



2026 RMLL Major Female Provincial Championships

Team Technical Information Package

Please find enclosed all pertinent information for 2026 RMLL Major Female Provincials. It is the responsibility of each team to know and understand the regulations and policies governing provincials.

Relevant links:

[RMLL Regulations](#)

[ALA Regulations](#)

[ALA Code of Conduct & Ethics Policy](#)

[ALA Social Media Policy](#)

General Notes:

- Teams please check your bench personnel for proper certification. RMLL will be following up with notification of any coaches that their records show do not have proper certification, however it remains your responsibility to ensure all bench personnel have proper certification.
- All Bench Personnel and Managers and their required information must be entered into the RMLL Team Management System as per RMLL Regulation 19.
- All required information for registered players must be entered into the RMLL System.
- Provincial players rosters are twenty five (25).
- A Junior Ladies registered player must have played four (4) games in the Jr. Ladies Division Regular Season to play in Provincials, as per RMLL Regulation 27.5.
- U17 affiliates can only play for one team for all provincial games and must be included on teams approved final 25 player provincial roster.
- If team are tied at the end of a game, overtime will be played as per RMLL Regulations 13.2 / 38.2 (included below).
- If teams are tied in the standings after round robin play, tie-breaking rules per RMLL Regulations 38.6.2 will be followed (included below).
- Alex Traboulay, Jr. Ladies Commissioner, will be present through Round Robin games and will present medals and trophy. Alex is representing both the RMLL and ALA.
- Each game has three Referees assigned. Alex Traboulay is the Discipline Chair.
- Please remind your supporters about expectations of fan conduct and to enjoy the atmosphere of watching their athletes compete in Provincials.

RMLL Regulations - Highlight of Key Sections:

13.2. Overtime

13.2.1. Regular Season Play: if a game is tied after regulation time, there will be a two-minute rest and then a five-minute overtime period, sudden victory. If the score remains tied after the overtime period, the game will be declared a tie, and each Franchise will be given one (1) point for the game.

13.2.2. Playoff, RMLL Championship and ALA Provincial Play: The Official shall order the game to continue after a two (2) minute rest. The game continues for a full ten-minute stop time.

13.2.2.1. If the score is tied after the first overtime period, the game shall continue after a ten (10) minute rest. The teams will continue to play twenty (20) minute stop time periods, with a ten (10) minute rest between each period until a goal is scored (sudden victory).

31. Regulation 31: Inter-Division Use of Players (Call-ups)

31.1. No player rostered in higher Division may be a call-up in a lower Division.

31.2. No player on an approved LC Transfer can be a call-up in their first Season, unless the Upper level of lacrosse is not available in the province they are transferring from, as per LC Operations Manual.

31.3. Except for the Junior A Division, a Franchise may call-up a maximum of four (4) players per game in Regular Season play. At the discretion of the Division Commissioner, more than four (4) call-ups can be approved for a Franchise for a specific Regular Season game.

31.3.1. For the 2025 Season, the Junior A Division will be allowed unlimited call-ups per game.

31.4. All call-up players must be properly sanctioned players, including but not limited to those currently not suspended in their Division, rostered to an Alberta team and the Franchise has obtained/received all permissions and approvals as per RMLL Regulations.

31.4.1. For a RMLL rostered player call-up, after receiving approval from the coach of the call-up, the Franchise sends an e-mail to their Division Commissioner and the lower-level Division Commissioner requesting permission to play a call-up(s) in a specific game and the Divisions are approved affiliations.

31.4.1.1. A Junior B Tier 1, Junior B Tier II and Junior Major Female Franchise call-up request to the Division Commissioner must include the reason for the request.

31.5. The number of games a player may play as a call-up is unlimited.

31.6. A Senior B Franchise may not scratch a healthy player in place of a callup.

31.7. A player called up to play in a Junior A game must be included on the Junior A Franchise game day roster if the player is missing their own Franchise's scheduled game or practice.

31.8. During Regular Season, Playoffs, Provincials and RMLL Championships, a player cannot miss their rostered team practice or scheduled game to attend a practice of a higher-level team.

31.8.1. Notwithstanding 31.8, a Tier II player can participate in a Tier I, Sr. B, and Sr. C practice or game with prior consent of their Tier II current Head Coach or Manager.

31.9. For any Exhibition, Regular Season, Playoff, Provincial or RMLL Championship game, a Minor Association U17 player may play as a call-up on a Tier I, Tier II, Junior Major Female and Senior Major Female Franchise as per approved Division Affiliations and required approvals on a per game basis. For greater clarity, a Junior A franchise may not call-up a Minor Association U17 player (this does not apply to goalies). **31.9.1.** The RMLL Franchise coach or manager makes the request to the potential call-up players' head coach or manager. The potential call-up players' head coach or manager must receive approval from the parent of the player. These approvals must be communicated by the potential callup players' head

coach or manager to the RMLL Franchise coach or Manager copying the Minor Club President and the Minor LGB President or Executive Director. The RMLL Franchise Coach or Manager then forwards these permissions to the Division Commissioner requesting permission to play the U17 player in a specific game.

31.9.2. There is no limit to the number of games a U17 aged player may play as a call-up on an RMLL Franchise.

31.10. Playoff and Provincial Play

31.10.1. In Playoff, RMLL Championship and Provincial play a Franchise can only have a maximum of four (4) call-ups per game. If one or both registered goalies for a Franchise are unable to attend Playoff, RMLL Championship and/or Provincial play, a Franchise may also call-up a goalie(s) to replace the absent goalie(s).

31.10.1.1. Including call-ups, a Franchise player list for each playoff series and provincial series or tournament style provincial cannot exceed twenty-five (25) or if a third goalie twenty-six (26) players for Junior A, Junior B Tier I, Junior B Tier II and Junior Major Female and thirty (30) for Senior B, Senior C and Senior Major Female.

31.10.2. A RMLL call-up, (U17 or RMLL player), must have played in four (4) Regular Season games in their own Division to qualify as a call-up in Division Playoffs, RMLL Championship and/or Provincials.

31.10.2.1. A Senior C call-up to Senior B, must be a current Senior C rostered player and either must have played four (4) Regular Season games as a Senior C rostered player, or if was released from a Senior B roster, must have four (4) Regular Season games between being a Senior B rostered player and a Senior C rostered player.

31.10.2.2. At the discretion of the Division Commissioner, a medical exemption may be granted in the case of an injury which prevented a registered player from playing the four (4) games in their own Division. A Health Care Professional's note must accompany the exemption request to the Division Commissioner.

31.10.3. If a Franchise wishes to call-up a player while the players' Franchise remains in Playoffs, RMLL Championship and/or Provincials, the requesting Franchise must first receive consent from the player's Head Coach.

31.10.4. It will be the respective Division Commissioner's responsibility to sign off on all player lists for each round of Playoffs, RMLL Championship and/or Provincial play.

31.10.5. A player can only be called up to one Franchise per Division per Playoff, Championship and Provincial play.

31.11. A Franchise must have received all the required approvals for a call-up (affiliate) to be eligible to play in a specific game in Regular Season, Playoff, RMLL Championship and Provincial play, as otherwise the call-up (affiliate) will be deemed an ineligible player.

38. Regulation 38: Playoff, RMLL Championship and Provincial Play

38.1. All Franchises within a Division qualifying for Playoffs and/or RMLL Championships or Provincials must participate in the Division Playoff and/or RMLL Championship and/or Provincial play. Any Franchise failing to participate in the Division Playoff and/or RMLL Championship and/or Provincial play will be subject to immediate suspensions and fines.

38.2. In both Playoff, RMLL Championship and Provincial play, if at the end of regulation time, the score is tied the Referee shall order the game to continue as per LC overtime rules.

38.2.1. The Referee shall order the game to continue after a two (2) minute rest. The game continues for a full ten-minute stop time.

38.2.2. If the score is tied after the first overtime period, the game shall continue after a ten (10) minute rest. The teams will continue to play twenty (20) minute stop time periods, with a ten (10) minute rest between each period until a goal is scored (sudden victory).

38.6. RMLL/ALA Tournament Style Provincial Format

38.6.1. If a Division selects a tournament style format, the Division Commissioner will request hosting bid submissions from their Franchises unless the Division has a rotation for hosting.

38.6.2. In the event of a tie in Round Robin final point standings, the final standings shall be determined as follows:

38.6.3. If two Franchises are tied, the winner of game or games between the two Franchises advances. If a tie still exists, the Goal Average Formula will be used to break the tie.

38.6.4. If three or more Franchises are tied, if one Franchise has defeated the other Franchises with which it is tied, that Franchise shall advance. If this is not possible, the Franchise with the best Goal Average advances.

38.6.5. The goal average is calculated by dividing the total goals for, by the total goals for plus the total goals against. Only the goals for and goals against in the games between the tied Franchises are used in the goal average formula for tie breaking. The team with the highest ratio (closest to one (1)) advances. GF divided by the sum of GF + GA = Goal Average 38.6.5.1. If a tie still exists between Franchises the Goals Against Formula is calculated using goals for and against in all games played by the tied Franchises.

38.6.6. If a tie still exists between the Franchises, the Franchise with the lowest penalty minutes advances.

38.7. The Senior B and Alberta Junior B Tier I Champions will represent the ALA in the respective LC National Championships (Presidents' Cup and Founders' Cup). If the Alberta Champion is also the host Franchise for the LC National Championship, the Alberta Silver Medalist will also attend. 39. Regulation

39: Trophies

39.1. RMLL Championship Trophies

39.1.1. A Franchise is responsible for the care and safekeeping of any trophy won by it or any of its players. If any trophy is lost or damaged while in the care of any Franchise, or any of its players, the cost of repair or replacement will be charged to that Franchise.

39.1.2. All trophies, ALA and RMLL, shall be returned to the Executive Director by the Franchise responsible for the trophies at the November Planning Meeting and AGM in the current year. Such delivery in good condition shall relieve the Franchise of any further responsibility for the care and safekeeping of the trophy or trophies so delivered. Failure by any Franchise to deliver any trophy or trophies in its care at the November Planning Meeting and AGM may result in a fine.

ALA Regulations - Highlight of Key Sections:

REGULATION 5A AFFILIATIONS

5A.01 Affiliations from Minor Lacrosse to Major Lacrosse must be requested by the RMLL coach or manager to the potential affiliate players' Head Coach or Manager. The potential affiliated players' Head

Coach or Manager must receive approval from the parent of the player. These approvals must be communicated by the potential affiliate players' Head Coach or Manager to the RMLL team copying the minor Club President and the minor LGB President or Executive Director. Affiliations of players on a Team Alberta roster, including Red Shirts, to Major Lacrosse are not permitted after the player's minor lacrosse season has ended and before the date on which Team Alberta departs for the related National Championship event.

5A.02 Affiliations from U17 to Junior are unlimited.

5A.03 Affiliations from Minor Lacrosse to Senior B and Senior C Lacrosse are prohibited.

REGULATION 6 – TOURNAMENTS

6.01 A tournament is defined as a contest involving several teams who play against each other in a series of games and will require ALA sanctioning prior to taking place in the province.

6.07 Major Box Lacrosse tournaments are as per RMLL Regulations.

6.08 The host organization of any tournament shall, within 48 hours of the end of its tournament, file with the ALA office and its LGB a report outlining any discipline problems, accompanied by the corresponding game sheet (if applicable) which resulted in five-minute penalties and any suspensions of any official, player, coach, manager, or other person. Tournament discipline is to be supplied on the discipline template provided to the discipline chair. Failure to supply discipline reports may result in a \$500 fine to the host organization. If the suspended Official, player, coach, manager, or other person is not a member of or subject to the jurisdiction of such LGB (i.e., a visiting team from another LGB or MA) the LGB shall within 48 hours of receipt of such report forward a copy of same to such suspended parties LGB or equivalent authority which has jurisdiction over such suspended Official, player, coach, manager or other person.

6.09 All Tournament Chairs must supply the ALA office with the Tournament Standing Report (if not using the RAMP Tournament program) within 48 hours after the final game of the tournament. Failure to supply a report may result in a \$500 fine to the host organization.

6.10 All tournaments are to have a Discipline Chair and Official-in-Charge.

REGULATION 6B– MAJOR BOX PROVINCIALS

6B.01 Major Box Provincial Championships will be conducted as per ALA and RMLL Rules, Regulations, and Policies.

6B.02 All schedules complete with dates, time, and location are to be approved by the ALA Director of High Performance.

6B.03 All contracts for Major Lacrosse Provincials must be in the name of the ALA unless approved by the Executive Director.

6B.04 All Alberta players and bench personnel must be registered with the ALA registration database and listed on the team's roster for the current season.

6B.05 All Coaches and Trainers must meet LC Minimum Coaching Standards.

6B.06 Provincial trophies are to be returned to the RMLL by the RMLL AGM of the competition year at the team's cost. Teams failing to return trophies by the deadline may be fined \$250 per month up to the replacement value of the trophy which there is no appeal. Damaged trophies will be invoiced to the Club.

6B.07 The ALA will send a Representative to Major Box Provincials. The Representative will be the division commissioner. If the division commissioner is unable to attend, the ALA representative will be a person who is appointed by the Director of High Performance.