



CENTRAL SECTION PERIOD AND PENALTY LENGTH POLICY
(Updated 30 March 2025)

TOURNAMENT BOUND TEAMS

All “Q” Games shall consist of three (3) stop time periods of the following lengths for each age group:

AGE GROUP	PERIOD LENGTH
12U Youth/Girls	15 Minutes
13O Youth (Tier 1 Only)	16 Minutes
14U Youth/Girls	16 Minutes
15O Youth	17 Minutes
16U Youth/Girls	17 Minutes
18U Youth	17 Minutes
18U Youth (Tier 1 Only)	20 Minutes
19U Girls	17 Minutes
High School Club	17 Minutes

All “Q” Games shall use the following penalty lengths for each age group:

AGE GROUP	MINOR	MAJOR	MISCONDUCT
12U Youth/Girls	1.5 Minutes	4 Minutes	8 Minutes
13O Youth (Tier 1 Only)	1.5 Minutes	4 Minutes	8 Minutes
14U Youth/Girls	1.5 Minutes	4 Minutes	8 Minutes
15O Youth	2 Minutes	5 Minutes	10 Minutes
16U Youth/Girls	2 Minutes	5 Minutes	10 Minutes
18U Youth	2 Minutes	5 Minutes	10 Minutes
19U Girls	2 Minutes	5 Minutes	10 Minutes
High School	2 Minutes	5 Minutes	10 Minutes

For Non “Q” games played in New York State to count toward USA Hockey team and individual game minimums the following NYSAHA required penalty lengths for each age group shall be followed:

AGE GROUP	GAME LENGTH	MINOR	MAJOR	MISCONDUCT
14U and Younger Youth/Girls	≤36	1 Minute	3 Minutes	6 Minutes
	>36 and <51 Minutes	1.5 Minutes	4 Minutes	8 Minutes
	≥51 Minutes	2 Minutes	5 Minutes	10 Minutes
15O and Older Youth/Girls	N/A	2 Minutes	5 Minutes	10 Minutes

For Non “Q” games played outside of New York State to count toward USA Hockey team and individual game minimums the period length and penalty lengths shall meet USA Hockey required minimums.

NON-TOURNAMENT BOUND TEAMS

The period length and penalty lengths for all games shall meet USA Hockey required minimums.

NYSAHA – Central Section

