

REGULATION 38 – RETURN to SPORT

- 38.01** All Participants must be registered in the 2020 Return to Activity/Sport Season prior to participating in any ALA sanctioned activities.
- 38.01.1 All participants must sign the COVID-19 waiver
- 38.01.2 Participants with symptoms such as cough, fever, shortness of breath, runny nose, or sore throat symptoms to complete the self-assessment and get tested for COVID-19. Order 05-2020 legally obligates individuals who have a cough, fever, shortness of breath, runny nose, or sore throat (that is not related to a pre-existing illness or health condition) to be in isolation for 10 days from the start of symptoms, or until symptoms resolve, whichever takes longer.
- 38.01.3 Participants who are sick with cold-like symptoms such as cough, fever, runny nose, sore throat, or shortness of breath, **MUST NOT** be in the event.
- 38.01.4 All participants must comply with the Alberta Lacrosse Association Framework for Return to Activity and Alberta Government Health Orders.
- 38.02** 2020 Return to Activity/Sport Season is June 1, 2020 to December 31, 2020.
- 38.03** All sanction requests must come from an ALA Member Club. All events must be sanctioned by the ALA office prior to commencement of event.
- 38.03.1 All events must track attendance and submit to the ALA Office biweekly.
- 38.03.2 All players are to come dressed to the event.
- 38.03.3 Sharing of personal equipment and water bottles is prohibited.
- 38.03.4 Coaches in multiple programs must social distance.
- 38.04** All ALA Sanctioned events **MUST** have at least one Competitive Introduction In training coach or higher training who is 18 years of age. All coaches must meet CLA Minimum Standards for Coaching for applicable age division. All coaches must be duly registered in RAMP. The Competitive Introduction coach is responsible for the adherence of Alberta Lacrosse Association Framework for Return to Activity and Alberta Government Health Orders.
- 38.05** Cohort groups and mini-leagues cannot exceed 50 participants and only play within the same geographical regions. Cohort groups not social distancing must participate in one cohort group who are not social distancing.
- 38.05.01 50 Participants includes coaches/staff, instructors, participants from multiple teams, officials, and volunteers unable to social distance.
- 38.05.02 Each cohort group or mini-league can be comprised of multiple teams, to a maximum of 50 people. Game play/practice between teams must be limited to teams within the same cohort group/mini-league. Teams in different mini-leagues cannot play each other.
- 38.05.03 At least two-metres distancing should be maintained between all when off the field of play (e.g., on benches, during intermission).
- 38.06** **Box Lacrosse Programming**

- 38.06.01 See Regulation 5.03.5 Recreational Lacrosse.
- 38.06.02 See Regulation 16 Box Lacrosse 4 on 4
- 38.06.03 **3 on 3 Game Play**
- 38.06.3.1 Each team shall be composed of a maximum of six (6) players and one (1) goaltender.
- 38.06.3.2 The game shall be played with three (3) players and one (1) goaltender on the floor for each team.
- 38.06.3.3 Teams will be given a 3-minute warm up prior to each game.
- 38.06.3.4 The duration of the game shall be two 10-minute run time periods, with a 1-minute intermission between periods. Each period shall start with a face-off. The clock shall only stop for an injury.
- 38.06.3.5 No shot clock shall be used. At the referee's discretion, a 10-second verbal warning may be given prior to awarding a change of possession for not advancing to the net.
- 38.06.3.6 There will be no face-off to restart play following a goal. Once a goal is scored, the scoring team must all clear to the center line, as a whole, before re-entering the zone (similar to the LTAD fall-back rule).
- 38.06.3.7 If a ball makes contact with the mesh surrounding the arena, the ball shall be deemed out of bounds' and possession shall be awarded to the non-offending team.
- 38.06.3.8 There is to be no overtime during regular games. Two (2) points awarded for a win. One (1) point for a tie. Zero points for a loss.
- 38.06.3.9 In semi-final and final games: If a tie occurs, a shootout will decide the winner:
- a) Each team shall select 3 shooters
 - b) Each team shall alternate equal chances to score
 - c) If tied after all 6 initial shooters attempt to score, teams will alternate single attempts to determine the winner in sudden victory on equal chances.
 - d) Shooters may not be repeated until all players have attempted to score in the shoot out
- 38.06.3.10 **Penalties**
- 38.06.3.11 All penalties in the CLA Rulebook shall apply.
- 38.06.3.12 Minor penalties shall result in a single penalty shot. For any penalty committed, after the penalty shot, regardless of the outcome of the penalty shot, possession will be awarded to the team who took the penalty shot.
- 38.06.3.13 Double minor penalties shall result in two penalty shots, player remains in the game. For any double minor penalty committed, after the penalty shots, regardless of the outcome of the penalty shots, possession will be awarded to the team who took the penalty shot.
- 38.06.3.14 Major penalties shall result in a penalty shot and a game misconduct. For any penalty committed, after the penalty shot, regardless of the outcome of the penalty shot, possession will be awarded to the team who took the penalty shot.

- 38.06.3.15 10-minute misconducts shall result in an expulsion for the remainder of the game, not to carry to the next game.
- 38.06.3.16 Fighting, Match Penalties, and Gross Misconduct penalties shall result in a penalty shot, and expulsion from the event. For any penalty committed, after the penalty shot, regardless of the outcome of the penalty shot, possession will be awarded to the team who took the penalty shot.
- 38.06.3.17 Game Reports shall be electronically filed for all penalties listed under CLA Rule 23(L), as well as any incidents of fighting.
- 38.06.3.18 Any player receiving three (3) penalties in one game shall receive an expulsion for the remainder of the game, not to carry to the next game. A double minor shall count as two (2) penalties toward the maximum of three (3).
- 39.06.3.19 Any player who receives two (2) game expulsions for exceeding three (3) penalties shall be suspended for the remainder of the event.

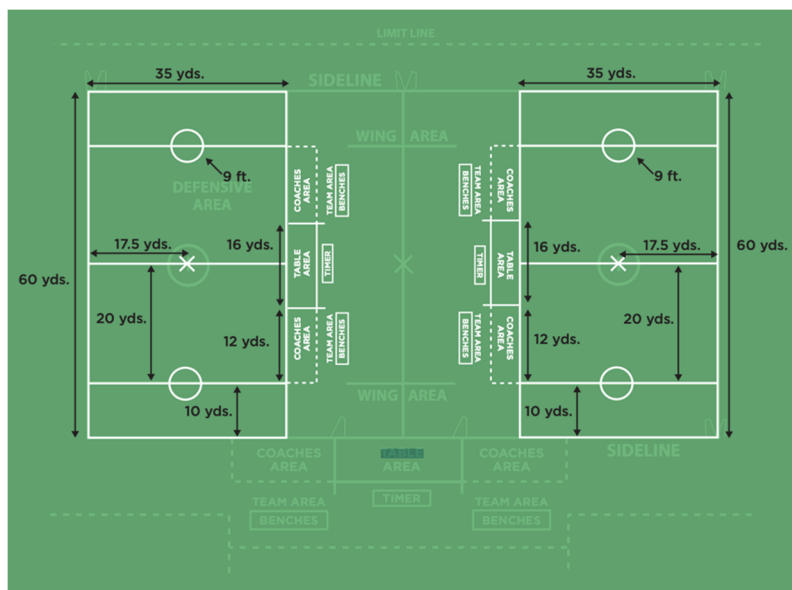
38.07 Men's Field and Women's Field Lacrosse Programming

38.07.01 See Regulation 5.03.5 Recreational Lacrosse

38.07.02 **8U Play will consist of 4 on 4** - (MF/WF 3 field players and a goalie). 4x4 nets will be used.

**No Long Poles*

38.07.02 Playing Surface - The playing field shall be rectangular, 60-70 yards max in length and 35-45 yards in width. The playing field shall be rectangular, 60-70 yards max in length and 35-45 yards in width. The center of the field shall be marked by approximately a four-inch circle, square or X. The goal creases shall be circular and painted on the field with a radius of 9 feet. Portable creases can also be used instead of painted creases.

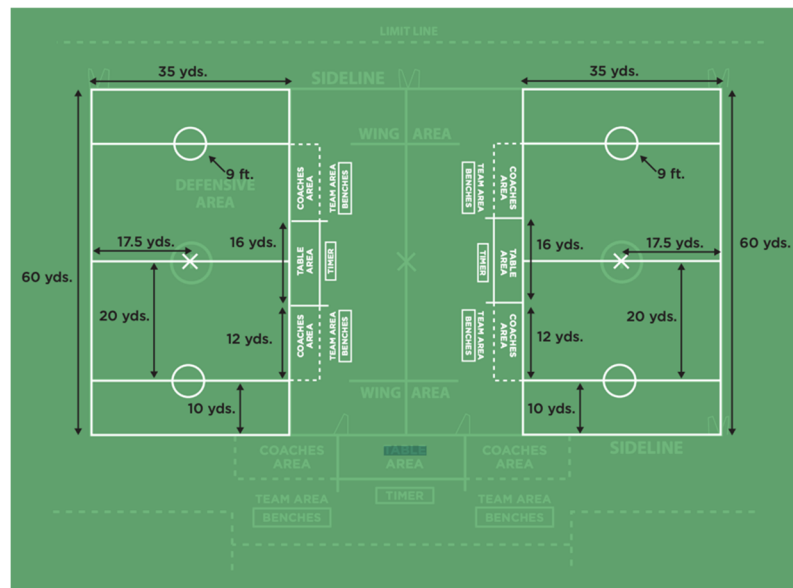


38.07.02.3 Play will be non-contact with no offsides and no faceoffs after goals.

- 38.07.02.4 Players will be subbed out for fouls as there are no time served fouls.
- 38.07.02.5 Play will NOT include offsides and will NOT include draws after goals
- 38.07.02.6 A competition will consist of two 12-minute running time halves, with a 4-minute halftime period.
- 38.07.03 **10U+ Play will consist of 7 on 7 play** (MF- 2 attack, 2 midfield, 2 long poles, 1 goalie) (WF- 6 field players, 1 goalie. 6 x 6 nets will be used).

**Only three (3) long poles permitted on the field at one time in MF*

- 38.07.03.1 **Playing Surface** - The playing field shall be rectangular, 60-70 yards max in length and 35-45 yards in width. The playing field shall be rectangular, 60-70 yards max in length and 35-45 yards in width. The center of the field shall be marked by approximately a four-inch circle, square or X. The goal creases shall be circular and painted on the field with a radius of 9 feet. Portable creases can also be used instead of painted creases.



38.08 Hybrid Box Lacrosse and Field Lacrosse Programming

- 38.08.01 The Hybrid Box Lacrosse and Field Lacrosse programming will keep the same cohort group together for the duration of the program offering box and field lacrosse.
- 38.08.01 See Regulation 5.03.5 Recreational Lacrosse
- 38.08.02 See Regulation 16 Box Lacrosse 4 on 4
- 38.08.03 See Regulation 38.06 Box Lacrosse
- 38.08.04 See Regulation 38.07 Men's Field and Women's Field Lacrosse

38.09 Major Box Lacrosse Programming

- 38.09.01 See Regulation 5.03.5 Recreational Lacrosse
- 38.09.02 See Regulation 16 Box Lacrosse 4 on 4
- 38.09.03 See Regulation 38.06