

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 | RUN 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.) | | | | | | | |
| FALL BACK RULE APPLIES TO U7 AND U9. | | | | | | | |
| MUSIC PLAYED DURING GAMES MUST BE RADIO APPROPRIATE AND VOLUME LOW Draft (OFFICIAL DISCRETION). | | | | | | | |