

SOUTHERN ALBERTA LACROSSE ASSOCIATION

2026 TIME CLOCK RULES AS PER [ALA REGULATIONS](#)

DIVISION	ALLOTTED GAME TIME	WARM UP	PERIOD 1	PERIOD 2	PERIOD 2	PERIOD BREAK	CLOCK RULES
U9	1 HOUR	5 MINS	12 MINS	12 MINS	12 MINS	2 MINS	RUN TIME*
U11	1 HOUR	5 MINS	15 MINS	15 MINS	15 MINS	2 MINS	RUN TIME*
U13	1 HOUR	5 MINS	15 MINS	15 MINS	15 MINS	2 MINS	RUN TIME*
U15	1 ½ HOURS	5 MINS	15 MINS	15 MINS	15 MINS	2 MINS	STOP TIME**
U17	1 ½ HOURS	5MINS	15 MINS	15 MINS	15 MINS	2 MINS	STOP TIME**
*RUN TIME IS DEFINED AS STRAIGHT PLAY EXCEPT FOR TIME OUTS OR GOALIE WATER BREAKS							
**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							
IN U9 LAST 5 MINS OF 3RD PERIOD IS STOP TIME. IN U11 AND U13 LAST 2 MINS OF 3RD PERIOD IS STOP TIME							
THE CLOCK WILL STOP FOR OFFICIALS DISCRETIONARY STOPPAGES (I.E. GOALIE WATER BREAK)							
FALL BACK RULE APPLIES TO U7 AND U9							
MUSIC PLAYED DURING GAMES MUST BE RADIO APPROPRIATE AND VOLUME LOW (OFFICIAL DISCRETION)							
IN RUN TIME - THE CLOCK MUST BE STOPPED TO ENTER PENALTIES, THIS MUST BE DONE ONCE PLAYER IS IN THE BOX AND THE CLOCK MUST IMMEDIATELY BE RESUMED - DO NOT WAIT FOR THE OFFICIAL'S WHISTLE							