



**Presented by**

Lacrosse Nova Scotia Society

Shannon Park Arena

Thursday July 1<sup>st</sup> – Sunday July 4<sup>th</sup> 2010

**Welcome coaches, parents, players and fans to the Lacrosse Nova Scotia Midget Lobster Trap Tournament.**

Lacrosse is more than a game it is a rare example of First Nation culture being embraced by Canadians and the world. Lacrosse is the cornerstone of mental, physical and spiritual well-being.

The sport of Lacrosse is as much about the individual player as it is about the team. Lacrosse requires cooperation, fair play, stamina, pride and good health it is hoped that these skills will transfer into the everyday lives of all lacrosse players.

We are looking forward to four days of great competition, camaraderie and fun. With over 36 years of history, the Lobster Trap Tournament has remained a favourite of midget lacrosse players across Canada.

On behalf of Lacrosse Nova Scotia, play hard, have fun and keep your sticks up!

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2010 Lacrosse Nova Scotia Lobster Trap Tournament

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## **REGISTRATION**

A Registration/ Information Desk will be located at the main entrance of the Shannon Park Arena.

A **mandatory coaches/managers information session** will be held on Thursday July 1<sup>st</sup>, 2010 at 1700hrs (5pm) at Shannon Park Arena.

All registration fees **must** be paid by this time, and final team rosters **must** be submitted.

- **\$250.00 Deposit Required To Secure Your Registration**
- **Remainder of Registration fees before Friday, June 25th, 2010 - \$350.00**
- **Late Registration Fee For Teams After June 25th, 2010 \$650.00**
- **\$100.00 Dressing Room Security Deposit Due Upon Arrival, held until end of Tournament**
- **\$150.00 Deposit for Meet & Greet Due Upon Arrival/50% Returned if Team Attends Meet and Greet**

All teams will play four games prior to the round robin.

All tournament participants will receive a complimentary event t-shirt. A variety of sizes have been provided, but in the event that you have a 'miss-match', please try first to exchange with other coaches.

**Awards** will be given to the 1s, 2nd and 3<sup>rd</sup> place teams. The winning team will be awarded a trophy, and a tournament banner to take home with them. An All-Star team will be named following the round robin section of the tournament. The All-Star Team will be announced prior to the presentation of the Gold and Silver Medals.

**A Commemorative Print** will be awarded to the two Player's of the Game following each game. Points will be awarded for each nomination and will be used to determine the tournament All Star teams and Tournament MVP candidates.

**Rules**, all games will be governed by CLA and LNS rules. We expect that coaches, players and fans adhere to the "Fair Play" code and demonstrate respect for fellow opponents, coaches and officials.

**New for 2010**, LNSS will enforce a zero tolerance policy for aggressive behaviour demonstrated by a player, coach, or spectator. Officials in consultation with the Tournament Director reserve the right to remove individuals from the tournament and the venue should they feel that the persons actions or behaviour are not in keeping with the spirit of "Fair Play."

### **Liability Waivers**

All player liability waivers must be signed and delivered to Tournament Director at the Coaches/Managers meeting on Thursday July 1<sup>st</sup>, 2010.

### **Photo Permission Waivers**

All photo permission waivers must be signed and delivered to Tournament Director at the Coaches/Managers meeting on Thursday July 1<sup>st</sup>, 2010. With parent/guardian permission, coach or team manager can list all players on the riverside of the form and sign on behalf of the team.

## **BBQ and Concessions**

LNSS Provincial Teams will be operating a concession during the course of the tournament. All proceeds will be used to support their trip to nationals in August.

## **Raffles and Games**

- 50/50 tickets will be sold throughout the tournament, in support of Lacrosse Nova Scotia and our Provincial teams.
- Lacrosse Nova Scotia will be hosting a raffle during the tournament.

## **TOURNAMENT RULES**

No protest shall be entertained.

The coach and/or manager shall be responsible for the conduct of his/her team on arena property. All registered teams will play a minimum of 4 games. Teams must pay registration entry fee prior to their first game.

Teams must be ready to play at least 15 minutes prior to scheduled game time. Any team that does not show for a game will lose by default by a score of 5-0.

The CLA and LNS code of discipline will apply. All suspensions will be reported to the CLA and your Provincial Membership's discipline committee within 24 hrs after the tournament by the tournament chairperson.

### **Tie breaking procedures for team standings will be based on the following criteria (if necessary):**

- i. Most wins
- ii. Head to head result
- iii. Lowest goals against
- iv. Highest goals for
- v. Lowest penalty minutes

### **Tie breaking format for semi-finals and championship games will consist of:**

- i. Teams play a sudden death 5 minute period 6 on 6 (5 runners plus 1 goalie)
- ii. If no goals are scored, teams will change ends and play will continue until a goal is scored 5 on 5 (4 runners and 1 goalie)
- iii. If no goals are scored, teams will change ends and play will continue until a goal is scored 4 on 4 (3 runners and 1 goalie)
- iv. If a penalty is called in over-time while playing 3 on 3, the player will serve his/her time in the box - the non-penalized team will send a player out to create a 4 on 3 situation for the 2 minutes duration of the penalty.

Any match or gross misconduct penalties assessed to any player or bench personnel shall be suspended for tournament. Any fighting major suspended for game, second offence suspended for tournament. **Tournament committee decisions are final.**