

# **ALA Tournament Guidelines 2025**

## **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**

- 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.

\*Refer to page 2 for game length

### **Mercy Rule**

- If a goal differential of 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 4 goals, the clock shall return to stop time at that time.

### **Game Officials**

- Timekeeper will be provided by the Home team
- Scorekeeper will be provided by the Visitor team
- Both teams will provide penalty box personnel (1 person will also do shot clock, if applicable for age division)

### **Overtime**

- In Round Robin there will be 5-minute sudden victory periods until a goal is scored. There will be one-minute rest period between each five-minute period.
- In Medal games only, as per Lacrosse Canada:
  - Rule 20: Exception is made to rest time between periods, which will be five minutes.

### **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 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. 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.

GOALS FOR  
GOALS FOR + GOALS AGAINST

The formula is applied once to rank all tied teams.

## 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

A complete guide of ALA Regulations may be found at;  
<https://cloud.rampinteractive.com/ablax/files/%20bylaws-regulations-policies/regulations/Guide-Regulations-May%202025%20v10.3.pdf>