



2025 JUNIOR B TIER 1 PLANNING MEETING MINUTES

NOVEMBER 30, 2024

DELTA SOUTH HOTEL – NAKISKA BALLROOM

10:15am – 5:00pm



2024 Divisional Champions



1. Meeting was called to order at 9:20am.
2. Additions to the agenda
 - Future and direction of the Junior B Tier 1 Division
3. Approval of 2025 Planning Meeting Agenda
 - Motion to accept agenda made by Mavericks, second by Crude
4. Approval of 2024 Planning Meeting Minutes
 - Dave (Rebels) questioned the timing of the RMLL changing from the traditional LC rules to the modified rules so close to the start of the 2024 season.
 - Dave (Rebels) asked the question as to how the RMLL Executive can overrule a division's decision regarding operations.
 - Motion to accept minutes by Crude, seconded by Blizzard, vote held - passed
5. Commissioner Election
 - Ian stated that he would let his name stand for the divisional commissioner position.
 - Warriors motioned to accept, second by Outlaws, vote held – all in favor
6. 2025 Team Fees / ALA Registration Fees
 - ALA Registration Fees

Player \$72 plus admin fee (was \$60.25)
Coaches \$47 (was \$32.75)
Trainers/Managers/Board \$39 (was \$24.25)

Each Franchise Holder will be invoiced for everyone on their Board/Executive regardless of an individual holding other roles on the Franchises of the Franchise Holder.

Each Franchise Holder is invoiced for each of their teams' coaches, trainers & managers except: if an individual has more than one role on one of their teams as a coach, trainer, or manager. In this case the team is just invoiced for the role with the higher rate.

- Provincial Fee

\$1500 per team (2023 - \$1000)



7. 2025 Key Dates

- December 9th, 2024 – *Divisional Constraints (including Playoffs & Provincials) needs to be submitted*
- January 3rd – North U17 Information Session
- January 10th – South U17 Information Session
- January 15th – *Tier 1 Home Games & Constraints needs to be submitted to Christine*
- January 18th – South Combine
- January 25th – North Combine
- February 3rd – Junior A Draft
- February 5th – Central Draft (Rampage Host)
- February 6th – South Draft (Marauders Host)
- February 7th – North Draft (Rebels Host)
- February 9th – Rockies Draft
- February 15th – Junior A Negotiation List for LC are due ***
- February 20th – *Senior B & Tier 1 Negotiation Lists for LC are due ****
- March 12th – LC Transfers Open ***
- March 22nd & 23rd – RMLL Casino (Pure Casino, Calgary)
- April 11th - 13th – RMLL Super Coaching Clinic and Uber Clinic
- April 19th & 20th – Junior A Exhibition Weekend (Tentative – Easter Weekend)
- May 4th & 5th – Tier II Crossover Weekend in Sylvan Lake (Tentative)
- May 30th & 31st – Team Alberta Female U22 Tryouts
- June 26th – LC Transfers Close ***
- August 1st to 4th – Larry Bishop Memorial Cup (Rebels Host)
- August 18th – 24th – Founders Cup (Shamrocks Host)

*** Notes - LC seems to be looking at moving their Transfer Portal and Management of Transfers to RAMP. The proposal from RAMP seems to be very different to the current process for transfers. Seems to be somewhat like the College Basketball Transfer Process.



8. Administration

Coaching Certifications & Requirements

At the beginning of June, the list of RMLL coaches is sent to the ALA requesting their coaching certification and status. Depending on ALA workload, the verification is returned prior to the end of June. Once the List is received, then each coach is checked to determine status for Playoffs, Provincials and Nationals. Missing requirements are identified. The list is then sent to Commissioners to send a team's specific info just to that team.

- See APPENDIX C
- Email was sent on November 13, 2024

Team Events (RMLL Regulation 8.1)

8.1 Off Season/Pre-season

8.1.1 Each RMLL Franchise is required to complete a Team Event entry in the RMLL Team Management System for all their Franchise lacrosse activities held in Alberta during the off season/pre-season. Franchise lacrosse activities requiring a Team Event include: a team activity which includes a team's roster players, protected list players, U17 graduating players, Division free agents and exhibition games.

Game Sheets

No changes to our game sheets for 2025. Each team will be given their package of game sheets at the 2025 Planning Meeting & AGM

Division Discipline Representatives

Submit names of 2 volunteers from the Tier 1 division for RMLL Discipline Reps by December 9, 2024.

- 2024 – Dave McGarva (Rebels), Terry Dokken (Crude) & Randy Trobeck (Swat)
- 2025 – Terry Dokken (Crude), Bonnie De Groot (Silvertips) & Wally Genz (Mavericks)



Website Changes

- Home Page will be refreshed

Enhancements:

- Update stats ranking calculation to “also” sum stats for a player associated with multiple teams within a season.
- Add Games Played listing to the existing player stats dialog to have a log of each game played.
- Change player stats layout to a tabbed presentation with the overall stats always visible on left – the tabs would be Goals, Penalties and Games Played Provide previous/next buttons on the player stat dialog to allow moving thru the underlying listing of players instead of going in / out.
- Provide a custom layout for goalie stats as they have more stats to fit horizontally on the popup dialog. A tab presentation would exist here as well with tabs Stats Summary, Goals & Assists, Penalties and Games Played.
- Add property to a penalty to flag it as a “Team Penalty” and to not accrue penalty minutes on players who serve this penalty. (for in-homes)

Annual Filings (RMLL Regulation 4.1)

4.1 Annual Filings

Each Franchise Holder must file with the RMLL Executive Director on an annual basis proof of filings of their annual return and Schedule 5.

Emergency Response Plans / Trainers Certificates

13.05 Trainers must have the appropriate certificate. Appropriate certification is defined as one of the following:

- Any St. John Ambulance Emergency First Aid course of 8 hours (or more) or equivalent
- Canadian Red Cross Standard First Aid & First Responder
- Canadian Red Cross Sport First Responder and Sport Aid course
- Hockey Canada Safety Program (HCSP)
- An appropriate designation (examples: MD; RN; Physiotherapist, Police Officer; Firefighter, Chiropractor; Registered Massage Therapist).

From the above, please be clear CPR (as a stand-alone certification) is not an equivalency.



Rosters

For a player, bench staff and a manager to be considered duly registered the following must be entered into the RMLL System:

For each player to be considered duly registered to a team, the following info must be entered 4 days prior to the first Division game

Mandatory Player Fields:

- Player First Name
- Player Last Name
- Player DOB
- Player Address
- Player City
- Player Postal Code
- Player Province
- Player Gender
- Player Home/cell Number
- Player Primary E-Mail Address
- Jersey number
- RAMP Reg. # (Intent-to-Play)
- For goalies, position must be entered

(Jr. Players are DOB 2004, 2005, 2006, 2007 and 2008)

Tier I may not have more than 25 players on their roster.

For each coach, trainer and manager to be considered duly registered, the following info must be entered in the RMLL System 4 days prior to the first Division game.

1. Head Coach
2. Assistant Coach 1, 2, 3, 4, and 5
3. Manager
4. Trainer

For all the above contacts, the following info must be entered:

- e-mail address
- mailing address
- home and/or cell #



Note: for the Head Coach and Manager, the flag for e-mail address MUST be set to VIEW. Setting one or all phone numbers to view is the choice of the Manager and Coach. Having one phone number set to view is helpful to other teams needing to get a hold of someone on a team.

As per RMLL Regulations, there are several consequences for not following the above re rosters and playing ineligible players:

41.6. 43.6. Any Franchise failing to enter their roster in the RMLL Franchise Management System Roster by April 27 or four (4) days prior to the first scheduled league game of their division if season play starts prior to May 1, will be fined the sum of two hundred and fifty dollars (\$250.00) and an additional fifty dollars (\$50.00) for each day after the deadline until the roster is entered.

This also applies to player(s) added to a Franchise roster after May 1.

41.7. 43.7. Any Franchise that does not enter their players required contact information in the RMLL Franchise Management System by April 27 or four (4) days prior to the first scheduled league game of their Division if season play starts prior to May 1, shall receive a fine of twenty-five dollars (\$25.00) for each of the required fields not entered. This also applies to player(s) added to a team roster after May 1.

41.16. 43.16. The penalty for breaches of Regulation 23.1 to 23.3 will be one hundred dollars (\$100.00) for each offense and will result in the loss of the game if applicable.

41.17. 43.17. The penalty for breaches of Regulation 29.1 to 29.11 will be one hundred dollars (\$100.00) for each offense and will result in the loss of the game if applicable.

9. Scheduling

Travel Rotation in 2025:

AB Teams to Winnipeg - Outlaws and Rebels to Winnipeg and Crude and Warriors to teams in the South Division

AB Teams to Saskatchewan (Swat and Kings) - Marauders and Shamrocks to Swat; Mounties and Rockies to Kings

Winnipeg to AB - Crude, Warriors, Silvertips, Chill, Mavericks and Rampage

Swat to AB - Mounties, Rockies, Silvertips, Chill, Mavericks and Rampage

Kings to AB - Marauders, Shamrocks, Outlaws, Rebels, Crude and Warriors



Larry Bishop Championship Weekend Rotation

Championship Weekend Hosting Order			
South		North	
2014	Mounties	2015	Crude
2016	Chill	2017	Warriors
2018	Shamrocks	2019	Rampage
2020	Season Cancelled	2021	Season Cancelled
2022	Marauders	2023	Titans
2024	Silvertips	2025	Rebels
2026	Mavericks	2027	L-Cudas

2025 Jr. B. Tier 1 Divisional Scheduling Constraints

RMLL Jr. B Tier 1 Division: age - 17 to 21 (2008, 2007, 2006, 2005, & 2004)

Teams: 15

North Division: Edmonton Warriors, Fort Saskatchewan Rebels, Beaumont Outlaws, and Crude Lacrosse Club.

Central Division: Red Deer Rampage, Mountain View Mavericks, Rockyview Silvertips and Calgary Chill.

South Division: Calgary Mountaineers, Calgary Shamrocks, Okotoks Marauders, and Southern Alberta Rockies.

East Division: Winnipeg Blizzard, Saskatchewan SWAT and Regina Queen City Kings

Games: 20 (10 home, 10 away – Unbalanced)

Game Duration:

150 minutes if 30-minute warmup

180 minutes if 60-minute warm-up



Game Days: Tuesday, Thursday, Friday, Saturday, and Sunday

- **Tuesdays/Thursdays Games:** Teams Must be within 75 KM of each other
- **Friday Games:** Maximum distance between teams is 125 Km

Long Weekends and Statutory Holidays:

Games only scheduled on the Victoria Day Weekend, May 16, 17, 18 & 19, 2025, when two teams agree to play each other this weekend.

Regular Season Start Date: Thursday, April 24, 2025

Regular Season End Date: Sunday July 13, 2025

Regular Season Format:

North Division: 2 teams (Crude and Warriors) travel to Central and South Divisions. 2 teams (Rebels and Outlaws) travel to Winnipeg for three games each with the Blizzard.

Central Division: Limited travel outside of the Division.

South Division: 2 teams (Shamrocks and Marauders) travel to Saskatoon for three games each with the Swat. 2 teams (Mounties and Rockies) travel to Regina for three games each with the Kings.

East Division:

Blizzard: AB Travel to Chill, Silvertips, Rampage, Mavericks, Crude and Warriors for one game with each team.

Play Kings and Swat 4 times (2 home and 2 away)

Queen City Kings: AB Travel to Shamrocks, Marauders, Crude, Warriors, Rebels and Outlaws for one game with each team.

Play Blizzard and Swat 4 times (2 home and 2 away)

Swat: Travel to Mounties, Rockies, Chill, Silvertips, Rampage and Mavericks for one game with each team.

Play Blizzard and Kings 4 times (2 home and 2 away)



Playoffs:

North, Central, and South Divisions – Each Division has two playoff rounds – Both Rounds Best of 3 Series.

Round 1 – 1st Place Team in each Division gets a bye.

2 vs 3– Thursday, July 17 to Monday, July 21, 2025

Round 2 – 1st Place from Regular Season and Winner of Round 1 – Thursday, July 24 to Monday, July 28, 2025

East Division – One round of playoffs – Best of 3 Series.

Date: Friday July 25 to Sunday, July 27, 2025

Top 2 teams from Regular Season. All games played in the home arena of the highest - ranking team from Regular Season.

Larry Bishop Memorial Cup (RMLL and ALA Championship):

Friday August 1 to Monday August 4, 2025

RMLL Championship Format:

Host (Rebels), North Division Champion, Central Division Champion, South Division Champion and East Division Champion. If Host and North Division Champion are the same team, the North Division Team losing Round 2 will participate.

10. Mavericks Transfer Request

Mountainview Mavericks have put forth an application to move their franchise from Mountainview Lacrosse Association to their new body corporate, Mavericks Elite Athletics Club. Information was sent in email on November 12, 2024.

- Brad Bouchard presented to the division why this application was put forth and the benefits for the organization to separate from the Mountainview Lacrosse Organization. It was assured that they are in a very good financial position and would not change their status or participation in the league.
- Chill motioned to accept the transfer, seconded by the Rebels, voted held – all in favor



11. Travel & Accommodations for Nationals (Discussion for Alberta Teams)

Do we need a plan for booking a trip to the Founders Cup when it is being hosted outside of Alberta - ie. alternate years for airport bookings - YEG (odd years) / YYC (even years)?

Travel costs for the Mavericks were very high due to last-minute bookings and the division agreed that a process was needed to reduce this expense.

- Option 1: RMLL to purchase 35 tickets to fly out of the Calgary International Airport by November the previous year

Crude motioned to accept option 1, seconded by the Silvertips, vote held - defeated 8-4

- Option 2: RMLL to source best pricing for options to travel to Founders Cup under the following conditions and present to Alberta teams
 - If Founders is held in Ontario or farther East – Plane
 - If Founders is held in BC, Saskatchewan or Manitoba – Bus

Silvertips motioned to accept option 2, seconded by Mavericks, vote held – passed 12-0

- Additional Motion#1: If a bus is required to transport the team to either Calgary or Edmonton airport then a bus will be provided and paid for out of the interest that is accumulating in the Tier 1 travel account.

Silvertips motioned to accept, seconded by the Crude, vote held – passed 12-0

- Additional Motion #2: Alberta Tier I teams to increase the Founders' Travel Fee from the current \$500 to \$ 750 in 2025 & \$1000 in 2026.

Crude motioned to accept, seconded by the Warriors, vote held – passed 12-0

12. Player Affiliations (**Commissioner Request**)

- Player affiliations have become a bigger part of our league these past couple of seasons and the volume of requests that come in for weekend games are great. I would appreciate that when you start the approval process, if you could ask everyone in the email to "respond all" to the original email then I will be able to see the complete chain of approvals. This will help me speed up the approvals for everyone.



13. New Business

- Growth in size of goalie equipment
 - (Requested to be removed by the team who submitted it)
- Should our division send one representative to Founders Cup
 - (Requested to be removed by the team who submitted it)
- 3 Man Referee Mechanic
 - Jack Sylvan (ALRA) sat in our planning meeting for a short period and answered all questions with regards to the referees.
- Standard goalie water breaks at 10-minute mark of each period
 - Goalie water breaks “Media Breaks” will be standard at the 10-minute mark of each period
- Divisional Playoff Format / Semi Final game at Larry Bishop
 - Discussion to add a semi-final game at the Larry Bishop Tournament

Shamrocks motioned to add a semifinal game to the Larry Bishop Tournament, seconded by the Outlaws, vote held – passed 12-3

- Proposed schedule - Option 1

Game	Day	Date	Warm-up	Start	End	Home	Visitor
1	Thurs		6:00 PM	7:00 PM	9:00 PM	North	N2
2	Fri		4:00 PM	5:00 PM	7:00 PM	Central	South
			7:00 PM Opening Ceremonies				
3	Fri		7:30 PM	8:30 PM	10:30 PM	N2	East
4	Sat		8:00 AM	9:00 AM	11:00 AM	Central	North
5	Sat		11:00 AM	12:00 PM	2:00 PM	South	East
6	Sat		2:00 PM	3:00 PM	5:00 PM	N2	Central
7	Sat		5:00 PM	6:00 PM	8:00 PM	East	North
8	Sat		8:00 PM	9:00 PM	11:00 PM	South	N2
9	Sun		8:00 AM	9:00 AM	11:00 AM	East	Central
10	Sun		11:00 AM	12:00 PM	2:00 PM	North	South
			3:00 PM Concert/Awards				
11	Sun		7:00 PM	8:00 PM	10:00 PM	2nd	3rd
12	Mon		12:00 PM	1:00 PM	3:00 PM	1st	Winner of 11

Rebels motioned option 1 for schedule, seconded by Crude, vote held – defeated 5-10



➤ Proposed schedule – Option 2

Game	Day	Date	Warm-up	Game Start	Game End	Home	Visitor		
1	Fri		8:00 AM	9:00 AM	11:00 AM	North	Central		
2	Fri		11:00 PM	12:00 PM	2:00 PM	N2	East		
3	Fri		2:00 PM	3:00 PM	5:00 PM	North	South		
4	Fri		5:00 PM	6:00 PM	8:00 PM	East	Central		
5	Fri		8:00PM	9:00PM	11:00PM	N2	South		
6	Sat		8:00 AM	9:00 AM	11:00 AM	North	East		
7	Sat		11:00 PM	12:00 PM	2:00 PM	Central	South		
8	Sat		2:00 PM	3:00 PM	5:00 PM	N2	North		
9	Sat		5:00 PM	6:00 PM	8:00 PM	East	South		
10	Sat		8:00PM	9:00PM	11:00PM	N2	Central		
11	Sun	Semi Final	1:00PM	2:00PM	4:00PM	2nd from R/R vs. 3rd from R/R			
12	Mon	Gold	1:00PM	2:00PM	4:00PM	1st Place from R/R vs. Winner from Game 11			

Silvertips motioned option 2 for schedule, seconded by Rebels, vote held – passed 12-3

This will be a one-year trial, and this will be revisited at the 2026 Planning Meeting for future tournaments.

- Future Planning of the Junior B Tier 1 Division
 - Dave McGarva raised the question of where we see the development of our division in the future. He would like to set up a Strategic Planning Group to have discussions regarding this topic and asked for volunteers.

Angela Nygaard - Rampage	Terry Williams - Blizzard	Tara Seaborn - Shamrocks
Sean Ross - Chill	Geoff Thompson - Marauders	Dave McGarva - Rebels
Steve Baker - Outlaws	Garyn Schmermund - Crude	Trey Christensen - Mavericks
Jason Achtemichuk - Kings	Vey Diep - Warriors	Todd Gould - SWAT
Brendan Tyrrell - Mounties	Chris Kukucha - Rockies	Darren Deitz - Silvertips

Meeting adjourns at 3:05pm



APPENDIX A

2025 Tier 1 Game Mapping

Home	Mounties	Shamrocks	Rockies	Marauders	Chill	Mavericks	Rampage	Silvertips	Kings	Swat	Blizzard	Crude	Warriors	Rebels	Outlaws	
Mounties		3	1	1	1		1			1		1	1			10
Shamrocks	1		1	2	1		1	1	1			1	1			10
Rockies	2	1		2		1		1		1		1	1			10
Marauders	2	2	1			1		1	1			1	1			10
Chill			1	1		1	1	2		1	1	1	1			10
Mavericks	1	1			2		2	2	2		1	1				10
Rampage			1	1	2	2		2		1	1	1				10
Silvertips	1				2	1	1			1	1	1	1		1	10
Kings	3		3							2	2					10
Swat		3		3					2		2					10
Blizzard									2	2				3	3	10
Crude						1	1		1		1		2	2	2	10
Warriors						1	1		1		1	1		3	2	10
Rebels			1		1	1	1	1	1			1	1		2	10
Outlaws			1		1	1	1		1			2	1	2		10
	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	



APPENDIX B

Larry Bishop Tournament Scenarios

Scenario 1 - No Change to # of Days - Added Semi 2 vs 3 to Mon. AM										Order for Scenario 1, 2 & 3		
Game	Day	Date	Warm-up	Game Start	Game End	Home	Visitor					
	1 Fri		4:00 PM	5:00 PM	7:00 PM	East	Central				2 North	South
		Fri		7:00 PM	7:30 PM	Opening Ceremonies					3 N2	East
	2 Fri		7:30 PM	8:30 PM	10:30 PM	North	South				4 North	Central
											5 N2	South
	3 Sat		10:00 AM	11:00 AM	1:00 PM	N2	East	Two Games North			6 North	East
	4 Sat		1:00 PM	2:00 PM	4:00 PM	North	Central	Two Games East			7 Central	South
	5 Sat		4:00 PM	5:00 PM	7:00 PM	N2	South		Host has 2 games Sat & Sun		8 North	N2
	6 Sat		7:00 PM	8:00 PM	10:00 PM	North	East				9 East	South
	7 Sun		10:00 AM	11:00 AM	1:00 PM	Central	South	Two Games North			10 N2	Central
	8 Sun		1:00 PM	2:00 PM	4:00 PM	North	N2	Two Games East				
	9 Sun		4:00 PM	5:00 PM	7:00 PM	East	South		Host has 2 games Sat & Sun			
	10 Sun		7:00 PM	8:00 PM	10:00 PM	N2	Central					
Semi	11 Mon		10:00 AM	11:00 AM	1:00 PM	2RR	3RR					
Gold	12 Mon		3:00 PM	4:00 PM	6:00 PM	1 RR	Winner Game 11					
Scenario 2 - Add Thurs. to the Larry Bishop												
Game	Day	Date	Warm-up	Game Start	Game End	Home	Visitor					
	1 Thurs		4:00 PM	5:00 PM	7:00 PM	East	Central					
		Thrus		7:00 PM	7:30 PM	Opening Ceremonies						
	2 Thrus		7:30 PM	8:30 PM	10:30 PM	North	South					
	3 Fri		10:00 AM	11:00 AM	1:00 PM	N2	East	Two Games North				
	4 Fri		1:00 PM	2:00 PM	4:00 PM	North	Central	Two Games East				
	5 Fri		4:00 PM	5:00 PM	7:00 PM	N2	South		Host has 2 games Sat & Sun			
	6 Fri		7:00 PM	8:00 PM	10:00 PM	North	East					
	7 Sat		10:00 AM	11:00 AM	1:00 PM	Central	South	Two Games South				
	8 Sat		1:00 PM	2:00 PM	4:00 PM	North	N2	Two Games Central				
	9 Sat		4:00 PM	5:00 PM	7:00 PM	East	South					
	10 Sat		7:00 PM	8:00 PM	10:00 PM	N2	Central					
Semi	11 Sun	Could have semi for 1 vs 4 and 2 vs 3										
Gold	12 Mon		1:00 PM	2:00 PM	4:00 PM							



Scenario 3 - 5 games Sat. & Semi 2 vs 3 Sun Evening

Game	Day	Date	Warm-up	Game Start	Game End	Home	Visitor								
1	Fri		4:00 PM	5:00 PM	7:00 PM	East	Central								
	Fri			7:00 PM	7:30 PM	Opening Ceremonies									
2	Fri		7:30 PM	8:30 PM	10:30 PM	North	South								
3	Sat		7:30 AM	8:30 AM	10:30 AM	N2	East	All teams play twice on Sat.							
4	Sat		10:30 AM	11:30 AM	1:30 PM	North	Central								
5	Sat		1:30 PM	2:30 PM	4:30 PM	N2	South								
6	Sat		4:30 PM	5:30 PM	7:30 PM	North	East								
7	Sat		7:30 PM	8:30 PM	10:30 PM	Central	South								
8	Sun		7:00 AM	8:00 AM	10:00 AM	North	N2	Only N2 plays twice on Sun.							
9	Sun		10:00 AM	11:00 AM	1:00 PM	East	South								
10	Sun		1:00 PM	2:00 PM	4:00 PM	N2	Central								
	Sun				4:00 PM	Concert/Awards									
11	Sun		7:00 PM	8:00 PM	10:00 PM	2nd RR	3rd RR								
12	Mon		1:00 PM	2:00 PM		1st RR	Winner Game 11								

Scenario 4 - 1 game Thursday, 2 games Fri, 5 games Sat, 2 games Sun & 2vs 3 Sun. Evening - Different Order

Game	Day	Date	Warm-up	Start	End	Home	Visitor								
1	Thurs		6:00 PM	7:00 PM	9:00 PM	North	N2								
2	Fri		4:00 PM	5:00 PM	7:00 PM	Central	South								
				7:00 PM		Opening Ceremonies									
3	Fri		7:30 PM	8:30 PM	10:30 PM	N2	East								
4	Sat		8:00 AM	9:00 AM	11:00 AM	Central	North								
5	Sat		11:00 AM	12:00 PM	2:00 PM	South	East								
6	Sat		2:00 PM	3:00 PM	5:00 PM	N2	Central								
7	Sat		5:00 PM	6:00 PM	8:00 PM	East	North								
8	Sat		8:00 PM	9:00 PM	11:00 PM	South	N2								
9	Sun		8:00 AM	9:00 AM	11:00 AM	East	Central								
10	Sun		11:00 AM	12:00 PM	2:00 PM	North	South								
				3:00 PM		Concert/Awards									
11	Sun		7:00 PM	8:00 PM	10:00 PM	2nd	3rd								
12	Mon		12:00 PM	1:00 PM	3:00 PM	1st	Winner of 11								



Senario 5 - 5 games Fri & Sat; Semi Final Sun & Final Mon.								
Game	Day	Warm-up	Start	End	Home	Visitor		
1		8:15am	9:00am	11:00am	North	Central		
2		11:00am	11:45am	1:45pm	Host	East		
3		1:45pm	2:00pm	4:00pm	North	South		
4		4:00pm	4:45pm	6:45pm	East	Central		
Opening Ceremonies - 6:45pm								
5		7:45pm	8:30pm	10:30pm	Host	South		
6		8:15am	9:00am	11:00am	North	North		
7		11:00am	11:45am	1:45pm	Host	Central		
8		1:45pm	2:00pm	4:00pm	North	North		
9		4:00pm	4:45pm	6:45pm	East	East		
10		6:45pm	7:30pm	9:30pm	Central	Host		
11		1:00pm	2:00pm	4:00pm	2nd RR	3rd RR		
12		1:00pm	2:00pm	4:00pm	1 RR	Winner of Game 11		



APPENDIX C

RMLL Coaching Program Requirements

October 26, 2024

Community Development	
Trained	Attended a clinic
	<i>First year RMLL coach must be Community Development Trained</i>
Competitive Introduction	
In Training	Attended a clinic
	<i>Second year RMLL coach must be Competitive Introduction in Training</i>
Trained	Complete Making Head Way (MHW) in Sport in the Locker by Dec. of the year attended the clinic
	Complete Making Ethical Decisions (MED) Online Clinic for Comp Intro by Dec. of the year attended the clinic
	<i>Third year RMLL coach must be Competitive Introduction Trained</i>
Certified	Complete In Person Evaluation
	Complete Making Ethical Decisions (MED) Evaluation (test) in the Locker
	<i>Fourth year RMLL coach must Competitive Introduction Certified to go on the Bench at Presidents' Minto and Founders' or to go out-of-province.</i>
Professional Development (PD) Points	Once a coach is Comp Intro Certified, the coach must acquire 25 PD Points every 5 years to maintain their certification status. A Competitive Development Certified coach must acquire 30 PD points every 5 years to maintain their certification status.
The Locker	https://thelocker.coach.ca/account/login?ReturnUrl=%2f
LC Coaching Site	https://nccp.lacrosse.ca/
AB Coaching Clinics	https://www.albertalacrosse.com/content/coaching-clinics
Super Clinic – Comp Intro	https://rockymountainlax.com/super-coaching-clinic/
Super Clinic Certified Coach Attendance– 11 PD Points	https://rockymountainlax.com/super-coaching-clinic/
	Contact the ALA office if you cannot log into your profile



1. Making Head Way (MHW) is in the Locker •

login to your account at [The Locker](#).

- Click ELEARNING along the top navigation bar.
- Select Multi-sport along the left navigation bar.
- Select your course.

2. Make Ethical Decisions (MED) Online Clinic

This is a 4-hour workshop. Cost is \$85.00.

Link: <https://albertasport.ca/coaching/nccp-multi-sport-module-calendar/>

In-Person Evaluation Request

Send the request for an in-person evaluation to
technicaldirector@albertalacrosse.com

Acquiring Professional Development (PD) Points

- One PD Point for coaching a team – Self Report at end of Season
- Attend RMLL Super Coaching Clinic – 11 PD Points
- ALA Technical Team Programs and Online Modules
- PD Points can be acquired by completing online coaching courses in the Locker (Many are Free).
- Login to your account at [The Locker](#).
- Click ELEARNING along the top navigation bar.
- Select Multi-sport along the left navigation bar.
- Select your course.

Loss of Certification

If a coach does not acquire their required PD points in the 5-year span, they lose their certification status and must acquire the missing PD points to become certified again. A coach with missing PD points will not be allowed to go on the Bench for Presidents', Minto or Founders'.

Female Only Teams

RMLL Regulation 21.2 Each Junior and Senior Major Female Franchise must have one female coach registered as Bench Personnel on their Franchise Certificate.