

Update: March 31, 2025

# 2025 Winter League: Sunday, April 6, 2025 (weekend #6)

9am-5pm in Pan Am Pool Main Tank

**Format:**

12U: 5v5 (4 + goalie), 4 x 8 min running time, 1 min break between periods, no time outs, no shot clocks, goalies cannot pass centre; Pool set up is same as school league (6 lane long course).  
 14U and Older: 4 x 6 min Stopped Time, Shot Clocks, 1 min break between periods, 2 min at halftime, 1 x 60s Time out/game, games every 50  
 Youth Development: will play 6v6 (5+goalie).

Pan Am Pool Main Tank - South Pool							Pan Am Pool Main Tank - North Pool							
Game #	Start Time	Category	White	Blue	Referee 1	Referee 2	Game #	Start Time	Div	White	Blue	Referee 1	Referee 2	
Set up 2 courts, 6 lanes long (like school league) to run 10U and 12U Games.														
	9:00 AM	Warm-Up						9:00 AM	Warm-Up					
49	9:15 AM	12U Mixed	Piranhas	Orcas			50	9:15 AM	12U Mixed	Sharks	Barracudas			
Set up 2 courts, 8 lanes long for Youth Development Games. The 10U Game will have small inflatable nets and a rope to make the field of play shorter.														
51	10:00 AM	YD Girls	Team 21	Team 31			52	10:00 AM	10U Mixed	Exhibition Game	Exhibition Game			
53	10:50 AM	YD Boys	Team B	Team C			54	10:50 AM	YD Boys	Team A	Team D			
55	11:40 PM	YD Girls	Team 21	Team 11										
56	12:30 PM	YD Boys	Team A	Team C			57	12:30 PM	YD Boys	Team B	Team D			
Change to a single field of play in 8 lanes long.														
58	1:25 PM	Open Women	Youth Team	16U Girls										
59	2:15 PM	Open Men	Team E	Team F										
60	3:10 PM	Open Women	16U Girls	Open Women										
61	4:05 PM	Open Men	Team E	Team G										
	5:00 PM	End												