

Long Term Athletic Development

LTAD Rules 2018

What's purpose of LTAD?

LTAD Rules are modified game formats to promote athlete participation and success. The details of these modified formats can be found in the back of the CLA Rule Book, in the appendix section.

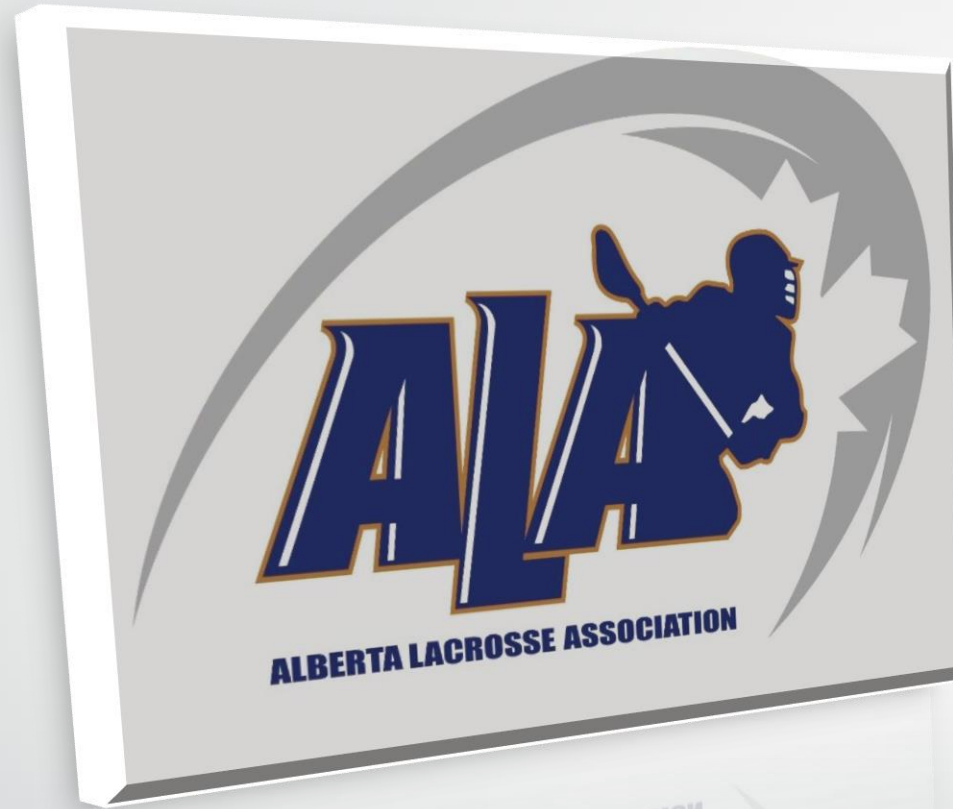
- Rule variations for different levels
- ALA uses the LTAD rules in combination with ALA specific rules
- Special rules are applied to Mini-tyke, Tyke, Novice, Novice Women and Peewee Women

The Fall Back Rule: Explained

- Applies whenever possession is gained by the goalkeeper (by a save or awarded possession)
- All opposing players must clear out to the neutral zone (over the nearest restraint line) before they can re-enter the offensive zone
- If the opposing team fails to clear all players to the neutral zone before re-entering, the play will be stopped and possession will be awarded to the goalkeeper (similar to an off-side in hockey)
- The referee shall ensure that all opposing players are in the neutral zone before restarting play

The Fall Back Rule: Explained (cont'd)

- All of the goalkeeper's teammates must clear out to at least the dotted line/24' arc
- Goalkeeper must PASS the ball to a teammate OUTSIDE the 24' arc
- Rolling the ball to a teammate from the crease is not allowed
- If the pass to a teammate is unsuccessful, the referee shall blow the whistle to stop play and allow the goalkeeper to try again



Alberta LTAD in Detail

By age group

Mini-Tyke Rules (CLA Rule Book, Appendix D, Option L)

- *No Shot Clock (ALA Rule)*
- *Games played "cross-floor" to a max of 2 games per floor (ALA Rule)*
- *Each team shall be composed of 3 players, one designated goalkeeper and a recommended 6 substitute players for a total recommended team size of 10 players (ALA Rule)*
- The stick shall measure no longer than 40" (101.6cm) and no shorter than 26" (66.04cm)
- The ball used shall be a soft lacrosse ball that conforms to CLA standards and approved by the CLA

Mini-Tyke Rules (CLA Rule Book, Appendix D, Option L)

- Each goal shall consist of two upright poles 3' (91.44cm) apart, joined by a rigid crossbar 3' (91.44cm) from the playing surface
- All players must wear the following equipment: helmet, mask, elbow pads, mouth guard, gloves and a jock/jill strap
- The following equipment is optional for mini-tyke: shoulder and arm pads, back/kidney pads and soft knee pads
- One coach from each team may be on the floor to instruct the players
- The duration of the game shall be three 15-minute straight time periods, with 3-minute intermissions. Each period starts with a face off

Mini-Tyke Rules (CLA Rule Book, Appendix D, Option L)

- The local governing body shall appoint one or two referees for the game
- If there are no referees, the coaches on the floor may serve as referees
- A score sheet must be completed prior to each game
- No actual score is kept on the sheet or on the board
- Defensive players may occupy space to prevent the opponent from entering, and may place their stick on an opponent, but they are not to push or check the opponent with the stick

Mini-Tyke Rules (CLA Rule Book, Appendix D, Option L)

- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed a charging penalty
- There is to be NO BODY-CHECKING
- A defensive player may check an opponent by placing their stick head on the opposing player's stick head
- Fall Back Rule applies

Tyke Rules (CLA Rule Book, Appendix E, Option L)

- *No Shot Clock (ALA Rule)*
- The stick shall measure no longer than 40" (101.6cm) and no shorter than 26" (66.04cm)
- The ball used shall be a soft lacrosse ball that conforms to CLA standards and approved by the CLA, or a CLA approved lacrosse ball
- Each goal shall consist of two upright poles 3' (91.44cm) apart, joined by a rigid crossbar 3' (91.44cm) from the playing surface
- All players must wear the following equipment: helmet, mask, elbow pads, mouth guard, gloves, jock/jill strap, shoulder and arm pads, back/kidney pads

Tyke Rules (CLA Rule Book, Appendix E, Option L)

- Soft knee pads are optional
- The duration of the game shall be three 15-minute straight time periods, with 3-minute intermissions. Each period starts with a face off
- A score sheet must be completed prior to each game
- All goals, assists and penalties are recorded on the game sheet, and displayed on the score board
- A differential of more than 5 goals shall not be displayed

Tyke Rules (CLA Rule Book, Appendix E, Option L)

- Defensive players may place their stick on their opponent and push them away (“place and push”)
- Any offensive player (including the ball-carrier) who deliberately charges toward an opponent may be assessed a charging penalty
- There is to be NO BODY-CHECKING
- A defensive player may check an opponent by placing their stick head on the opposing player’s stick head
- Fall Back Rule applies

Novice/Novice Women's Rules


(CLA Rule Book, Appendix F, Option L)

- Shot clock applies
- Body contact as per CLA Rule Book
- The duration of the game shall be three 15-minute straight time periods, with 3-minute intermissions. Each period starts with a face off
- A score sheet must be completed prior to each game
- All goals, assists and penalties are recorded on the game sheet, and displayed on the score board
- A differential of more than 5 goals shall not be displayed

Peewee Women's Rules

(CLA Rule Book, Appendix F, Option L)

- Shot clock applies
- Body contact as per CLA Rule Book
- The duration of the game shall be three 15-minute straight time periods, with 3-minute intermissions. Each period starts with a face off
- A score sheet must be completed prior to each game
- All goals, assists and penalties are recorded on the game sheet, and displayed on the score board
- A differential of more than 5 goals shall not be displayed



If you have any further questions about how the LTAD rules are applied in Alberta, please do not hesitate to contact us for further assistance!

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