



Alex Traboulay, RMLL Alberta Major Female Commissioner.

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Graduating female U17 players (born 2006)

WELCOME to Major Lacrosse!

MISSION STATEMENT

The RMLL and Alberta Major Female Division is dedicated to providing a safe, fun, and respectful environment for all female's 17 and older to develop the mental and physical skills to play competitive box lacrosse and to fostering mentoring programs that will help minor programs develop female lacrosse.

About the Game.

Here are some of the significant differences between Minor and Major Lacrosse:

- all games are 3 twenty-minute stop time periods, with 10-minute intermissions with a minimum 30-minute warmup.
- Season is usually longer, depending upon how deep you go in the playoffs.
- Nets are bigger (4'X4'6" instead of 4'X4'4").
- Provincial travel (and in some divisions, inter-provincial travel).
- Home and away uniforms.
- New teams to play.
- Playing against better players will make you a much better player.
- Five-year age category (junior)
- Different tactics and introduced and developed.
- In many cases, better coaching.
- Larger rosters: Junior female teams maximum of 30 players. Senior female teams 40 players.
- Game roster: Maximum 20 players (18 runners and 2 goalies)

Major Lacrosse encompasses all players who turn 17 as of December 31, 2022 (birth year 2006). We have two age groups: Junior and Senior. Junior Lacrosse is for players between 17 and 21 years old as of December 31, 2023 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).

Information

All RMLL and division information can be located on the RMLL website at: www.rockymountainlax.com Please take the time to view and familiarize yourself with Junior lacrosse and the Alberta Major Female Division.

Graduating female U17 info sessions.

Edmonton and surrounding areas:

Date: Friday, January 6th, 2023

Time: 7:00-9:30 pm

Location: Central Lions Recreation Centre, Large Auditorium, 11113-113 St, Edmonton.

<https://rockymountainlax.com/rmll-information-session-for-graduating-u17-players-born-in-2006-from-gelc-wheatland-grande-prairi/>

CALL Minor Lacrosse Clubs:

Date: Tuesday, January 10th, 2023

Time: 7:00 -9:00 pm

Join Zoom Meeting

<https://us06web.zoom.us/j/84985418051?pwd=VEpiN1hVbnkxc25ldjRpMHAUVkNoQT09>

Meeting ID: 849 8541 8051

Passcode: 097722

<https://rockymountainlax.com/rmll-information-session-for-call-graduating-u17-players-born-in-2006/>

Calgary and surrounding areas:

Date: Friday January 13th, 2023

Time: 7:00 -9:30 pm

Location: Acadia Recreation Centre, Rose Hall. 240 – 90 Ave SE, Calgary.

<https://rockymountainlax.com/rmll-information-session-for-graduating-u17-players-born-in-2006-from-cdla-and-sala/>

Where do graduating U17 play?

Currently Alberta Major Female has eight (8) teams. Seven (7) junior and one (1) senior. All teams have assigned boundaries and players rights to those players who reside in those boundaries. Players need to contact the team in your area and register. Team in your area will also contact you to provide information.

Free Agents

Players in the North (Edmonton), CALL (central) and South (Calgary) residing outside of the boundaries are considered Free Agents and may register with the Franchise (team) of their choice. Again, if you are unsure, please contact me.

Alberta Major Female Boundaries

Boundaries for the Alberta Major Female differ slightly than the Minor Lacrosse programs.

Edmonton and surrounding areas:

Drillers: The Drillers Franchise has the first playing rights to the Graduating 16U players who reside in the following described boundaries: 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.

St. Albert Drillers. Team contacts: Brooke Huber bjhuber04@gmail.com and Stacy Howse drillerslax@gmail.com

Sherwood Park Titans: The Sherwood Park Titans Jr. Ladies Franchise has the first playing rights to the Graduating U17 players who reside in the following described boundaries: 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.

Sherwood Park Titans. Team contacts: Joanne Parsons joanneparsons@live.ca and Chuck Moyer megchuck@shaw.ca

Capital Region Saints: The Capital Region Saints Franchise has the first playing rights to the Graduating U17 players who reside in the following described boundaries: 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.

Capital Region Saints. Team contacts: Stu Jobb. stu@ssequipinc.com and Susan Jobb susanjobb@icloud.com

CALL Minor Lacrosse Clubs

For all graduating U17 players from CALL can play Major lacrosse for the Red Deer Riot.

Red Deer Riot. Team contacts: Cody Cardinal c4contracting@hotmail.com Janelle Sullivan janelle@yahoo.ca

Calgary and surrounding areas:

Graduating U17 players in Calgary and area will be drafted by either the Rockyview Silvertips, Okotoks Raiders or Calgary Cardinals.

Draft will be held on Saturday February 4th, 2023. Results will go out live on twitter. Time TBD

Rockyview Silvertips. Team contacts: Heather Greenan ladiestiplax@gmail.com and Robin Finley robintf@telus.net

Calgary Cardinals: Team contacts: Dean Halcro dhalcro@its.jnj.com

Okotoks Junior ladies Raiders. Team contacts: Don Turner dturner020@gmail.com and Jodi Eyckelhoff okotoksladiesraidersmgr@gmail.com

Schedules/games

All teams play sixteen regular season games (16) starting in late April and concluding in early July. Provincials will be hosted by the Drillers July 7-9, 2023

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.

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 (team) whether buses are used for travel games.

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 female and Senior female have traditionally had a set night for weekday games. Historically Jr. female is Wednesday, and Sr. female is Tuesday. This allows a Jr. female player to be a call-up for a Senior female Franchise on a Tuesday.

Registration

Registration in the RMLL is a two-step process

1. All first-year Juniors must register in 2021 with the Club/team which has their first playing rights. If you are unable to get the information you require, please e-mail Alex at abladieslaxcomish@gmail.com and he can e-mail you back the contact person for the Junior Club/team you need to register with.
2. All Juniors MUST ALSO complete an on-line **RMLL Intent-To-Play form**. A player cannot go on the floor with a RMLL team unless they have completed the Intent-To-Play form. Go to this link for further information regarding the RMLL Intent-To-Play form:

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

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

Governance

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.

Also, follow the RMLL on Twitter @RMLaxL

For further information, Franchise contact information or any additional questions about the Alberta Major Female Division, the RMLL, player rights, etc, please feel free to contact:

Alex Traboulay, Alberta Major Female Commissioner, abladieslaxcomish@gmail.com

Christine Thielen, Executive Director, christinethielen@hotmail.com

Duane Bratt, President, dbratt@mtroyal.ca

Major Lacrosse is for those players aging out of Minor Lacrosse who still wish to play competitive lacrosse. The growth in Major Lacrosse and sustainability of Major Lacrosse teams is totally dependent on the number of players coming up from Minor Lacrosse. We sincerely hope you register for the 2023 Season and look forward assisting you in any way we can as you continue playing *"the fastest game on two feet!"*

Any questions please contact me

Thank you,

Alex Traboulay
Alberta Major Female Commissioner.
abladieslaxcomish@gmail.com