

**RMLL Junior Teams Pre-Season Practices for Players 18 and Younger**  
**Effective Feb. 8 as per Step One and March 1 Step Two of the Government of Alberta's "A Path Forward"**

On February 6, 2021, the Alberta Government announced that youth (18 and under) could participate in limited team sport activities in Step 1, subject to certain mandatory restrictions outlined by the Government of Alberta on the "A Path Forward" webpage. These mandatory restrictions remain in effect for Step Two as announced by the Alberta Government on March 1, 2021.

For RMLL Junior teams, the inclusion of youth limited team sport activities in Step One and Two means a Junior team can hold pre-season practices under social distancing and other related protocols for their players born in 2003 and 2004 as well as any of their players born in 2002 who have not yet turned 19 and will not turn 19 throughout the duration of the pre-season practice sessions under the following AHS, ALA and RMLL rules and guidelines.

**Mandatory Restrictions Outlined by the Government of Alberta, the ALA and the RMLL**

- Indoor and outdoor socially distanced, non-contact practices are permissible, but games and scrimmages are not allowed.
  - A RMLL Junior team holding an indoor or outdoor practice(s) must complete a Team Event in the RMLL System.
    - **To Add a Team Event in the RMLL System:**
      - On the top of the team page click on the 'Communications' tab.
      - Once under the 'Communications' tab, click on the 'Events & Announcements' tab
    - **Event Instructions**

Create and manage team events at the Events tab. Click on the 'New Event' button and complete the form.

If you are hosting a series of tryouts, camps, or practices, enter them as a multi day event or a single day event, but in both be sure to list all the sessions in the description. Make sure your start date is the date of the first event and your end date is the date of the last event.

Click on the 'Save' button at the bottom of the screen.

Click on the 'Sanction' button at the bottom of the screen.

The bottom date entry is for when and how long the event appears on your teams' web page.
  - All players must be 18 years old or younger.
    - RMLL players are those born in 2003 and 2004 as well as players born in 2002 who have not yet turned nineteen or who will not turn 19 throughout the duration of the practice sessions.
    - A RMLL Player must have completed the RMLL Intent-to-Play and paid the ALA Player Registration Fee of \$60.25 prior to participating in any Junior practice session(s). **Note:** The completed the Intent-to-Play is good for all the RMLL 2021 Season.
- Intent-to-Play link: <https://rockymountainlax.com/intent-to-play/>

- A player must bring a copy of or show their RMLL Intent-to-Play Registration Confirmation to the Junior Team Representative of the practice session(s) they are attending.
- Maximum of 10 total participants allowed, including all coaches and players.
  - If a facility allows, split floors are permitted. For split floors, each end of the floor must adhere to the 10-participant maximum (which includes coaches) and participants cannot leave their assigned end of the floor.
  - **A Junior Ladies Team may invite:**
    - A player born in 2002 from their 2019 rosters who are currently 18 and will not turn 19 throughout the duration of the practice session(s);
    - A player born in 2003 where they hold their playing rights and Junior Ladies Free Agents born in 2003 who did not commit to a Junior Ladies team in the 2020 Season;
    - A player born in 2004 which the team is eligible to hold the playing rights for such player in the 2021 Season and Junior Ladies Free Agents born in 2004.
  - **A Junior B Tier II Team may invite:**
    - A player born in 2002 from their 2019 rosters who are currently 18 and will not turn 19 throughout the duration of the practice session(s);
    - A player born in 2003 where the team holds their playing rights and Tier II Free Agents born in 2003 who did not commit to a Junior B Tier II team in the 2020 Season;
    - A player born in 2004 which the team is eligible to hold the playing rights for such player in the 2021 Season and Tier II Free Agents born in 2004.
  - **A Junior B Tier I Team may invite:**
    - A player born in 2002 currently on their 40 Man Protected List who are currently 18 and will not turn 19 throughout the duration of the practice session(s);
    - A player born in 2003 currently on their 40 Man Protected List and Tier I Free Agents born in 2003;
    - Prior to the 2021 Tier I Drafts, a player born in 2004 on the 2021 Draft List and in the team's draft boundary and a player born in 2004 not on the 2021 Draft List;
    - Post 2021 Tier I Drafts, a player born in 2004 on their 50 Man Protected List and Tier I Free Agents born in 2004.
  - **A Junior A Team may invite:**
    - A player born in 2002 currently on their 60 Man Protected List who are currently 18 and will not turn 19 throughout the duration of the practice session(s);
    - A player born in 2003 currently on their 60 Man Protected List and Junior A Free Agents born in 2003;
    - Prior to 2021 Junior A Draft, a player born in 2004 on the 2021 Draft List and in the team's draft boundary and a player born in 2004 not on the 2021 Draft List.

- Post 2021 Jr. A Draft, a player born in 2004 on their 70 Man Protected List and Junior A I Free Agents born in 2004.
- Social distance protocols must be adhered to:
  - 3-metres physical distance for indoor practices
  - 2-metres physical distance for outdoor practices
  - Coaches must wear a mask at all times
  - Teams, in their discretion, may permit players to participate with just helmet and gloves
  - Players must wear a mask during each session(s) except while participating in drills on the floor
  - Goalies must wear full equipment and must wear a mask except while participating in drills on the floor
  - No contact drills are allowed
  - Noncontact drills can be found at <https://www.albertalacrossetv.com/en/>
- Each Junior team must:
  - For each group of 10 have at least one RMLL registered coach for the 2020-21 Season on the floor/field and the coach must have the minimum Community Development In-Training certification.
  - The link for coach registration is: <http://rml.rampregistrations.com>
    - There is no fee for registering. You will be asked for coaching certification/status info, so prior to registering, please have your NCCP #, certification/status, date of your certification, and City where certified.
  - Use the RAMP Health Check tracking (RAMP App)  
Tutorial link: <https://youtu.be/zPpv1Pi6uhY>
  - Have a Team Representative who:
    - ensures the RMLL Team Event has been created.
    - ensure all players participating in the session(s) have a completed Intent-to-Play.
    - is responsible to manage the RAMP App.
    - ensures all facility protocols are being adhered to.

Please remember each RMLL Junior team is a Member of the ALA or a Member of a RMLL Franchise Holder who is Member of the ALA and therefore must comply with the Alberta Lacrosse Association Guidelines and current Alberta Health Service Orders. Noncompliance may result in a fine from either AHS or the ALA. See ALA Regulation: 38.01.3

As Alberta Health Services loosens restrictions, the information above will be revised as necessary.