



<http://www.rockymountainlax.com>

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TO: All Female Players Born in 2003

WELCOME to Major Lacrosse!

Please plan to attend one of the RMLL Junior Lacrosse Information Sessions being held in Edmonton and Calgary. The Session in Calgary will be held on Friday, January 3, 2020 at the Acadia Recreation Centre - Rose Hall, 240 90 Ave SE, and will start at 7:00 p.m. The Session in Edmonton will be held on Friday, January 10, 2020 at the Central Lions Senior Rec. Centre – Large Auditorium, 11113-113 Street, and will start at 7:00 p.m. RMLL and Junior Franchise Representatives will attend both Sessions to provide information on our Junior Programs.

Major Lacrosse encompasses all players who turn 17 as of December 31, 2020. We have two age groups: Junior and Senior. Junior Lacrosse is for players between 17 and 21 years old as of December 31, 2020, 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 2020, there are 7 Divisions and 66 teams in the RMLL:

Senior B – 6 teams

Senior C – 9 teams

Junior A – 4 teams

Junior B Tier I – 15 teams

Junior B Tier II – 20 teams

Senior Ladies – 5 teams

Junior Ladies – 7 teams

Each RMLL Division has a Commissioner who is appointed annually by the Franchises in a Division. The Commissioner is a Member of the RMLL Executive, represents their Franchises 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 four Divisions in our Junior Program. The Junior Men's Program is divided into 3 tiers, Jr. B Tier II, Jr. B Tier I and Jr. A. The Junior Ladies have an interlocking schedule with the Sr. Women.

Junior Ladies Boundaries

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

Calgary Cardinals: The Cardinals Jr. Ladies Franchise has the first playing rights to the Graduating 16U players who reside in the boundaries of the Calgary Hornets Minor Lacrosse Association.

Rockyview Silvertips: The Rockyview Silvertips Jr. Ladies Franchise has the first playing rights to the Graduating 16U players who reside in the boundaries of 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 Franchise has the first playing rights to the Graduating 16U players who reside in the boundaries of the Okotoks Raiders Minor Lacrosse Association and the High River Heat Minor Lacrosse Association.

Red Deer Riot: The Red Deer Riot Junior Ladies Franchise have the first playing rights to the Graduating 16U players from Blackfalds, Didsbury, Innisfail, Kneehills, Lacoka, Olds, Red Deer, Settler and Sylvan Lake Minor Lacrosse Associations.

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 Franchise 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 2020 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:

<https://rockymountainlax.com/intent-to-play/>

Note: When you complete the RMLL Intent-To-Play, you will need to submit the ALA Player Registration of \$60.25.

Free Agents

A Jr. Ladies Free Agent is a player who resides outside of the documented boundaries for the seven Jr. Ladies Franchises.

Rosters

In Major, each team can have a maximum roster of 25 players. The exception to this is Jr. Ladies and Sr. B who can have a maximum roster of 30 and Sr. Women and Sr. C who can have a maximum roster 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 Franchises in Major lacrosse, regardless of the Division they are in, must travel. It's up to the policies of the individual Franchise 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 Ladies and Senior Women have a set night for weekday games. Jr. Ladies is Wednesday, and Sr. Women is Tuesday. This allows a Junior Ladies player to be a call-up for a Sr. Women's Franchise 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 Franchise news, announcements, floor times, tryouts, and updates. <http://www.rockymountainlax.com>

For further information, Franchise 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 2020 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 Cardinals, Okotoks Raiders Jr. Ladies, Rockyview Silvertips, Red Deer Riot, Capital Region Saints, Drillers and Sherwood Park Titans.

Player Ages: Players are 17 to 21 years old. (DOB 1999, 2000, 2001, 2002 and 2003)

First Playing Rights: Each Jr. Ladies Franchise has the rights to the players who played in their respective Minor Association, except where a second-year 16U player was given an annual release by their Minor Club to play 16U 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 Franchise and becomes a Member with a new Franchise, the player is now the property of the new Franchise. The player is no longer the property of the former Franchise. For example, if I was released in 2019 by the Calgary Cardinals Jr. Ladies Franchise and became a Member (on the roster) of the 2019 Rockyview Silvertips Jr. Ladies Franchise, I am now a Member of the Silvertips. The Cardinals have no claim over me.
2. When the player registers for the upcoming Season, the player registers with the Club of the Franchise who the player was a Member of (on the roster) in the Season prior.
3. If a Club previously without a Jr. Ladies Franchise creates a Jr. Ladies Franchise the following Season, then a player who left the Club has the option of continuing to play for their current Franchise or going to play on the new Franchise 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: Friday April 24 to Friday June 26, 2020

Playoffs: None

Provincials

Dates – Friday, July 3 to Sunday July 5, 2020

Format: Top 3 teams from Regular Season plus Host. 4 team round robin hosted by the Okotoks Raiders. From Round Robin, top 2 Franchises play for Gold and 3rd place and 4th play for Bronze. All games played in Okotoks. Arena TBD.

Friday July 3, 2020

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 4, 2020

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 5, 2020

Game 7 (Bronze) - 10:00 am to 12:00 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