



<http://www.rockymountainlax.com>

**TO: All Players Born in 1995**

*WELCOME to Major Lacrosse!*

Please plan to attend the RMLL Junior Lacrosse Information Session. RMLL and Junior Team Representatives will be in attendance to provide information on our Junior Programs. The North Session will be held on Tuesday January 10, 2012 at the Twilliger Recreation Center – Meeting Room B, 2051 Leger Road, Edmonton. The South Session will be held on Wednesday January 11, 2012 at the Acadia Recreation Center – Rose Hall, 240 90th Ave SE, Calgary 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. The Commissioner for the Junior and Senior Ladies is John Radford. Contact info will be at the bottom of the page. If you have any questions which can't be answered by your Minor Club or the Junior Club Representative, please feel free to drop John an email and he will answer any questions you have.

## *Junior Tiers*

The Jr. Ladies Division is one of the five Divisions in our Junior Program. The Junior Men's Program is divided into 4 tiers Jr. B Tier III, Jr. B Tier II, Jr. B Tier I and Jr. A. At this time the Junior and Senior Ladies Divisions are not tiered.

## *Registration*

Graduating female midget players can contact their Minor Club for details as to which Junior team to contact for registration details. If you are unable to get the information you require, please email John at

[radford1@shaw.ca](mailto:radford1@shaw.ca) and he can email you back the contact person for the Junior Club you need to register with.

## *Free Agents*

Certain Graduating Midgets, whose Minor Club does not have a Junior Program, are considered Free Agents and may try out for the team of their choice. Please email John, if you have any questions or if you are unsure of your status.

## *Boundaries*

Boundaries for the Junior Ladies differ slightly than the Minor Program. Again contact your Minor Club for details, as they should be aware of the boundaries. Again if you have any questions, please let John know.

## *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, Junior and Senior Ladies have a set night for weekday games. Jr. Ladies is Wednesday and Friday and Sr. Ladies is Tuesday. This allows a Junior Ladies player to be a call-up for a Sr. Ladies team on a Tuesday.

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 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 the Junior Ladies Division, the RMLL, player rights, etc, please feel free to contact John Radford, Sr./Jr. Ladies Commissioner, [radford1@shaw.ca](mailto:radford1@shaw.ca) or myself.

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

## **Junior Ladies Division**

**Teams: 6** - divided into a North and South Division.

**North Division:** NAMLC Drillers, Sherwood Park Titans and Edmonton Warriors.

**South Division:** Calgary Cardinals, Calgary Axemen Snipers and Calgary Sabrecats.

**Player Ages:** Players are 17 to 21 years old.

**First Playing Rights:** Each Jr. Ladies 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 midget in another Club as their playing rights for Junior Ladies belong to their Home Club (the Club where they registered for Minor lacrosse as per their place of residence and Minor Club boundaries.) If you have any questions about this please contact John Radford.

### **Ongoing Player Rights:**

1. When a player is released by a Club/Team and becomes a Member with a new Club/Team, the player is now the property of the new Club/Team. The player is no longer the property of the old Club/Team. For example, if I was released in 2011 by the Sabrecats Jr. Ladies team and became a Member (on the roster) of the 2011 Cardinals team, I am now a Member of the Cardinals. The Sabrecats have no claim over me.
2. When the player registers for the upcoming Season, the player registers with the Club of the Team who the player was a Member of (on the roster) in the Season prior.
3. If a Club previously without a Jr. Ladies team creates a Jr. Ladies 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., Fri., Sat., & Sun.

**Regular Season Games:** 16 (8 home, 8 away) and unbalanced. Jr. Ladies play interlock games with the Sr. Ladies.

**Regular Season:** April 1 to June 17.

**Playoffs:** June 19, 20 or 21 – top 2 teams in North and South – one game.

**Provincials:** June 23 and 24.

**Provincial Format:** Best of 3 series between North and South Champions in the home arena of the North Champion.