



# SPIRIT OF THE STICKS 2026 OFFICIAL RULES & REGULATIONS

Please note that Spirit of the Sticks follows the official ALA Regulations, including Regulation 6, and the updated Tournament Policy (found [here](#)) and will default to those documents for any issues not addressed here.

## TEAM REQUIREMENTS

- All teams are required to meet and adhere to ALA Regulations.
- All rosters are as per the ALA Registration System.
- Affiliations are permitted, but must follow per ALA Regulations.
- 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 required to meet Lacrosse Canada minimum coaching standards.
- All Trainers required to meet ALA requirements (Regulation 26).
- All out of Province teams REQUIRED to have a valid travel permit and be able to present it if asked.

## SCHEDULING NOTES

- Please have your team dressed and ready to go ten (10) minutes prior to the scheduled start time of your game. If the floor is clear of the previous game, and the game officials are ready, games may start up to ten (10) minutes early.
- **Coaches & Managers will not permit any team member (player or staff) to enter the playing surface while any players or staff from the previous game remain on the surface.** Only once the surface is completely clear may your team enter.

### *Jerseys*

- Home Team: Dark Jerseys, Away Team: Light Jerseys
- Home team to change jersey color if they are similar. If the Home team only has one set, the Away team must change.



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## GAME STRUCTURE

### *Length of Games*

- Please note that game lengths have been updated this year to conform to the latest recommendations from CALL & ALA.
- U15 & U17: Games will consist of a five (5) minute warm up, three (3) fifteen minute stop time periods, with a two (2) minute rest time between periods. (1hr 30m time allowance)
- In cases of games taking an extraordinary amount of time and/or the schedule running far behind, the SOS Committee retains the right to utilize run time and/or a drop clock in accordance with ALA Regulation 9.04.

### *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 straight time. If the goal differential is brought within four (4) goals, the clock shall return to stop time at that time.

### *Game Officials*

- **TIMEKEEPER, SCOREKEEPER & SHOT CLOCK:**
  - Many games will have these positions covered by volunteers from the host association, but we are short a couple of bodies to fully cover all games.
  - Please schedule 2 volunteers for the home team and 1 volunteer from the away team for each game to be in place 5 minutes before the game start time. Positions can be filled by whoever is comfortable with whichever role.
    - If an agreement can not be reached amongst the volunteers themselves, positions will default to: Home will provide Scoresheet and Shot Clock, Away will provide Time Clock.
  - If there are volunteers from the host association, the team provided volunteers will be released from duty and free to enjoy the game as a spectator.
- **PENALTY BOXES:** Please provide **one person per team every game** in addition to the above volunteers.

### *Overtime*

- In Round Robin there will be five (5)-minute sudden victory periods until a goal is scored.
  - There will be one (1)-minute rest period between each five-minute period.
- In Medal games only, as per Lacrosse Canada:
  - Rule 20: Exception is made to rest time between periods, which will be five (5) minutes.

### *Point Standings*

- Points earned for standings shall be as follows:
  - 2 pts for a win
  - 1 pt for a 1 goal loss
  - 0 pts for a loss of 2 goals or more.





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## Tie Breaker

- 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 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, that team shall advance.
  - Otherwise, GOAL AVERAGE FORMULA (see below): 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 (see below): Using goals for and against in all games played by the tied teams. The team with the highest ratio advances.

$$\frac{\text{GOALS FOR } \underline{\hspace{2cm}}}{\text{GOALS FOR} + \text{GOALS AGAINST}}$$

## GAME SHEETS

 RAMP Gamesheets APP will be used for ALL tournament games. 

ALA now requires that all tournaments within Alberta use the RAMP Gamesheets electronic gamesheets system to enter tournament games. Your teams have been imported, and anyone with access to your 'Team Code' should have appropriate game access through the app.

- Bench Personnel will verify their roster via the RAMP Gamesheets APP
  - Visiting Team: Click on the scheduled game, (Visiting Team Access) check off the players and staff in attendance for that game. If using AP players, please make sure you add these players under the add player tab and slide the AP player toggle.
    - Once the roster is confirmed correct 1 Staff member will have to digitally sign the roster
  - Home Team: Click on the scheduled game, (Home Team Access), check off the players and staff in attendance for that game. If using AP players, please make sure you add these players under the add player tab and slide the AP player toggle.
    - Once the roster is confirmed correct 1 Staff member will have to digitally sign the roster.
- Rosters are to a maximum of 18 runners and 2 goalies per game.
- Approved affiliated players may be used
  - Affiliates must be approved by the SOS Committee prior to the start of the tournament.
- Report any incidents to the Host Chair (Welcome Table has contact info).



# SPIRIT OF THE STICKS 2026 OFFICIAL RULES & REGULATIONS

## OFFICIALS

- All referees must be currently carded ALRA officials.
- In Invitational Tournament play, the assigned Referee-in-Chief (RIC) will appoint referees for the approved competition.
- 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 Discipline Committee.
- Refer to the on-site assigned ALRA OIC for questions regarding:
  - Game rules interpretation.
  - Complaints regarding referee conduct.
  - Problems with timekeeping.

## DISCIPLINE

- 2026 Spirit of the Sticks Discipline Committee:
  - Stacie Wadin, Tournament/Discipline Chair
  - TBD, OIC
  - Kimberly McKnight, Volunteer

Spirit of the Sticks will follow ALA Regulation 21 regarding discipline and suspensions. Tournament infractions must be dealt with at the tournament, including but not limited to:

- 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.
- The use of a suspended or ineligible player(s) will result in a forfeiture of the game plus a referral to the ALA Discipline Committee.
- Teams who have person(s) serving suspension need to indicate their names on the game sheet.
  - Suspensions are to be served consecutively, and for the team that the suspension was given.
- All Five (5)-minute penalties, Ten (10)-minute penalties, and suspensions will be reported to the ALA Office within 48 hours of the tournament completion.
- Ejections
  - Any player assessed an ejection is required to leave the floor, return to their dressing room, and remain there until the game has been completed and all players are off the floor.
  - Any adult (coach, manager, spectator) assessed an ejection is required to leave the building, and remain outside of the facility until the game has been completed and thirty minutes post-game has passed.



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- Reminder of 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.
  - A delay of game penalty will also be assessed to the team to which the fan is related if the fan does not immediately leave the arena during a run time period.

## 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.

## DRESSING ROOMS & KEY SIGN-OUT PROTOCOL

### **THERE ARE TO BE NO BALLS IN STICKS IN THE DRESSING ROOMS.**

- Due to multiple instances of excessive mess and/or damage resulting in additional facility charges in previous years, last year we implemented a strict dressing room usage procedure to help keep team staff accountable for their team's behavior. While this procedure is slightly inconvenient, it was 100% effective in preventing any additional damage or fees when used last year, so we will be following this procedure once again.

### *Pre-Game*

- Dressing room assignments may be found at the Welcome Table.
- Teams may have access to their changeroom up to thirty (30) minutes prior to the scheduled game start time.
  - Only if the previous users have exited the room **AND**
  - The room has been checked by event volunteers/cleaned can teams gain access earlier than thirty (30) minutes.
- An adult team official must surrender a piece of collateral (vehicle keys, phone, etc) at the Welcome Table in order to receive the key for your teams' assigned dressing room. This adult person is responsible for the condition of the dressing room while keys are in the team's possession.
  - Upon entering, immediately report any damage noticed to doors, toilets, light fixtures, etc, to the Welcome Table (who will alert arena staff and/or the Tournament Chair).
  - Coaches must not allow any players into the dressing room prior to signing out the key, or they will assume liability for any damage that may have been caused by the previous team.



# SPIRIT OF THE STICKS 2026 OFFICIAL RULES & REGULATIONS

## *Post-Game*

- Teams have twenty (20) minutes post-game to clear out of the dressing room.
- Dressing rooms must be left clean and orderly after each game. Do not allow any players or staff from the next team into the dressing room prior to it being checked by our volunteers.
- Once all players and staff have exited the room, please lock **both** doors, and return the key to the Welcome Table. A volunteer will quickly go through our checklist in the room (you can accompany them or wait at the table).
  - If all is well, collateral will be immediately returned.
  - If there is a significant mess, the team will have a chance to clean it immediately and have the room rechecked, then collateral will be immediately returned.
  - If there is a significant mess that can not be cleaned by the team in a timely manner, the team refuses to, or there is damage, the Welcome Table volunteer will take photos, and immediately alert the Tournament Chair and/or Arena Staff for direction on how to proceed. Collateral will be returned once an assessment has been made and a solution agreed upon.
- Any team leaving a room and/or facility in disarray, covered in water, or in an otherwise damaged state to an extent to which the facility attaches additional charges, that team will be invoiced for all additional charges.
  - If the additional fees are incurred during the tournament, the team will be required to pay for damages or additional clean up fees prior to their next game and/or risk expulsion from the tournament.
  - If the additional fees are incurred after a final game, a formal letter will be sent to the team's home organization, as well as an invoice to pay for the damages.
    - So long as this invoice goes unpaid, all teams from this organization will be barred from attending any future IMLA tournaments in subsequent seasons.

## *Female Dressing Rooms*

- Innisfail Arena has two very small female dressing rooms that are shared by both surfaces (but located physically on the Red surface side). Please note that these are just changing spaces and there are no washrooms, etc in these rooms.
  - 6A will be assigned to all HOME team female athletes.
  - 7A will be assigned to all AWAY team female athletes.
- Because these rooms are shared between both surfaces, and the teams currently playing as well as the previous/next games' players, they will not be locked nor require a key sign out to gain access. Please encourage players to keep any valuable items in their team's dressing room that can be locked while the team is on the floor.

## **COURTESY & RESPECT**

- Team management will not permit any players to enter the floor 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.
- **NO Balls in Sticks permitted in the lobby area, or anywhere inside the arena beyond the playing surfaces.**
  - Balls will be confiscated if they are found to be in sticks in this area. Violators will be held liable for damages to photography equipment, merchandise, or prizes caused by balls used outside of the playing surfaces.
    - Confiscated balls may be reclaimed by a parent or coach from the Welcome Table.



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- The Innisfail arena has limited access to the areas north of the spectator stands on both playing surfaces. There are to be no spectators in this space. Players may not use this space for warm-ups, nor may players run laps around the Blue surface for warm ups. Only players of the current game in progress, bench staff, timebox personnel, and tournament volunteers are permitted on the box side of either surface.
- This is an extremely busy weekend with many bodies (and photography equipment and prizes and displays) inside the facility, so we are asking teams to please warm up outdoors rather than in hallways or around the arena.