



<http://www.rockymountainlax.com>

Twitter - **RMLaxL**

TO: All Female Players Born in 2002

WELCOME to Major Lacrosse!

Major Lacrosse encompasses all players who turn 17 as of December 31, 2019. We have two age groups: Junior and Senior. Junior Lacrosse is for players between 17 and 21 years old as of December 31, 2019, and Senior Lacrosse is for players who are over the age of 21, who still wish to play competitive lacrosse. The governing body for Alberta Major Lacrosse is the Rocky Mountain Lacrosse League (RMLL).

In 2019, there are 8 Divisions and 69 teams in the RMLL:

Senior B – 7 teams

Senior C – 10 teams

Junior A – 4 teams

Junior B Tier I – 15 teams

Junior B Tier II – 19 teams

Junior B Tier III – 2 teams

Senior Ladies – 5 teams

Junior Ladies – 7 teams

Each RMLL Division has a Commissioner who is appointed annually by the teams in a Division. The Commissioner is a Member of the RMLL Executive, represents their teams on the Executive and is responsible for administering their Division. All RMLL Divisions must meet the same standards and are treated equally. All games are 3 twenty-minute stop time periods, with 10-minute intermissions. The Commissioner for the Junior Ladies is Tammy Machado, abladieslaxcomish@gmail.com. If you have any questions which can't be answered by your Minor Club or the Junior Club Representative, please feel free to drop Tammy an email and she will answer any questions you have.

Junior Tiers

The Jr. Ladies Division is one of the five Divisions in our Junior Program. The Junior Men's Program is divided into 4 tiers Jr. B Tier III, Jr. B Tier II, Jr. B Tier I and Jr. A. The Junior Ladies have an interlocking schedule with the Sr. Ladies.

Junior Ladies Boundaries

Boundaries for the Junior Ladies differ slightly than the Minor Program.

Calgary Axemen: The Axemen Jr. Ladies team has the first playing rights to the Graduating Midgets from the Calgary Axemen Minor Lacrosse Association.

Calgary Cardinals: The Cardinals Jr. Ladies team has the first playing rights to the Graduating Midgets from the Calgary Hornets Minor Lacrosse Association.

Rockyview Silvertips: The Rockyview Silvertips Jr. Ladies team has the first playing rights to the Graduating Midgets from the Rockyview Rage Minor Lacrosse Association, the Calgary Knights Minor Lacrosse Association and the Strathmore Venom Minor Lacrosse Association.

Okotoks Raiders: The Okotoks Raiders Jr. Ladies team has the first playing rights to the Graduating Midgets from the Okotoks Raiders Minor Lacrosse Association and the High River Heat Minor Lacrosse Association.

Drillers: West of the City of Edmonton, north of highway 627 to highway 759. Then north of township road 514. North of the City of Edmonton to the west side of the North Saskatchewan river. From the river the north side of township road 542 to range road 224. West side of range road 224 to township road 544. North side of township road 544 to range road 220/215. West Side of range road 220/215 north to highway 15. North side of Highway 15 to Highway 855, then west side of highway 855 Heading north.

Sherwood Park Titans: East of the city of Edmonton. East side of Range road 234 and as far south as Township road 510, north side of township road 510. To highway 14 then north side of highway 14 east. North boundary is east of the City of Edmonton up to highway 16 then the north side of highway 16 to the North Saskatchewan river then the east side of the river to the south side of township road 542 to range road 224, east side of range road 224 to township Road 544. South side of township road 544 to range road 220/215 East side of range road 220/215 north to highway 15. South side Of highway 15 to highway 855, east side of highway 855 heading North.

Capital Region Saints: City of Edmonton proper. East boundary is west side of Range road 234 and south side of Township road 510 until highway 14, then South side of highway 14. To the west, South of highway 627 to highway 759 then south of township road 514.

Players residing outside of the above boundaries are considered Free Agents and may register with the Club/team of their choice. Again, if you have any questions, please let Tammy know.

Registration

Registration in the RMLL is a two-step process

1. All first-year Juniors must register in 2019 with the Club/team which has their first playing rights. If you are unable to get the information you require, please e-mail Tammy at abladieslaxcomish@gmail.com and she can e-mail you back the contact person for the Junior Club/team you need to register with.
2. All Juniors must complete a **RMLL Intent To Play**. A player cannot go on the floor with a RMLL team unless they have completed the Intent To Play. Go to this link for further information regarding the RML Intent To Play:
<http://www.rockymountainlax.com/Team/teamWeb.dll/PageContent?ContentId=86227&SessionId=2434330128315&co=1>

Note: When you complete the RMLL Intent To Play, you will need to submit the ALA Player Registration of \$55.25.

Free Agents

A Jr. Ladies Free Agent is a player who resides outside of the documented boundaries for the seven Jr. Ladies teams. A player from the Calgary Sabrecats is a Jr. Ladies Free Agent. A Jr. Ladies Free Agent may register with any Club/Team of their choice.

Since there is currently only a Sr. Ladies team in Central Alberta, players from Blackfalds, Innisfail, Kneehills, Lacoka, Olds, Red Deer, Stettler and Sylvan Lake Minor Lacrosse Associations can register with the Red Deer Rage Sr. Ladies team. However, if they wish to register with a Jr. Ladies team, they are Jr. Free Agents and may register the Jr. Ladies team of their choice.

Rosters

In Major, each team can have a maximum roster of 25 players. The exception to this is Tier III, Jr. Ladies and Sr. Ladies, who can have a maximum roster of 30 and Sr. C who can have a maximum of 40. However, for all teams in all Divisions, you can only dress 20 players for each game. i.e. max 18 runners and 2 goalies.

Travel

All teams in Major lacrosse, regardless of the Division they are in, must travel. It's up to the policies of the individual teams whether buses are used for travel games.

Schedules

We try to have all Division schedules posted on the RMLL website by mid March. This gives players a six-week notice period in case they must arrange/re-arrange work schedules, etc. Depending on arena availability, we try to schedule weekday games against two teams in the same local area, leaving Saturday and Sunday for travel games. i.e. team travels or team plays a traveling team.

Player Development

Call-ups are an important piece of player development. The number of times a player can be a call-up during a Season is unlimited. To encourage call-ups, Junior and Senior Ladies have a set night for weekday games. Jr. Ladies is Wednesday, and Sr. Ladies is Tuesday. This allows a Junior Ladies player to be a call-up for a Sr. Ladies team on a Tuesday.

Governance rules in Major Lacrosse are different from Minor Lacrosse and policies may change from Division to Division depending on if a Division has their own Operating Policy.

Please be sure to visit the RMLL website on a regular basis for league and team news, announcements, floor times, tryouts, and updates. <http://www.rockymountainlax.com>

For further information, team contact information or any additional questions about the Junior Ladies Division, the RMLL, player rights, etc, please feel free to contact Tammy Machado, Jr. Ladies Commissioner, abladieslaxcomish@gmail.com or myself.

We sincerely hope you register for the 2019 Season and look forward assisting you in any way we can as you continue playing *"the fastest game on two feet"*.

Christine Thielen
Executive Director, RMLL
christinethielen@hotmail.com

Junior Ladies Division

Teams: 7

Calgary Axemen Snipers, Calgary Cardinals, Okotoks Raiders Jr. Ladies, Rockyview Silvertips, Capital Region Saints, Drillers and Sherwood Park Titans.

Player Ages: Players are 17 to 21 years old. (DOB 1998, 1999, 2000, 2001 and 2002)

First Playing Rights: Each Jr. Ladies team has the rights to the players who played in their respective Minor Association, except where a second-year Midget player was given an annual release by their Minor Club to play midget in another Club as their playing rights for Junior Ladies belong to their Home Club (the Club where they registered for Minor lacrosse as per their place of residence and Minor Club boundaries.) If you have any questions about this, please contact Tammy Machado.

Ongoing Player Rights:

1. When a player is released by a Club/Team and becomes a Member with a new Club/Team, the player is now the property of the new Club/Team. The player is no longer the property of the old Club/Team. For example, if I was released in 2018 by the Axemen Jr. Ladies team and became a Member (on the roster) of the 2018 Cardinals team, I am now a Member of the Cardinals. The Axemen have no claim over me.
2. When the player registers for the upcoming Season, the player registers with the Club of the Team who the player was a Member of (on the roster) in the Season prior.
3. If a Club previously without a Jr. Ladies team creates a Jr. Ladies team the following Season, then a player who left the Club has the option of continuing to play for their current team or going to play on the new Team formed by their old Club.

Game Days: Mon., Wed., Fri., Sat., & Sun. (Tues. if playing an away game with a Sr. team)

Regular Season Games: 16

Regular Season: Monday April 27 to Friday June 28, 2019

Playoffs: None

Provincials

Format: Top 3 teams from Regular Season plus Host. 4 team round robin hosted by the Capital Region Saints. From Round Robin, top 2 teams play for gold and 3rd place and 4th teams play for Bronze. All games played at Bill Hunter Arena, Edmonton.

Friday July 5, 2019

Game 1 - 6:30 pm to 8:30 pm - 2 vs 3
Game 2 - 9:00 pm to 11:00 pm - 1 vs 4

Saturday July 6, 2019

Game 3 - 11:00 am to 1:00 pm - 2 vs 4
Game 4 - 1:30 pm 3:30 pm - 1 vs 3
Game 5 - 6:30 pm to 8:30 pm - 3 vs 4
Game 6 - 9:00 pm to 11:00 pm - 2 vs 1

Sunday July 7, 2019

Game 7 (Bronze) - 10:30 am to 12:30 pm - 3rd from Round Robin vs 4th from Round Robin
Game 8 (Gold) - 1:00 pm to 3:00 pm - Top 2 teams from Round Robin