



GENERAL

1. This is a ZERO TOLERANCE Tournament. Abuse of any kind will not be tolerated. If abuse is witnessed, the offending team may lose all points in the tournament and be asked to leave.
2. The intent of this tournament is to provide a fun atmosphere for development of Players, Coaches and Officials.

REGISTRATION

1. Registration must be completed by someone on the interested team - Head Coach, Assistant Coach, or Manager. This will be the KEY CONTACT individual.
2. The Key Contact is responsible to ensure all communication from the Tournament Director is relayed in a timely matter to all members of their coaching staff, players and parents.
3. The team roster must be provided on or before May 15, 2025 by the Key Contact. Failure to do so may result in that team being removed from the tournament without a refund. The Tournament Director will submit an email to all team managers requesting rosters and a final email will be sent out the week leading up to the deadline.
4. Teams will be accepted until a division is full. Once a division is full, teams will be placed on a waiting list, until a spot becomes available.
5. Payment is required at time of acceptance. Successful teams will receive an email from the Tournament Director with payment directions. Teams are NOT guaranteed a tournament spot simply by registering.
6. Spots are not considered held until FULL PAYMENT has been received.
7. Any team withdrawing from the tournament AFTER April 23, 2025 will forfeit their entry fee. NO exceptions.

TEAM INFORMATION

1. All teams are required to meet and adhere to ALA Regulations.
2. All rosters are as per the ALA Registration System.
3. Affiliations as per ALA Regulation 5A
4. Overaged Players are not permitted unless granted exception from ALA Executive (written proof required). Teams with overaged players without an exception will be fined \$750 per player.
5. All Players are required to be registered with the ALA; out of province players are not permitted on ALA teams.



6. Bench personnel are considered Coaches and Trainers and requirements for both as per ALA Regulation 13 – Bench Personnel Certifications.
7. All out of Province teams are REQUIRED to have a valid travel permit and be able to present it if asked

PLAYER EQUIPMENT

1. Mouth Guards
 - Must be worn at all times
 - Any player without a mouth guard will be given a two (2) minute delay of game for improper equipment and will not be permitted back onto the floor until a mouth guard can be presented
 - Invisalign braces are not considered “mouth protection” and will not be permitted as a mouth guard
2. Jerseys
 - All teams must have two (2) sets of jerseys, one home, one away or be prepared with set of pinnies
 - HOME teams shall wear dark colours, AWAY shall light dark. If team colours are similar, HOME team will be required to change jerseys. If the HOME team only has one (1) set of jerseys and VISITOR has two (2), VISITOR team will change jerseys.
3. Jewelry
 - Is prohibited on the floor. This includes piercings. All piercings must be covered if removal is not possible.

SOCCER CENTRE FACILITIES

1. Balls are NOT permitted off the playing surface. Any balls found off the playing surface will be confiscated, and teams may face ejection from the tournament with no refund. Any damage to the Soccer Centre will be the responsibility of the offending team - this includes players and siblings.
2. Due to number of dressing rooms at South Calgary Soccer Centre, teams are to remove their lacrosse bags and other belongings while on the floor to allow the next team to get ready.
3. Dressing room Supervisors are recommended as any damage to the dressing room will be the responsibility of the team.
4. Dressing rooms are expected to be left in a clean and acceptable manner after each game.



REFEREES

1. All referee decisions made during the game are final
2. Any match, game or gross misconduct penalties will be sent to the Discipline Committee in the form of a Referee report. After consulting with the committee, a decision will be rendered regarding the suspension, and the decision will be final.
3. Official protests, in regard to conduct on the field, will not be considered.
4. Any team who deliberately attempts to delay the game will be assessed a two-minute delay of game penalty. If this occurs in the last two minutes of the game, a penalty shot will be awarded.

GAMES

1. Teams supply their own warm-up balls.
2. HOME TEAM to supply game balls.
3. Game sheets will be available at the registration table 30 minutes prior to the games. ALL game sheets must be returned to the registration table after each game. Teams are responsible for providing their own roster labels for game sheets.
4. The HOME team is responsible for taking the completed game sheet to the box and returning the white sheet back to the registration table at the end of the game. Scores will NOT be entered for either team until the white copy is returned.
5. Upon initial tournament check-in, each team will be provided Heart & Hustle and MVP awards for all of their respective round robin games. Teams are responsible for bringing their awards to be handed out at the end of each game. MVP and Heart & Hustle awards for medal final games will be available on Sunday morning upon check-in.
6. HOME TEAM - to provide SCOREKEEPER, SHOTCLOCK OPERATOR and PENALTY BOX
7. VISITOR TEAM - to provide TIMEKEEPER and PENALTY BOX
8. All decisions of the referee will be final on the floor. Any official protest shall be submitted in writing within 30 minutes of the end of the game and be accompanied by a \$300 non-refundable fee payable to Fury Lacrosse Association. If game conclusion time is missing from the game sheet the scheduled game time conclusion shall be used. The decision of the Tournament Committee will be final.
9. All match, game or gross misconducts will be referred to the Fury Lacrosse Girls Rock Discipline Committee. The decision of the Discipline Committee will be final. Any resulting suspension(s) must be served in the subsequent game. Any team failing to do so will have one point deducted from the Round Robin standings or may be stripped of a final medal.



10. Game Times

Division	Allotted Time	Warm-up	Period 1	Period 2	Period 3	Period Break	Clock
U11	1 hour	5 min	15 min	15 min	15 min	3 min	Run Time
U13	1 hour	5 min	15 min	15 min	15 min	3 min	Run Time
U15	1 ½ hour	5 min	20 min	20 min	20 min	3 min	P1,P2: Run Time P3: Stop Time
U17	1 ½ hour	5 min	20 min	20 min	20 min	5 min	P1,P2: Run Time P3: Stop Time

11. 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.
12. For U11 and U13, games are played as run time.
13. For U15 and U17, the first two periods are played as run time and the third period is played as stop time.
14. As required, a game may be called if an injury is present and cannot be taken care of in a timely fashion.
15. **Overtime** – Overtime will be held in medal games only, where a clear winner must be determined. Overtime will consist of one (1) five (5) minute sudden victory period using stop time. If still tied, teams will take two (2) minute break followed by a shootout to determine the winner. Shootout. Teams cannot repeat players until one of the teams goes through the entire team. In overtime teams do not change ends.
16. **Scoring System** – All Round Robin games will be awarded points based on the following (to a maximum of 2 points awarded per game. Point standings will be used to determine final game matchups.
 - 2 points for a WIN
 - 1 point for a TIE or BYE game
 - 0 points for a LOSS
17. **ALA Tournament Rules are specific to Round Robin Tournament Play. In the majority of divisions, Girls Rock is NOT a Round Robin Tournament format due to number of teams participating. Meaning, if teams are tied, the first few criteria to break a tie CAN NOT BE USED.**

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

- If three or more teams are tied, and if one team has defeated the other teams with which it is tied after round robin play, the team shall advance. Otherwise, the team with the best goal average shall advance.



- **Goals Average Formula: $\text{GOALS FOR} / (\text{GOALS FOR} + \text{GOALS AGAINST})$.** Formula is applied once to rank all tied teams. In the event of a team playing an additional round robin game, no points, goals for or goals against will be used in that team's goal average calculation.
 - If a tie still exists between teams after the goal average formula is applied, the winner of the game(s) between the team's advances.
 - If a tie still exists between teams, the team with the lesser amount of penalty minutes advances.
 - If a tie still exists between teams, a coin flip by the tournament director will be used to determine the tie-break winner
18. **Mercy Rule** - 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 straight time. If the goal differential is brought within four (4) goals, the clock shall return to stop time.
19. At no time will the goal differential of 6 or more be posted on the scoreboard only recorded on the game sheet.
20. All match, game or gross misconducts will be referred to the Fury Lacrosse Girls Rock Discipline Committee. The decision of the Discipline Committee will be final. Any resulting suspension(s) must be served in the subsequent game. Any team failing to do so will have one point deducted from the Round Robin standings or may be stripped of a final medal.

AWARDS & MEDALS

1. One player from each team will be awarded Heart & Hustle - determined by the coaches. A player can only win once over the tournament weekend.
2. One player from each team will be awarded MVP – determined by the coaches. A player can only win once over the tournament weekend.
3. The awards will be given to coaches/managers in their team package when they check in for their first game at the registration table.
4. Medals will be awarded for the 1st, 2nd & 3rd place teams

PARENT CODE OF CONDUCT

1. Yelling towards refs or other officials will NOT permitted and may result in players, parents. Or coaches being asked to leave the tournament and teams may forfeit all points won in that game. Banging of the boards is strongly discouraged. The facilities reserve the right to ask teams to leave if the banging of sticks is excessive. If teams are asked to leave, they forfeit all points for that game.



2. Each team is responsible for the conduct of its players, fans and coaches. Teams will be held responsible for any damages to the facility, dressing rooms, and/or playing surfaces. Teams may be expelled or banned from the Tournament at the discretion of the Tournament Discipline Committee.