

ALA Tournament Guidelines

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

- **U7** - as per Lacrosse Canada Rulebook Option L
- **U9** - games will be 3 fifteen-minute runtime periods, no clock stoppage (1 hr time allowance)
- **U11** - games will be 3 fifteen-minute runtime periods, no clock stoppage (1 hr time allowance)
- **U13** - games will be 2 fifteen-minute and 1 twenty-minute stop time periods, (1.25 hr time allowance)
- **U15** and **U17** - games will be 3 twenty-minute stop time periods (1.5 hr time allowance)

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

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.