

## **PERIOD LENGTHS FOR HOCKEY**

### **CGHL:**

Timing. Period lengths, curfews and ice makes will be conducted for each level as follows:

- 10U - three periods, 12 minutes stop time each.
  - 12U - three periods, 12 minutes stop time each.
  - 15U - three periods, 14 minute stop time each.
  - 19U - three periods, 15 minutes stop time each.
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- 5-minute warm up
  - No overtime
  - During the course of the game and the time is reaching a curfew at the end of the second period, it shall be determined whether there will be enough time to complete the game by the curfew time. The third period shall then be played under a running time with the allocated time remaining.

### **WCHL:**

Timing. Period lengths, curfews and ice makes will be conducted for each level as follows:

- 10U - three periods, 12 minutes stop time each.
  - 12U - three periods, 14 minutes stop time each.
  - 14U - three periods, 14 minute stop time each.
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- 5-minute warm up
  - No overtime Should any game run over the scheduled block of time due to 16 or more penalty infractions (combined), the game will go to a run clock
  - During the course of the game and the time is reaching a curfew at the end of the second period, it shall be determined whether there will be enough time to complete the game by the curfew time. The third period shall then be played under a running time with the allocated time remaining.

### **CHSAA (High School) and CPHL (Fall league, high school)**

Varsity- 17 minutes, stop time. Zam after each period

JV- 15 minutes, stop time. No Zam