

## 2021-2022 Women's Field Lacrosse Game Time(s) Format

Round robin Game Format

U12 T1/T2

U15 T1/T2

2 - 20 minute halves

5 minute half time

Goalies switch ends at half

Time out - 90 second time out per team per game

Stop time

No Overtime

Warm up off field, games will all start on time

### *Cross Over and Medal Game Formats*

#### **U12 T1/T2**

4 x 12-minute quarters

- o 2 minutes between 1st and 2nd Quarter
  - o Last 30 seconds of 1st & 2nd quarter will be stop time
  - o 2 minutes between 3rd and 4th Quarter
  - o Last 30 seconds of the 3rd quarter will be stop time
  - o Last 2 min of the 4th quarter will be stop time
  - o 5 minutes at half time (between 2nd & 3rd quarter)
  - o Goalies will switch ends at the end of each quarter
- 2 time outs per team per game

#### **U15 T1/T2**

- 4 x 15-minute quarters
  - o 2 minutes between 1st and 2nd Quarter
  - o Last 30 seconds of 1st & 2nd quarter will be stop time
  - o 2 minutes between 3rd and 4th Quarter
  - o Last 30 seconds of the 3rd quarter will be stop time
  - o Last 2 min of the 4th quarter will be stop time
  - o 5 minutes at half time (between 2nd & 3rd quarter)
- 2 time outs per team per game