

## General League Play Info

VKMLA league play is governed by the Lower Mainland Minor Lacrosse Commission. At the Mini-Tyke level, game are "half-floor" with 3 "runners" and a goalie on each team. The smaller team sizes at Mini-Tyke are designed to generate more "touches with the ball" and, consequently, stick skills in the youngest players. Tykes play on the full floor with 5 runners and a goalie on each team. Both Mini-Tyke and Tyke play consist of 3 minute shifts and teams are "balanced" in terms of skill level.

At the Novice to Midget levels, there are no set shift times, players typically change after one defensive and one offensive series. At no level are there set "defense" and "offence" positions assigned; all players play defense when the other team has the ball in a "man-on-man" defense. At Novice through Midget, teams are tiered in terms of skill level, with A (most skilled) through C teams. Games can be played any night of the week and usually involve at least one home game and one away game. Other associations against which we play include Burnaby, Coquitlam, Surrey, Port Coquitlam, New Westminster, Richmond, Abbotsford, Ridge Meadows, and Langley. Each game consists of 3, 20 minute (running time) periods. There are typically two practices per week (when they do not overlap game times). Our home floors are **Killarney Arena** (East 49<sup>th</sup> Ave. and Killarney Ave) and **Kitsilano Arena** (West 10<sup>th</sup> Ave. and Larch Street). The practice boxes are at Memorial South Park (1.5 blocks east of 41st Ave and Fraser Street, and Renfrew Box off East 22nd Ave., just behind the Renfrew Community Centre).