

Update: March 3, 2025

2025 Winter League: Sunday, March 9, 2025 (weekend #4)

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 | | | | |
| 36 | 9:15 AM | 12U Mixed | Barracudas | Piranhas | | | 37 | 9:15 AM | 12U Mixed | Sharks | Orcas | | |
| 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. | | | | | | | | | | | | | |
| 38 | 10:00 AM | YD Girls | Team 11 | Team 31 | | | 39 | 10:00 AM | 10U Mixed | Exhibition Game | Exhibition Game | Need 1 Referee | |
| 40 | 10:50 AM | YD Boys | Team B | Team A | | | 41 | 10:50 AM | YD Boys | Team D | Team C | | |
| 42 | 11:40 PM | YD Girls | Team 21 | Team 11 | | | | | | | | | |
| 44 | 12:30 PM | YD Boys | Team A | Team D | | | 43 | 12:30 PM | YD Boys | Team C | Team B | | |
| Change to a single field of play in 8 lanes long. | | | | | | | | | | | | | |
| 45 | 1:20 PM | Open Women | Open Women | 16U Girls | | | For the purpose of a Provincial Referee Evaluation, this game will be played 4 x 8 minutes stopped time. | | | | | | |
| 46 | 2:10 PM | Open Men | Team E | Team F | | | | | | | | | |
| 47 | 3:20 PM | Open Women | Youth Team | Open Women | | | | | | | | | |
| 48 | 4:10 PM | Open Men | Team F | Team G | | | | | | | | | |
| | 5:00 PM | End | | | | | | | | | | | |