INTERMOUNTAIN LACROSSE

CALL for EMERGENCIES - 801-590-9950

TIME FORMAT

		TIME OUT	OT	MERCY
K-1	10-Min Running Quarter	1 per team per GAME	No	4 goal lead
2-4 grade	10-Min Running Quarter	1 per team per GAME	No	4 goal lead
5-6 grade	12-Min Running Quarter	1 per team per GAME	No	6 goal lead (both coaches agree)
7-8 grade	12-Min Running Quarter	1 per team per GAME	No	6 goal lead (both coaches agree)

* grades 5-8 - stop time last 2 minutes of the game (stop clock for dead balls - goals, out of bounds, etc)

Team Name _____   **Team Name** _____

Score		Penalty			Score		Penalty		
Player #		Player #	Time Served	Offense	Player #		Player #	Time Served	Offense

Note: 3 personal fouls and a player fouls out of the game (slash, illegal body check, cross check, trip, unnecessary roughness, etc)

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