

ZONE 8 2022 GAME STRUCTURE



U9

- Three (3) 15 minute periods
- No 30 second clock
- Three (3) minute break between periods
- There is no stop time if there is more than a 5 goal spread
- Last three(3) minutes-3rd period stop time

U11, U13, U15, U17, U22/Jr

- Three (3) 15 minute periods
- Last five (5) minutes-3rd period stop time*
- Three (3) minute break between periods
- 30 second clock in effect
- There is no stop time if there is more than a 5 goal spread.
- At the five (5) minute mark of the game, the Referee must decide if there is to be stop Time. This decision is based on the goal spread. Whatever decision is made at this time, whether it be stop time or straight time, it must be continued for the rest of the game, regardless of any change in the goal spread.

There is no overtime during regular season

As per the OLA Rules only one (1) timeout per game per team.

Revised March 2022