

FEEL THE RAGE 2026

TOURNAMENT 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 exception from ALA Executive (written proof required)
- teams with overaged players without an exception 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 REQUIRED to have a valid travel permit and be able to present it if asked.

TOURNAMENT CHAIR

The Tournament Chair for 2026 is Gerald Warriner – Vice President of Administration, Rockyview Lacrosse. 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 game structure, overtime rules, and suspension guidelines as per ALA Regulation 9 have been posted in an accessible spot.
- Electronic scoresheets to be completed for all team players and bench personnel
- Upon completion of tournament, make sure the discipline chair ensures that the following information is sent to the ALA office within 48 hrs after the final game of the tournament.
- Discipline Log Committee Report
- Upon completion of tournament, make sure the tournament chair ensures the tournament standing report is provided to the ALA office within 48 hrs after the final game of the tournament.

GAMESHEETS

Only Ramp Electronic Game Sheets are to be used for all tournaments. As the game sheet is the legal record of the event. Please ensure it is filled out in its entirety.

Use the following procedures for game sheets:

- The Home team is responsible for the Game Code
- Roster can have a maximum of 18 runners and 2 goalies

- Overaged players are not permitted
- Each team must verify all rosters and bench personnel for EACH game
- Both referees MUST sign off the electronic game sheet at conclusion of the game
- Report incidents to host chair immediately
- Affiliated players to be listed as 'AP'
- Home team changes jerseys, if 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 off on it. The accuracy of a game sheet is the responsibility of the referees.



DISCIPLINE PROCEDURES

- All infractions are to be dealt with at the tournament
- 'MATCH PENALTY - ABUSE OF AN OFFICIAL' will automatically be a suspension until dealt with by the teams LGB.
- ALL major penalties are to be handled by the Discipline Committee.
- This committee will be made up of the Tournament Chair, OIC and at least one other volunteer from the host committee. Please see ALA regulation 12A for automatic suspensions.
- All suspensions must be reported to the ALA office within 48 hours.

SUSPENSION INFORMATION

- See ALA Regulation 12 for details
- Players and/or Bench Personnel who have received penalties calling for suspensions will be dealt with at the earliest possible time following the game.
- 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 who have person(s) serving suspension need to indicate their names on the electronic 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.
- 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/or Discipline Committee.

GAME STRUCTURE

Schedule

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

Length of Games

- ALA Regulation 9 states that U11 and U13 all play 3, 15 minutes periods of runtime, with a 5-minute warm-up and 2-minute break between periods.
- Each game will have a 75-minute max floor time to allow for overtime.
- With 5 minutes or less remaining in the floor time allotted, at the next stoppage of play, the referee will instruct the timekeeper to change the gametime remaining to 2 minutes.
- 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 straight time. If the goal differential is brought within four (4) goals, the clock shall return to stop time at that time.

Game Officials

- Scorekeeper and 30-second shot clock will be provided by the HOME team
- Timekeeper will be provided by the VISITOR team
- Both will provide penalty box personnel.

Overtime

- One (1) Ten (10) minute sudden victory period will continue with a two (2) minute break between. If overtime does not provide a winner. Teams will pick three (3) players each to perform a shootout, who will alternate turns, until a team has won. If after three (3) players each, there is still no winner, teams will alternate, one (1) player until a team has won. Players can only be used a second time after the full compliment of players has made a shot. Visitor teams will start the shootout.
- In Medal games only, the fifteen (15) minute sudden victory period will continue with a two (2) minute break between. If overtime does not provide a winner. Teams will pick three (3) players each to perform a shootout, who will alternate turns, until a team has won. If after three (3) players each, there is still no winner, teams will alternate, one (1) player until a team has won. Players can only be used a second time after the full compliment of players have made a shot. Visitor teams will start the shootout.

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.



GOALS FOR

**GOALS FOR + GOALS
AGAINST**

- 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

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 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 - PLAYERS, COACHES, OFFICIALS 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 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 OIC 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.

AIRDRIE GENESIS PLACE - FACILITY RULES

As we are operating at the Airdrie Genesis Place, we are asking that you assist us in maintaining these amenities and ensuring a safe environment for all with the following expectations:

- Any person on the floor, bench, and timekeeper under the age of 18 MUST wear a helmet. Even if you are a coach.
- Absolutely no balls will be permitted except within the playing fields - ZERO TOLERANCE.
- Please ensure all balls are stored in equipment bags until the teams have entered onto the fields.
- Staff will confiscate any lacrosse balls that are being thrown within or outside of the facility when not on a field.
- Spitting on the fields will not be tolerated.
- Staff is to be respected at all time, 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 Airdrie Genesis Place.