



<http://www.rockymountainlax.com>

Alex Traboulay, RMLL Alberta Major Female Division Commissioner.

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TO: All Alberta Female Players Born in 2007

WELCOME to Major Lacrosse!

Before I provide an update on the 2024 season start, I would like to provide some information about Major Lacrosse.

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.
- Higher skill level play
- Five-year age category.
- Different tactics and introduced and developed.
- Higher trained coaches

Major Lacrosse encompasses all players who turn 17 as of December 31, 2024 (birth year 2007). We have two age groups: Junior and Senior. Junior Lacrosse is for players between 17 and 21 years old as of December 31, 2024 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).

Junior Tiers

The Junior Division is one of the four Divisions in our Junior Program. The Junior Men's Program is divided into 3 tiers, Junior B Tier II, Junior B Tier I and Junior A. The Alberta Major Female division have an interlocking schedule with the Alberta Major Senior Female division.

In 2024, there are 6 Divisions and 60 teams in the RMLL: Alberta Series Lacrosse (formerly Senior B) – 5 teams Senior C – 9 teams
Junior A – 4 teams

Junior B Tier I – 15 teams Junior B Tier II – 18 teams Senior Major Female – 2 teams Junior Major Female – 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.

The Commissioner for Junior Ladies Lacrosse is Alex Traboulay
(abladieslaxcomish@gmail.com)

Graduating U17 info sessions.

The RMLL will be holding graduating U17 info sessions for male and female players to meet teams, coaches, players, etc.

North U17 info session, Friday January 5th, 2024. 7:00 pm at the Central Lions Recreation Center.

South U17 info session, Friday January 12th, 2024. 7:00 pm at the Acadia Recreation Center.

Alberta Major Female Boundaries (North)

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

Drillers

Contact: drillerslax@gmail.com **Website:** [Drillers Lacrosse](http://DrillersLacrosse.com)

The Drillers Franchise has the first playing rights to the Graduating U17 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.

Sherwood Park Titans
Contact: megchuck@shaw.ca

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.

Capital Region Saints
Contact: susanjobb@icloud.com

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.

Red Deer Riot
Contact: rackel0919@gmail.com

The Red Deer Riot has the first playing rights to the graduating U17 players who reside in the CALL boundaries including Blackfalds, Didsbury, Innisfail, Kneehills, Lacoka, Olds, Red deer, Stettler and Sylvan Lake.

Alberta Major Female U17 Draft (South)

For U17 players who reside in Calgary and area will be in a draft and selected by the either the

Rockyview Silvertips

Contact: robintf@telus.net egert06@gmail.com

Calgary Cardinals
Contact: dhalcro@its.jnj.com
Website: <http://hornetslacrosse.msa4.rampinteractive.com/division/0/7290>

Okotoks Junior Ladies Raiders.
Contact: dturner020@gmail.com

Draft date is Sunday February 4th, 2024, time and location TBD. Players who are not drafted or residing outside of the above boundaries are considered 'Free Agents' and may register with the Franchise (team) of their choice. Again, if you have any questions, please let Me know.

Registration

Registration in the RMLL is a two-step process

1. All first-year Juniors must register in 2024 with the Club/team which has their first playing rights. If you are not aware if which team that may be, 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 RML 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.

Free Agents

An Alberta Major Female 'Free Agent' is a player who resides outside of the documented boundaries for the seven Alberta Major Female Franchises set forth above.

Rosters

In Major Lacrosse, each team can have a maximum roster of 25 players. The exception to this is Junior Major Female and Alberta Series Lacrosse (Senior B) who can have a maximum roster of 30 and Senior Major Female and Senior 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, the Alberta Major Female Division have traditionally had a set night for weekday games. Historically Jr. Ladies is Wednesday, and Sr. Women is Tuesday. This allows a Jr. Ladies player to be a call-up for a Senior Women's Franchise on a Tuesday.

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 Division 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 2024 Season and look forward assisting you in any way we can as you continue playing *"the fastest game on two feet!"*