



ALA LTAD 2016

LONG TERM ATHLETE DEVELOPMENT (LTAD)

- What is it?
 - Modified game formats to promote athlete participation and success
- Results in different rules for different levels
- ALA does not use only the LTAD
 - Combination of CLA Appendixes and Alberta specific rules

LONG TERM ATHLETE DEVELOPMENT (LTAD)

- Levels with Rules Falling Under the ALA LTAD
 - Tyke
 - Novice Boys
 - Novice Girls
 - Pee wee Girls

ALA LTAD TYKE RULES

- Time Allotment
 - 30 minute skill training
 - 30 minute game
 - 3-minute straight-time “shifts” timed by minor officials
 - Changing “on the fly” is only permitted for injury
- 3x3 CLA Approved Nets
- No Score is Displayed
- Contact
 - Place and push
- No Time-Served Penalties
 - Still carry out penalty procedure
 - Inform player what was done wrong, award non-offending team possession

ALA LTAD TYKE RULES

- Players who repeatedly commit rules violations during one shift may be sent to their bench for the remainder of that shift with a substitute from the bench permitted
- Full Length of the Floor
- Real Lacrosse Balls
- Fall Back Rule
 - Applies anytime the goalie has the ball,
 - Awarded possession or a save
 - Goalie MUST pass the ball in the air to a teammate OUTSIDE of the 24' circle.
 - Rolling the ball to a teammate is NOT allowed.

ALA LTAD TYKE RULES

- Fall Back Rule Continued
 - The DEFENSIVE players must retreat past the restraining line (or if in an arena without one, a line otherwise indicated to coaches prior to the start of the game)
 - If there is a mistake blow the whistle and have the goalie redo it.
 - All defensive players must tag up outside the attacking zone, before re-entering the zone
 - Similar to an offside in hockey
 - If the defensive team fails to “fall back,” blow the whistle to stop play, award possession to the goalie

ALA LTAD TYKE RULES

- Fall Back Rule Continued
 - Ensure all defensive players are on the other side of the retraining line before blowing play in again after failure to clear the zone.
- End of Shifts
 - When the buzzer sounds to end the 3-minute shift, blow the play dead, and award the ball to the goalie of the team in possession
 - Regardless of where the ball was on the floor
- After goals
 - Award the ball to the goalkeeper who was scored on

ALA LTAD NOVICE BOYS RULES

- 4x4 CLA Approved Nets
- Contact
 - Full contact
- Fall back rule applies
- Time Allotment:
 - 5 minute warm-up
 - 3 x 15 minute straight-time periods
 - Clock stops for team and referee timeouts
 - 2 minute break between periods
- Time Served Penalties in Effect

ALA LTAD NOVICE GIRLS RULES

- Contact
 - No body checking
 - Equal pressure
 - Stick placed on ball carrier
 - Cannot make them stumble, fall or go off balance
 - Assess Unnecessary Roughness or Cross-Checking if this occurs
- 4x4 CLA Approved Nets
- Fall back rule applies

ALA LTAD NOVICE GIRLS RULES

- Time Allotment:
 - 5 minute warm-up
 - 3 x 15 minute straight time periods
 - 2 minute break between periods
- Time Served Penalties in Effect

ALA LTAD PEEWEE GIRL'S RULES

- Contact
 - Place and push
 - No body checking
- Time Allotment:
 - 5 minute warm-up
 - 1st Period: 15 stop-time
 - 2nd Period: 15 stop-time
 - 3rd Period: 20 stop-time
 - 2 minute break between periods
- Time Served Penalties in Effect
- Fall Back Rule Applies