



Central Alberta Lacrosse Frozen 4 on 4 Rules

Game Play

1. Each team shall be composed of 9 players and 1 goaltender
2. The game shall be played with 4 players and 1 goaltender on the floor for each team
3. Teams will be given a 3-minute warm up prior to each game
4. The duration of the game shall be two 10-minute run time periods, with a 1-minute intermission between periods. Each period shall start with a face-off. The clock shall only stop for an injury.
5. No shot clock shall be used. At the referee's discretion, a 10-second verbal warning may be given prior to awarding a change of possession for not advancing to the net
6. There will be no face-off to restart play following a goal. Once a goal is scored, the scoring team must all clear to the center line, as a whole, before re-entering the zone (similar to the LTAD fall-back rule)
7. If a ball makes contact with the mesh surrounding the arena, the ball shall be deemed 'out of bounds' and possession shall be awarded to the non-offending team
8. 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
9. 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.
 - iv) Shooters may not be repeated until all players have attempted to score in the shootout

Penalties

10. All penalties in the CLA Rulebook shall apply
11. Minor penalties shall result in a single penalty shot
12. Double minor penalties shall result in two penalty shots, player remains in the game.
13. Major penalties shall result in a penalty shot and a game misconduct
14. 10-minute misconducts shall result in an expulsion for the remainder of the game, not to carry to the next game
15. Fighting, Match Penalties, and Gross Misconduct penalties shall result in a penalty shot, and expulsion from the event
16. Game Reports shall be electronically filed for all penalties listed under CLA Rule 23(L), as well as any incidents of fighting
17. 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

18. Any player who receives 2 game expulsions for exceeding 3 penalties shall be suspended for the remainder of the event

Penalty Shots

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 floor stand at sideboards and rush in once shot is taken.

Tie Break

If teams are tied in their record during seeding for semi-finals, the teams shall follow the tie break procedure as follows:

1. Head to head result
2. Formula: (Goals For) / (Goals for + Goals against)
3. Least Goals Against

Coaching

Each team must have a coach on the bench and must meet the ALA standards of certification for each age group. No non-certified coaches will be allowed on the bench or to operate the gates. All CLA/ALA rules and regulations apply to the coaches' behavior and actions on the bench. This league will be focused on games only so coaches must be mindful of the development aspect of the league. The 4 on 4 format should promote ball touches and ball movement. Coaches should be utilizing this league to build skills of the players.