



Parkland Posse Lacrosse
2026 FALL CLASSIC 4 ON 4
OCTOBER 24TH AND 25TH, 2026



Tournament / Game Rules
Cost \$850/per team

Game Play (As Per ALA Reg 6C - MINOR 4 ON 4 TOURNAMENTS)

1. Each team shall be comprised of a maximum of 9 players and 2 goaltenders. Goalies cannot be changed in game unless an injury occurs. **Players may only play on one team, Rosters due by Oct 17, 2026 at 9:00pm, to the Tournament Director. Same 10 players all event, No substitutions or replacements. Player injury prior to tournament start will be reviewed for accommodation upon notification to Tournament Director. All teams are CoEd but there is no requirement to be CoEd**
2. Based on age division from 2026 – affiliates from a lower age division must be approved by the Tournament Director. No more than 3 affiliates per team
3. The game shall be played with 4 players and 1 goaltender on the floor for each team.
4. Teams will be given a 3-minute warm up prior to each game.
5. The duration of the game shall be two 10-minute run-time periods, with a 1-minute intermission between periods. Each period shall start with a face-off. The clock shall only stop for an injury.
6. All games will start and finish on time (according to the schedule provided). Referees have been directed to shorten periods as needed if running behind.
7. No shot clock shall be used. At the referee's discretion, a 10-second verbal warning may be given prior to awarding a change of possession for not advancing to the net.
8. There will be no face-off to restart play following a goal. Once a goal is scored, the scoring team must all clear to the center line, as a whole, before re-entering the zone.
9. If a ball makes contact with the mesh higher than the end boards (at referee discretion), the ball shall be deemed 'out of bounds' and possession shall be awarded to the non-offending team.
10. There is to be no overtime played during regular games. 2 points awarded for a win. 1 point for a tie. Zero points for a loss. In semi-final and final games: If a tie occurs, a shootout will decide the winner:
 - a. Each team shall select 3 shooters prior to the shootout beginning.
 - b. Each team shall alternate equal chances to score beginning with the 'Visiting' team.
 - c. If tied after all 6 initial shooters have taken their shot, teams will alternate single attempts to determine the winner in sudden death shoot-out, beginning with the Visiting team.
 - d. Shooters may not be repeated until all players on the team have attempted to score in the shoot-out.
11. **Each team must supply its own pinnies / jerseys for game play. Tournament will supply balls**

Penalties

12. All penalties in the CLA Rulebook shall apply.
13. Minor penalties shall result in a single penalty shot.
14. Double minor penalties shall result in two penalty shots, player remains in the game.
15. Major penalties shall result in a penalty shot and a game misconduct.

16. 10-minute misconducts shall result in an expulsion for the remainder of the game, not to carry to the next game
17. Fighting, Match Penalties, and Gross Misconduct penalties shall result in a penalty shot, and expulsion from the remainder of the tournament.
18. Game Reports shall be electronically filed for all penalties listed under CLA Rule 23(L), as well as any incidents of fighting.
19. Any player receiving 3 penalties in one game shall receive an expulsion for the remainder of the game, not to carry to the next game. A double minor shall count as 2 penalties toward the maximum of 3.
20. Any player who receives 2 game expulsions for exceeding 3 penalties shall be suspended for the remainder of the tournament.
21. **Coaches ejected for Abuse of Official are banned from the facility for the remainder of the event**

Penalty Shots

Penalties will be served in the form of penalty shots which will occur at the end of each game. A cumulative number of penalties will be tallied for each team and the difference will be awarded in penalty shots to the team with less infractions. (i.e. - Home team takes 5 penalties, Visiting team take 3 penalties, Visiting team is awarded 2 penalty shots after regulation time expires.)

Tie Break

22. If teams are tied in their record during seeding for semi-finals, the teams shall follow the tie break procedure as follows:
 - a. Head-to-head result between the two tied teams.
 - b. Lowest Goal Differential.
 - c. Least Goals Against.

Coaching

23. Each team must have a coach on the bench who meets the ALA standards of certification for that team's age division. No non-certified coaches will be allowed on the bench to either coach or to operate the gates. All CLA/ALA rules and regulations apply to the coaches' behavior and actions on the bench.
24. If you have a trainer they must be properly equipped and meet the ALA's requirements. This is not to be used to have a non-certified coach to the bench

Most importantly...Play Hard, Play fair, and Have FUN! We are all here to enjoy the game of lacrosse.

Location : TransAlta Tri Leisure Centre, 221 Jennifer Heil Way, Spruce Grove, AB T7X 4J5

Locker Room procedure:

- Use only the room assigned, Do not leave anything of value into the rooms (Phones, AirPods, wallets ect) Have a team bag for such items that you bring to the bench
- We will attempt to set up an area for goalies to dress in advance.
- Pre Game (15min) Get in, get dressed, put everything back in your bag and close it

- Post Game (15min) Get in, get changed and get out. Showers are closed. After the finals showers will be available for those with long drives home.
- The locker room area is for coaches and players only. There is lots of room for spectators and families upstairs

Questions: Warren Prince- president@parklandposse.com