



<https://www.rockymountainlax.com>

RMLL Alberta Major Female Division Commissioner - Alex Traboulay [abladieslaxcomish@gmail.com](mailto:abladieslaxcomish@gmail.com)

**TO: All Alberta Female Players Born in 2009**

**WELCOME to Major Female Lacrosse!**

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

- games are 3 x twenty-minute stop time periods, with 10-minute intermissions with a minimum 30-minute warmup.
- Season is usually longer than minor lacrosse (16 games) and playoffs run into mid/late June
- 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
- Increased player commitment and higher skill level play
- Five-year age category.
- Different tactics and introduced and developed.
- Higher trained coaches
- Modified playing rules

Major Lacrosse encompasses all players who turn 17 as of December 31, 2026 (birth year 2009) and includes two age groups: Junior and Senior. Junior lacrosse is for players between 17 and 21 years old as of December 31, 2026 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 Female 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 has an interlocking schedule with the Alberta Major Senior Female division.

There are 7 Divisions and 63 teams in the RMLL:

Alberta Series Lacrosse (Senior B) – 5 teams

Senior C – 13 teams

Junior A – 5 teams (includes a team from Saskatoon and a team from Winnipeg)

Junior B Tier I – 13 teams (includes a team from Regina and a team from Saskatoon)

Junior B Tier II – 18 teams

Alberta Sr. Major Female – 2 teams

Alberta Jr. Major Female – 7 teams

Each RMLL Division has a commissioner who is voted annually by the franchises in each division. The Commissioner is a member of the RMLL Executive, represents the franchises on the Executive and is responsible for administration of the division. All RMLL divisions must meet the same standards and are treated equally.

The Commissioner for the Major Female division is Alex Traboulay ([abladieslaxcomish@gmail.com](mailto:abladieslaxcomish@gmail.com))

### **GRADUATING U17 INFORMATION SESSION**

The Alberta Major Female division will not be attending the U17 info sessions for 2026. Please reach out to the commissioner or coaches/clubs in your area for additional information.

### **ALBERTA MAJOR FEMALE BOUNDARIES (North)**

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

**Saint Albert Drillers Contact: Head Coach/Manager – [jrdrillers@gmail.com](mailto:jrdrillers@gmail.com) cell# 780-222-6641**

**Website: [Drillers Lacrosse](http://Drillers Lacrosse)**

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: Head Coach - [megchuck@shaw.ca](mailto: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.

### **Edmonton Capital Region Saints**

**Contact: Manager – [capitalregionsaintsmanager@gmail.com](mailto:capitalregionsaintsmanager@gmail.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:** Manager – [riotfemalelax@gmail.com](mailto:riotfemalelax@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, Three Hills, Lacoka, Olds, Red deer, Stettler and Sylvan Lake.

### **ALBERTA MAJOR FEMALE U17 (South CDLA)**

U17 players residing in Calgary and area playing under CDLA will be in the south draft and selected by one of the following clubs:

#### **Silvertips Major Female:**

Head Coach/General Manager - [robintf@telus.net](mailto:robintf@telus.net)

Manager - [egert06@gmail.com](mailto:egert06@gmail.com)

Website: <http://rockyviewlacrosse.com/division/0/13817>

#### **Calgary Cardinals:**

**Contact:** Head Coach - [dhalcro@its.jnj.com](mailto:dhalcro@its.jnj.com)

Manager – [pepi.supino@yahoo.ca](mailto:pepi.supino@yahoo.ca)

Website: <http://hornetslacrosse.msa4.rampinteractive.com/division/0/7290>

#### **Valkyries Lacrosse:**

**Contact:** Head Coach – [jrvalkryies.coach@gmail.com](mailto:jrvalkryies.coach@gmail.com)

Manager – [jrvalkryies.manager@gmail.com](mailto:jrvalkryies.manager@gmail.com)

### **DRAFT DATE**

**The 2026 Draft will be hosted by the Cardinals and is scheduled for Sunday February 1<sup>st</sup> at Hudson's Pub South, 16061 Macleod Trail SE at 4:00 pm.** 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. For any questions, please contact the division commissioner.

### **REGISTRATION**

Registration in the RMLL is a two-step process

1. The **first step** is to complete **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-toplay/>

**Note:** The RMLL Intent-to-Play also aligns with the ALA Registration System and Lacrosse Canada's Transfer System. To align the RMLL and ALA systems with Lacrosse Canada's interprovincial transfer system, we are anticipating opening registration for Intent-to-Play for

the 2026 Box Lacrosse Season by February 1, 2026. A communication will be sent out once the 2026 Box Season registration is open.

2. **Second step** is to complete your club specific registration. Clubs may have different fees and registration processes. All first-year Juniors must register with the club/team holding their playing rights. If you are not aware if which team that may be, please e-mail Alex at [abladieslaxcomish@gmail.com](mailto:abladieslaxcomish@gmail.com)

**Note:** The RMLL Intent-To-Play, includes submitting an ALA Player Registration Fee of \$87.00 plus an admin fee.

### **FREE AGENTS**

Any 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 or has gone undrafted.

### **TEAM ROSTERS**

In Major Lacrosse, each team can have a maximum roster of 25 players. The exception to this is Junior Ladies and Alberta Series Lacrosse (Senior B) who can have a maximum roster of 30 and Senior Women and Senior C who can have a maximum roster of 40. However, for all teams in all Divisions, only 20 players can dress for each game. i.e. max 18 runners and 2 goalies.

### **TRAVEL**

All franchises in Major lacrosse, regardless of division must travel. It's up to the policies of the individual franchise whether buses are used for travel games.

### **SCHEDULES**

Schedules should be posted on the RMLL website by mid-March. This allows players a six-week notice period in case they must arrange/re-arrange work schedules, etc. Depending on arena availability, weekday games involve teams from the same local area, leaving weekends for travel games.

### **PLAYER DEVELOPMENT**

Affiliates are an important aspect of player development. The number of times a player can be a call-up during a Season is unlimited. To encourage affiliates, the Alberta Major Female Division have traditionally had a set night for weekday games. Historically Major Female is Wednesday, and Sr. Women is Tuesday. This allows a Major Female player to affiliate to a Senior Women's Franchise on a Tuesdays.

### **GOVERNENCE**

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 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](mailto:abladieslaxcomish@gmail.com)

Christine Thielen, Executive Director, [christinethielen@hotmail.com](mailto:christinethielen@hotmail.com)

Duane Bratt, President, [dbratt@mtroyal.ca](mailto: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 dependent on the number of players coming up from Minor Lacrosse. We sincerely hope you register for the 2026 Season and look forward assisting you in any way we can as you continue playing *“the fastest game on two feet!”*