

WELCOME TO THE 5th Annual

ICE MELTER
LAKELAND HEAT LACROSSE



MAY 11 – 13, 2018

INFORMATION PACKAGE

LETTER FROM LAKELAND LACROSSE

On behalf of the Lakeland Lacrosse Association executive and tournament committees, we would like to welcome you, players, team officials, referees, parents, and spectators to our Annual Ice Melter Tournament. This year, we are excited to host over 45 teams and more than 550 athletes from all over Alberta and Saskatchewan.

Many people have worked extremely hard to ensure that this year's event meets your expectations and that you all come away with a positive experience. Thank you to the many volunteers! We can't succeed without you!

This year, we are pleased to offer you tournament tracking on RAMP via our website, www.lakelandlacrosse.ca. Please visit regularly to keep updated on schedule, standings and other important information.

We wish you good luck, and remember; fun, friendship and good sportsmanship is our first priority!

Sincerely,

Rod Pettigrew

President

**Lakeland Lacrosse Association
president@lakelandlacrosse.ca**



Amy Martin

Tournament Coordinator

**Lakeland Lacrosse
Association
novice@lakelandlacrosse.ca**

ARENAS

The 2018 Ice Melter Tournament will be played out of the following 3 arenas, with 4 surfaces:

1) Cold Lake Energy Centre

- **7825 51 St, Cold Lake, T9M 0B6**
- **Two pads are located here, Imperial Oil Place, and Reid Field House**
- **This is the tournaments "Home Base", where you will find vendors, our awesome raffle table, as well as committee members, for any questions you may have. All draws will also be carried out at this location.**

2) Cold Lake North Arena

- **1703 6 St, Cold Lake, T9M 1L5**
- **There will be a concession available on site.**

3) JJ Parr Sports Centre

- **Kingsway Rd, 4 Wing Cold Lake, T0A 0T0**
- **All lacrosse games will take place at the red rink.**

TOURNAMENT RULES:

- 1) The Alberta Lacrosse Association (ALA) Rules will be in effect unless otherwise noted.
- 2) Game sheets must be prepared a minimum of 15 minutes prior to scheduled game time. They will be available at the host table at the Energy Centre, and the raffle table for Cold Lake North and JJParr. The winning team is responsible for uploading the results to the website, or texting an image of the results to 780-545-9044, and for returning the completed game sheet to the table immediately following the game for verification.
- 3) If team colors are similar, the home team shall be required to change jerseys. All teams must have two sets of jerseys, with the home team wearing light, and away wearing dark.
- 4) Each team will supply two volunteers to work the box during the game. (Timekeeper, Shot Clock, Score-sheet and Penalty door). These people will remain neutral during the course of the game.
- 5) The 30-second clock will be in effect for all levels.
- 6) Each participating team must provide proof of age for all players listed on the roster.
- 7) There will be no affiliations. Any changes to the roster (i.e. player absence) must be made prior to the start of the first game.
- 8) All games must begin and end on time. On the floor warm-ups and rest periods may be restricted or eliminated if games fall behind schedule.
- 9) Game times are as follows;
 - Tyke - three (3) fifteen runtime periods, no clock stoppage (1 hr time allowance).
 - Novice - three (3) fifteen runtime periods, no clock stoppage (1 hr time allowance).
 - Peewee - two (2) fifteen and one (1) twenty minute stop time periods (1.5 hr time allowance).
 - Bantam - three (3) twenty minute stop time periods (2 hr time allowance).
 - Midget - three (3) twenty minute stop time periods (2 hr time allowance).
- 10) Point allocation in the round robin games will be as follows;
 - Win - 2 Points, Loss - 0 Points
- 11) Overtime: All games will be played out (including round robin).
 - In Round Robin there will be five (5) minute sudden victory periods until a goal is scored. There will be one (1) minute rest period between each five (5) minute period.
 - In Medal games only as per CLA. Rule 20: exception is made to rest time between periods, which will be (5) minutes. A one-minute rest period will be granted before the overtime period.

- 12) All referee decisions during the course of the tournament, are final. Abuse in any manner of referees, officials, or volunteers, will not be tolerated and may be grounds for expulsion of the individual or team at the discretion of the tournament committee.
- 13) The tournament committee will follow ALA rules in addressing any and all misconduct. These decisions will be final.
- Please refer to regulation 17 for all automatic and other suspensions, as these will be adhered to throughout our tournament (attached).
- 14) Teams and/or individuals will be responsible for any damage done to any of the facilities use for this tournament. Those causing the damage will be expelled from the tournament and billed for damages.
- 15) Coaches and players are responsible for cleaning the bench and dressing room at the end of each game.
- 16) Mercy Rule – Any game that has a goal differential of six (6) goals or more shall be played at run time from that point forward. Only if the goal differential becomes four (4) goals or less, does the game revert back to stop time. At no time shall a goal differential of more than six (6) goals be displayed on the scoreboard, but all goals will still continue to be recorded on the score sheet.
- 17) 1st and 2nd place teams will receive medals. In divisions with multiple pools, this will be determined by a cross-over game between the 1st place team in each pool. 1st place for each division will also be awarded the applicable banner.

If two or more teams are tied after the round robin, the following rules will be used to determine placement;

- If two teams are tied, the winner of the game or games between the two teams advances. If a tie still exists, the goal average formula listed below will be used.
- If three or more teams are tied, and if one team has defeated the other teams with which it is tied after round robin play, the team shall advance. Otherwise the team with the best goal average shall advance.
- The goal average is calculated by dividing the total goals for, by the total goals for plus the total goals against. Only the goals scored in games between the tied teams is used in the goal average formula for tie breaking. The team with the greater resultant number shall advance.

GOALS FOR

GOALS FOR + GOALS AGAINST

The formula is applied once to rank all tied teams.

- If a tie still exists between teams, the winner of the game(s) between the two teams advances.

SAFETY AND INJURY MANAGEMENT

We strongly encourage all teams visiting the tournament to have an emergency measures plan in place, i.e. Alberta/Sask health care information. Each team should have with them a medical history card for each player.

Serious or potentially serious injuries are to be reported to a committee member or the rink boss. Incident report forms can be found at the host table for each rink. First aid kits, ice and other basic injury care tools will be available at each rink.

Our nearest medical facility is:

**Cold Lake Health Care Centre
314 25 Street, Cold Lake, AB**

TOURNAMENT PHOTOGRAPHY

A photographer will be shooting at all venues over the course of the tournament. At the end of the tournament, team managers will receive an email containing all proofs of their team's photos along with packages and ordering information. Managers are requested to forward this information to their teams to order as desired.

Any special imagery requests can be made by texting 780-545-9044.

VENDORS

We are pleased to offer various vendors during the tournament. All of which will be located at the Energy Centre.

Pear Media



Providence Dental Hygiene



Total Control Lacrosse

Fandemonium



Armstrong's



RAFFLE TABLE AND DRAWS

50/50 Draw: There will be a rolling 50/50 draw, with toonie boards being sold at each location on Friday evening and Saturday from 9am to 6 pm.

Chase the Ace: A "Chase the Ace" 50/50 board will be posted at each location for \$5/card. Available for purchase on Friday evening and Saturday from 9am to 6 pm.





Raffle Table: The main raffle table with prizes for all ages will be located at the Energy Centre. Displays of all prizes will be available at the other rinks. Tickets will be available for purchase at all locations on Friday evening and Saturday from 9am to 6pm.

Player Fan Draw: Bet on your player! By purchasing a name block for your player, you will be entered into a draw for all teams in your pool. The winnings will be split into 3 pots with 25% going to the player, 25% to the purchaser, and 50% to the club. The blocks will be open for purchase at all locations on Friday evening and Saturday from 9am to 6pm.

All draws will take place on Saturday, 7pm at the Energy Centre. Winners will be posted on the website.

**TOURNAMENT SPONSORS – Will update as donations received! –
THANK YOU!**

**A&W
Bordeleau's Custom Cabinets
Canadian Tire
Comec Industrial
CT Line Locating
Federation Construction
Realty Executives
SE Design and Consulting
Sobeys
Sportchek
Studio J
Tim Hortons**

PLACES TO STAY		
Courtyard by Marriott Cold Lake Offering special rate of \$110 under Ice Melter tournament booking	Route 28 & Highway 897, PO Box 536, T9M 1P2 Cold Lake, Canada Phone: (780) 594-0989	
Best Western Inn Offering special rate of \$125.99 under Ice Melter tournament booking	Address: 4815 52 St, Cold Lake, AB T9M 1P1 Phone: (780) 594-4888	
Ramada Cold Lake Offering special rate of \$99 under Ice Melter tournament booking	Address: 4005 50 St, Cold Lake, AB T9M 1K6 Phone: (780) 594-7747	
Holiday Inn Express & Suites Cold Lake Offering special rate of \$130 under Ice Melter tournament booking	Address: 5315 48 Ave, Cold Lake, AB T9M 0K9 Phone: (780) 654-3688	
Lakeland Inn Offering special rate of \$109 under Ice Melter tournament booking	Address: 5411 55 St, Cold Lake, AB T9M 1P3 Phone: +1 877-594-3311	

<p>El Lobo Motel</p> <p>Offering special rate of \$99 under Ice Melter tournament booking</p>	<p>Address: 5431 55 St, Cold Lake, AB T9M 1R6</p> <p>Phone: (780) 594-7521</p>	
<p>New Imperial Inn</p>	<p>Phone: 780-594-1177</p>	
<p>Western Budget Motel</p>	<p>Address: 4420 50 St, Cold Lake, AB T9M 1S6</p> <p>Phone: (780) 594-2130</p>	
<p>Kings Court Motel</p>	<p>Address: 5815 55 St, Cold Lake, AB T9M 1R6</p> <p>Phone: (780) 594-4408</p>	
<p>Dockside Inn</p>	<p>Address: 1002 8 Ave, Cold Lake, AB T9M 1N2</p> <p>Phone: (780) 639-3030</p>	
<p>Muriel Creek Ranch House</p>	<p>Address: 43311 Highway 28, Ardmore, AB T0A 0B0</p> <p>Phone: (780) 812-2561</p>	

<p>Lakeshore Inn (Bed and Breakfast)</p>	<p>Address: 805 Lakeshore Dr, Cold Lake, AB T9M 1N1</p> <p>Phone: (780) 639-0000</p>	
<p>Evergreen Birch Lodge Offering special rate of 2 bedroom cottage for \$189 or 3 bedroom cottage for \$199 under Ice Melter tournament booking</p>	<p>3 minutes west of Kinosoo beach</p> <p>Phone: 780-639-3114</p>	
<p>Waterfront Harbour (Bed and Breakfast)</p>	<p>www.waterfrontharbour.ca</p>	
<p>Cold Lake Municipal District Campground</p>	<p>Address: 2301 1 Ave, Cold Lake, AB T9M 1P2</p> <p>Phone: (780) 639-4121</p>	
<p>Cold Lake Provincial Park Campground</p>	<p>Address: Box 8208, 1020 - 8th Ave Cold Lake, AB</p> <p>Telephone: 1 780 639-3341</p>	

THINGS TO DO

Some places to check out if you have time between all that lacrosse:

- **Kinosoo Beach (Playground and splash park)**
- **Cold Lake Provincial Park**
- **MD Park Beach and Playground**
- **Mach 1 skatepark (Beside the Cold Lake Energy Centre)**
- **CFB Cold Lake**
 - **Watch the jets launch in the morning and afternoon**
 - **J J Parr Pool, skate-park, splash park and playground**