



2024 Alberta Series Lacrosse Commissioner's Report

This season saw some changes in Senior B lacrosse in Canada. A Regulation change restricting teams to 5 active NLL/PLL players on their roster saw much more parity across the leagues. In Alberta the Mountaineers and Miners both finished the season with 20 points. The Miners finished first with the head-to-head advantage vs the Mounties. These two teams matched very evenly, with the Provincial Championship series seeing the Miners and Mounties go to the distance in the 5-game series with the Miners ultimately prevailing to capture the trophy and make the trip to President's Cup. The parity in ASL is tightening up with the new rules restricting teams to 5 NLL/PLL players/team. This past season 23 of the 35 games played were a 4 goal or less spread in the score, with 8 of those games featuring a 3 goals or less spread, there were 4 one-goal games and a tie.

The ASL plays a 14-game season, with the regular season requiring a 35-game schedule. The season went very smooth except for a unique double-default game which saw both teams play ineligible players due to registration issues with their RAMP intent-to-play not being properly completed and the other team using a player on the RMLL Bad Standing list. The RMLL Sportsoft system needed to be rewritten to accommodate a double-defaulted game which saw not points awarded in the standings. There was one player suspension in 35 games, and it was for verbal abuse of official, and there were no player suspensions for any violent/reckless endangerment fouls, which is very impressive for this sport.

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This season saw the RMLL adopt the "NLL" rules as they've become known. This along with the 3-officals system being use in most games has very visibly changed the game of lacrosse at the highest level in Alberta. The game is much fast with an emphasis on quick transition and skill. I averaged out total PIMs over the past 6 playing seasons to reflect the game change from that perspective. I took all the PIMs totals, reworked them to an average PIMs/team /season based on a 14 game season. The following is a progression on PIM averages for ASL/Sr B from 2016 through 2024 season:

YEAR	PIM/TEAM/SEASON	PIM/GAME
2016	286.52	20.5
2017	286.53	20.5
2018	275.56	19.7
2019	302.46	21.6
2022	253.63	18.1
2023	232.4	16.6
2024	229.8	16.4

This shows that we've achieved some very observable results in our game which has made for a very enjoyable game from the fan experience perspective. I'm very proud of what our league has accomplished over the past 8 seasons in terms of player safety, speed and skill development. This is an achievement of everyone involved including players, coaches, management, and officials buying into a new vision for the game.

Yours truly,

Norm Shaw
Alberta Series Lacrosse Commissioner