



ROCK THE NORTH 2024

Tournament Rules & Guidelines

General Info

- Affiliates may be used as per ALA regulations and must be identified as AP (affiliate player) on the game sheets. As per regulation 6. And regulation 5A.04
 - Minor teams may affiliate to a maximum of 18 players and 2 goalies. Any affiliate goaltenders must be dressed as goaltenders, on the bench, and will only be eligible to participate as a goaltender. Teams may carry a maximum of two (2) goalies. All affiliates must be drawn from the same club and in a lower division or lower tiered team in the applicable division competing.
- All coaches required to meet Lacrosse Canada minimum coaching standards.
- All Female only teams must have one registered female bench personnel registered to the team in RAMP and on the bench as per the ALA Registration system and correlating to the game sheet
- All Trainers required to meet ALA requirements (Regulation 6).
- All out of Province teams **REQUIRED** to have a valid travel permit and be able to present it if asked

PLAYERS EQUIPMENT

- Mouth Guards - Worn at all times during game play. LC Rule Book under Rule 11 (D)
- Jerseys - HOME teams shall wear light colors, AWAY shall wear dark.

If team colors are similar, the HOME team will be required to change jerseys or use pinnies.

FACILITIES

FIRST AID INFO

All Teams utilizing Edm Soccer facility must have first aid equipment on their bench. ESAF first aid supplies are meant only to be used as a supplement to the individual clubs' first aid equipment.

All of the Edm Soccer Facility staff are first aid trained. If an incident occurs on the field, there is a phone in the ref box that calls our control room. They do have ice packs, staff would just need to be notified that it is needed.

NEAREST MEDICAL FACILITY

Grey Nuns Community Hospital 1100 Youville Dr W Northwest,

Edmonton, AB T6L 5X8



ITEMS OF NOTE

- **Parent, Player, Coach Conduct ALA Regulation 12C**
 “Any person who enters into acrimonious discussions, makes abusive or obscene comments, gestures, or threats to Officials, the league, or Tournament RIC, the Tournament Chair/Representative, Minor Officials, or ALA/LGB staff, shall be fined a minimum of \$100 and suspended for a minimum of two (2) games. The incident shall be reviewed by the ALA Discipline Committee to determine if further action is warranted.”

- **Referees**
 Discipline falls under ALA regulation 12, All referee decisions made during the game are final
 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. Official protests in regard to conduct on the field will not be considered.

- **Suspensions**
 All major penalties will be dealt with by the Tournament Discipline Committee
 “Match Penalty – Abuse of an Official” this will be an automatic suspension until dealt with by the teams LGB. All suspensions to be served consecutively (tournament, league, provincials). Use of a suspended player will result in a forfeit of the game and a referral to the ALA discipline or teams LGB. Teams who have players/coach serving a suspension, must be indicated on the game sheets
 All bench staff suspensions will be served and written up appropriately, but please note these can result in coaches/teams etc. not being invited back for future tournaments.

Change rooms

The soccer center has a policy that we are asked to follow. They will sign out a room key to the team manager/coach 30 mins ahead of the game time. This allows their staff time to clean the rooms in between the teams using the rooms. They require a piece of ID or Keys to sign out the room key.

Warm Up Areas

Unfortunately the soccer center does not have a track or area to use for team warm up. There is some space outside the building that is open for teams to warm up.

Concession and Lounge - should be open all weekend.

Raffle tables and 50 /50 will be running all weekend.

PRE- Ordered Merchandise will be ready Friday night at the registration/raffle table.

Dressing Rooms -Will be left clean and tidy for the next team behind you. No equipment bags will be permitted to be left in rooms. **ABSOLUTELY NO BALLS** are to be thrown, cradled etc., outside of a designated playing surface, at the soccer center. No exceptions- leave the lacrosse balls in your bag! Thank you.



GAMES Updated division standings will be online. <http://tournaments.sherwoodparktitans.ca/>

Each team will be guaranteed 4 games during the weekend.

(3 in regular games and 1 final playoff)

All teams will play on Sunday in the playoffs. (Ex Medal games and 5th vs 6th and 7th vs 8th)

H&H and MVP Awards are to be decided upon by their own coaches.

One player from each team will be awarded MVP

One player from each team will be awarded Heart & Hustle

Please note: A player should only win each respective award once during the tournament.

The awards will be given to coaches/managers in their team package when they check in for their first game at the respective raffle/registration table.

Time Box - volunteers from both teams are required & volunteers must be 16 yrs or older

- HOME team will supply TWO (2) people for the time box -**scoreboard/clock & Shot clock**
- Home team can supply a 3rd person for the penalty box if needed.
- AWAY team will supply TWO (2) person for the time box - **score sheet online & Penalty box**

Games Sheets - Online game sheets - you will be uploading scores and infractions online during game play, using online access codes. Each team will be given the codes for the games ahead of time (by email). And copies will be available for pick up at the registration table before games. We also have blank game sheets to use during the games if you would like to have a written option. Each team must download the app.

- EACH team is responsible for getting their own game codes (either from the pre tournament email or from the registration table.)Your team codes are unique.
- EACH team needs to verify their team info is correct, and confirm that the Coaches and players are accounted for in the app are actually on the bench and playing
- HOME team is responsible for finalizing the info (click sync on the app) within 15 mins of the end of every game. You can see if this is complete if the game is uploaded to the website.
- AWAY team is responsible for the online score sheet with the uploaded scores and penalty info.
- REFS have their own game sheet codes. (Copies at registration)
- If there is a write up needed, the refs can get an actual game sheet from the registration desk to complete as needed. We will give blank paper copies for scratch notes during the games.
- Game results will be uploaded and available on <http://tournaments.sherwoodparktitans.ca/>



Game Times

U11 – 60 minutes (4 min warmup, **3x12 min** stop time periods, 3 min rest between periods)

U13 – 75 min (4 min warmup, 3x15 min stop time periods, 3 min rest between periods)

U15 – 90 min (4 minute warmup, 3x15 min stop time periods, 5 min rest between periods)

U17 - 105 min (4 min warmup, **3x 20 min** stop time periods, 5 min rest between periods)

All games, if five minutes left before the scheduled end time of the game slot, there is more than 5 minutes left on the clock, the clock shall reset to 2 minutes and play shall continue.

Warm up times and breaks between periods can be decreased if games are running behind.

All games will be played out, no tie scores. With Two (2) points for a win, zero (0) for a loss

PLEASE NOTE:

Mercy Rule in any game that has a goal differential of 6 goals or more shall be played at run time, at the next whistle to start play. IF the differential goal becomes 4 or less the game reverts back to stop time. TIE GAMES - Game can not end in a tied score. The game will go to overtime.

In round robin or bracket play, there will be five (5) minute sudden death victory periods until a goal is scored with one (2) minute of rest between periods. Teams will stay on the same side of the floor. Sudden death will occur -first goal scored wins the game.

In medal games only: exception is made only to the rest time between periods which will be five (5) minutes.

Tie Breaker - for standings in brackets or round robin

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.

Sunday games Updated division standings will be online.

<http://tournaments.sherwoodparktitans.ca/>

Medals will be awarded for the 1st, 2nd & 3rd place teams.

All teams will play on Sunday in the finals. .

Teams not in the medal rounds, (playing for 5th/6th and 7th 8th etc) there will be a quick draw shoot-out at the end of their game. The team who wins the shootout, will be awarded a prize pack (with a prize for each player)

RULES for shoot out. The Shoot out is just for the 5th vs 6th and 7th vs 8th etc. Only on Sunday.

Each team must pick 3 players.

Then the game winning team will shoot first, and the shots will alternate. Best of 3 shots.

In the event that neither team scores or there is a tie of 3-3, each team will pick 1 player at a time to shoot and alternate until 1 team scores and 1 team misses. Teams can not repeat the shooters until all players have tried.

Winners of the shootout will get a team prize.

Updated division standings will be online. <http://tournaments.sherwoodparktitans.ca/>

- Appeals

Appeals must be placed with the Tournament Discipline Committee in writing within 30 minutes of the conclusion of the game. A \$300 non-refundable bond will be put forward at time of appeal. The decision of the Tournament Discipline Committee is final unless the sanction carries beyond the tournament.

Any additional questions please email the tournament committee:

rockthenorth@sherwoodparktitans.ca

