



<http://www.rockymountainlax.com>

**TO: All North Alberta Players Born in 1995**

*WELCOME to Major Lacrosse!*

Please plan to attend the RMLL Junior Lacrosse Information Session on Tuesday, January 10, 2012. RMLL and Junior Team Representatives will be in attendance to provide information on our Junior Programs. The Session will be held at the Twilliger Recreation Center – Meeting Room B, 2051 Leger Road, Edmonton and will start at 7:00 p.m.

Major Lacrosse encompasses all players who turn 17 as of December 31, 2012. We have two age groups: Junior and Senior. Junior Lacrosse is for players between 17 and 21 years old as of December 31, 2012 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).

In 2011, there were 8 Divisions and 69 teams in the RMLL:

Senior B – 6 teams

Senior C – 5 teams

Junior A – 4 teams

Junior B Tier I – 11 teams

Junior B Tier II – 21 teams

Junior B Tier III – 13 teams

Senior Ladies – 3 teams

Junior Ladies – 6 teams

Each RMLL Division has a Commissioner who is appointed annually by the teams in a Division. The Commissioner is a Member of the RMLL Executive, represents their teams on the Executive and is responsible for administering their Division. All RMLL Divisions must meet the same standards and are treated equally. All games are 3 twenty minute stop time periods, with 10 minute intermissions.

## *Junior Tiers*

Excluding the Jr. Ladies Division, we have 4 tiers of Junior Lacrosse: Jr. B Tier III (currently there are no Tier III teams north of Lacoka), Jr. B Tier II, Jr. B Tier I and Jr. A. The main difference between each tier is the increased level of play. For example: as players become more skilled, the game becomes faster, more hard hitting and with each level game strategy becomes even more of an integral part of a team's success.

A player's time commitment also increases with each level as a Jr. B Tier III/Tier II player is most likely on the floor 3 times a week whereas a Jr. A player is on the floor closer to 6 times a week.

The Jr. B Tier III and Tier II teams are the entry level teams for the majority of first year Juniors. In 2011, of the 266 first year Juniors who played in the RMLL, 11 played on a Jr. A team, 52 played on a Jr. B Tier I team and 203 played on a Tier II or Tier III team. During the five year span of Junior Lacrosse, players are encouraged to move up through the Junior Tiers as their skill level develops. The three Tiers of Jr. B are responsible for player development and provide players with the tools to further their playing skills.

## *Registration*

All first year Juniors must register in 2012 with the club which has their first playing rights regardless if the Club only offers a Tier II team. This includes drafted and non drafted players who may be trying out for Tier I and/or Jr. A. All Junior players attending higher level team tryouts, must keep the team/club they initially registered with appraised of their progress and must also try to attend floor times of that club/team. Players successful in making a higher level team roster will have their full registration fee refunded.

## *Boundaries*

Boundaries for the initial registration of a first year Junior is with your Minor Club if your Club offers a Tier II team. If your Minor Club does not offer a Tier II team, then you are a Tier II Free Agent and may register with any Club offering a Tier II team.

## *Rosters*

In Major, each team can have a maximum roster of 25 players. The exception to this is Tier III, Sr. C and Sr. Ladies, who can have a maximum roster of 30. 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 teams in Major lacrosse, regardless of the Division they are in, have to travel. It's up to the policies of the individual teams whether or not 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 have to 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, each Tier has a set night for weekday games. Tier III is Tuesday, Tier II Wednesday, Tier I Tuesday and/or Thursday and Jr. A Wednesday and/or Friday. This allows a Tier III player to be a call-up for a Tier II team on a Wednesday, a Tier II player to be a call-up for a Tier I team on a Tuesday or Thursday and for a Tier I player to be a call-up for a Jr. A team on a Wednesday or Friday.

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. To help provide you with a little more specific information regarding each of the Junior Divisions, below is a brief summary for the Tier II Division, Tier I Division and the Jr. A Division.

Please be sure to visit the RMLL website on a regular basis for league and team news, announcements, floor times, tryouts and updates. <http://www.rockymountainlax.com>

For further information, team contact information or any additional questions about Junior Lacrosse, the RMLL Junior Divisions, drafts, player rights, etc, please feel free to contact myself or:

**President:** Bill Sucha - suchafamily@shaw.ca

**Vice-President:** Duane Bratt - dbratt@mtroyal.ca

**Jr. B Tier II Commissioner:** Rob Letendre - rretendre@shaw.ca

**Jr. B Tier I Commissioner:** Nathan Finkbeiner - nfinkbei@ucalgary.ca

**Jr. A Commissioner:** Greg Lintz - greg@tarrabain.com

We sincerely hope you register for the 2012 Season and look forward assisting you in any way we can as you continue playing "*the fastest game on two feet*".

Christine Thielen  
Executive Director, RMLL

P.S. Register for the North Combine and get your road map to Alberta Junior Lacrosse! See the RMLL Website for more details and the Registration Form ([www.rockymountainlax.com](http://www.rockymountainlax.com)).

**Date/Time:** Saturday, January 28 – 6:30 pm to 7:45 pm and Sunday, January 29 - 8:00 am to 10:45 am

**Location:** Leduc Recreation Center, Leduc, AB

**Registration Deadline:** Saturday, January 21, 2012

## **Junior B Tier II Division**

**Teams:** 21 teams divided into a North and South Division.

**North Division:** Kitscoty Drillers, Vermilion Roar, Wainwright Wolfpack, Fort McMurray Wolves, Grande Prairie Thrashers, Westlock Rock, Edmonton Warriors, Edmonton Wizards, Edmonton Blues, Sherwood Park Titans and Fort Saskatchewan Rebels.

**South Division:** Innisfail Yetti, Red Deer Revenge, Red Deer Renegades, Calgary Wranglers, Calgary Sabrecats, Calgary Rockies, Okotoks Ice, Medicine Hat Sun Devils, Lethbridge Barracudas and Cranbrook Elite.

**Player Ages:** Majority of the players are 17 to 19 years old. In 2011, of the 422 players playing Tier II, 99 were 21 years old.

**First Playing Rights:** Each Tier II team has the rights to the players who played in their respective Minor Association, except where a second year Midget player was given a release by their Minor Club to play a Midget level in another Club as their playing rights for Junior Tier II belong to their Home Club (the Club where they registered for Minor lacrosse as per their place of residence and Minor Club boundaries.)

**Tier II Free Agents:** Players from: Cold Lake, Lloydminster, Leduc, Parkland, the St. Albert Rams and any player from a Minor Association which does not offer a Tier II team.

### **Ongoing Player Rights:**

1. When a player is released by a Tier II Club/Team and becomes a Member with a new Tier II Club/Team, the player is now the property of the new Tier II Club/Team. The player is no longer the property of the old Tier II Club/Team. For example, if I was released in 2011 by the Warriors Tier II team and became a Member (on the roster) of the 2011 Rebels Tier II team, I am now a Member of the Rebels. The Warriors have no claim over me.
2. When the player registers for the upcoming Season, the player registers with the Tier II Club of the Team who the player was a Member of (on the roster) in the Season prior.
3. If the player does not make the Tier II team of that Club, then the player becomes a "free agent" for Tier II and may tryout for any other Tier II team. If the player is successful in making the roster of another Tier II team, the player is now the property of the Club of the Tier II team.

4. If a Club previously without a Tier II team creates a Tier II team the following Season, then a player who left the Club has the option of continuing to play for their current team, or going to back to play on the new Team formed by their old Club.

**Game Days:** Wed., Sat., & Sun.

**Regular Season Games:** 14 (7 home, 7 away) unbalanced and intra Division games only.

**Regular Season:** April 25 to July 8

**Playoffs:** July 13 to July 22

**Playoff Format:** 2 Rounds in North and South:

Round 1 - 1 vs 4 & 2 vs 3 - one game

Round 2 – Winners of Round 1 – one game

**Provincials:** July 27 to 29

**Provincial Format:** North and South Champions; best of 3 series held in home of the South Champion.

## **Junior B Tier I Division**

**Teams:** 11 teams divided into a North and South Division

**North Division:** Fort Saskatchewan Rebels, Sherwood Park Titans, Edmonton Warriors, NAMLC Crude and the Saskatoon Swat.

**South Division:** Red Deer Rampage, Rockyview Silvertips, Calgary Chill, Calgary Mountaineers, Calgary Shamrocks and the Winnipeg Gryphons.

**Player Ages:** Majority of the players are 18, 19, 20 and 21 years old.

**North Entry Draft :** This draft helps to keep the competitiveness of teams in a local area consistent. In February, the Sherwood Park Titans, NAMLC Crude and Edmonton Warriors each draft players born in 1995 and who reside north of the south boundary of Leduc Alberta., excluding the players who reside in the Minor boundaries for Fort Saskatchewan. Once drafted, a player is notified by the team who drafted them. Players drafted to one of these teams must report to the team who drafted them and may only attend the tryouts for the team who drafted them.

**Draft Date:** Mon. February 13, 2012

**Holdout List:** A drafted player who does not report to the Tier I team who drafted them is put on a Holdout List and can not try out or play for any other Tier I team until released or traded by the team which drafted them.

**Draft Rights:** Once a drafted player is notified they will not be on the roster of the Tier I team which drafted them, they must report to their Tier II or Tier III team.

**Jr. B Tier I Free Agent:** A player not drafted to a Jr. B Tier I team may attend open tryouts for the Fort Saskatchewan Rebels, Sherwood Park Titans, Edmonton Warriors and NAMLC Crude or may be invited to an invitational tryout of any/all of the teams. (A drafted player can only attend the tryouts of the Jr. B Tier I team which drafted them).

**Tryouts:** Tryouts can be by invitation only or open. All open tryouts are posted on the RMLL Home Page [www.rockymountainlax.com](http://www.rockymountainlax.com).

*All players attending Jr. B Tier I tryouts must be registered with a Club with a Tier II team.*

## **Junior B Tier I Division continued**

**Game Days:** Tues., Thurs., Sat., & Sun.

**Regular Season Games:** 20 (unbalanced home, and away).

**Regular Season:** April 26 to July 15

**Playoffs:** July 18 to August 2

**Playoff Format:** 2 Rounds in North and South:

Round 1 – 1 vs 4 and 2 vs 3 best of 3 series

Round 2 – winners of Round 1 best of 3 series

**Provincials:** August 4 to August 12

**Provincial Format:** North and South Divisional Winners; best of 5 series if both AB teams. Best of 3 series if a non AB team.

**National Championship - Founders Cup:** Aug. 20 to Aug. 26 (Six Nations, ON)

## **Junior A Division**

**Teams:** Edmonton Eclipse, St. Albert Jr. Miners, Calgary Jr. A Mounties and Okotoks Jr. Raiders.

**Player Ages:** Majority of players 19 to 21 years old. Very few (less than 5%) of players play Jr. A in their first year of Major lacrosse.

**First Playing Rights:** Eclipse and Jr. Miners hold the playing rights for all players North of Lacombe. (Jr. A Mounties and Jr. Raiders hold the Jr. A playing rights for all players south of Innisfail). For players residing between Innisfail and Lacombe, there is a Junior A draft between all 4 Alberta teams. Players selected in this separate draft go on the protected list of one of the 4 teams. Players not protected in this draft are free to try out for any Junior A team in Alberta.

**Player Draft (1995 DOB):** Annually before the end of Feb., each Jr. A team drafts 10 first year Juniors. The Jr. A team drafting a player will notify the player they have been drafted. Drafted players are the property of the team which drafted them until released or traded.

**50 Man Protected List:** Each Jr. A team can protect up to 50 players. This Protected List includes the players on the teams previous season roster (maximum 25 players), plus the 10 drafted first year Juniors and selected Jr. Aged players to fill the list to a maximum of 50. As long as a player is listed on a team's Protected List, the player can not play for another Jr. A team in Alberta. A player can remain on a Jr. A team's Protected List as long as the player is eligible to play Junior. For example, a drafted first year Junior could be on a Jr. A team's Protected List for all 5 years of their Junior lacrosse eligibility. The Jr. A Teams 50 Man Protected List is posted on the RMLL Website.

**Drafted/Protected Players:** Must report to the Jr. A team who drafted them as long as the player remains on the 50 Man Protected List of that Jr. A team. A player can be drafted to both a Jr. A team and Jr. B Tier I team. In this circumstance, the player must report to both teams and attend the tryouts of both teams.

**Jr. A Free Agent:** A player not protected by one of the 2 city teams holding their rights may try out for either team in the respective cities. Players residing between Innisfail and Lacombe not protected by one of

## **Junior A Division continued**

the Alberta Jr. A teams, may try out for any of the Alberta Jr. A teams. (A drafted/protected player can only attend the tryouts of the Jr. A team which drafted/protected them).

**Tryouts:** Tryouts can be by invitation only or open. All open tryouts are posted on the RMLL website Home Page: [www.rockymountainlax.com](http://www.rockymountainlax.com).

*All first year Junior players attending Jr. A tryouts must be registered with a Club with a Tier II team.*

**Game Days:** Wed., Fri., Sat., & Sun.

**Regular Season Games:** 18 (9 home, 9 away; no interlock games with Sr. B)

**Regular Season:** May 1 to July 15

**Playoffs:** July 20 to July 30

**Playoff Format:** 1 vs 4, 2 vs 3; best of 5 series

**Provincials:** Aug. 3 to Aug. 12

**Provincial Format:** winners of playoff series; best of 5 series

**National Championship - Minto Cup:** Aug. 17 to Aug. 26 (Whitby, ON)