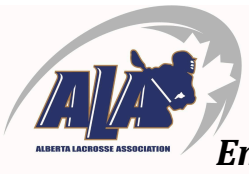


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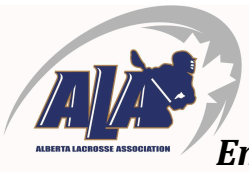


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REGULATION 1 – BOUNDARIES

- 1.01 Subject to the provisions of this Article, each Local Governing Body (LGB) shall have the right to establish its own boundaries provided that such boundaries do not encroach upon the geographic area of the approved boundaries of another LGB, Club, Association or Team.
- 1.02 Subject to the provisions of this Article, any Club, Association or Team, which is not a member of an LGB shall have the right to establish its own boundaries provided that such boundaries do not encroach upon the geographic area of the approved boundaries of any LGB, or other Club, Association or Team.
- 1.03 Any LGB, Club, Association or Team which establishes boundaries in accordance with sections 1.01 and 1.02 above shall submit such boundaries to the Board for ratification. In the absence of any extraordinary circumstances or a conflict with the existing approved boundaries or proposed boundaries of any other LGB, Club, Association or Team, the Board shall ratify such boundaries as submitted.
- 1.04 If prior to the ratification of the proposed boundaries the Board becomes aware of any conflict with such proposed boundaries, the Board shall notify in writing each of the party requesting such ratification, and any parties with whom such proposed boundaries conflict.
- 1.05 Upon receipt of any written notice from the Board issued pursuant to section 1.04 above, each of the affected parties shall meet and in good faith attempt to resolve the conflict. If the conflict is resolved between the parties within 30 days of the date of the notice issued by the Board pursuant to section 1.04 or such further period mutually agreed to by the conflicting parties, a joint written notice signed by each of the conflicting parties shall be delivered to the Executive Director advising the Board that an agreement has been reached, which notice shall outline the agreed resolution.
- 1.06 If such agreed resolution does not encroach upon the geographic area of the approved boundaries of any LGB, or other Club, Association or Team, then in the absence of any extraordinary circumstances the Board shall approve such boundary and such decision of the Board shall be final and binding upon the conflicting parties delivering the joint written notice.
- 1.07 If the conflicting parties are unable, within thirty days of the date of the notice issued by the Board pursuant to section 1.04 or such further period mutually agreed to by the conflicting parties, a joint written notice signed by each of the conflicting parties shall be delivered to the Executive Director advising the Board that no resolution to the conflict could not be reached.
- 1.08 In the event no resolution can be reached by the conflicting parties, each of the conflicting parties shall be entitled to make written submissions to the Board in support of their respective positions. Each of the conflicting parties shall also be entitled to attend and make verbal submissions to the Board at its immediately next succeeding meeting. Once the Board has received and reviewed the written submissions, if any, and heard any verbal submissions made by the conflicting parties, the Board shall then decide the matter on the issue of the proposed boundaries and such decision of the Board shall be final and binding upon the conflicting parties. The Board will take no adverse inference from the failure of a conflicting party to make either written or verbal submissions and shall make its decision upon the merits of the individual circumstances on a case-by-case basis.
- 1.09 If prior to the ratification of the proposed boundaries the Board becomes aware of any extraordinary circumstances with respect to such proposed boundaries, the Board shall notify in writing the party requesting



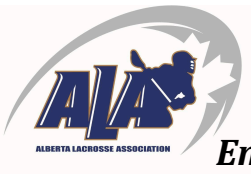
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such ratification of the nature of such extraordinary circumstances and advising such party that it has an opportunity to either provide a written submission in support of such request or the opportunity to attend the immediately next succeeding meeting of the Board to provide verbal submissions in support of its request. Once the Board has received and reviewed the written submission, if any, and heard any verbal submissions made by the requesting party, the Board shall then decide the matter on the issue of the proposed boundaries and such decision of the Board shall be final and binding upon the requesting party. The Board will take no adverse inference from the failure of a requesting party to make either written or verbal submissions and shall make its decision upon the merits of the individual circumstances on a case-by-case basis.

- 1.10 Any boundary dispute between any Association, Club or Team within an LGB shall in first instance be resolved by the affected LGB in accordance with its own governing documents. Any decision by an LGB with respect to a dispute between any Association, Club or Team within a given LGB may be appealed to the ALA, as any other decision of a member.

- 1.11 An Association, Club or Team shall not withdraw from its then approved LGB after January 15 in any calendar year without the approval of the board of the said LGB, such approval may not be unreasonably or arbitrarily withheld as such action has a significant effect upon the boundaries of an LGB. If an Association, Club or Team makes an application to withdraw from its then approved LGB and such application is denied by the LGB such decision of the LGB may be appealed to the ALA, as any other decision of a member.



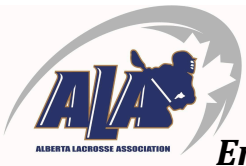
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REGULATION 2 – TAMPERING

- 2.01 No player, or potential player, shall be contacted by anyone connected to a Boundary area outside the players' Boundary area in which the player, or potential player, resides about playing for a team in another Boundary area without first receiving written permission of the President of the Member of the Boundary area in which the player or potential player resides.

- 2.02 In Major Lacrosse, the Rocky Mountain Lacrosse League (RMLL) may establish its own regulations regarding tampering, which may be in addition to ALA Regulation 2.01.



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REGULATION 3 – PLAYER ELIGIBILITY

- 3.01 All players must be accurately registered in the recognized ALA registration system.
- 3.02 Players in Minor Box are permitted to register on ONE TEAM per division and level unless approved by ALA Executive.
- 3.03 Players, coaches, and Officials are to be registered in the ALA online registration system prior to participating in any ALA sanctioned events.
- 3.04 All Team Alberta players must be registered with an ALA Member Club in the applicable discipline of lacrosse that the player is trying out for prior to Team Alberta tryouts.
- 3.05 Team Alberta players who commit to attending the Lacrosse Canada (LC) National Competition must fulfill this commitment prior to attending a LC National Competition at an older age division.

REGULATION 3A – MEMBER RESPONSIBILITY - PLAYER ELIGIBILITY VIOLATIONS

- 3A.01 Members shall be responsible to ensure that their players are eligible to play for their team in accordance with the ALA and LC Operating Policy.
- 3A.02 An ineligible player includes the following:
 - A player not properly registered or improperly registered within the LGB, ALA and LC Operating Policy;
 - A suspended player; or
 - A player improperly released in accordance with the LGB, ALA, and LC Operating Policy.
- 3A.03 If anyone participates in a game or if their name appears on the game sheet while ineligible, the person responsible shall be subject to immediate discipline and the team shall forfeit any points earned from any games played using an ineligible person.
- 3A.04 In any disciplinary proceeding arising out of a violation of this regulation, where it is established that the person or member who or which is the subject matter of the discipline proceedings should have known of the ineligibility of the player, and if in defense of the disciplinary action, it is submitted that the ineligibility was not known, the burden of proving the lack of knowledge is on the party who is the subject of the disciplinary proceeding.
- 3A.05 Players eligible for Major Lacrosse (RMLL) graduating U17 draft are those players registered with an ALA Minor Lacrosse Member (as per the ALA registration system) in the year previous of the player becoming eligible to register for ALA Junior Registration.
- 3A.06 Only players who are registered in the ALA registration system, the season prior, to the submission of the LC negotiated list can be protected by an ALA team on the LC Negotiation List.
- 3A.07 ALA Members participating in non-ALA sanctioned events are not covered by ALA insurance.



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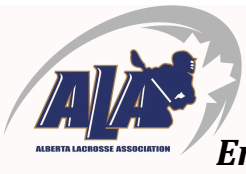
REGULATION 4 – REGISTRATION

All ALA Players, Coaches, Trainers, Officials, and Executives must be registered in the ALA Registration System and agree to the ALA waiver prior to participating in any ALA sanctioned event.

- 4.01 Except as hereinafter provided, no player shall be registered as a member of, or compete for, a team in any ALA match who has not been a bona fide resident within that team's boundary area as established by the ALA or LGB since April 1 of the playing season.
- 4.02 A minor player's residence is the address of the parent/guardian with custody of the player as of April 1 in the competition year. Addresses while at school are not considered permanent residences.
- 4.03 If there is no team in the player's division within the boundary area in which the player resides, or if the player does not reside within a recognized boundary area, player's must play in the boundary area which is nearest by ordinary travel, which has a team registered in his/her division. A player may not establish residency for the principal purpose of playing or practicing lacrosse.
- 4.04 The Zones of the ALA are as per the Alberta Sport Zones for the administration of Alberta Summer Games. The Boundary areas of a LGB are those that are established by that LGB. Club boundaries are those established by its LGB.
- 4.05 If a player wishes to play on a team outside their boundary area and if both Clubs (the one releasing and the one receiving the player) agree to the release, then the player may play for the team outside their boundary area. If the player's resident boundary area team does not agree, the release request must go to the requesting player's LGB or, in the case where there is no LGB, then to the ALA Director of Administration whose decision may be appealed to the Discipline/Appeals Committee. The Discipline/Appeal Committee's decision will be final and binding. At both levels, the request, and submissions of the two (2) clubs, if any, shall be in writing and there shall be no hearing. The player and the clubs shall be provided with copies of the written submissions and shall have the opportunity to respond in writing. There shall be no appeal. A decision will be made within seven (7) days of receipt of the written request.
- 4.06 The form of release shall be as per ALA Electronic Transfer in the ALA Registration System and unless specifically stated to be otherwise will be effective for one season only.
- 4.07 If a player changes residence from one boundary area to another Boundary area, no release from the player's former Club in the Zone is necessary and the player shall, unless released, play for a team in the Boundary area in which they reside pursuant to Regulation 4.01 and 4.02.
- 4.08 In Major Lacrosse, the RMLL may establish its own residency requirement which may differ from the above.

REGULATION 4A – REGISTRATION DEADLINES AND CAPACITIES

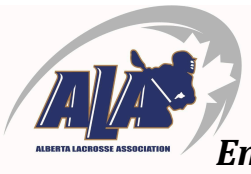
- 4A.01 The registration start date for registration of players and teams for the ALA Box Season is December 1, and the deadline is May 15 for Minor Box, and July 15 for Major Box and Masters. (Note: Players signed and released prior to July 1 may be added to another team's roster until 11:59 pm July 15.)



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- 4A.02 The registration start date for registration of players and teams for the Winter Box Season is September 1, and the deadline is January 31.
- 4A.03 The registration start date for players and teams for the ALA Field Season is April 1, and the deadline is August 1.
- 4A.04 The registration start date for players and teams for the ALA Fall Field Season is August 15, and the deadline is January 31.
- 4A.05 Late registrations may be accepted by the Director of Administration but there may be a \$50.00 fee assessed to the registering Member for each registrant the Member registers late. Late player registrations are not permitted in Major Lacrosse.
- 4A.06 Major Box Lacrosse teams cannot register more than 25 and not less than 16 players.
- 4A.07 New Major Lacrosse franchises and Major Lacrosse teams changing divisions must notify the ALA at the time of application to the RMLL.
- 4A.08 Minor Box teams cannot register more than 20 (18 players and 2 goalies) and not less than 12 players.
- 4A.09 Men's Field Lacrosse Teams cannot register more than 23 and not less than 15 players for U12 and above. Men's Field Lacrosse Teams cannot register more than 18 and not less than 12 players in U10. Men's Field Lacrosse teams cannot register more than 18 and not less than nine (9) players in U9 and U7.
- 4A.10 Women's Field Lacrosse teams cannot register more than 18 and not less than 14 players for U15 and above. Women's Field Lacrosse teams cannot register more than 18 and not less than 12 players for U13. Women's Field Lacrosse teams cannot register more than 18 and not less than nine (9) players for U9.
- 4A.11 Exceptions are made in Junior B Tier II, Junior B Tier III, Junior Ladies, and Senior B, where rosters may not exceed 30, in Senior C and Senior Women's where rosters cannot exceed 40, and in U7 where teams may register a minimum of seven (7).
- 4A.12 Any further exceptions to 4A.06, 4A.08, 4A.09, 4A.10, and 4A.11 may be considered by the ALA Executive on a case-by-case basis for the current season only.
- 4A.13 Minor Box registration shall not close or impose waitlists before the 15th day of March of any given season.
- 4A.14 Alumni players may register with the ALA office for a single exhibition game with no applicable fee to the ALA.
- 4A.15 All Players must be registered on teams.
- 4A.16 All Teams must have registered bench personnel (volunteer or contracted) in the ALA Registration System. Bench personnel will consist of all coaches and a trainer. All Female-only teams must have one registered female bench personnel registered to the team in RAMP and on the bench as per the ALA Registration System and correlating to the game sheet.
- 4A.17 All Alberta Lacrosse Referees Association (ALRA) Officials must be registered in the ALA Registration System.



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4A.18 The mandatory fields for all registrations are: First name, last name, DOB, address, city, postal code, province, gender, home phone or cell number, and primary email address. This is for all Executive, bench personnel, players, and Officials.

REGULATION 4B – ALA PLAYING SEASONS FOR REGISTRATION PURPOSES

4B.01 The ALA Box Lacrosse season for players registered is March 1 to September 31.

4B.02 The ALA Winter Box season for players registered is October 1 to February 28.

4B.03 The ALA Field season for players registered is June 1 to October 31.

4B.04 The ALA Fall Field season for players registered is September 1 to March 1.



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REGULATION 5 – COMPETITION

- 5.01 No team registered with the ALA shall participate in any competition in Canada involving persons who are not registered with Members of the LC or participate in tournaments or other competitions that are not sanctioned by a Member of LC.
- 5.02 Player registration information will not be accepted from any Team or Association until membership requirements have been met and the Association or Team is recorded in the Register of Members.
- 5.03 Within the ALA the following are the approved Divisions or age categories for box lacrosse:
- Recreational Lacrosse is open to all ages of players for recreational lacrosse.
 - Masters registration is open to players for recreational lacrosse.
 - Senior registration is open to players 22 years of age and over in the year in which they wish to compete.
 - Junior registration is open to players who are under 22 years of age and minimum 17 years of age on December 31 in the year in which they wish to compete.
 - U19 registration is open to players who are under 19 years of age and a minimum of 17 years of age on December 31 in the year in which they wish to compete.
 - U17 registration is open to players who are under 17 years of age and minimum 15 years of age on December 31 in the year in which they wish to compete.
 - U15 registration is open to players who are under 15 years of age and minimum 13 years of age on December 31 in the year in which they wish to compete.
 - U13 registration is open to players who are under 13 years of age and minimum 11 years of age on December 31 in the year in which they wish to compete.
 - U11 registration is open to players who are under 11 years of age and minimum 9 years of age on December 31 in the year in which they wish to compete.
 - U9 registration is open to players who are under 9 years of age and minimum 6 years of age on December 31 in the year in which they wish to compete. 8U play shall concentrate on the development of players' skills and sportsmanship and shall be non-competitive.
 - U7 registration is open to players who are under 6 years of age on December 31 in the year in which they wish to compete. U7 shall concentrate on the development of players' skills and sportsmanship and shall be non-competitive. U7 minimum age is at the discretion of the club.
- 5.04 Within the ALA the following are the approved Divisions or age categories for men's field lacrosse:
- Recreational Lacrosse is open to all ages of players for recreational lacrosse.
 - Masters registration is open to players for recreational lacrosse.
 - Senior registration is open to players 20 years of age and over in the year they wish to compete.
 - U19 is open to players who are under 19 years of age and minimum 16 years of age on December 31 in the year in which they wish to compete.
 - U17 registration is open to players who are under 17 years of age and minimum 15 years of age on December 31 in the year in which they wish to compete.
 - U15 registration is open to players who are under 15 years of age and minimum 13 years of age on December 31 in the year in which they wish to compete.
 - U13 registration is open to players who are under 13 years of age and minimum 11 years of age on December 31 in the year in which they wish to compete.
 - U11 registration is open to players who are under 11 years of age and minimum 9 years of age on December 31 in the year in which they wish to compete.



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- U8 registration is open to players who are under 8 years of age and minimum 6 years of age on December 31 in the year in which they wish to compete. U8 play shall concentrate on the development of players' skills and sportsmanship and shall be non-competitive.
- U6 Registration is open to players who are under 6 years of age on December 31 in the year in which they wish to compete. U6 play shall concentrate on the development of players' skills and sportsmanship and shall be non-competitive. U6 minimum age is at the discretion of the club.

5.05 Within the ALA the following are the approved Divisions or age categories for women's field lacrosse:

- Recreational Lacrosse is open to all ages of players for recreational lacrosse.
- Masters registration is open to players for recreational lacrosse.
- Senior registration is open to players 20 years of age and over in the year they wish to compete.
- U19 is open to players who are under 19 years of age and minimum 16 years of age on December 31 in the year in which they wish to compete.
- U15 registration is open to players who are under 15 years of age and minimum 13 years of age on December 31 in the year in which they wish to compete.
- U11 registration is open to players who are under 11 years of age and minimum 9 years of age on December 31 in the year in which they wish to compete.
- U9 registration is open to players who are under 9 years of age and minimum 7 years of age on December 31 in the year in which they wish to compete. U7 play shall concentrate on the development of players' skills and sportsmanship and shall be non-competitive.

5.06 Recreational Lacrosse- Recreation lacrosse is aimed at areas without substantial registration numbers, low-income individuals, New Canadians, Indigenous people, minority groups, and players who do not wish to play competitively.

5.06.1 All participants must be registered with an ALA Member Club.

5.06.2 LGB jurisdiction does not apply to recreational lacrosse.

5.06.3 Recreational lacrosse is a weekly, non-competitive, drop-in program.

5.06.4 Recreational lacrosse is co-ed and can be organized by age divisions or by like skill groups.

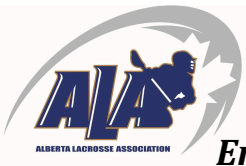
5.06.5 A Community Development Trained coach must be present at all sessions.

5.06.6 Required equipment is a helmet and facemask, gloves, and appropriate footwear. A soft ball may be used in recreational lacrosse.

5.06.7 Recreational lacrosse will run a minimum of one-hour sessions. The first half hour is skills and drills. The second half hour will be scrimmage controlled by the Community Development Trained coach. Goalies are not required.

5.07 Exceptions to Registration in Competition Age Groups

5.07.1 Any exception for any individual player to these regulations, 5.03, 5.04, and 5.05 must be submitted for approval to the LGB or the ALA, if there is no LGB, three (3) weeks prior to the start of the current season. Approval will be sent to the player within two weeks of the request for exception. There is no appeal from the decision of the LGB or the ALA. Exceptions are valid only for the current season.



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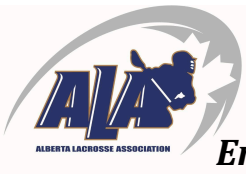
- 5.07.2 Overage requests may be approved by the LGB or the ALA, if there is no LGB, on a case-by-case basis for reasonable medical accommodation, player safety, if there is not an appropriate division team with roster spots available in the players boundary as per ALA Regulation 1, or preservation of a program.
- 5.07.3 Underage players may be approved by the LGB or the ALA, if there is no LGB, on a case-by-case basis for reasonable medical accommodation, player safety, if there is not an appropriate division team with roster spots available in the players Boundary as per ALA Regulation 1, or preservation of a program.
- 5.07.4 A listing of all exceptions must be provided to the ALA Office complete with the reason for approval of the exception by June 1 of the current playing season.

REGULATION 5A - AFFILIATIONS

- 5A.01 Affiliations from Minor Lacrosse to Major Lacrosse must be requested by the RMLL coach or manager to the potential affiliate players' Head Coach or Manager. The potential affiliated players' Head Coach or Manager must receive approval from the parent of the player. These approvals must be communicated by the potential affiliate players' Head Coach or Manager to the RMLL team copying the minor Club President and the minor LGB President or Executive Director.
- 5A.02 Affiliations from U17 to Junior are unlimited.
- 5A.03 Affiliations from Minor Lacrosse to Senior B and Senior C Lacrosse are prohibited.
- 5A.04 Minor teams may affiliate to a maximum of 18 players and 2 goalies. Any affiliate goaltenders must be dressed as goaltenders, on the bench, and will only be eligible to participate as a goaltender during Provincials. Teams may carry a maximum of two (2) goalies. All affiliates must be drawn from the same club and in a lower division or lower tiered team in the applicable division competing. U9 teams are permitted to affiliate first year aged U9 players.
- 5A.05 Minor clubs' teams without a division below may affiliate to another team in their LGB. Players may not be affiliated if a conflict with their normal team exists. All players' first obligation is to their regular club team.
- 5A.06 In Minor suspended players cannot be affiliated. If suspended, as an affiliate player, the suspension must be served with the player's original ALA Registered Team.

REGULATION 5B – EXHIBITION GAMES

- 5B.01 All exhibition games between teams from different LGBs or teams without an LGB, must be sanctioned by the ALA.
- 5B.02 All teams are to have written permission from the appropriate LGB or Club President (for teams without an LGB).
- 5B.03 During exhibition play, the number of players dressed for Major Lacrosse may be modified with the agreement of both teams. Teams can dress up to 22 runners and three (3) goalies.



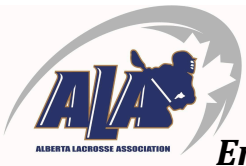
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- 5B.04 In Minor the host team must supply floor time and assure scheduling and payment of Officials through the ALRA.
- 5B.05 In Minor during exhibition play, Regulation 9 may be modified with the agreement of both teams. When modifying it, the Allotted Game Time, Warm-Up Time, Period Length, and Period Break are to be predetermined. If Regulation 9 is modified, the referees officiating the game(s) are to be compensated according to the period lengths and allotted time for the next appropriate division (e.g. For U9, U11, or U13 game where 3 x 20-minute periods are used, the Officials will be compensated at a U15 rate).
- 5B.06 Confirmation of all requirements must be supplied to both LGB Presidents or Club President (for teams without an LGB) and the ALA Office at info@albertalacrosse.com.

REGULATION 5C – TRAVEL PERMITS

- 5C.01 All teams that travel outside Alberta shall complete and submit the necessary *Travel Authorization Request* form and fee of \$150 to the ALA office. The completed *Travel Authorization Request* form must be submitted to the ALA Office a minimum of 15 days prior to the departure date and be signed off by the LGB President. A non-refundable late filing fee of \$150.00 may apply to all teams failing to file the travel permit on time.
- 5C.02 Approval or disapproval will be given by the Director of High Performance within seven (7) days after the travel permit has been received.
- 5C.03 All competitions must be sanctioned by Member Associations of LC, or in the case of international competitions, by the analogous governing bodies.
- 5C.04 Any team playing ineligible players, with unapproved bench personnel on game sheets, or traveling without proper authorization and valid travel permit may be subject to a \$500 fine and the coach may receive a one-year suspension.
- 5C.05 Upon return to Alberta, all copies of game sheets must be filed with the ALA office within three (3) days. If the game sheets are not filed within three (3) days, an additional fee of \$250 will be invoiced to the team. If the additional fee is not paid prior to the ALA invoicing its members for annual fees, this \$250 fee will be added to that invoice and the failure of the member club to pay such amounts will carry the same consequences as if its annual member fee is not paid on time as set out in Regulation 16C below.

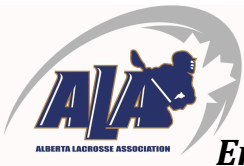


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REGULATION 6 – TOURNAMENTS

- 6.01 A tournament is defined as a contest involving several teams who play against each other in a series of games and will require ALA sanctioning prior to taking place in the province.
- 6.02 Teams registered with the ALA shall compete only in tournaments that are sanctioned by the ALA.
- 6.03 The *Request to Host a Tournament* form must be submitted with a fee of \$150 to the ALA Office by November 1. A late filing fee of \$150.00 may be charged should the deadline not be complied with. Approved tournaments requesting changes to dates or add divisions may be subject to a \$100 change fee.
- 6.03.1 The tournament schedule must be provided to the ALA office a minimum of two (2) weeks in advance of the first game of the tournament. Teams cannot be scheduled for more than three (3) games in any given day and less than two (2) hours apart.
- 6.04 Prior to submitting tournament requests to the ALA, all requests must be approved by the LGB.
- 6.05 Men's Field Lacrosse tournament rules will be as per Regulation 10A. Failure to comply with Regulation 10A may result in a \$750 fine.
- 6.06 Women's Field Lacrosse tournament rules will be as per Regulation 10B. Failure to comply with Regulation 10B may result in a \$750 fine.
- 6.07 Major Box Lacrosse tournaments are as per RMLL Regulations.
- 6.08 The host organization of any tournament shall, within 48 hours of the end of its tournament, file with the ALA office and its LGB a report outlining any discipline problems, accompanied by the corresponding game sheet (if applicable) which resulted in five-minute penalties and any suspensions of any official, player, coach, manager, or other person. Tournament discipline is to be supplied on the discipline template provided to the discipline chair. Failure to supply discipline reports may result in a \$500 fine to the host organization. If the suspended Official, player, coach, manager, or other person is not a member of or subject to the jurisdiction of such LGB (i.e., a visiting team from another LGB or MA) the LGB shall within 48 hours of receipt of such report forward a copy of same to such suspended parties LGB or equivalent authority which has jurisdiction over such suspended Official, player, coach, manager or other person.
- 6.09 All Tournament Chairs must supply the ALA office with the Tournament Standing Report (if not using the RAMP Tournament program) within 48 hours after the final game of the tournament. Failure to supply a report may result in a \$500 fine to the host organization.
- 6.10 All tournaments are to have a Discipline Chair and Official-in-Charge.
- 6.11 ALA sanctioned tournaments are only available for U9 divisions and higher.
- 6.12 Any exceptions to this Regulation must be approved by the Director of High Performance.



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REGULATION 6A – ALA MINOR BOX PROVINCIALS

6A.01 Each LGB will put forth teams in which to represent at Provincials:

U17-A	Top two teams from the WRLL
U15-A	League Champion from GELC & CDLA
U13-A	League Champion from GELC & CDLA
U17-B	League Champion representing each LGB + host (if requested)
U15-B	League Champion representing each LGB + host (if requested)
U13-B	League Champion representing each LGB + host (if requested)
U17-Female	Format to be determined.
U15-Female	Format to be determined.
U13-Female	Format to be determined.

6A.02 All tournament formats are to be approved by the ALA Director of High Performance. Format will be either Round Robin or Best-of- Series, depending on the division.

6A.03 The LC Coaches Code and the LC Coaching Philosophy for Minor Lacrosse must be adhered to. Adherence to these guidelines will be monitored and interpreted by the Director High Performance or designate. The decision of the ALA Director of High Performance will be final.

6A.04 LGB's must submit to the ALA office the list of teams, including bench personnel, and Manager contact information. If the LGB fails to provide representation the LGB may be fined \$2500.

6A.05 The Provincial Championship fee will be invoiced to each LGB in April of each calendar year based on the amount set out by the season's approved financial budget.

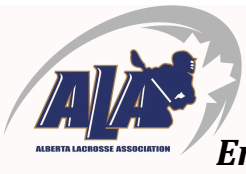
6A.06 All teams participating in Provincial Championships must be registered with the ALA registration System. The player rosters and bench personnel for the Provincial Championship will be those that are registered with the ALA and assigned to that team as of May 15th of the current season, as per the ALA Registration System. The ALA will provide the host committee with each team's approved roster (players and bench staff) 72 hours before the first game.

6A.07 Affiliations are per ALA affiliation regulations and must be received by the ALA office 96 hours prior to the first game. There are no exceptions to the affiliation regulation.

6A.08 Teams leaving players at home for affiliated players will forfeit all Provincial games and the Head Coach will be referred to discipline.

6A.09 In the event of a tie in point standings in a competition, final standings shall be determined as follows:

- 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, GOAL AVERAGE FORMULA: Only the goals scored in games between the tied teams are used in the goal average formula for tie breaking. The team with the highest ratio advances.



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- Otherwise, GOALS AVERAGE FORMULA: Only the goals scored in games between each other plus common opponents are used in the goal average formula for tie breaking. The team with the highest ratio advances.
- Otherwise, GOALS AGAINST FORMULA: Using goals for and against in all games played by the tied teams.

$$\frac{\text{GOALS FOR}}{\text{GOALS FOR} + \text{GOALS AGAINST}}$$

- The formula is applied once to rank all tied teams.

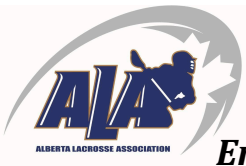
6A.10 To place an appeal with the Provincials Committee, the appealing team must put a \$300 non-refundable fee forward. The appeal must be made in writing and must be received no later than 30 minutes after the conclusion of the game. If game conclusion time is missing from the game sheet the scheduled game time conclusion shall be used. If any game or portion thereof is to be replayed, the refund will be given after that conclusion. The decision of the Provincials Committee is final unless the sanction carries beyond the tournament

REGULATION 6B– MAJOR BOX PROVINCIALS

- 6B.01 Major Box Provincial Championships will be conducted as per ALA and RMLL Rules, Regulations, and Policies.
- 6B.02 All schedules complete with dates, time, and location are to be approved by the ALA Director of High Performance.
- 6B.03 All contracts for Major Lacrosse Provincials must be in the name of the ALA unless approved by the Executive Director.
- 6B.04 All Alberta players and bench personnel must be registered with the ALA registration database and listed on the team's roster for the current season.
- 6B.05 All Coaches and Trainers must meet LC Minimum Coaching Standards.
- 6B.06 Provincial trophies are to be returned to the RMLL by the RMLL AGM of the competition year at the team's cost. Teams failing to return trophies by the deadline may be fined \$250 per month up to the replacement value of the trophy which there is no appeal. Damaged trophies will be invoiced to the Club.
- 6B.07 The ALA will send a Representative to Major Box Provincials. The Representative will be the division commissioner. If the division commissioner is unable to attend, the ALA representative will be a person who is appointed by the Director of High Performance.

REGULATION 6C - MINOR 4 ON 4 TOURNAMENTS

- 6C.01 Each team comprised no more than 9 players and 1 goaltender.
- 6C.02 The game shall be played with 4 players and 1 goaltender on the floor for each team.
- 6C.03 Teams will be given a 3-minute warm up prior to each game.



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- 6C.04 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.
- 6C.04 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.
- 6C.05 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).
- 6C.06 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.
- 6C.07. There is to be no overtime during regular games. 2 points awarded for a win. 1 point for a tie. Zero points for a loss.
- 6C.08 In semi-final and final games: If a tie occurs, a shootout will decide the winner:
- i) Each team shall select 3 shooters
 - ii) Each team shall alternate equal chances to score
 - iii) 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 and
 - iv) Shooters may not be repeated until all players have attempted to score in the shootout
- 6C.09 Penalties
- All penalties in the LC Rulebook shall apply
 - Minor penalties shall result in a single penalty shot
 - Double minor penalties shall result in two penalty shots, player remains in the game.
 - Major penalties shall result in a penalty shot and a game misconduct
 - 10-minute misconducts shall result in an expulsion for the remainder of the game, not to carry to the next game
 - Fighting, Match Penalties, and Gross Misconduct penalties shall result in a penalty shot, and expulsion from the event
 - Game Reports shall be electronically filed for all penalties listed under LC Rule 23(L), as well as any incidents of fighting
 - Any player receiving 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 2 penalties toward the maximum of 3
 - Any player who receives 2 game expulsions for exceeding 3 penalties shall be suspended for the remainder of the event
- 6C.10 Penalty shots will happen mid game. Play stops (not the clock) player on the floor (player who was fouled if able) takes the shot. Remaining players on the floor stand at sideboards and rush in once a shot is taken.
- 6C.11 OVERTIME: For Semi Final games and Medal games



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There will be fifteen (15) minute sudden victory periods until a goal is scored. There will be five (5) minute rest periods between each fifteen (15) minute period. Points for pool play are as follows: TWO points for a win, ONE point for tie and ZERO points for a loss are awarded.

In the event of a tie in point standings in a competition, final standings shall be determined as follows:

- 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, GOAL AVERAGE FORMULA: Only the goals scored in games between the tied teams are used in the goal average formula for tie breaking. The team with the highest ratio advances.
- Otherwise, GOALS AVERAGE FORMULA: Only the goals scored in games between each other plus common opponents are used in the goal average formula for tie breaking. The team with the highest ratio advances.
- Otherwise, GOALS AGAINST FORMULA: Using goals for and against in all games played by the tied teams. $GOALS\ FOR / (GOALS\ FOR + GOALS\ AGAINST)$
- The formula is applied once to rank all tied teams.

REGULATION 6D – ALA MEN’S FIELD PROVINCIALS

- 6D.01 Member teams wishing to participate in Provincial tournaments must submit a *Provincial Intent Form* and \$300.00 intent fee per team by July 31. Out-of-province teams will submit a \$500 fee. If the Member team fails to provide representation at the Provincial Invitational Tournament, then the intent fee will be forfeited and the club may be fined \$2000.
- 6D.02 All ALA teams participating in Provincials must be registered with the ALA Registration System. The player rosters and bench personnel for Provincials will be those that are registered with the ALA, as per the ALA Registration System. Teams participating from another MA must have an approved travel permit from their MA.
- 6D.03 A player may not play for more than one team per division in Provincials each year.
- 6D.04 All Provincial tournament formats are to be approved by the Director of High Performance. The preferred format will be Round Robin with a playoff. If there are only two teams entered in a division the preferred format is a best-of-three series.
- 6D.05 In the event of a tie in point standings in a competition, final standings shall be determined as follows:
- 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, GOAL AVERAGE FORMULA: Only the goals scored in games between the tied teams are used in the goal average formula for tie breaking. The team with the highest ratio advances.
 - Otherwise, GOALS AVERAGE FORMULA: Only the goals scored in games between each other plus common opponents are used in the goal average formula for tie breaking. The team with the highest ratio advances.
 - Otherwise, GOALS AGAINST FORMULA: Using goals for and against in all games played by the tied teams.



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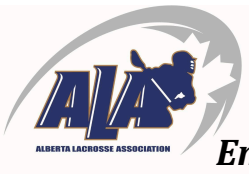
GOALS FOR GOALS FOR + GOALS AGAINST

The formula is applied once to rank all tied teams.

- 6D.06 To place an appeal with the Provincials Committee, the appealing team must put a \$300 non-refundable fee forward. The appeal must be made in writing and must be received no later than 30 minutes after the conclusion of the game. If game conclusion time is missing from the game sheet the scheduled game time conclusion shall be used. If any game or portion thereof is to be replayed, the refund will be given after that conclusion. The decision of the Provincials Committee is final unless the sanction carries beyond the tournament.
- 6D.07 The ALA will send a Representative to Men's Field Provincials. The Representative will be the person who is appointed by the Director of High Performance.
- 6D.08 Provincial trophies are to be returned to the ALA Office by the ALA AGM of the competition year at the club's cost. Clubs failing to return trophies by the deadline will be fined \$250 per month which there is no appeal. Damaged trophies will be invoiced to LGB.
- 6D.09 Clubs entering two (2) teams or more in a division must ensure these teams are parity teams.

REGULATION 6E – WOMEN'S FIELD LACROSSE PROVINCIALS

- 6E.01 Member teams wishing to participate in Provincial tournaments must submit a *Provincial Intent Form* and \$200.00 intent fee per team by July 31. Out-of-province teams will submit a \$400 fee. If the Member team fails to provide representation at the Provincial Invitational Tournament, then the intent fee will be forfeited and the club may be fined \$2000.
- 6E.02 All ALA teams participating in Provincials must be registered with the ALA Registration System. The player rosters and bench personnel for Provincials will be those that are registered with the ALA, as per the ALA Registration System. Teams participating from another MA must have an approved travel permit from their MA.
- 6E.03 A player may not play for more than one team per division in Provincial Tournament/ tournament event each year.
- 6E.04 All Provincial tournament formats are to be approved by the Director of High Performance. The preferred format will be Round Robin with a playoff. If there are only two teams entered in a division the preferred format is a best-of-three series.
- 6E.05 In the event of a tie in point standings in a competition, final standings shall be determined as follows:
 - 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.



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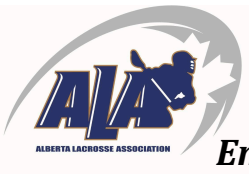
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- Otherwise, GOAL AVERAGE FORMULA: Only the goals scored in games between the tied teams are used in the goal average formula for tie breaking. The team with the highest ratio advances.
- Otherwise, GOALS AVERAGE FORMULA: Only the goals scored in games between each other plus common opponents are used in the goal average formula for tie breaking. The team with the highest ratio advances.
- Otherwise, GOALS AGAINST FORMULA: Using goals for and against in all games played by the tied teams.

$$\frac{\text{GOALS FOR}}{\text{GOALS FOR} + \text{GOALS AGAINST}}$$

- The formula is applied once to rank all tied teams.

- 6E.06 To place an appeal with the Provincials Committee, the appealing team must put a \$300 non-refundable fee forward. The appeal must be made in writing and must be received no later than 30 minutes after the conclusion of the game. If game conclusion time is missing from the game sheet the scheduled game time conclusion shall be used. If any game or portion thereof is to be replayed, the refund will be given after that conclusion. The decision of the Provincials Committee is final unless the sanction carries beyond the tournament.
- 6E.07 The ALA will send a Representative to Men's Field Provincials. The Representative will be the person who is appointed by the Director of High Performance.
- 6E.08 Provincial trophies are to be returned to the ALA Office by the ALA AGM of the competition year at the club's cost. Clubs failing to return trophies by the deadline may be fined \$250 per month which there is no appeal. Damaged trophies will be invoiced to LGB.
- 6E.09 Clubs entering two (2) teams or more in a division must ensure these teams are parity teams.



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REGULATION 7 - NATIONALS

REGULATION 7A – TEAMS ATTENDING NATIONALS

- 7A.01 Any teams wishing to attend a National Competition must have their LC Team Registration Form signed off by the Director of High Performance one week prior to the applicable National Competition. No application will be approved where:
- Any player or other personnel on the roster is not in good standing.
 - The team has not complied with LC Policy on coaching certification applicable to the Competition.
 - The team has not complied with the LC Policy on CCES (Canadian Centre for Ethics in Sport) training.
- Fines resulting from late filing of the Team Registration form are the responsibility of the offending team.
- 7A.02 Teams attending Minor Nationals must be managed, organized, and approved by the ALA.
- 7A.03 Teams attending Founders Cup, Presidents Cup, and Minto Cup must be the ALA Provincial Champion other than as per the hosting agreement.
- 7A.04 In the event the Provincial Champion cannot attend, the ALA Executive will select the ALA Representative to attend.

REGULATION 7B – BIDS FOR MAJOR BOX NATIONALS

- 7B.01 In Major Box, the bids for hosting a LC Major Lacrosse National Championship shall be submitted to the RMLL Executive Director and one shall be chosen by the RMLL Board of Directors. The RMLL's choice of the successful bid shall be forwarded to the Director of High Performance via the ALA Office together with all bid materials for ratification no later than January 15 of the year prior to the competition. The Director of High Performance will forward to the ALA Board of Directors for ratification.

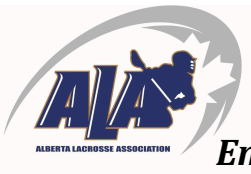


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REGULATION 8 – ALA SAFETY AND EQUIPMENT

- 8.01 Player safety and the use of proper equipment is the responsibility of many parties including:
- Players and parents (of minor players: 17 years of age and under as of January 1 of the current year) are responsible for providing and maintaining proper equipment.
 - Coaches, trainers, and team personnel are responsible for inspecting players equipment and preventing the use of improper equipment.
 - Game Officials are responsible for enforcing the LC rules of the game.
 - All players are required to wear protective equipment as described and/or limited in the rules of play approved by the ALA and LC.
 - In Box Lacrosse the use and/or prohibition on the use of protective equipment shall be as published by the ALA and LC in the Rules of Box Lacrosse and the LC Equipment Review Committee.
 - In Men’s Field Lacrosse the use and/or prohibition on the use of protective equipment shall be as published by World Lacrosse and the LC Equipment Review Committee.
 - In Women’s Field Lacrosse the use and/or prohibition on the use and/or prohibition on the use of protective equipment shall be as published by World Lacrosse and the LC Equipment Review Committee.
 - Equipment shall be manufactured by a LC approved manufacturer and shall not be altered in any way which will decrease the protection to the player, increase the risk of injury to an opponent, or void the manufacturer’s warranty.
 - Any equipment which violates this policy and/or the rules of play will be removed from the game and, where required, appropriate penalties will be given.
 - Where equipment dangerous to an opponent has been used, the game Officials shall report the occurrence, via the standard incident report, to the appropriate governing body.
- 8.02 For Box Lacrosse and Men’s and Women’s Field Lacrosse, all players shall wear equipment as directed and approved by the World Lacrosse and LC Equipment Review Committee.
- 8.03 Only LC approved balls may be used for practices and games. Yellow balls are required for Women’s Field Lacrosse.
- 8.04 Goggles are required for Women’s Field Lacrosse.
- 8.05 Mouthguards are required for all players/goalies, of all ages (except for U7 players/goalies) and to be used as it was intended by the manufacturer unless a medical doctors or dentists’ letter is supplied for the applicable season to the ALA and the LGB. This letter must be attached to the game sheet for each game played by the player.
- 8.05.1 Any player/goalie who does not use a mouthguard as it was intended by the manufacturer, shall be assessed a two (2)-minute delay of game penalty and a 10-minute misconduct. For the penalized player to remain in the game the penalized player must immediately use a mouthguard. In the event the goalie was assessed the penalty, a player on the floor must serve the penalty and misconduct. For the goalie to remain in the game, the goalie must immediately use a mouthguard as it was intended by the manufacturer. Failure to do so will result in the goalie being removed from the floor. A second penalty to the same player/goalie, in regard to mouthguards, will also result in a game misconduct and an official game report shall be forwarded to the LGB.
- 8.06 ALA Members who allow individuals on the playing surface during game period intermission without a helmet and face mask are subject to a first offence fine in the amount of \$250, and a second or subsequent offence fine

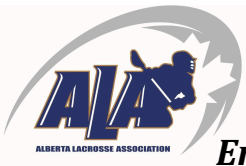


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in the amount of \$500. This regulation applies to all individuals under 18 years of age. The fine will be payable by the home club.

- 8.07 Players, coaches, referees, and volunteers (under 18 years of age on December 31 in the year in which they wish to participate) must wear a helmet on the playing surface, excluding coaches on the bench during a game.



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REGULATION 9 – RULES OF PLAY BOX LACROSSE

9.01 Rules of play in Alberta shall be those of the LC Rule Book for the current season. Any exceptions to LC rules, shall be listed in ALA Regulations and reviewed and approved of annually.

9.02 Standardized game times for Box Lacrosse are:

Division	Allotted Time	Warm-Up/ Training	Period/Game 1	Period/Game 2	Period/Game 3	Period Break
U9	1 hour	5	15	15	15	3
U11	1 hour	5	15	15	15	3
U13	1 hour	5	15	15	15	3
U15	1 ½ hours	5	20	20	20	3
U17	1 ½ hours	5	20	20	20	3
Junior B	2 ½ hours	30	20	20	20	10
Junior A	3 hours	60	20	20	20	10
Senior	2 ½ hours	30	20	20	20	10
Masters	1 ¼ hours	5	15	15	15	2
4 on 4	1 ¼ hours	3	15	15	15	3

9.03 In U9, U11, and U13 each game or period will be played as run-time. Run time is defined as straight play except for time outs or goalie water breaks.

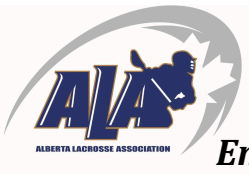
In U15 and U17 only the 3rd period will be played as stop-time. Stop-time is defined as the clock only stopping for goals, penalties, or time outs except for the 6 goal differential rule as per 9.05.

9.04 In U11, U13, U15, and U17 lacrosse, if five (5) minutes before the scheduled end time of the game time slot for league games, there is more than five (5) minutes left on the clock, the clock shall be reset to two (2) minutes and play shall continue in stop time to the end of the game, for each of U11, U13, U15, and U17 box lacrosse . As required, a game may be called at this time if an injury is present and cannot be taken care of in a timely fashion.

9.05 In U9, U11, U13, U15, and U17 lacrosse if a goal differential of six (6) or more goals is present at any time during the game, at the next whistle to start play, the clock will run at straight time. If the goal differential is brought within four (4) goals, the clock shall return to stop time at that time.

9.06 During running time portions of the game, all time penalties shall run at their normal designated time (Minor – 2 minutes, Major – 5 minutes, Misconduct – 10 minutes, etc.)

9.07 In the event a team is late for reasons outlined in LC Rule 19, the Officials may allow five (5) minutes past the normal start time of the game for the team to arrive unannounced. If the team that has been delayed has contacted the arena directly or via persons within the arena, the official shall provide an additional reasonable delay (up to 30 minutes).



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- 9.08 If less than two (2) full periods of any game have been completed, then, at the discretion of the LGB (Director of Development if no LGB is available), the game shall be considered incomplete, and the remainder of the game may be rescheduled for a suitable time.
- 9.09 The standardized game length will be extended for the purpose of overtime subject to Regulation 9.10.
- 9.10 The RULES OF PLAY outlined in this Regulation 9 shall apply to all games sanctioned by the ALA (e.g., exhibition, regular season, playoff, and provincial played games). The ALA retains the right to enhance rules of play for the safety and betterment of the Sport of Lacrosse in the Province of Alberta.
- 9.10.01 There will be NO SHOT CLOCK at U7 and U9.

REGULATION 9A - RULES

U7 RULES

- 9A.02 In U7, LTAD Option X will apply. Individual organizations will decide whether to use a goalie (based on number of players, availability of equipment, etc.)
- 9A.03 In LTAD Option X, the following shall apply in addition to LC Rule book:
- Shift on the fly.
 - Soft ball is used.
 - Fall back rule applies

U9 RULES

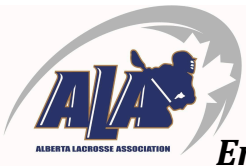
- 9A.04 In U9, LTAD Option L will apply.
- 9A.05 In LTAD Option L, the following shall apply in addition to LC Rule book:
- Fallback.
 - Shift on the fly.
 - Regulation ball used.
 - No coaches on the floor.
 - Penalties to be called and served.

U11 RULES

- 9A.06 All U11 box lacrosse games shall be played in accordance with LC Rules according to LTAD Option L for contact.

MAJOR AND MASTERS LACROSSE

- 9A.07 Major Box Lacrosse will be conducted pursuant to ALA and RMLL Rules, Regulations, and Policies.
- 9A.08 In Major Lacrosse the shot clock will be run in all situations.



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- 9A.09 Rules of play for Masters lacrosse in Alberta shall be those of the LC Rule Book for the current season. To ensure uniformity, there will be no variation of the LC Rules and Officials shall enforce LC Rules with the following enhancements:
- Ball Movement
 - There will be NO “2 player” rule.
 - Shooting
 - No deliberately reckless shot should be taken through a crowd.
 - Any offensive player who hits any other player (offensive OR defensive) other than the goalie, or the Official with a shot shall be assessed a minor penalty for a dangerous shot. This rule applies regardless of where the shooter is when the shot is taken. The dotted line has absolutely no bearing in the interpretation of this rule.
 - Any shot taken from behind the net that hits the goalie will be considered a dangerous shot. No goal will be awarded in this situation. If the offence is considered minor in nature, the result will be loss of possession. If the offence is more serious in nature as determined by the official, a minor penalty can be given to the shooter.
 - Any player who receives two (2) dangerous shot penalties in the same game will be expelled for the balance of the game. Any shot that goes straight in without hitting anyone except for the goalie, CANNOT be considered dangerous. Any shot that hits ANYONE except for the goalie is reckless, and therefore a dangerous shot. In addition, any shot that is considered by the Official to be intentionally reckless, that does not result in a goal and does not hit anyone, should receive a warning from the Official. Any player who continues to shoot recklessly through a crowd can be given a dangerous shot penalty at the discretion of the Official.
 - Contact
 - A defensive player may check an offensive player by placing the head of their stick on the stick of the player they are defending. However, any stick check that is dangerous, reckless, careless, or overly aggressive by the Official will be called slashing.
 - No deliberate body contact is permitted, offensive (charging) or defensive (interference).
 - Offensive picks are considered illegal, offensive screens that do not initiate contact if the player setting the screen is stationary and does not extend their stick are considered legal.
 - A defensive player cannot make contact with an offensive player unless their hands are closed and placed together on their stick. Place and push only.
 - Penalty Shots
 - All penalty shots will start with the shooter standing at centre, and all other players, both offensive and defensive, behind the trailing restraining line. Once the shooter crosses the attacking restraining line, the other players will be allowed to give chase. At this point the ball is live, and the play will continue as if the shooter was on a breakaway.

REGULATION 9B – 4 ON 4 BOX LACROSSE

MINOR WINTER BOX LEAGUE

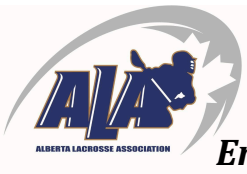
- 9B.01 Each team shall be composed of up to 13 players, including a maximum of two (2) goaltenders. For an infraction of this rule, a bench minor penalty shall be assessed to the offending team and the extra player(s) removed from the game. Bench minor penalties require the removal of any player on the offending team (other than the designated goalkeepers) without a substitute for two (2) minutes unless terminated by a goal.



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- 9B.02 Each team shall be allowed one goalkeeper on the floor at one time. The goalkeeper may be removed, and another player substituted. Such substitute shall not be permitted the privileges of the goalkeeper.
- 9B.03 The game shall be played with four (4) players and one (1) goaltender on the floor for each team. For an infraction of this rule, a bench minor penalty shall be assessed to the offending team and the extra player(s) removed from the game. Bench minor penalties require the removal of any player on the offending team (other than the designated goalkeeper) without a substitute for two minutes unless terminated by a goal.
- 9B.04 Teams will be given a three (3)-minute warm up prior to each game.
- 9B.05 The duration of the game shall be three (3) 15-minute run time periods, with a three (3)-minute intermission between periods. Each period shall start with a face-off. The clock shall only stop for an injury and timeouts.
- 9B.06 12-Second Count: In all U15 and older divisions, in all situations, there shall be a 12 second count half-court applicable to both teams. When a team gains possession in the defensive half of the floor, they must get the ball across the centerline within 12 seconds of gaining possession.
- 9B.07 14-Second Count: In all U13 divisions, in all situations, there shall be a 14 second count half-court applicable to both teams. When a team gains possession in the defensive half of the floor, they must get the ball across the centerline within 14 seconds of gaining possession.
- 9B.08 12/14-Second Count Procedure: The 12/14-second count shall be kept by the trailing referee on the floor by a chopping wave of the hand for each second.
- 9B.09 Timeouts Called in the Defensive Half of the Floor: In time-out situations called by either team before the expiration of the 12/14-second count, a new 12/14-second count shall be awarded after the time-out.
- 9B.1 Back-Court Definition: Teams must keep the ball in their offensive half after gaining possession or carrying the ball with both feet across and making contact in that zone. Possession will be awarded to the non-offending team.
- 9B.1.01 Back-Court Violations:
- If a loose ball or a player with possession of the ball comes in contact with the centerline of the floor for any reason other than a shot on goal or the defensive team being the last to touch the ball, it shall be a back-court violation.
 - If the offense was the last to touch the ball without a reset of the shot clock, as it goes into the backcourt, the referee shall not blow the whistle until it is apparent where the ball comes to rest, so it can be allocated to the non-offending team in that location, except for in front of the goal. Immediately in front of the goal is deemed approximately a 10-yard radius from the center point of the top of the goalie crease.
 - The offensive team cannot intentionally direct the ball into the backcourt for any reason regardless of if they are considered to have possession or not. Should a goalie be pulled for an extra attacker when the ball travels across the center and travels into the goal, this play is regarded as a good goal.
- 9B.1.02 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.



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- 9B.1.03 In semi-final and final games: If a tie occurs, a shootout will decide the winner:
- Each team shall select three (3) shooters
 - Each team shall alternate equal chances to score
 - 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.
 - Shooters may not be repeated until all players have attempted to score in the shoot-out.

PENALTIES

- 9B.1.04 All penalties in the LC Rulebook shall apply, except for those listed in 12A.
- 9B.1.05 10-minute misconducts shall result in an expulsion for the remainder of the game, not to carry to the next game.
- 9B.1.06 Game reports shall be electronically filed for all penalties listed under LC Rule 23(L), as well as any incidents of fighting.
- 9B.1.07 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).

TIE BREAK FORMULA

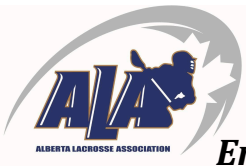
- 9B.1.08 If teams are tied in their record during seeding for semi-finals, the teams shall follow the tie break procedure as follows:
- Head-to-head result.
 - Formula: (Goals For) / (Goals for + Goals against) GOALS FOR GOALS FOR + GOALS AGAINST.
 - The formula is applied once to rank all tied teams d) Least Goals Against.

AMENDMENTS TO LC RULES

- 9B.1.09 Rule 40 – Cross-Checking
- A defender who cross-checks a player, who is in a stationary position and not in possession of the ball, shall be assessed a penalty. A player who uses excessive unequal pressure and force to cross-check a non-stationary opponent, not in possession of the ball, shall be assessed a penalty.

MAJOR WINTER BOX LEAGUE

- 9B.1.10 Team Size: 12-16 players and 2 goalies
- 9B.1.11 Game Format: Two 15 minute periods.
- 9B.1.12 Clear Time: Teams have 8 seconds to clear the ball from their defensive zone.
- 9B.1.13 Shot Clock: A 30-second shot clock will be enforced for all offensive possessions.
- 9B.1.14 Cross-Checking: Off-ball cross-checking is prohibited.



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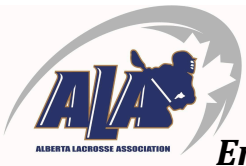
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- 9B.1.15 Crease Dives: Players are not allowed to dive into the crease.
- 9B.1.16 Official Abuse: Any abuse directed at officials will result in automatic ejection from the game.
- 9B.1.17 Too Many Players: Having too many players on the floor (offense or defense) will result in a penalty shot for the opposing team.
- 9B.1.18 Over and Back: A violation of the over-and-back rule will result in a loss of possession.
- 9B.1.19 Face-offs: Face-offs will only occur at the start of the game and at the beginning of each half.
- 9B.1.20 Game Outcome: No games will end in a tie; each game must have a declared winner.
- 9B.1.21 Overtime: At the end of regulation time, if tied, go to a shootout. One player/team shoots. First team to lead with an equal amount of shots taken wins the game.
- 9B.1.22 Penalty Shooters: Teams must have designated penalty shooters prepared at the end of each half.
- 9B.1.23 Penalty Shot Limit: No player may take more than one penalty shot per half or during sudden death.
- 9B.1.24 "Goal Suck" Rule: Players must attempt to return to the defensive side of the floor after a goal.
- 9B.1.25 Ball Drop on Possession Change: The ball must be dropped immediately upon a change of possession; failure to do so will result in a delay of game penalty.
- 9B.1.26 Immediate Play After Goal: The ball is in play immediately after a goal is scored; all players on the scoring team must return to the defensive zone.
- 9B.1.27 Officials: 2 or 3 officials accredited to officiate RMLL games are required for each game.

REGULATION 9C – U17 A WILD ROSE LACROSSE LEAGUE

The ALA U17 A Box Committee will be comprised of one representative from each LGB with a team competing in the league, the Director of Development of the ALA. The chair of the ALA U17 Box Committee will be the Director of Development. This committee will set for the direction of the league and make decisions related to the operations of the league. Each LGB will have one vote on league decisions with the Director of Development having a vote.

- 9C.01 The league will be comprised of U17 A teams registered in an LGB.
- 9C.02 Team boundaries will follow the current boundaries established within each LGB. Any boundary questions or adjustments should be made through the appropriate LGB. The boundary adjustments must be communicated to the U17 A Box Committee Chair.

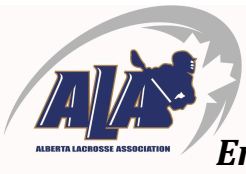


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- 9C.03 Teams applying to participate in the Alberta U17 A Wild Rose Box Lacrosse League must declare to the Committee by February 15 for entry into the upcoming season. The application must provide the following information:
- Club and LGB Support
 - Proposed Boundaries
- 9C.04 The league will follow all the rules and regulations of the ALA. There will be no overtime games in regular season play.
- 9C.05 Any ties in end of season standings will follow the Alberta Lacrosse Association tie breaking formula as per Regulation 6C.05.
- 9C.06 The League will follow Regulation 12A for Automatic and Other Suspensions.
- 9C.07 The League will strictly enforce Regulation 9D, Enforcement of Offence/Defence Tactic in Minor Lacrosse.
- 9C.08 Affiliate players may consist of club or Zone team players from division below. Affiliated players can also be drawn from outside the LGB if coming from Wheatland or SALA. Affiliated players may only play with one (1) U17 A team.
- 9C.09 Suspended players cannot be affiliated. If suspended, as an affiliate player, the suspension must be served with the players original ALA Registered Team.
- 9B.2.01 Player affiliations may not be withheld from the registered team unless there is a conflict with the rostered teams regular scheduled game or practice.
- 9C.2.02 Illegal affiliations may result in a \$50.00 fine for the first occurrence. The second occurrence may result in a \$50.00 fine and a one (1) game suspension. The third occurrence may result in a discipline referral to the U17 A Box Committee.
- 9C.2.03 Affiliations for Provincial play shall follow the Affiliation rules as per Regulation 5A.
- 9C.2.04 Discipline within the league will be handled by a League Discipline Committee comprised of Director of Development and each LGB's Discipline Representative.
- 9C.2.05 The league schedule will be based on the following framework. There will be two (2) regions of teams North (GELC) and South (CDLA). Each team will play one (1) home and one (1) away game versus their region's teams, plus each team will play one (1) game versus the other region, evenly split as home and away games. Approximately a 15 games season.

South Region Teams	North Region Teams
Calgary Sabercats	Sherwood Park Titans
Calgary Axemen	Edmonton Warriors



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Calgary Hornets	Edmonton North
Calgary HOKS	Parkland Posse
Rockyview Rage	Saskatchewan SWAT*
	Red Deer Chiefs

*Saskatchewan SWAT will play each team in the WRLC once for a total of ten (10) games in Alberta, the SWAT's games will count in the overall standings but the SWAT will no longer take part in the playoffs of the WRLC.

9C.2.06 Each region's top four (4) teams qualify for the playoffs. The first round will be single elimination, first vs fourth and second vs third placed teams. The second round will be the two winning teams and they will play off in a best of three (3) regional championship series. The winning teams of each regional championship series will then attend provincials and play a best of three (3) League finals series to crown a league and provincial championship team.

9C.2.07 Any team wishing to play an exhibition game must comply with ALA Regulation 5B. All league commitments must be met prior to permission being granted. All exhibition game costs will be paid by the teams.

9C.2.08 Any team wishing to attend an out of province tournament must comply with Regulation 5C. No tournament game shall be substituted for any scheduled league game.

9C.2.09 There will be two (2) weekends of league play each year which will have no games scheduled; one in May and one in June, so teams can attend tournaments outside of Alberta. The ALA Director of Development will confirm these weekends each year and provide the dates to the GELC and CDLA Schedulers.

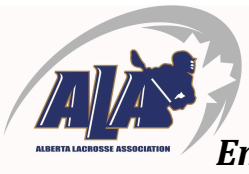
9C.2.1 No league or playoff game will be altered or rescheduled unless special permission is granted by the ALA Director of Development. Permission will not be granted unless the date(s) and time(s) of the rescheduled game(s) have first been obtained and are mutually agreed on by both teams. Rescheduling of game(s) must be submitted for approval seven (7) days before the scheduled game(s) with the new time(s) and date(s). All change fees will be the responsibility of the requesting team.

9C.2.1.01 The home team is responsible for supplying the game sheet to their LGB. All affiliate players (AP) shall be designated as such on the game sheet beside the player's name.

9C.2.1.02 In order to ensure no sanctions will be applied to your team the game sheet must be submitted by midnight of the game day.

REGULATION 9D – ENFORCEMENT OF OFFENCE / DEFENCE TACTIC IN MINOR LACROSSE

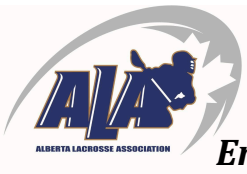
The purpose of this Regulation is to ensure that Minor box lacrosse players are given full opportunity to develop their offensive and defensive skills. The development and enjoyment of the players is the key principle that needs to be protected. The enforcement of the policy is in place as a deterrent and is to be used when there are valid concerns. Abuse of the enforcement policy will not be tolerated by the ALA.



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- 9D.01 The definition of a team using an offense / defence system will be when a team continuously incorporates a system in which a player, or players, are played on one end of the floor only. All players shall remain on the floor for both an offensive and defensive possession in each playing shift. A team will be deemed to have violated the policy if one or more players are found to be only playing in a defensive or offensive possession for more than one playing shift, or if a player, or players show a consistency of playing predominantly in only a defensive or offensive position during the game. The above only applies to all even-strength situations.
- 9D.02 At Minor box lacrosse games only the ALA Coach Developer or Designate may be responsible for determining if a team is using an offense / defence system during the game.
- 9D.03 If the ALA Coach Developer or Designate determines that an offense / defence system is being used by a coach in a game, they will advise the offending team coaches at the end of the current period of play. The first infraction will result in the removal of the Head Coach for the remainder of the game, or the coach in charge of the bench if the Head Coach has previously been removed or suspended. If the violation occurs in the final period of the game, the Head Coach, or the Coach in charge of the bench, will be suspended for the following game. The second infraction during the season will result in the expulsion of the Head Coach, or the Coach in charge of the bench if the Head Coach has previously been removed or suspended, for the remainder of the season. The suspended Coach or Coaches and the club involved will be referred to the ALA Discipline Committee for further review. If a team does not have certified coaches from the ALA Registration System sufficient to complete the season, the team will forfeit all further games.



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REGULATION 10- RULES- FIELD LACROSSE

REGULATION 10A – RULES OF MEN’S FIELD LACROSSE

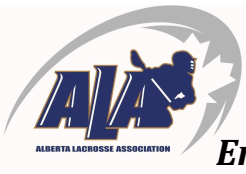
- 10A.01 Rules of play in Alberta shall be those of the World Lacrosse Men’s Field Rule Book for the current season. To ensure uniformity there will be no variation of the World Lacrosse Rules and Officials shall enforce World Lacrosse Rules.
- 10A.02 The LC Coaches Code and the LC Coaching Philosophy for Field Lacrosse must be adhered to. Adherence to these Guidelines will be monitored and interpreted by the ALA Representative.
- 10A.03 All games will start on time unless otherwise decided upon by the ALA Representative.
- 10A.04 There will be a five (5) minute warm-up before game time.
- 10A.05 Full games will consist of four (4) 15-minute quarters, with the exception of the U11 division which will be two (2) 25-minute halves and the U7 and U9 divisions which will be two (2) 15-minute halves.
- 10A.06 If overtime is required teams take five (5)-minute rest, then switch ends. The game will continue until the first sudden victory goal. Overtime periods will be four (4)-minute, stop-time periods with two (2)-minute rest in between each.
- 10A.07 A game is considered complete if 80% of the game time has elapsed.
- 10A.08 An interrupted game will restart at the point of the interruption.

U7 AND U9 RULES

- 10A.09 Play will consist of five (5)-on-five (5) (four players and a goalie) with no long poles.
- 10A.2.01 Play will be cross-field from the restraining line to the end line using 6 x 6 nets and soft balls. The front of the crease is eight (8) yards from the end line.
- 10A.2.02 Play will be non-contact with no off-sides and no faceoffs after goals.
- 10A.2.03 Players will be subbed out for fouls as there are no time served fouls.

U11 RULES

- 10A.2.04 Play will consist of seven (7)-on-seven (7) (two attack, two midfield, two long poles, one goalie). Only two (2) long poles permitted on the field at one time.
- 10A.2.05 Play will be cross-field from the restraining line to the end line and will use 4 x 4 nets. The front of the crease is eight (8) yards from the end line.
- 10A.2.06 Play will be non-contact.



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REGULATION 10B – RULES OF WOMEN’S FIELD LACROSSE

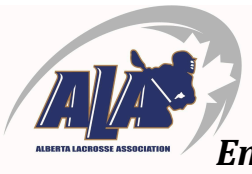
- 10B.01 Rules of play in Alberta shall be those of the World Lacrosse Women’s Field Rule Book for the current season. To ensure uniformity, there will be no variation of the Rules and Officials shall enforce World Lacrosse Rules.
- 10B.02 NCAA Crosses will be permitted.
- 10B.03 The LC Association’s Coaches Code and the LC Coaching Philosophy for Field Lacrosse must be adhered to. Adherence to these Guidelines will be monitored and interpreted by the ALA Representative.
- 10B.04 All games will start on time unless otherwise decided upon by the ALA Representative.
- 10B.05 There will be a five (5) minute warm-up before game time.
- 10B.06 Full games will be run consisting of two (2) 25-minute halves with a five (5) minute half time rest for U15. Full games will be run consisting of two (2) 20-minute halves with a five (5) minute half time rest for U13. Full games will be run consisting of two (2) 15-minute halves with a five (5) minute half time rest for U9. Teams will have one (1) two-minute timeouts per game. The clock shall only stop in the event of injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.
- 10B.07 If overtime is required teams take a five (5) minute rest, then switch ends. The game will continue until the first sudden victory goal. Overtime periods will be six (6)-minute stop time periods with three (3)-minute rest in between.
- 10B.08 A game is considered complete if 80% of the game time has elapsed.
- 10B.09 An interrupted game will restart at the point of the interruption.

U9 RULES

- 10B.1.01 Play will consist of five (5)-on-five (5) (four players and a goalie).
- 10B.1.02 Play will be cross-field from the restraining line to the end line use 4 x 4 nets and soft balls. The front of the crease is eight (8) yards from the end line.
- 10B.1.03 Play will not include offsides and will not include draws after goals.

U13 RULES

- 10B.1.04 Play will consist of eight (8)-on-eight (8) play (seven players and one goalie).
- 10B.1.05 Play will be cross-field from the restraining line to the end line use 6 x 6 nets. The front of the crease is eight (8) yards from the end line.
- 10B.1.06 Play will not include offsides.

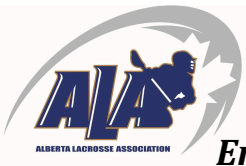


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REGULATION 11 RULES OF SIXES

To be included when information is available from LC.



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REGULATION 12 – DISCIPLINE

Many people involved in lacrosse take on multiple roles, such as coaching, playing (both box and field), officiating, and administrative duties. Consequently, suspensions apply only to the specific role the individual was performing when the offense occurred. For instance, a suspension given to a box player does not affect their participation in field lacrosse, and a suspension for a coach does not extend to their role as a player. If an association deems the offense serious enough to require broader discipline (e.g., a suspension across all ALA-sanctioned lacrosse activities), they should request that the case be reviewed by the ALA Discipline and Appeal Committee.

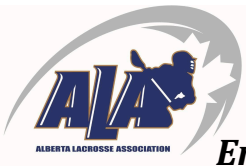
- 12.01 Coach suspensions must be served on the team that offence occurred on and not permitted to coach on any other team until the suspension is fulfilled, unless the coach is suspended the last game of the season or has a suspension carrying over to the next season.
- 12.02 Coaches suspended in the previous season must serve the suspension on one team that the coach is assigned to in the following season.

REGULATION 12A – AUTOMATIC AND OTHER SUSPENSIONS (MINOR BOX)

The ALA establishes the following suspensions, including automatic suspensions under Bylaw 10.01.4 from which there is no appeal. In this regulation, “committee,” in the case of a game being played outside of the boundary of the LGB of the involved offender or a game being played in an ALA or other LC Member Association sanctioned tournament shall mean the Governing Body and / or Tournament Discipline / Appeal Committee. In the case of the ALA Provincials “committee” shall mean the ALA Provincial Discipline / Appeals Committee. Otherwise, inside the boundary of the offender “committee” shall mean the Discipline / Appeals Committee of the LGB.

AUTOMATIC SUSPENSIONS

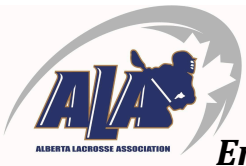
- 12A.01 ABUSING OFFICIALS will result in an automatic MATCH PENALTY with the individuals being suspended from further ALA sanctioned activities with such incident being referred to committee and the individual remaining suspended until the committee directs otherwise.
- 12A.02 MATCH PENALTY will result in individual being suspended from all ALA sanctioned activities. An incident report will be immediately filled out and sent to the committee.
- 12A.03 GROSS MISCONDUCT will result in an automatic MATCH PENALTY with the individual being suspended from all further ALA sanctioned activities and the incident referred to committee.
- 12A.04 RECKLESS AND ENDANGERING PLAY will result in a MATCH PENALTY, with the individual being suspended from all further ALA sanctioned activities and the incident is referred to committee.
- 12A.05 MISCONDUCT OFF PLAYING FLOOR will result in the individual being suspended from all further ALA sanctioned activities and the incident is referred to committee with the individual remaining suspended until the committee directs otherwise.
- 12A.06 GAME MISCONDUCT will result in individual being suspended for the remainder of the game, immediately leave the venue or go to the dressing room. All coach game misconducts are subject to referral to Discipline.



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- 12A.07 2nd GAME MISCONDUCT IN THE SAME GAME will be referred to committee with the player remaining suspended until the committee directs otherwise.
- 12A.08 CHECKING FROM BEHIND a player will receive a double minor penalty - or - a major penalty and a game misconduct – or – a MATCH PENALTY.
- 12A.09 ABUSE BY FANS as perceived by a referee, Tournament Chair, or other ALA Executive Committee Members, will result in having the referee have the coach ask his/her “fan” to immediately remove him/herself from the arena and not to return for the remainder of the game. The game will not resume until said fan is completely removed from the arena. If the fan refuses to leave within a reasonable time, the team to which the fan is related will forfeit the game. Such removal and/or forfeit shall be noted on the game sheet and an official game report shall be forwarded to the LGB. An incident report will be sent to the committee.
- 12A.1.01 FIGHTING: A major penalty and a game misconduct will be assessed to any player/goalkeeper who fights.
- 12A.1.02 FIGHTING IN THE LAST 10 MINUTES: A major penalty, a game misconduct, and an additional one (1) game suspension in Minor lacrosse.
- 12A.1.03 FIGHTING OFF THE FLOOR will result in a player being suspended from any further lacrosse activities. An incident report will be forwarded to the committee and the player remains suspended until the committee directs otherwise.
- 12A.1.04 INSTIGATING A FIGHT OR BEING AN AGGRESSOR will result in the player receiving a Major for Fighting and a Game Misconduct. An instigator or aggressor in a fight, a major penalty plus any other penalties shall be assessed to the offending player(s). The player will be suspended for the remainder of the game, immediately leave the venue or go to the dressing room and the incident will be referred to committee with the player remaining suspended until the committee directs.
- 12A.1.05 RESTARTING A FIGHT will result in player being assessed a MATCH PENALTY.
- 12A.1.06 SPEARING will result in the player automatically receiving a major penalty, a MATCH PENALTY, an automatic two (2) game suspension, and a referral to Committee, which may add a further suspension.
- 12A.1.07 ATTEMPT TO SPEAR will result in a five-minute major penalty, a game misconduct, plus a one (1) game suspension.
- 12A.1.08 BUTT ENDING will result in the player automatically receiving a major penalty, a MATCH PENALTY, an automatic two (2) game suspension, and a referral to Committee, which may add a further suspension. The player may return to play if not notified by the Committee.
- 12A.1.09 ATTEMPT TO BUTT END will result in a five (5)-minute major penalty, a game misconduct, and a one (1) game suspension.



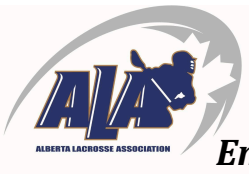
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- 12A.1.1 KICKING: The player will automatically receive a major penalty, asses a MATCH PENALTY, an automatic two (2) game suspension, and a referral to Committee, which may add a further suspension. The player may return to play if not notified by the Committee.
- 12A.1.1.01 ATTEMPT TO KICK will result in a five (5) minute major penalty, game misconduct, plus a one (1) game suspension.
- 12A.1.1.02 REFUSING TO START PLAY:
- With both teams on the floor, after the game has started, a team for any reason refuses to play after being ordered to do so in accordance with Rule 63 of the LC Rule and Situation Handbook, the designated Head Coach for that team shall receive a minimum six (6) game suspension from which there is no appeal.
 - If prior to the start of a game or period, a team fails to begin play in accordance with Rule 63 of the LC Rule and Situation Handbook, the designated Head Coach for that team shall receive a minimum six (6) game suspension from which there is no appeal.
 - The six (6) game suspensions referred to in subsections (a) and (b) shall begin immediately following the game in which the team refused to start play.
 - The circumstances involving the suspension of the aforementioned Head Coach shall automatically be referred to the ALA Discipline and Appeals Committee in the form of a complaint pursuant to section 10.01.5 of the ALA Bylaws. Once referred, and should it deem necessary, the ALA Discipline and Appeals Committee may conduct a hearing in accordance with the Bylaws and Regulations of the ALA so as to determine whether further sanction and direction is warranted.
 - The ALA Discipline and Appeals Committee may sanction any other Team Official of that team which refuses to start play in a manner determined by that Committee, but only after conducting a hearing in accordance with the Bylaws of the ALA.
- 12A.1.1.03 THIRD GAME MISCONDUCT IN ONE SEASON will receive a two (2)-game suspension and referral to the Committee, which may further suspend, although the individual has finished the two (2) game suspension and resumed participation in lacrosse.
- 12A.1.1.04 If the penalty resulting in the automatic suspension is incurred in a tournament (other than the Club team Provincials) then the individual shall be suspended from participating in the applicable number of remaining tournament games and those games shall count toward the automatic suspension. The tournament suspension if not fully served shall carry forward into regular season and/or league/provincial playoff games only.

REGULATION 12B – AUTOMATIC AND OTHER SUSPENSIONS (WOMEN’S FIELD)

- 12B.01 If Player A is disqualified from Game Two (2) because of a red card received in Game One (1), and Game Two (2) is suspended because of weather, etc., Player A may not participate in the completion of Game Two (2) no matter how much later in the tournament the game is played to completion. They may play in Game Three (3) if it is played before the completion of Game Two (2).



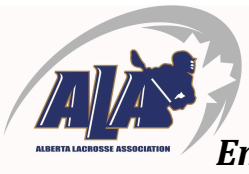
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- 12B.02 If Player A is disqualified during the play of Game Two (2) because of a red card received in Game Two (2), and Game Two (2) is suspended because of weather, etc., Player A may not play in Game Three (3) and they may not play in the completion of Game Two (2) no matter how much later in the tournament that game takes place.
- 12B.03 If Player A is disqualified during the play of Game Three (3) because of a red card received in Game Three (3), and her previous game, Game Two (2), was suspended because of weather, etc., Player A may play in the completion of Game Two (2) even if it occurs immediately after Game Three (3). They may not participate in Game Four (4).
- 12B.04 If Player A is disqualified from Game Two (2) because of a red card received in Game One (1), and Game Two (2) is suspended because of weather, etc., but not played to completion by mutual agreement of the coaches, Player A does not have to sit out any additional time in Game Three (3). Game Two (2) is considered an official game and their suspension has been served. All stats from a suspended game (goals, team cards, etc.) should carry over from one part of a game to another even if it is played on a separate day.

REGULATION 12C – OFF FLOOR DISCIPLINE

12C.01 All off-floor issues that violate ALA Bylaws, Regulations, the Code of Conduct, or Policies will be handled according to the Discipline and Appeals Policy.



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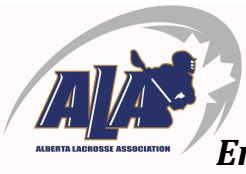
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REGULATION 13 - BENCH PERSONNEL CERTIFICATIONS

- 13.01 Bench Personnel are considered Coaches and Trainers.
- 13.02 In all games (including regular league, playoffs, exhibition, tournaments), teams are required to have all bench personnel who meet the LC Minimum Standards.
- 13.03 All Female-only teams must have one registered female bench personnel registered to the team in RAMP and on the bench as per the ALA Registration System and correlating to the game sheet.
- 13.04 Bench personnel are determined as per ALA Registration System for each team. Only coaches with required qualifications and certified trainers are permitted on the bench.

To be eligible to coach, all coaches must meet the requirements of the LC Minimum Standards as applicable to each discipline of lacrosse.

- 13.05 Trainers must have the appropriate certification. Appropriate certification is defined as one of the following:
- Any St. John Ambulance Emergency First Aid course of 8 hours (or more) or equivalent
 - Canadian Red Cross Standard First Aid & First Responder
 - Canadian Red Cross Sport First Responder and Sport Aid course
 - Hockey Canada Safety Program (HCSP)
 - An appropriate designation (examples: MD; RN; Physiotherapist, Police Officer; Firefighter, Chiropractor; Registered Massage Therapist).
- From the above, please be clear CPR (as a stand-alone certification) is not an equivalency.
- 13.06 The ALA recognizes only one trainer per team on the bench to address those specific activities (activities which would not include coaching athletes).
- 13.07 All coaches must be 16 years of age in the year he/she wishes to attend a coaching clinic and coach an ALA sanctioned team.
- 13.08 Challenges at the Community Development level are not permitted.
- 13.10 All coaching clinic requests are to be submitted to the ALA office a minimum of 45 days prior to the requested clinic date.
- 13.11 Minimum attendance of eight (8) coaches is required to hold a clinic. Exceptions may be permitted as approved by the Director of Development.



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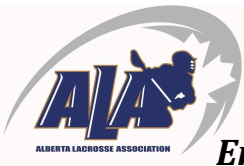
REGULATION 14 - ALRA

All lacrosse Officials living within the province of Alberta shall be members of the Alberta Lacrosse Referees Association (ALRA) and registered in the ALA Registration system.

- 14.01 The ALRA shall be responsible to recruit, mentor, and retain Officials.
- 14.02 The ALRA shall work with the ALA and LGBs to ensure that all lacrosse Officials receive the appropriate LC training as well as ongoing instruction.
- 14.03 All ALRA Officials who registered and attended a clinic in the previous season may be assigned to game assignments until May 1.
- 14.04 All ALRA Officials must attend a clinic and successfully complete the exam yearly.
- 14.05 The ALRA are responsible for assigning referees to all lacrosse games in the province.
- 14.06 Games will be assigned by the ALRA in the following hierarchy: playoff games, regular season games, tournament games, and then exhibition games.
- 14.07 The ALRA and each LGB shall jointly select an Official-in-Charge for the LGB and to sit on the ALRA Board of Directors as a non-voting member.

14A LEAGUE SCHEDULES

- 14A.01 Once a league schedule or games have been finalized, the LGB (or league if there is no LGB) shall, within two (2) days deliver the schedule to the ALA Office and, in any event, no later than one (1) week before the first game. Failure to comply may result in a fine of \$500.00. There will be no appeal.
- 14A.02 Any changes to the schedule must be completed as follows:
 - Game cancellations within 24 hours of the scheduled start time of the game (except unneeded playoff games). LGBs will be responsible for the full game fee.
 - Game cancellations within 2 weeks of the scheduled start time of the game (including unneeded playoff games). LGBs will be responsible for the full assigning fee.
 - Changes to a specific game (time or venue) within 48 hours of the game. Any date changes are cancellations.
 - Any additions to the schedule within 72 hours of the scheduled start time of the game.
 - All other notifications will be adhered to by the ALRA.
- 14A.03 In the event of a sudden and unforeseen circumstance arising related to events reasonably beyond the control of any party (e.g., severe weather, catastrophic damage to the venue, security occurrence, widespread illness, etc.), no fine shall be charged by or be payable to the ALRA.



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14B NOTICE TO ALRA OF TOURNAMENT SCHEDULE

14B.01 Any Member who hosts a tournament shall provide a tournament schedule to the ALRA official, who is the RIC for the tournament, at least two (2) weeks in advance of the start date of the tournament. Failure to comply may result in a fine according to the schedule below at the discretion of the ALRA. There will be no appeal.

- \$250 for schedules submitted 10-14 days prior to the tournament.
- For schedules submitted less than 10 days prior to the start of the tournament the greater of \$500 or:
 - \$5 per scheduled game for schedules submitted 7 days prior to the tournament;
 - \$7 per scheduled game for schedules submitted with 6 days prior to the tournament;
 - \$9 per scheduled game for schedules submitted with 5 days prior to the tournament;
 - \$11 per scheduled game for schedules submitted with 4 days prior to the tournament; and
 - For schedules submitted less than 4 days prior to the tournament the ALRA may refuse to schedule referees.

14B.02 Clubs will be responsible for their teams who withdraw within 14 days of the start date of the tournament and will be invoiced for fines resulting from schedule changes as per 14B.01. Written confirmation of the team attending and withdrawing from the tournament must be provided to the ALA Office prior to fines being levied.

14B.03 All ALRA Officials will be assigned using the ALRA approved assignment system LGB's, clubs, or other members may employ a manual form of assigning, but the schedule will be entered into the system at the beginning of the season and all assignments must be entered within two (2) weeks of the conclusion of the season.

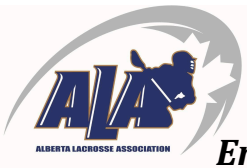
14C PAYMENT TO ALRA

14C.01 Where the ALRA invoices LGB's for Officials the LGB is required to remit, to the ALRA, a 50% deposit of officiating fees (based on the league schedule submitted to the ALA) within 1 week of the start of the season. The remaining 50% is due 30 days after the start of the season. Any reconciliation of officiating expenses including but not limited to playoffs, travel, assigning fees, and per diem will invoice to the LGB within 30 days of the conclusion of the season. The invoice will be due to the ALRA within 30 days of receipt of the ALRA's final invoice.

14C.02 The ALRA will invoice the RMLL for 50% of the amount of the travel fees of previous year which is due seven (7) business days prior to the start of the season. The balance of the final current end of season invoice is due 30 days after the reconciliation of the final current season invoice.

14C.03 Where the ALRA invoices Clubs or Teams for tournaments, the Club or Team is required to submit 100% of the estimated invoice two (2) weeks prior to the start of the tournament for the scheduling and game fee amount-based on the schedule provided by the host. The final invoice will include travel and RIC fees which will be reconciled with the ALA Member within Ten (10) days of receiving the ALRA's final invoice. Exhibition game invoices are due ten (10) days of receiving the ALRA's invoice.

14C.04 Where the ALRA invoices Club or Teams for exhibition games, the Club or Team is required to submit 100% of the invoice amount within 10 days of receiving the ALRA's invoice. Invoices outstanding past the allotted times mentioned above may be charged at 24 % per annum.



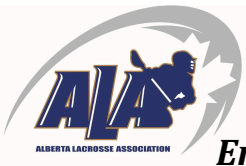
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14D GAME FEES

14D.01 Game Fees for lacrosse Officials are as follows:

BOX LACROSSE			
5 v 5	Pay Rate	Scheduling Fee	Total
U9	\$25.00 x 2 (\$44.00) or \$30.00 x 1	\$6.00	\$56.00
U11	\$27.50 x 2 (\$55.00)	\$6.00	\$61.00
U13	\$35.00 x 2 (\$70.00)	\$6.00	\$76.00
U15	\$41.50 x 2 (\$83.00)	\$6.00	\$89.00
U17	\$49.00 x 2 (\$98.00)	\$6.00	\$104.00
4 v 4	Pay Rate	Scheduling Fee	Total
U9	\$22.00 x 2 (\$44.00)	\$6.00	\$50.00
U11	\$24.00 x 2 (\$48.00)	\$6.00	\$54.00
U13	\$25.00 x 2 (\$50.00)	\$6.00	\$56.00
U15	\$30.00 x 2 (\$60.00)	\$6.00	\$66.00
U17	\$35.00 x 2 (\$70.00)	\$6.00	\$76.00
Junior Recreational	\$57.00 x 2 (\$114.00)	\$6.00	\$120.00
Jr B Tiers III, Major Junior Female	\$73.00 x 2 (\$146.00)	\$6.00	\$152.00
Jr B Tiers II	\$73.00 x 2 (\$146.00)	\$6.00	\$152.00
Jr B Tiers I Senior C	\$79.00 x 2 (\$158.00)	\$6.00	\$164.00
Junior A	\$85.00 x 2 (\$170.00)	\$6.00	\$176.00
Senior B	\$85.00 x 2 (\$170.00)	\$6.00	\$176.00
Major Senior Female	\$79.00 x 2 (\$158.00)	\$6.00	\$164.00



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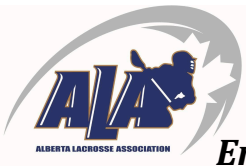
Masters	\$43.00 x 2 (\$86.00)	\$6.00	\$92.00
Standby Official	½ game fee as indicated		
Scheduling Fee	\$6.00 per game		
FIELD LACROSSE (Traditional 10 on 10)			
Level	Pay Rate	Scheduling Fee	Total
U9	\$21.00 x 2 (\$42.00) or \$30.00 x 1	\$6.00	\$48.00
U11	\$21.00 x 2 (\$42.00)	\$6.00	\$48.00
U13	\$23.00 x 2 (\$46.00)	\$6.00	\$52.00
U15	\$26.00 x 2 (\$52.00)	\$6.00	\$58.00
U17	\$32.00 x 2 (\$64.00)	\$6.00	\$70.00
U19	\$39.00 x 2 (\$78.00)	\$6.00	\$84.00
Senior	\$52.00 x 2 (\$104.00)	\$6.00	\$110.00
Standby Official	N/A		
Scheduling Fee	\$6.00 per game		

14D.02 Officials working in any ALA sanctioned game, combine, or tournament will be provided the same game fee as above unless previously agreed upon by the ALRA Executive.

14D.03 Officials working any league playoff medal game or ALA Provincial Minor Box or Field medal game are to be compensated at the regular season rate plus 10% per each official's rate per game. Any canceled games will be subject to a lower assigning fee of \$3.00.

14D.04 On occasion, the ALRA is requested to provide a standby (third) official. The primary purpose of this official is to stand in should one of the other Officials be injured. The official is also responsible for monitoring the 30 second clock, timekeeper, and scorekeeper. Should there be a request for a standby official, this official will be paid ½ of the respective per official game fee. The request for the standby official shall come in writing by the requesting team to the local RIC not less than 48 hours prior to the start of the game. The ALRA shall, whenever possible, use local Officials for the 'third official' to avoid unnecessary cost to the LGB and Leagues.

14D.05 Referee in Chief fees for tournaments will be an hourly fee bench marked to the 8U game fee rate. Mileage and per diem charges apply as per ALA Regulation 14D.01.



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14E MILEAGE

Mileage will be paid by the ALRA to Officials that utilize a personal/private vehicle to get to and from games where they are assigned as an on-floor official (where applicable) under the following guidelines:

- Mileage will be paid to an official who drives to his/her game at a rate of \$0.53 per km when the round-trip distance (to and from the arena that the official is assigned to) is greater than 50 km. When the round-trip distance is less than 50km, mileage will not be paid.
- Mileage is not paid in the Officials' municipality.
- When the round-trip distance is over 450 km, the travel arrangements must be agreed to by the ALA or the LGB responsible for payment.

14F TRAVEL TIME

The ALRA encourages carpooling for all Officials. Carpooling is required for mileage over 50 km. Where carpooling is employed, travel time will be paid under the following guidelines:

- Travel time is only paid to a passenger.
- In situations where two (2) or more Officials travel together to officiate at the same venue, travel time will be paid to the Officials who are passengers at a rate of \$0.15/km when the round-trip distance (to and from the arena that the official is assigned to) is greater than 50 km.

14G PER DIEM

A per diem will apply to referees that are away from home (traveling or refereeing). Referees traveling 200 km or more round trip will receive \$20. Overnight trips will be paid at a rate of \$70 per day.

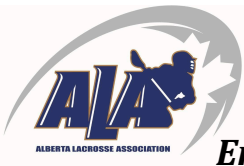
14H SELECTION OF REFEREES FOR NATIONAL / INTERNATIONAL COMPETITIONS

14H.01 The ALRA will inform its members of their consideration for Box Nationals, Field Nationals, or upcoming International Competitions as well as the minimum criteria required for successful applicants for the respective event(s). Those members should then forward their applications to the ALRA.

14H.02 The ALRA will request applications from its Members for Box Nationals, Field Nationals, and upcoming International Competitions upon the conclusion of applicable clinics.

14H.03 The ALRA shall submit a list of applicants, and their respective ALRA ranking, whom are being considered for Box Nationals, Field Nationals, and upcoming International Competitions to the ALA Director of Development by March 15 of the current year.

14H.04 The ALRA will then communicate the list of pre-screened Officials and applicants with the ALA Office, ALA Director of Development, and ALA President prior to May 15. The Officials under consideration will have their officiating schedules communicated to the ALA Office, ALA Director of Development and ALA President for evaluation of the Officials.



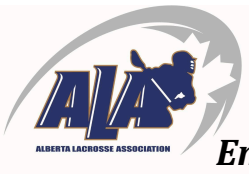
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- 14H.05 The ALA Director of Development and ALRA VP of Development will establish the criteria to determine a competent official. The criteria to establish competency may be based on, in ranked order: (1) performance on-floor in the given year; (2) maintaining an acceptable level of athletic performance, as monitored, and scored by the ALRA; (3) Commissioner/ LGB President recommendation as it relates to applicable Competition; (4) on- and off-floor intangibles; and (5) dedication to assisting the ALRA. The ALA Director of Development will provide feedback on the approved/pre-screened Officials throughout the season via the ALRA VP of Development.
- 14H.06 A Committee shall be comprised of the ALRA VP Development (Chair), ALRA President, RMLL RIC, the ALA Director of Development, and ALRA League supervisor to select qualified Officials for Box Nationals, Field Nationals, and upcoming International Competitions
- 14H.07 The National/International Selection Committee will evaluate all the Officials who have applied for each level of Box and Field National/International Competition. Officials who are not working the level of National/International Championship, in the current season will not be considered.
- 14H.08 The Selection Committee shall provide a list of the Officials, in order of ranking, in consideration for each level of Box Nationals, Field Nationals, and upcoming International Competitions complete with evaluations from the Selection Committee to the ALA office by June 15 of each season. Additional relevant information regarding their on- and off-floor contributions or concerns may be included.
- 14H.09 The ALA Office will communicate a list of approved candidates(s) for each level of Box Nationals, Field Nationals, and upcoming International Competitions in writing, no later than July 1 of each season. If the list of approved candidates is not mutually agreed upon by the ALA and the ALRA, a revised list, complete with rationale for revisions, will be communicated to the Selection Committee by the ALA Office by June 20 of each season.
- 14H.10 If agreement on an approved list of candidates is not reached by June 25 of each season, a Selection Review Committee shall be formed. The Committee will be composed of the ALA President (Chair), ALRA President, and RMLL Division Commissioner/LGB President of the applicable division. The RMLL President shall replace the RMLL Division Commissioner for issues with a recommendation for an official who is to attend an International Box Competition.
- 14H.11 All approved/pre-screened applicants will be notified as to the outcome of their application by the ALRA's designate.
- 14H.12 All selections for Box Nationals must officiate the Provincial series at the applicable division. The ALA President and ALRA President may waive this requirement upon application by the official. Requests are to include rationale for the exemption. If an Official does not meet the requirement of Officiating the applicable division, and an exemption has not been granted, the next ranked applicant on the list will be contacted as a replacement.

14J ALRA OFFICIALS TRAVEL TIME

- 14J.01 The Officials travel permit must be filed with the ALA office 12 hours after the official accepts the assignment for games outside the jurisdiction of the ALA.



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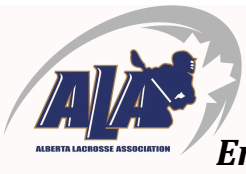
- 14J.02 Approval or disapproval will be given within 3 days after the travel permit has been received. Assigning to ALA games scheduled at the time of the travel permit request takes precedence over Officials travel outside of province for non-RMLL games.
- 14J.03 When an Official applies for a travel permit the Executive Director verifies with ALRA President the Officials credentials and registration is in order. If everything is in order, the Executive Director then gives conditional approval. The Director of Development then sanctions the travel permit. If the Director has any issues, they must refer the issue to the ALA Executive Committee and ALRA President for discussion and approval or denial of said travel permit.
- 14J.04 All denied travel permit requests will supply rationale for the denial.
- 14J.05 Any official traveling without proper authorization, or valid travel permit will be referred to the ALA Discipline Committee.
- 14J.06 All Officials from other Member Associations must receive permission from their Member Associations' Executive Director.

14K REVIEW OF OFFICIAL'S GAME REPORTS

- 14K.01 As per LC's Rule 23(I), "referees shall report to the appropriate governing body promptly and in detail the circumstances of incidents which are outlined in Rule 23(I). Referees shall use the ALRA's online reporting system for their reports within 24 hours.
- 14K.02 At any point during this process, if there has been an inaccuracy noted, the inaccuracy should be communicated to the ALRA for reasonable correction or retraction.

14L GAME SHEETS

- 14L.01 ALA sanctioned games must use either an ALA game sheet or a RMLL Game sheet.
- 14L.02 Games sheets are required for ALL games.
- 14L.03 Games sheets are to be completed prior to the game with Team rosters, bench personnel and game information.
- 14L.04 All games requiring Officials must complete games sheets in their entirety and signed off by all Officials once the game is complete.



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REGULATION 15 – CAMP/NON-LEAGUE PROGRAMMING SANCTIONING

The ALA is dedicated to player development through cooperation with Member and Non-Member organizations by promotion and sanctioning of Camps and Non-League Programming. This sanction process is for camps and not for league programs.

15A MEMBERS

15A.01 All programs sanctioned by the ALA must be open to all ALA Members.

15A.02 All programs sanctioned must not compete with ALA or ALA Member Club programming.

15A.03 All programs sanctioned by the ALA must have all instructors/coaches adequately trained as per LC Minimum Coaching Standards for the U15 age division. List of all instructors/coaches must be supplied.

15A.04 New player camps operating more than five (5) days must register players who were not registered with the ALA the previous regular season in RAMP. ALA Registration fees will apply.

15B NON-MEMBERS

15B.01 ALA Members cannot request sanctions for non-ALA members.

15B.02 Entities who are not ALA Members must provide an insurance certificate with 5M Liability and the ALA co-insured.

15B.03 ALA Members are prohibited from securing floor time for non-ALA Member sanction requests.

15B.04 ALA sanction will only be available for ALA Members who are in good standing and for partner programs of the ALA who adhere to the ALA Code of Conduct.

15B.05 The camp sanction fees will be at the discretion of the Board of Directors.

15B.6 The ALA will communicate only ALA sanctioned camps to the ALA Membership.

REGULATION 16 - GOVERNANCE

16.01 All ALA Members must submit proof of Corporate Filing and Financial statements yearly to the ALA Office as per Bylaw 2.01.6 180 days following the Members year end. Failure to do so may result in the Member being deemed a member not in Good Standing.

16.02 The ALA Executive Committee, at the request of an ALA Member, may declare another Member or Member of Member not in Good Standing.

16.03 Revisions to the ALA Regulations affecting box lacrosse game play for the current playing season may not be made from March 1 to August 31 in any given year.



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16.04 ALA Minor Lacrosse Members must provide 45 days notice to Major Lacrosse teams when removing the said team from their membership. Removal cannot occur between March 1 and September 15.

REGULATION 16A – ALA BOARD OF DIRECTORS VOTING REPRESENTATIVES

16A.01 Votes cast to represent LGBs must be cast by the President of the LGB or a member of the Board of Directors for said LGB.

16A.02 Paid staff are not permitted to vote at ALA Board of Directors meetings.

REGULATION 16B– ALA AGM PROXY FORMS

16B.01 The ALA will only accept Proxy Forms completed in their entirety, including but not limited to name of who proxy is assigned to, personal information of Head Coach, and signature of Head Coach providing the proxy.

16B.02 All Eligible Proxy Forms must be received by the ALA Office a minimum of 48 hours prior to the start of the Annual Meeting.

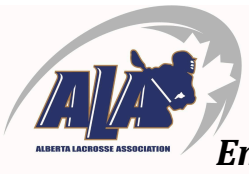
REGULATION 16C – ACCOUNTS PAYABLE TO ALA / ALA MEMBERS

16C.01 Invoices issued by the ALA to Members and Members of Members are net 30 days except for tournament invoices which are net 10 days.

16C.02 Invoices outstanding past 30 days will be charged an interest rate of 24% per annum.

16C.03 Members who have invoices outstanding 45 days or more may be deemed Members not in Good Standing, unless other payment arrangements have been approved by the ALA Office, except for tournament invoices outstanding 20 days.

16C.04 Members deemed not in Good Standing may be required to provide the ALA with a bond in the amount of the original 45-day outstanding invoice before that Member is deemed in Good Standing.

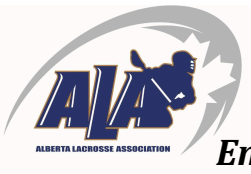


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GLOSSARY

AFLA	Alberta Field Lacrosse Association The Governing Body of field lacrosse in Alberta.
ALA	Alberta Lacrosse Association The Provincial Sport Organization that governs the sport of lacrosse in Alberta.
ALRA	Alberta Lacrosse Referees Association The Provincial governing body of lacrosse officiating in Alberta.
CALL	Central Alberta Lacrosse League The Local Governing Body of central Alberta clubs.
CDLA	Calgary District Lacrosse Association The Local Governing Body of Calgary and the surrounding area clubs.
GELC	Greater Edmonton Lacrosse Council The Local Governing Body of Edmonton and the surrounding area clubs.
LC	Lacrosse Canada The National governing body of lacrosse in Canada. The Alberta Lacrosse Association is a Member Association of Lacrosse Canada.
LGB	Local Governing Body The governing body of clubs in a specific area or region in Alberta. The Local Governing Bodies in Alberta are Member Associations of the Alberta Lacrosse Association.
MA	Member Association A Member Association is an Association, such as the Alberta Lacrosse Association, that is a member of a larger network of governing organizations.
NCCP	National Coaching Certification Program The National Coaching Certification Program is the National standardized education program coaches obtain certification through to coach lacrosse in Alberta.
OIC	Official-in-Charge The lead Official in charge of officiating at a game, tournament, Club, or Local Governing Body.
PSO	Provincial Sport Organization A Provincial Sport Organization is the governing body of a sport at the provincial level. The Alberta Lacrosse Association is the Provincial Sport Organization that governs lacrosse in Alberta.
RMLL	Rocky Mountain Lacrosse League The Rocky Mountain Lacrosse League is the governing body of Major Lacrosse in Alberta.



Alberta Lacrosse Association

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- SALA Southern Alberta Lacrosse Association
The Local Governing Body of southern Alberta clubs.
- WLA Wheatland Lacrosse Association
The Local Governing Body of the Lakeland, Vermillion, Lloydminster, Wainwright, and Flagstaff regions.
- WRL Wild Rose Lacrosse League
The Wild Rose Lacrosse League is the U17 A League in Alberta.