

SOUTHERN ALBERTA LACROSSE ASSOCIATION
2025 TIME CLOCK RULES AS PER [ALA REGULATIONS](#)
(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 | 15 MINS | 15 MINS | 15 MINS | 3 MINS | RUN TIME* |
| U11 | 1 HOUR | 5 MINS | 15 MINS | 15 MINS | 15 MINS | 3 MINS | RUN TIME* |
| U13 | 1 HOUR | 5 MINS | 15 MINS | 15 MINS | 15 MINS | 3 MINS | RUN TIME* |
| U15 | 1 ½ HOURS | 5 MINS | 15 MINS | 15 MINS | 15 MINS | 3 MINS | STOP TIME** |
| U17 | 1 ½ HOURS | 5MINS | 20 MINS | 20 MINS | 20 MINS | 3 MINS | STOP TIME** |
| *IN U9, U11, AND U13 EACH GAME OR PERIOD WILL BE PLAYED AS RUN-TIME. RUN TIME IS DEFINED AS STRAIGHT PLAY EXCEPT FOR TIME OUTS OR GOALIE WATER BREAKS. | | | | | | | |
| **IN U15 AND U17 ONLY THE 3RD PERIOD WILL BE PLAYED AS STOP-TIME. STOP-TIME IS DEFINED AS THE CLOCK ONLY STOPPING FOR GOALS, PENALTIES, OR TIME OUTS EXCEPT FOR THE 6 GOAL DIFFERENTIAL RULE AS PER 9.05. | | | | | | | |
| 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) | | | | | | | |