



#### MISSION STATEMENT

*Lacrosse is more than a game - it is a way of life. High River Lacrosse Association aspires to build a foundation based on leadership, sportsmanship, and friendship in a positive and respectful environment to honor our creator. Our mission is to promote self-esteem, confidence, leadership, and teamwork through the love of lacrosse in sharing the medicine game with our community.*

## **Foothills Lacrosse Association Barn Burner Tournament Rules** (Updated March 2026)



# Foothills Spurs Barn Burner 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 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.
- ❖ Any person on the floor, bench, or timekeeper under the age of 18 MUST wear a helmet. Even if you are a coach.
- ❖ Home team changes jerseys if the team colours are similar

## 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 12 – Discipline including Regulation 12A have been posted in an accessible spot adjacent to the scoreboard.
- ❖ Request ALRA RIC to advise timekeeping officials that ALL tablets are to be left in the box to input scoresheet information.
- ❖ Upon completion of the 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 the 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.

## Electronic Game Sheets (The host club will provide instructions in the box with the score clock.)

- ❖ Roster can have a maximum of 18 runners and 2 goalies
- ❖ List all bench personnel
- ❖ Game Officials are to sign off on the game sheet at the conclusion of the game
- ❖ Report incidents to the host chair immediately
- ❖ Approved affiliated players to be listed as 'AP'
- ❖ Referees will check the completed game sheet to ensure it is accurate. Only when the game officials are sure the game sheet is complete and accurate should they sign off. The accuracy of a game sheet is the responsibility of the officials. This includes but is not limited to the number of players on the floor and bench personnel on the bench.

## 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 team's LGB.
- ❖ ALL major penalties are to be handled by the discipline committee.
- ❖ This committee will be made up of the tournament chair, OIC, 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](mailto:info@albertalacrosse.com)



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## ALA Suspension Guidelines - (ALA Regulation 12)

- ❖ Everyone must realize that for our game to grow, we must deal with the players and bench personnel in a manner that will make it evident that any deviation from good sport conduct and the rules of the game will not be tolerated.
- ❖ Suspensions are to be served consecutively (Tournament-League-Regionals), and for the team that the suspension was given. The use of a suspended or ineligible player(s) will result in a forfeiture of the game plus a referral to ALA discipline.
- ❖ 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, their coach at the tournament, their LGB President, and LGB Discipline Director 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

## Game Officials

- ❖ All officials must be currently carded ALRA officials.
- ❖ In Invitational Tournament play, the Alberta Lacrosse Referee Association will appoint officials for the approved competition.
- ❖ Abuse of players, team staff, ALRA officials, 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.

## Schedule

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

## Length of Games

### REGULATION 9 – RULES OF PLAY BOX LACROSSE

9.01 Rules of play in Alberta shall be those of the WL Box Lacrosse Official Playing Rules with Age and Stage Modifications specified by LC except with other exceptions or changes as noted below.

9.02 All game times shall be as per the LC Age & Stage Appropriate Modifications including a warmup time, 3 periods and period breaks as described below (all times in minutes).

Division	Allotted Time	Warm Up/ Training	Period Length	Period Break	Overtime Sudden Death
U15	90	5	15	2	15
U17	90	5	15	2	15

**9.03 “Stop time” when used in the WL Rules of Play or the LC Age and Stage modifications shall is defined as the clock only stopping for goals, penalties, or time outs.**

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. This drop clock rule does not apply to medal games in tournaments, playoff games, or provincial championship games.



# Foothills Spurs Barn Burner Tournament Rules

9.05 In U9, U11, U13, U15, and U17 lacrosse 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.

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.)

## Mercy Rule

- ❖ 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.

## 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 Round Robin, there will be no overtime due to time constraints for floor times. Tied games will be allowed, with each team receiving 1 point for the tournament. In Medal games, only ALA Regulation 9.07 shall apply.

9.07 In minor box lacrosse, there is no overtime in regular season or tournament or provincial round robin play. In minor box lacrosse, in all playoffs, knockout, tournament medal or provincial medal round games, the following overtime format will be used in place of WL Rule 2.4 and the LC Age and Stage Modifications. If a game is tied at the end of regulation time, a single sudden victory period, the length as specified by the LC Age and Stage Modifications, will be played.

If the game remains tied at the end of the single period, the game will proceed to a shootout. The shootout will consist of the teams taking alternating penalty shots. The home team will get to choose if they wish to shoot first or last, and then they will shoot in that same order for all rounds of the shootout. The shootout will be a single round at a time, such that the shootout will continue until one team scores a goal and the other team does not during their penalty shot. The team that scored a penalty shot on their turn will be declared the winner. If both teams score on their penalty shot, another round of the shootout will be held. Teams must use a different shooter for each round of the shootout until all of the players on their roster, except the goaltender, the substitute goaltender, and any player that left the playing surface for injury or a penalty prior to the conclusion of overtime, have taken a penalty shot during the shootout.

## Tournament Scoring System

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

## Tie Breaker (ALA Regulation 6A.09)

- ❖ 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. The team with the highest ratio advances.



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- ❖ Otherwise, GOALS AVERAGE FORMULA: Only the goals scored in games between each other plus common opponents are used in the goal average formula 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**

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### **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 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.

## **General Conduct**

### **REGULATION 12C – INAPPROPRIATE CONDUCT**

12C.01 The ALA strives to provide a playing atmosphere that is safe, fun, and enjoyable for all of the players and spectators at all ALA events. This requires all ALA Members to conduct themselves in accordance with the Code of Conduct and in a way that upholds the image and dignity of the sport of lacrosse. In addition, ALA Members are responsible for the conduct of parents and fans who come to watch and spectate events. The following conduct:

- a) Discriminatory language that targets anyone for their race, gender, sexual identity, ethnic origin, religious affiliation, or any similar personal characteristic;
- b) Threats, taunting, assault, or any similar physical aggression or threats of physical aggression. This includes encouraging players to engage in violent conduct that would be penalized within the rules of lacrosse.
- c) The use of noise makers or music that is unreasonable or inappropriate. This includes air horns and similar devices that are not part of a facility's normal amenities; and
- d) Intoxication through the use of alcohol or drugs combined with any of the above are considered to be breaches of the Code of Conduct, and the ALA may hold Members responsible for parents or spectators of their teams that are engaging in this conduct. The ALA and its Members may ask spectators or parents to leave a facility for engaging in this conduct and failure to comply with such a request may result in further discipline.



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12C.02 All off-floor issues that violate ALA Bylaws, Regulations, the Code of Conduct, or Policies, including the above section, will be handled according to the Discipline and Appeals Policy.

## **Foothills Lacrosse Association Tournament Committee**

### **Foothills - Okotoks Regional Fieldhouse Updated Turf Use Guidelines**

#### **Footwear**

No Metal Cleats or Spikes: No use of metal cleats or spikes, as they will damage the turf.

Approved Footwear: Only use approved footwear, such as sports-specific shoes with appropriate cleat length or wedge-type shoes. Ensure footwear is clean and free of debris.

#### **Prohibited Items and Activities**

No Sharp Objects: Do not bring or use items with sharp or narrow legs (like tables, chairs, or stakes), or other Sharp objects that could penetrate or damage the turf.

No Food or Gum: Food, gum, sunflower seeds, and colored or sweetened beverages are forbidden to prevent staining and damage.

Sandbags: No sandbags are permitted in the facility

No Smoking or Pets: Smoking, tobacco use of any kind, vaping, and pets are prohibited in the facility. Service animals are required to have a government-issued Service Dog Identification Card.

#### **Conduct and Cleanup**

Cleanliness is Key: All users are responsible for picking up all debris after use.

Respect the Field: Do not spit or allow other bodily fluids on the turf. Notify staff if a cleanup is required.

Balls: Balls and sticks are to be controlled until on the turf. No use is permitted elsewhere in the facility or the surrounding property. Damage caused using equipment off the designated field by players or associated spectators will be considered vandalism, and the organisation will be liable for the repair of the damage.

Bags and Outdoor clothing: A locker room will be assigned for the storage of outdoor clothing, footwear, and equipment bags. Snacks and non-alcoholic beverages are permitted in the dressing rooms.

Locker Rooms: Dressing rooms are available 30 minutes prior to field time. Coaches are to be present 30 minutes prior to field time, and are responsible for players' conduct in the facility.

Respect: Respect in Sport guidelines are expected when using the facility for players, coaches, and spectators. Verbal harassment or negative behavior toward players, coaches, or facility staff will result in immediate removal from the facility.

#### **Special Considerations**

Event Protection: Use protective covers to distribute weight and prevent damage from heavy equipment.

Field Markings: Additional markings on the field are prohibited. Cones can be provided.

Spectators: Spectators are not permitted on the turf and must remain in the upper concourse spectator seating. Minors must always be under the supervision of an adult within the designated area only and are not permitted to use equipment in any common areas or the walking track.

Injury: Incidents involving an injury must be reported to a facility employee, and a report will be filed

Equipment: Movement of equipment is to be done in a manner that does not damage the field or facility.

Equipment must be stored in the designated area to ensure fire exit laneways are not obstructed. All equipment is to be labelled with the organization's name if stored in the facility.