



## GAMES, TOURNAMENT AND FESTIVAL PLAY

LOEAHA game guidelines are as follows (and will be loaded into Gamesheet for 10U & above):

<u>Division:</u>	<u>Class:</u>	<u>Warm Up:</u>	<u>Period length:</u>	<u>Curfew / Time Outs:</u>	<u>Overtime</u>	<u>Minor:</u>	<u>Major:</u>	<u>Game Misconduct / Match:</u>
Rec	6U-Mini 8U-Mite Cross-Ice	2 min	<b>56-minutes - RUN clock</b> 2-min. or 3-min. line changes <b>HORN</b> (Coach choice)	60-minutes / <b>No Time Outs*</b>	N/A	<b>N/A</b>	N/A	N/A
Rec	10U- Squirt	3-min	<b>12-minute Stop clock</b> Runtime in 3rd to stay under curfew	60-minutes / <b>No Time Outs*</b>	N/A	<b>1-min.</b>	3-min.	6-minutes / +3-minutes
Rec	12U- Peewee	3-min	<b>12-minute Stop clock</b> Runtime in 3rd to stay under curfew	60-minutes / <b>No Time Outs*</b>	N/A	<b>1-min.</b>	3-min.	6-minutes / +3-minutes
Rec	14U- Bantam	3-min	<b>13-minute Stop clock</b> Runtime in 3rd to stay under curfew	60-minutes / <b>No Time Outs*</b>	N/A	<b>1-min. 30-sec.</b>	4-min.	8-minutes / +4-minutes
Rec USA Hockey as of 2024	16U- Midget1	4-min	<b>15-minute Stop clock</b> Runtime in 3rd to stay under curfew	75-minutes / <b>No Time Outs*</b> Non-curfew gets one 1-min. Time Out	Curfew: N/A <b>Non-curfew:</b> YET Allowed 5-min OT 3v3; Then Shootout to winner (all players shoot, then repeat)	<b>2-min.</b>	5-min.	10-minutes/ +5-minutes
Rec USA Hockey as of 2024	18U- Midget2	4-min	<b>17-minute Stop clock</b> Zam between 2nd/3rd periods Runtime in 3rd to stay under curfew	90-minutes / <b>No Time Outs*</b> Non-curfew gets one 1-min. Time Out	Curfew: N/A <b>Non-curfew:</b> YET allowed: 5-min OT 3v3; then Shootout to winner (all players shoot, then repeat) <b>YET Championship Only</b> - full periods until winner.	<b>2-min.</b>	5-min.	10-minutes/ +5-minutes

\* No Timeouts in ANY time-limited (curfew) game – USA Hockey Rule #636(f).



## **EQUIPMENT REQUIREMENTS**

(from NMAHA Handbook)

Each skater must wear the following USA Hockey required equipment when participating in games or practices:

1. **Hockey skates** (not figure skates).
2. USA Hockey-approved protective **helmet with full-face protection of any style**. (must have the HECC seal of approval and not be expired)
3. **Ice hockey stick** (not a plastic street hockey stick). (UNCURVED sticks are strongly recommended for new players)
4. **Neck/throat protector. \*Required for BOTH practices and games at all levels by USA Hockey going forward as of 8/1/2024.**
5. **Hockey elbow pads.**
6. **Hockey gloves.**
7. **Hockey shin pads with hockey socks** over them.
8. **Hockey shoulder pads.**
9. **Hockey padded pants** (aka: "breezers").
10. **Colored mouth guard – REQUIRED in games at Pee wee (12U) and up.** NMAHA recommends that when using a mouth guard that attaches to the face mask, it is a type that will separate upon impact.
11. **Protective cup/supporter.** ("Jill" pelvic protector for girls) – recommend the type with Velcro on the legs to support our current game socks.
12. **Jersey** - Game jerseys (and socks) can be purchased from NMAHA. Jersey numbers are distributed first to returning team members. A returning team member can keep his or her number from the previous season. If that player wants to change his or her number, then the number goes to the next player who seeks the number and has paid the dues. For all new players on a team, the first person to request a jersey number will receive that number based on the timestamp of their season registration. The team manager will resolve any conflict over jersey numbers & the decision is final.

NMAHA has a limited supply of equipment, especially goalie equipment, available to you. Parent/Players should check availability before planning on using NMAHA equipment. If you are needing equipment, please contact the VP of the level of your player (Rec or High School) needing the equipment.