



<http://www.rockymountainlax.com>

TO: All North Alberta Players Born in 1997

WELCOME to Major Lacrosse!

Please plan to attend the RMLL Junior Lacrosse Information Session on Wednesday, January 15, 2013. RMLL and Junior Team Representatives will be in attendance to provide information on our Junior Programs. The Session will be held at the Central Lions Senior Rec. Centre, 11113-113 Street, Edmonton and will start at 7:00 p.m.

Major Lacrosse encompasses all players who turn 17 as of December 31, 2014 (DOB 1997). We have two age groups: Junior and Senior. Junior Lacrosse is for players between 17 and 21 years old as of December 31, 2014 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 2013, there were 8 Divisions and 63 teams in the RMLL:

Senior B – 6 teams

Senior C – 6 teams

Junior A – 4 teams

Junior B Tier I – 11 teams

Junior B Tier II – 19 teams

Junior B Tier III – 8 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 Olds), 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 4 to 5 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 2013, of the 237 first year Juniors who played in the RMLL, 12 played on a Jr. A team, 64 played on a Jr. B Tier I team and 161 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 2014 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. Tier III and Sr. Ladies can have a maximum roster of 30 and Sr. C can have a maximum roster of 40. 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. 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.

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: Rioth Jomha - rjomha@telus.net

Vice President: Duane Bratt - dbratt@mtroyal.ca

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

Jr. B Tier I Commissioner: Tony Materi – trock@live.ca

Jr. A Interim Commissioner: Earl Caron – ecaron@shaw.ca

We sincerely hope you register for the 2014 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).

Date/Time: Saturday, February 1, 2014 – 12:00 pm to 4:00 pm

Location: Rexall Place, Edmonton

Registration Deadline: Monday, January 27, 2014

Junior B Tier II Division

Teams: 21 teams divided into a North and South Conference.

North Conference

North Central Division: Edmonton Blues, Edmonton Warriors, Edmonton Wizards, Grande Prairie Thrashers, Parkland Posse and Westlock Rock.

North East Division: Vermilion Roar, Wainwright Wolfpack, Kitscoty Extreme, Sherwood Park Titans, Fort Saskatchewan Rebels, and Lakeland Heat.

South Conference

South Central Division: Okotoks Ice, Lethbridge Barracudas, Calgary Rockies, Strathmore Venom and Medicine Hat Sun Devils.

South West Division: Innisfail Yettis, Red Deer Renegades, Calgary Wranglers and Lacoka Locos.

Player Ages: Majority of the players are 17 to 19 years old. In 2013, of the 402 players playing Tier II, 58 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 one year 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: Lloydminster, Leduc, 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 2013 by the Warriors Tier II team and became a Member (on the roster) of the 2013 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.

Junior B Tier II Division Continued

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., Fri., Sat., & Sun.

Regular Season Games: Max 18 games (9 home, 8 away or 8 home, 9 away)

Regular Season: Friday April 26 to Sunday July 6, 2014

Playoffs: Wednesday July 9 to Sun. July 20, 2014

Playoff Format: North and South:

3 teams in each Division make playoffs.

Round 1:

First place team gets a bye.

2nd place vs 3rd place (Wed, July 9)

Round 2:

First place team vs winner of Round 1 in a best of 3 series (July 11, 12 & 13)

Round 3:

Winners of Round 2 play best of 3 series for Conference Championship (July 18, 19 & 20)

Provincials: Fri. July 25 to Sun. July 27.

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: Sherwood Park Titans, Edmonton Warriors, St. Albert Crude, Red Deer Rampage and the Saskatoon Swat.

South Division: Rockyview Silvertips, Calgary Chill, Calgary Mountaineers, Calgary Shamrocks, Okotoks Marauders 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, St. Albert Crude and Edmonton Warriors each draft Alberta Graduating Midgets born in 1997 and who reside north of the south boundary of Leduc Alberta. (Alberta Graduating Midgets from Blues, Wizards, Warriors, Titans, Westlock, Rebels, Leduc, Parkland, Grande Prairie, Fort McMurray, Wainwright, Kitscoty, Lloydminster, Vermilion and Lakeland.). 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 Tier I tryouts for the team who drafted them.

Draft Date: Wed. February 12, 2013

Boundaries – Red Deer Rampage

The playing rights of players residing north of Olds and south of Leduc ,including the City of Red Deer, will

Junior B Tier I Division Continued

be deemed proprietary to the Red Deer Major Lacrosse Rampage. (Alberta Graduating Midgets from Lacoka, Settler, Innisfail and Red Deer and eligible players residing North of Olds and South of Leduc, including the City of Red Deer.)

Olds Minor Lacrosse Players – Red Deer Rampage and Rockyview Silvertips hold the first Tier I playing rights for Graduating Midgets from the Olds Minor Program. These players may choose to go to the Red Deer Rampage or the Rockyview Silvertips.

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, play, or be a call-up 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 Sherwood Park Titans, Edmonton Warriors and St. Albert 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.

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

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

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

Regular Season: Thursday April 24 to Sunday July 13, 2014

Playoffs: Friday July 18 to Sunday July 27, 2014 or Sunday July 20 if Swat and Gryphons play

Playoff Format: 1 Round in North and South:

1 vs 4 and 2 vs 3 best of 5 series (July 18 to 27) unless Swat and/or Gryphons involved, then best of 3 (July 18-20)

Provincials: Friday August 1 to Sunday August 3, 2014

Provincial Format: North and South winners of Round 1 Playoffs

Friday Night

6:00 PM Game #1 (South winner of 1 vs 4) vs (South winner of 2 vs 3) South Division Championship game

9:00 PM Game #2 (North winner of 1 vs 4) vs (North winner of 2 vs 3) North Division Championship game

Saturday

9:00 AM Game #3 South first place vs North second place

12:00 PM Game #4 North first place vs South Second place

6:00 PM Game #5 North second place vs South Second place

9:00 PM Game #6 North first place vs South first place

Sunday

1:00 PM Game #7 2 place vs 3rd place
6:00 PM Game #8 first place Team from r/r Vs Winner Game #7 Gold Game

National Championship - Founders Cup: Monday August 18 to Sunday August 24 - Halifax, NS

Junior A Division

Teams: St. Albert Jr. Miners, Sherwood Park Jr. A Titans, 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: Jr. Miners and Jr. Titans 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 (1997 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. The Jr. A Draft, including the Red Deer Draft, is on Monday, February 10, 2013, 7:00 pm and will be live on Twitter at **ABJrALAX**

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 for the first four (4) years of their Junior eligibility. For example, a drafted first year Junior could be on a Jr. A team's Protected List for 4 years of their Junior lacrosse eligibility and never be on a Jr. A team 25 man roster. The Jr. A Teams 50 Man Protected List is posted on the RMLL website www.rockymountainlax.com The 50 Man Protected List increases 60 each year from mid Feb. to the second Sunday in April.

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 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.

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

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

Regular Season Games: 18 (9 home, 9 away)

Regular Season: Sat. May 3 to Sun. July 6, 2014

Playoffs: Saturday July 12, 2014 to Monday July 21, 2014

Junior A Division Continued

Playoff Format: 2 vs 3; best of 5 series; 1st place team gets a bye

Provincials: Sat. July 26 to Mon. August 4, 2014

Provincial Format: 1st place team and winner of Playoff Round; best of 7 series

Western Finale: Thursday August 7, 2014 to Monday August 11, 2014; held in BC

National Championship - Minto Cup: Fri, August 15 to Sun. August 24, 2014 (Location TBD pending winner of Western Final)