



Foothills Spurs Barn Burner Tournament 2025 Rules

Team Information

- All teams are required to meet and adhere to ALA Regulations.
- All rosters are as per the ALA Registration System.
- Affiliations as per ALA Regulation 5A.
- Overaged Players are not permitted unless granted an exemption from the ALA Executive (written proof required)
 - Teams with overaged players without an exemption will be fined \$750 per player.
- All Players are required to be registered with the ALA; out of province players are not permitted on ALA teams.
- All Coaches are required to meet Lacrosse Canada minimum coaching standards for the Age Group they are coaching, as per ALA regulation 13.04
- All trainers on the bench must have a minimum certification as per ALA regulation 13.05
- All out-of-province teams are REQUIRED to have a valid travel permit and be able to present it if asked.

Tournament Chair

This role is to oversee the operations of the ALA-sanctioned tournament by supervising registrations and ensuring ALA rules of play are followed.

- Ensure that the game structure, overtime rules, and suspension guidelines as per ALA Regulation 28 have been posted in an accessible spot adjacent to the scoreboard.
- Scoresheets to be completed for all team players and bench personnel. If a team chooses to use stickers, they must line up and be placed on all 3 copies, or they are not permitted.
- Request ALRA RIC to advise timekeeping officials that ALL copies of the scoresheet must be returned to the registrar's desk.
- Upon completion of the tournament, make sure the discipline chair and tournament chair ensure that the following information is sent to the ALA office within 48 hrs after the final game of the tournament.
 - All Game Sheets
 - Discipline Log Committee Report
 - Tournament Standings



U9 LTAD Option L Rules

LTAD Option L, the following shall apply in addition to the Lacrosse Canada Rule Book:

- Fallback
- Shift on the fly
- Regulation ball used.
- No coaches on the floor
- Penalties will be called and served.

Fall Back Rule

- Applies anytime the goalie has the ball
- Awarded possession or a save is made
- Goalie **MUST** pass the ball in the air to a teammate outside the 24' circle
- Rolling the ball to a teammate is not permitted

Defensive players are required to retreat behind the restraining line

- If the arena has no restraining line, a different line shall be indicated to both coaches prior to the start of the game
- If a mistake is made, blow the whistle down and have the goalie re-do it
- All defensive players must “tag up” outside the “attacking zone” (outside the restraining/otherwise indicated line) before anyone can re-enter the zone
- If the defensive team fails to entirely retreat during dynamic play, blow the play down and award possession to the goalie
- Ensure all defensive players are on the other side of the restraining line before play is blown in again following a failure to clear the zone:

Contact

- Place and Push: Defensive players may place their stick on the ball carrier and push them away
- A defensive player may check an offensive player by placing their stick head on the opposing player's stick head



Game Sheets

The host club will provide game sheets. Only ALA game sheets are to be used for all tournaments. As the game sheet is the legal record of the event, ensure it is filled out clearly and concisely. Use the following procedures for game sheets:

- **Home and Away Teams must provide roster stickers; they are also responsible for putting the roster stickers on the game sheet at the Host table Prior to each game.**
- The home team is responsible for taking the game sheet to the score box
- Players are ordered numerically, according to jerseys
- Prepared 15 minutes prior to the scheduled game time. The game sheet will be available at the Host table prior to each game.
- Roster can have a maximum of 18 runners and 2 goalies
- List all bench personnel
- Print legibly the first and last names of all players
- Both referees sign the game sheet at the conclusion of the game
- Report incidents to the host chair immediately
- The **HOME TEAM** is responsible to **RETURN** the game sheets to the Tournament Table, where you pick them up at the start of the game.
- Approved affiliated players to be listed as 'AP'
- Home team changes jerseys if the team colours are similar
- Referees will check the completed game sheet to ensure it is accurate. Only when the referees are sure the game sheet is complete and accurate should they sign it. The accuracy of a game sheet is the responsibility of the referees. This includes but is not limited to the number of players on the floor and bench personnel on the bench.



ALA 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. This committee will be made up of the tournament chair, RIC, and one other volunteer from the host committee. Please see ALA regulation 12A for automatic suspensions.
 - All 5-minute penalties and suspensions must be reported to the ALA office within 48 hours. Email the ALA office: info@albertalacrosse.com

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.

Suspension Information

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. Players and/or Bench Personnel who have received penalties calling for suspensions will be dealt with at the earliest possible time following the game.



Discipline Cont'd

- The Discipline Committee will conduct such interviews as may be necessary and render a decision as to the length of a suspension.
- The result of any decision must be communicated to the suspended party and their coach at the tournament by the Discipline Chair.
- Teams that have a person(s) serving a suspension need to indicate their names on the game sheet.
- Suspensions levied by the Tournament Discipline Committee must be reported to the ALA within 24 hours

Referees and Game Officials

- All referees must be currently carded ALRA officials.
- In Invitational Tournament play, the assigned Referee-in-Chief (RIC) will appoint referees for the approved competition.
- Abuse of players, team staff, referees, game officials or tournament committee members will not be tolerated and will be grounds for expulsion of the individual or teams involved. This will be at the discretion of the Tournament Chair and Discipline Committee.



Game Structure

- **Schedule**

- Maximum games allowed per team and/or player in a single day is 3
- Teams cannot be scheduled for more than 3 games in any given day and need to have at least a 2-hour break between each scheduled game length of Games.

- **Length of Games**

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

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.

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.

- **Mercy Rule**

9.05 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 run 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.)

- **Game Officials**

- **SCORE/TIMEKEEPER, SHOT CLOCK and PENALTY BOX** will be provided by the **HOME** team
- **SCOREKEEPER and PENALTY BOX** will be provided by the **VISITOR** team.

- **Overtime**



- In Medal games only, where a clear winner must be determined, the five (5) minute sudden victory periods will continue with a one (1) minute break between until a team wins.
- No overtime in round robin games, in the event of a tie at the conclusion of the 3rd period, each team will be awarded one (1) point.

- **Tournament Scoring System**

- Game Win = 2 points
- Game Tie = 1 point
- Game Loss = 0 points

- **Tie Breaker**

- 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 team's 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 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.

The Goals Average Formula is:

Goals For / (Goals For + (Goals Against)

The formula is applied once to rank all tied teams.

Protests

To place an appeal, the appealing team must put a \$300 non-refundable bond forward. The appeal must be made in writing and must be received no later than 30 minutes after the conclusion of the game. If the game conclusion time is missing from the game sheet, the scheduled game time conclusion shall be used. If the appeal is won, the fee will be refunded. If any game or portion thereof is to be replayed, the refund will be given after that conclusion.



Courtesy Between Competitors and Respect for Players and Fans

- Team management will not permit any of their players to enter the playing surface while any players from the previous game remain on the floor.
- Any players entering the playing surface between scheduled games shall wear CSA-approved helmets and a facemask or will be subject to a fine as per ALA Regulations.
- Unruly fans will be barred from the tournament arenas at the discretion of the RIC and the Discipline Committee.
- Dressing rooms must be left clean and orderly after each game. Any team leaving a room and/or facility in disarray or in a damaged state could face expulsion from the tournament and be required to pay for damages and clean-up fees.
- **All dressing rooms must be empty when going on the floor. Gear bags can be taken and stored beside the field during the game.**

We are asking that you assist us in maintaining the amenities and ensuring a safe environment for all with the following expectations:

- Any person on the floor, bench, or timekeeper under the age of 18 **MUST** wear a helmet. Even if you are a coach.
- Absolutely no balls or sticks will be permitted except within the playing fields - **ZERO TOLERANCE**.
- Please ensure all balls and sticks are stored in equipment bags until the teams have entered the fields.
- Staff will confiscate any sticks and lacrosse balls that are being thrown within or outside of the facility when not on a field.
- Balls and sticks may be retrieved from the staff as you exit the facility.
- Spitting on the fields will not be tolerated.
- Only service animals are permitted in the facility, and you must be able to provide documentation. All other animals and their owner will be asked to vacate the premises.
- No RC cars on the Property (indoors/outdoors)
- No food or drink on the walking track, please utilize the concession seating or the spectator areas.
- All spectators are expected to watch their team from the designated viewing area.
- Staff, Tournament Hosts, and ALL tournament participants are to be respected at all times; any group not respecting these guidelines may be asked to leave the tournament.

Thank you in advance for ensuring your players, coaches, and parents are aware of these expectations at the tournament facilities.

Foothills Lacrosse Association