



| <b>Division</b>   | <b>Allotted</b> | <b>Warm Up</b> | <b>Period 1</b> | <b>Period 2</b> | <b>Period 3</b> | <b>Per.<br/>Break</b> | <b>Clock Rules</b> |
|---|-----------------|----------------|-----------------|-----------------|-----------------|-----------------------|--------------------|
| <b>U7</b>   | 1 hour          | 5 min          | 15 min          | 15 min          | 15 min          | 3 mins                | Run Time           |
| <b>U9</b>   | 1 hour          | 5 min          | 15 min          | 15 min          | 15 min          | 3 mins                | Run Time           |
| <b>U11</b>  | 1 hour          | 5 min          | 15 min          | 15 min          | 15 min          | 3 mins                | Run Time           |
| <b>U13</b>  | 1 hour          | 5 min          | 15 min          | 15 min          | 15 min          | 3 mins                | Run Time           |
| <b>U15</b>  | 1 1/2 hour      | 5 min          | 20 min          | 20 min          | 20 min          | 5 mins                | Stop Time *        |
| <b>U17</b>  | 1 1/2 hour      | 5 min          | 20 min          | 20 min          | 20 min          | 5 mins                | Stop Time *        |
| <b>*In U15 and U17 only the 3rd period will be played stop time.</b>  |                 |                |                 |                 |                 |                       |                    |
| <b>**Clock will only stop for goals, penalties, and time-outs, except for the 6 goal differential rule.</b> |                 |                |                 |                 |                 |                       |                    |
| <b>(Clock will restart when game comes within 4 goals) *** Fall back rule applies in U7 and U9</b>          |                 |                |                 |                 |                 |                       |                    |
| <b>**** Music played during games must be radio appropriate and volume low (referee discretion)</b>         |                 |                |                 |                 |                 |                       |                    |