



# VSAHA GAME INFORMATION

*(as of October 2022)*

**\*\*THIS HAS BEEN UPDATED TO ALIGN WITH [SECTION 4 OF THE USA HOCKEY RULEBOOK](#)\*\***

**General Notes:**

- \*Suggestion to move to running time when there is a 6+ goal differential in the 3<sup>rd</sup>; stoppage for injury & ref discretion
- \*Reminder to refs: All penalties above a minor penalty need to be reported using the USA Hockey online incident reporting system.

**Game Guidelines:**

- \*Y8U - multiple games being played cross ice – see VSAHA annual guide for game format and structure
- \*All others – see quick chart below and VSAHA annual guide for more information

	STOP TIME PERIOD GUIDELINE			PENALTY MINUTE GUIDELINE		
	Period 1	Period 2	Period 3	Minor	Major	Misconduct
Youth & Girls 10U	12 Min	12 Min	12 Min	1 Min	3 Min	6 Min
Youth & Girls 12U	12 Min	12 Min	12 Min	1 Min	3 Min	6 Min
Youth 14U 16U & 18U Girls 14U 16U & 19U	15 Min	15 Min	15 Min	1.5 Min	4 Min	8 Min
<b>**There is no overtime during regular season**</b> <b>**National Bound ages will be playing longer periods for State Tournament**</b>						