtonlacrosse.com)



**Hawks Lacrosse**

## FORT ERIE HAWKS

The Fort Erie Minor Lacrosse Association, was established in 1993. Our goal is to promote the game of lacrosse for boys and girls from ages 3 - 21 years old. In our community, games are played at the state-of-the-art Fort Erie Leisureplex on Mondays and Thursdays, while practices are held at the Crystal Ridge Arena in Ridgeway. Our association is proud to announce our soft lacrosse program (ages 3 & 4) which teaches our next generation of players the fundamentals of the game in a fun-oriented environment. We are very proud of our graduating players, some of whom have gone on to play in the National Lacrosse League.

For news, updates and more program information, visit our website at [www.forterielacrosse.com](http://www.forterielacrosse.com)

**Registration Info:** [petjamieson@aol.com](mailto:petjamieson@aol.com)



## HAMILTON BENGALS

The Hamilton Lacrosse Association has just surpassed 50 years as a lacrosse club in Ontario. Our association offers house league (ages 4 - 16) and rep programs (ages 7 - 21) for both boys and girls, as well as field lacrosse programs. Players new to the game (ages 4 - 7) are supplied with a free lacrosse stick upon registration. Through fair play initiatives, we aim to teach, promote and develop great players and volunteers who will carry our association through the next 50 years. Regardless of sex, creed or race, "lacrosse is our game, good citizens is our aim." Let's Go Bengals!

For news, updates and more program information, visit our website at [www.hamiltonlacrosse.com](http://www.hamiltonlacrosse.com)

**Registration Info:** [gillisg@sympatico.ca](mailto:gillisg@sympatico.ca)



## LINCOLN CRUSH

Lincoln Crush Lacrosse is a growing organization that offers box lacrosse from Soft to Midget divisions. Soft lacrosse is geared for boys/girls ages 3-4. Our focus is on fun and basic lacrosse skills. Players require running shoes, a hockey helmet, lacrosse stick, hockey/lacrosse gloves. This is a fantastic way for the whole family to learn the game. Paperweight lacrosse consists of 60 minutes of skills and drills once a week, and Lincoln offers rep programs in the Tyke - Midget divisions, with weekly practices in addition to home and away games.

For news, updates and more program information, visit our website at [www.lincolncrushlacrosse.com](http://www.lincolncrushlacrosse.com)

**Registration Info:** [lincolnlacrosse@hotmail.com](mailto:lincolnlacrosse@hotmail.com)



## NIAGARA THUNDERHAWKS

Box lacrosse is offered for boys and girls ages 4-21. Games and practices are scheduled Monday - Thursday (no weekends). Practices and home games are held at the Centennial and MCU arenas in Virgil. Niagara also offers a field lacrosse program, with weeknight practices and 1-day tournament formats (2 games per day) for six consecutive weekends from April until Victoria Day weekend in May. For both of our box and field programs, the Thunderhawks offer a free lacrosse stick to all new players Tyke and younger!

For news, updates and more program information, visit our website at [www.niagaralacrosse.com](http://www.niagaralacrosse.com)

**Registration Info:** [notlaxregistrar@gmail.com](mailto:notlaxregistrar@gmail.com)



## NORFOLK TIMBERWOLVES

Simcoe Minor Lacrosse Association, home of the Norfolk Timberwolves, offers box lacrosse for boys and girls ages 3 - 21. Our association feels that lacrosse is not only a fun and exciting sports activity, but also a healthy and positive alternative for summer fitness and personal development for the youth of Norfolk County. We offer co-ed lacrosse for players from April through mid-August, with a focus on player development, teaching skills and drills which are then applied at games played both home and away. Come check out the fastest game on two feet, and run with the pack!

For news, updates and more program information, visit our website at [www.simcoeminorlacrosse.ca](http://www.simcoeminorlacrosse.ca)

**Registration Info:** [kathy.snively@gmail.com](mailto:kathy.snively@gmail.com)



## ST. CATHARINES ATHLETICS

St. Catharines Athletics Minor Lacrosse Association (affectionately known as "The Double Blue Crew") was established in 1971. We improve, foster and perpetuate the game of lacrosse while instilling positive attitude and values in our players. The advancement, development and elevation of the sport is achieved with an emphasis on teamwork, family and fair play. St. Catharines Athletics Minor Lacrosse Association offers house league box, travel box, boy's and girl's field programs for players of all ages and skill levels.

For news, updates and more program information, visit our website at [www.scmla.ca](http://www.scmla.ca)

**Registration Info:** [boxregistrar@scmla.ca](mailto:boxregistrar@scmla.ca)



## SIX NATIONS WARRIORS

Six Nations Minor Lacrosse Association is dedicated to giving local youth the opportunity to participate in the game of lacrosse. Some of the world's greatest players were given their start as Six Nations Warriors, and our association seeks to continue the proud origins and traditions of the sport. We offer teams at all age and skill levels, as well as non-playing opportunities for coaches, trainers and managers to continue their involvement after playing.

For news, updates and more program information, visit our website at [www.snmla.ca](http://www.snmla.ca)

**Registration Info:** [clhill87@hotmail.com](mailto:clhill87@hotmail.com)



## WELLAND RAIDERS

The Welland Raiders Minor Lacrosse Association offers rep programs for boys and girls aged 7 to 16 and instructional programs for 3 to 6 year olds. We teach teamwork, fair play, fun and above all, a love and appreciation of the game. Thanks to the dedication of many graduating players and volunteers who have returned to the game as coaches and bench personnel, our teams have seen many successes in tournaments and Provincial Championships over the years. Our creed is simple: never be out-hustled, play both ends of the floor, battle for every loose ball, and work hard so that the team can shine.

For news, updates and more program information, visit our website at [www.wellandraiderslacrosse.ca](http://www.wellandraiderslacrosse.ca)

**Registration Info:** [registrar@wellandraderslacrosse.ca](mailto:registrar@wellandraderslacrosse.ca)