

Senior Women's League

2019/20 League Information





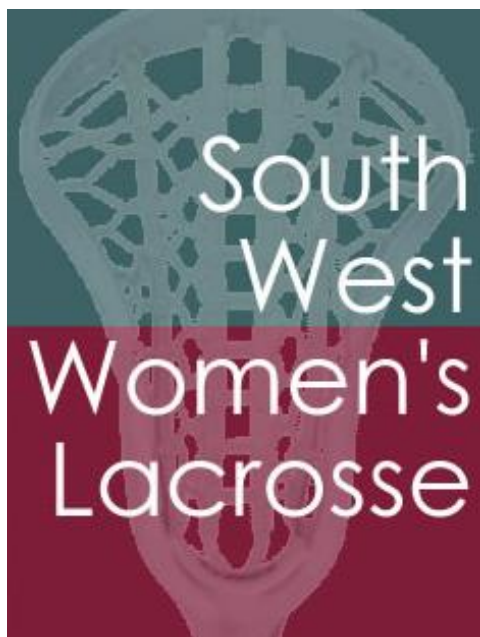
Bristol Bombers, National Club Championships

Photograph: Smif Sports Photography

South West Women's Lacrosse Senior League

The South West Women's League has been operating as a series of six monthly tournaments for the past six seasons. The number of teams entering the league has gradually increased and the standard of teams at the top is increasing in strength and depth. The monthly tournaments have provided a regular, consistent and convenient competition format for the clubs in the South West since its inception.

However, in the past two seasons, the number of teams entering the league and subsequently failing to attend has been increasing, and the top club teams are looking to push and progress beyond the monthly tournaments that are currently on offer.



League Restructure

The league representatives have put forward a series of recommendations to split the league into more clearly defined competitions, catering for all levels of ability and commitment, and clubs at different stages of development.

The new league structure will consist of three separate competitions; South West Women's League, South West Invitational Cup and South West Development League.

South West Women's League

- Six monthly tournaments
- Central Location
- One team per club only
- Tighter league regulations
- Emphasis on performance

South West Invitational Cup

- Six fixture dates
- Teams invited to compete
- Full length games in triangular structure, or similar

South West Development League

- Two tournaments held alongside league tournament
- Open to all teams
- Specifically for beginner/development teams



Bath Ladies Lacrosse and Cheltenham Cougars

Photograph: Ník Roberts

South West Women's League

The Women's Senior League will remain as six monthly tournaments. This league will be the qualifying competition for The National Club Championships and is the competitive, "top tier" competition for clubs in the region. This competition is focused on commitment and performance, and teams entering this league will be expected to comply to all league regulations.

Clubs can enter a maximum of one team into this competition and entry into the league is subject to approval from the league secretary and the South West Women's Committee. Approval will be based on previous performance and commitment in the South West Women's League.



*Southampton Ladies Lacrosse and Bath Ladies Lacrosse; Bristol Bombers
Photographs: Nik Roberts; Smif Sports Photography*

South West Invitational Cup

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There are a number of clubs in the region seeking more regular competition to offer to their more committed players. This competition is designed to provide additional, full length competition for clubs and teams looking to push their progression and development beyond the six, monthly tournaments.

The Invitational Cup will consist of six fixture dates outside of the monthly league tournaments. Clubs should express their interest to compete in the competition when registering for the South West Women's League and will be invited to compete once fixtures have been finalized, with fixtures scheduled centrally by the league secretary.

Depending on interest, teams will be offered between four and six fixtures over the season, on the dates indicated in **2019/20 Season Dates**. If your team are able to host, please indicate this when registering.



Southampton Ladies Lacrosse and Bath Ladies Lacrosse

Photograph: Níke Roberts

South West Development League

The South West Development League will consist of two outdoor tournaments held alongside two of the South West Women's League tournaments, plus entry to the SW Indoor tournament. The Development League is open to all teams and second teams, but targeted at beginner and development teams.

Registration for the Development League will be at the same time as the other competitions, with development teams encouraged to enter both tournaments on offer.

Teams entering either league competition will be eligible to enter the indoor tournament in January.

2019/20 Season Dates

Women's League	Invitational Cup	Development League
Sunday 6th October		
	Sunday 20th October	
Sunday 27th October		Sunday 27th October
	Sunday 17th November	
Sunday 24th November		
	Sunday 8th December	
		Sunday 19th January INDOOR
Sunday 9th February		
	Sunday 23rd February	
Sunday 8th March		Sunday 8th March
	Sunday 15th March	
Sunday 29th March		
	Sunday 19th April	

Registration

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To register for any of the Senior Women's competitions, please fill in the form that is linked on the South West Lacrosse website ([www.southwestlacrosse.co.uk/Senior League](http://www.southwestlacrosse.co.uk/Senior-League))

Registration opens on Thursday 1st August and closes by 5pm on Friday 13th September.

Payment will be required once your registration has been approved by the league secretary. Entry fees for the 2019/20 season are as follows:

South West Women's League: £135 (incl. Indoor)

South West Invitational Cup: £50

**South West Development Cup: £35 per tournament;
£70 for both development
tournaments + Indoor**



Birmingham Ladies Lacrosse and Oxford City Lacrosse

If you have any questions regarding the Women's League, please contact the league secretary by email at **seniorleague@southwestlacrosse.co.uk**

Rules and regulations for the league can be found at:
[www.southwestlacrosse.co.uk/Senior League](http://www.southwestlacrosse.co.uk/Senior_League)

Keep up to date with lacrosse news in the region by following us on social media



South West Womens Lacrosse



@southwestwomenslacrosse
