

CYLA Lacrosse F.A.Q.

Boys Age Groups

3rd/4th Grade

5th/6th Grade

7th/8th Grade

Note: 2nd graders can play at the 3rd/4th grade level.

Girls Age Groups

3rd/4th Grade (summer only)

5th/6th Grade (Up to three 4th graders can play at the 5th/6th grade level during the summer)

7th/8th Grade

Spring Clinics (Boys and Girls)

Spring clinics are run by the high school boys and girls programs. The focus of these clinics is the improvement of lacrosse skills. There are no games played. These clinics will typically be held at local indoor facilities such as NSC, Shoreview Arena or Vadnais Sports Dome. They will be scheduled once or twice per week and will run from the beginning of March to the beginning of April.

Spring Season - Boys (MBSLA)

MBSLA stands for Minnesota Boys Scholastic Lacrosse Association. The MBSLA season will start with practices at the beginning of April. Games start at the end of April. Games are played on weekends. Each team will play double-headers on either Saturday or Sunday. Each team will play between eight and ten games (four or five weekends).

The focus of MBSLA is skill development for all players. At the 3rd/4th level and 5th/6th level, MBSLA does not offer “A” and “B” levels. If an age group has more than one team the teams will be split equally. There are no playoffs/tournaments in this league.

At the 7th/8th grade levels MBSLA does offer “A” and “B” levels. The CYLA board will determine if we will field a team at the “A” level. If we do, tryouts will be held prior to the season. This tryout will only be for the MBSLA season. A separate tryout will be held for the summer (YLM) season.

Summer Season - Boys (YLM)

YLM stands for Youth Lacrosse Minnesota. Practices for the YLM season will begin around Memorial Day. The season will run until late July, early August.

At the 3rd/4th level there is no “A” and “B” division. If there are multiple teams at an age group, teams will be split equally.

At the 5th/6th and 7th/8th grade level there is an “A” and “B” division. If there are three or more teams at the 5th/6th grade level CYLA must, by YLM policy, field one “a” team. If there are two or more teams at the 7th/8th grade level CYLA must, by YLM policy, field an “A” and “B” team. Tryouts will be held and evaluators will determine the “A” team.

Games for the YLM season will be scheduled on weeknights. Practice schedules and weekend tournament participation will be left up to each team. CYLA will register each team for one weekend tournament. Teams have the option to register for additional tournaments.

At the 5th/6th and 7th/8th grade level YLM will hold district tournaments after the regular season is over. YLM also holds a state tournament at these age levels. State tournament berths are determined by results in the district tournament.

Spring/Summer Season – Girls (MSSLAX)

MSSLAX is the Minneapolis/St. Paul area Middle School School Girls Lacrosse Association. The MSSLAX sponsors both a spring and summer league for teams at the various age groups. Teams are grouped based on geographic boundaries and play 8 to 10 games in each season. Practices for the spring season generally begin in early April. Games for the spring season run from mid-April and finish before the Memorial Day weekend. Games are typically played on weekday evenings, although a weekend game is possible during the spring league. Summer season games run from mid June through July. Team practices are typically scheduled once or twice weekly during the evenings, generally avoiding Friday and Saturdays.

MSSLAX hosts a tournament at the end of each season that all teams are invited to play in.

Coaching

CYLA budgets for two paid non-parent coaches per team. Coaches are recruited and chosen by the YLM board. We also like to place one parent coach on each team. CYLA will reimburse all fees coaches incur to get needed certifications.

Team Managers

When possible, CYLA prefers to have one team manager per team. Team manager responsibilities include submitting team rosters to YLM, managing the team website, additional tournament registrations and other duties. Being a team manager will satisfy your volunteer hours for a given season.

Equipment

Boys

- Lacrosse Helmet (no hockey helmets)
- Shoulder Pads
- Elbow Pads
- Gloves (Can use hockey gloves. Lacrosse gloves recommended)
- Mouth guard
- Lacrosse stick
- Shorts and jerseys (provided by CYLA)

Girls

- Girls Lacrosse stick
- Goggles
- Mouth guard.
- Shorts and jerseys (provided by CYLA. 3rd/4th graders will not receive shorts.)

If you have any questions about the program please use the contact information below.

Boys Director: boys_director@centennialax.com

Girls Director: girls_director@centennialax.com