



Titans Classic 2026 Tournament Rules & Guidelines

Sherwood Park | May 29 – 31, 2026

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



General Information

Welcome to the Titans Classic 2026 Lacrosse Tournament. This event will take place from May 29 to 31, 2026 at the Edmonton Soccer Centre South, in Edmonton, AB. All teams must adhere to all [Alberta Lacrosse Association \(ALA\) Regulations](#).

Facilities & Safety

All games take place at the **Edmonton Soccer Centre South**:
6520 Roper Rd NW, Edmonton, AB T6B 3K8

Change rooms are assigned 30 minutes before each game. Team representatives must sign out keys at the check in desk with collateral. All rooms must be left clean and equipment must be removed after each use; teams may be charged or expelled for violations.

No lacrosse balls are allowed outside the playing surface.

Teams must bring their own first aid supplies. The facilities have staff trained in first aid. If there is an emergency, call 911 and alert the nearest tournament volunteer. The closest medical facility is the **Grey Nuns Community Hospital**.

Tournament Format & Schedule

Team schedules and results will be available on the [ALA Website](#).

Click on the **Games Portal** → Tournaments → Sherwood Park Titans Classic

Each team is guaranteed four (4) games during the tournament (three seeding/round robin games and one playoff game).

U15A, U15B, U17A and U17B Divisions:

Round robin games will take place Friday and Saturday to determine standings. Medal games will be held on Sunday:

- **Gold Medal Game:** 1st vs. 2nd
- **Bronze Medal Game:** 3rd vs. 4th

U15C Division:

This division will consist of two pools. Teams will play round robin games within their pool on Friday and Saturday to determine standings. Final placement games will be held on Sunday as follows:

- **Gold Medal Game:** Pool A 1st vs. Pool B 1st
- **Bronze Medal Game:** Pool A 2nd vs. Pool B 2nd
- **5th Place Game:** Pool A 3rd vs. Pool B 3rd
- **7th Place Game:** Pool A 4th vs. Pool B 4th

Sunday final game schedules will be available on the tournament website.

Final standings and Sunday game schedules will be posted on the tournament website as soon as possible following the completion of round robin play on Saturday. In cases where tie-breaking procedures are required, additional time may be needed to finalize standings. We appreciate your patience and ask that teams monitor the website for updates.

Scoring System

All round-robin games will be awarded points as follows (maximum of 2 points per game):

- **Win:** 2 points
- **Tie:** 1 point
- **Loss:** 0 points

Point standings will be used to determine final rankings and game placements.

- **Tie-Breaking Procedure:**

In the event that two or more teams are tied in points following the completion of the **three (3) designated seeding games**, final standings will be determined as follows:

Two-Team Tie

1. Head-to-head result (if applicable)
2. Goal Average (GF ÷ (GF + GA)) using all seeding games
3. Fewest Goals Against
4. Goal Differential (GF – GA)
5. Goals For
6. Coin toss / Random draw

Three or More Teams Tied

1. Head-to-head results among tied teams (if all teams have played each other)
2. Goal Average using only games between tied teams
3. If still tied, Goal Average using all seeding games
4. Fewest Goals Against (all seeding games)
5. Goal Differential (GF – GA)
6. Goals For
7. Coin toss / random draw

Goal Average Formula = Goals For ÷ (Goals For + Goals Against)

Game Play

The Titans Classic Tournament follows all ALA Regulations. Where rules are not explicitly outlined below, participants are to refer to official ALA Regulations.

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 in the ALA Regulations.

Division	Allotted Time	Warm-Up /Training	Period 1	Period 2	Period 3	Period Break
U15	90 min *Stop Time	5	15	15	15	2
U17	90 min *Stop Time	5	15	15	15	2

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

With 5 minutes or less remaining in the allotted floor time, at the next stoppage of play, the referee will instruct the timekeeper to set the game clock to 2 minutes remaining.

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. 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.)

Overtime Rules- As per (ALA Regulation 9.07):

- No overtime will be played in round-robin games.
- If a playoff/medal game is tied at the end of regulation:
 - A single sudden victory overtime period will be played (length as per division/game format)
 - If still tied, the game will proceed to a shootout

Shootout Format

- Teams alternate penalty shots
- Home team chooses to shoot first or last
- Shootout continues round-by-round until one team scores and the other does not

- All eligible players must shoot before any player can shoot a second time (excluding goalies and ineligible players)

Bench Staff

All Bench staff (coaches and trainers) must meet all LC Minimum Standards. Only coaches with required qualifications and certified trainers are permitted on the bench. Trainers must have the appropriate certification as outlined in ALA REGULATION 13.05 and the ALA recognizes only one trainer per team on the bench as per ALA REGULATION 13.06. Please refer to ALA REGULATION 13 - BENCH PERSONNEL CERTIFICATIONS for full details.

Out of Province Teams

Out-of-province teams are required to have valid travel permits and be ready to present them upon request.

Affiliate Players

All teams must follow ALA REGULATION 5A - AFFILIATIONS.

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

All affiliates must be registered with the same club as the team they are affiliated to. Additionally, they must be playing in a lower age division or on a lower-tiered team within the same division. For example, a U13 player may affiliate to a U15 team, or a player from a U15C team may affiliate to a U15B team. Double registering is strictly prohibited; players are not permitted to switch between team rosters.

As per ALA Regulation 5A.05 minor clubs' teams without a division below may affiliate to another team in their LGB. Players may not be affiliated if a conflict with their normal team exists. All players' first obligation is to their regular club team.

Suspended players cannot be affiliated. If suspended, as an affiliate player, the suspension must be served with the player's original ALA Registered Team.

Jerseys & Equipment

Jerseys: The HOME TEAM must wear dark-colored jerseys, while the AWAY TEAM wears light. If jersey colors are too similar, the home team must adjust or provide pinnies to avoid confusion.

Mouthguards: All players are required to wear mouthguards during gameplay. Please refer to ALA REGULATION 8 – ALA SAFETY AND EQUIPMENT for full details.

Game Balls: The tournament will provide all official game balls. The Home team is responsible for supplying balls for pre-game warm-up.

Game Management

Online Games Sheets:

All games will be tracked electronically using the RAMP GameSheets App. Goals and penalties must be entered in real time during gameplay.

- All Team Managers and any volunteers responsible for the game sheet must download the RAMP GameSheets App in advance.
- Each team will receive their unique game sheet codes by email prior to the tournament. Copies will also be available for pickup at the registration table.
- Team Managers are responsible for ensuring they have access to all required game codes.
- Each team must verify that their roster and bench staff are correct in the app prior to each game and update as needed to ensure accuracy.

Paper “scratch pad” game sheets will be available for in-game tracking; however, **all goals and penalties must be entered into the app by the end of the game** for the officials to review and sign-off.

Referees will have separate game sheet codes (copies available at registration).

Resources:

- [Online Game Sheet Instructions](#)
- [RAMP Game Sheet Electronic Game Sheet APP Guide](#)
- [RAMP Game Sheet Video Tutorial](#)
- [Printable Game Sheet Scratch Pad](#)
- [Game Sheet Penalty Codes](#)
- [LC Penalty Option Chart](#)

Timebox Volunteers:

- HOME TEAM is responsible for providing a volunteer for the online gamesheet, shot clock, and their own penalty box.
- AWAY TEAM is responsible for providing a volunteer for the time clock and their own penalty box.

Awards

MVP and Heart & Hustle awards are to be decided upon by each team’s own coaches. One player from each team will be awarded MVP, and one player from each team will be awarded Heart & Hustle for every round robin game. 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 registration table.

In addition, the tournament will introduce the Payton Cook Memorial Award, created to honour the memory of a former Titans player. This special tournament award will be presented at the discretion of the tournament committee. Further details regarding the

purpose, criteria, and eligibility will be provided in each team's Manager Package prior to the start of the tournament.

Conduct & Discipline

All participants, including coaches, players, and spectators, are expected to behave respectfully. Any abuse directed at officials or staff will result in disciplinary action, including possible fines and suspensions. Suspensions must be noted on gamesheets and served consecutively. Referee decisions are final.

All infractions will be addressed during the tournament in accordance with Alberta Lacrosse Association Regulations.

- A **Match Penalty – Abuse of an Official** results in an automatic suspension pending review by the team's Local Governing Body (LGB)
- All major penalties will be reviewed by the Tournament Discipline Committee
- The Discipline Committee will consist of the Tournament Director, OIC, and at least one additional member of the Tournament Committee member or a member of the Titans Board
- Automatic suspensions will be applied as per ALA REGULATION 12A – AUTOMATIC AND OTHER SUSPENSIONS (MINOR BOX)

Suspensions

- Players and/or bench personnel receiving suspensions will be dealt with as soon as reasonably possible following the game
- The Discipline Committee may conduct interviews and will determine the length of suspension
- Decisions will be communicated to the individual and team at the tournament by the Tournament Director, or designated Committee Member
- Teams must list any suspended individuals on the electronic game sheet

Reporting

- All 5-minute major penalties and suspensions must be reported to the ALA within **48 hours**
- All Discipline Committee decisions must be reported to the ALA within **24 hours**

Officials & Conduct

- All officials must be currently certified through the Alberta Lacrosse Referees Association
- Abuse of players, team staff, officials, or tournament personnel will **not be tolerated** and may result in removal or expulsion from the tournament at the discretion of the Tournament Director and/or Discipline Committee

Spectators: Unruly spectators may be removed at the discretion of the OIC and Discipline Committee

ALA REGULATION 12A.09 – ABUSE BY FANS as perceived by a referee, Tournament Chair, or other ALA Executive Committee Members, will result in having the referee have the coach

ask his/her “fan” to immediately remove him/herself from the arena and not to return for the remainder of the game. The game will not resume until said fan is completely removed from the arena. If the fan refuses to leave within a reasonable time, the team to which the fan is related will forfeit the game. Such removal and/or forfeit shall be noted on the game sheet and an official game report shall be forwarded to the LGB. An incident report will be sent to the committee.

Appeals

All appeals must be submitted in writing within 60 minutes of game completion and must include a \$300 bond. The Tournament Discipline Committee's decision is final.

Tournament Contact

For any questions or concerns before or during the tournament, please contact the Tournament Director at tournament@sherwoodparktitans.ca

To ensure clear and consistent communication, all inquiries must come through a team’s designated representative (Head Coach or Team Manager). We ask that parents and spectators direct any questions to their team staff.

Additional tournament information can be found on the tournament website:

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