

SOUTHERN ALBERTA LACROSSE ASSOCIATION

2026 TIME CLOCK RULES AS PER [ALA REGULATIONS](#)

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	2 MINS	RUN TIME*
U11	1 HOUR	5 MINS	15 MINS	15 MINS	15 MINS	2 MINS	RUN TIME*
U13	1 HOUR	5 MINS	15 MINS	15 MINS	15 MINS	2 MINS	RUN TIME*
U15	1 ½ HOURS	5 MINS	15 MINS	15 MINS	15 MINS	2 MINS	STOP TIME**
U17	1 ½ HOURS	5MINS	15 MINS	15 MINS	15 MINS	2 MINS	STOP TIME**

*RUN TIME IS DEFINED AS STRAIGHT PLAY EXCEPT FOR TIME OUTS OR GOALIE WATER BREAKS.

IN U9, U11, AND U13 LAST 2 MINS OF 3RD PERIOD IS STOP TIME.

**CLOCK WILL ONLY STOP FOR GOALS, PENALTIES, & TIME-OUTS, EXCEPT FOR 6 GOAL DIFFERENTIAL RULE. CLOCK WILL RESTART WHEN GAME COMES WITHIN 4 GOALS.

AT U9 GOAL = FACE OFF AND GOALIE POSSESSION = FALLBACK

MUSIC PLAYED DURING GAMES MUST BE RADIO APPROPRIATE AND VOLUME LOW (OFFICIAL DISCRETION).

IN RUN TIME - THE CLOCK MUST BE STOPPED TO ENTER PENALTIES, THIS MUST BE DONE ONCE PLAYER IS IN THE BOX AND THE CLOCK MUST IMMEDIATELY BE RESUMED - DO NOT WAIT FOR THE OFFICIAL'S WHISTLE