

SOUTHERN ALBERTA LACROSSE ASSOCIATION
2024 TIME CLOCK RULES
(There is NO DROP CLOCK within SALA)

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	3 MINS	RUN TIME*
U11	1 HOUR	5 MINS	12 MINS	12 MINS	12 MINS	3 MINS	STOP TIME**
U13	1 ¼ HOURS	10 MINS	15 MINS	15 MINS	15 MINS	5 MINS	STOP TIME**
U15	1 ½ HOURS	10 MINS	15 MINS	15 MINS	15 MINS	5 MINS	STOP TIME**
U17	1 ¾ HOURS	10 MINS	20 MINS	20 MINS	20 MINS	5 MINS	STOP TIME**
*U9 - EACH GAME OR PERIOD, AS APPLICABLE IS RUN TIME EXCEPT THAT THE CLOCK IS STOPPED FOR TIME-OUTS.							
**THE CLOCK WILL ONLY STOP FOR GOALS, PENALTIES, AND TIME OUTS, EXCEPT FOR THE 6 GOAL DIFFERENTIAL RULE (WHICH REVERTS TO RUN TIME, STOP TIME WILL RESUME WHEN THE GAME RETURNS TO WITHIN 4 GOALS.)							
THE CLOCK WILL STOP FOR OFFICIALS DISCRETIONARY STOPPAGES (I.E. INJURIES)							
FALL BACK RULE APPLIES TO U7 AND U9.							
MUSIC PLAYED DURING GAMES MUST BE RADIO APPROPRIATE AND VOLUME LOW (OFFICIAL DISCRETION).							