



Youth Hockey Rules

Divisions →	Mini Mite	Pewee	Bantam
Equipment			
Ball / Puck	Foam Ball	Puck Inside, Ball Outside	Puck Inside, Ball Outside
Stick	Foam Urethane Stick	Floor Hockey Stick	Floor Hockey Stick
Size of Court	3/4 Court	Full Court	Full Court
Players			
Number of Players	5 v 5	5 v 5	5 v 5
Subs	any time	any time	any time
Coaching	1 on court, 1 @ goal	at team bench	at team bench
Timing			
Game Time	8 min periods x 3	10 min periods x 3	10 min periods x 3
Team Timeouts	None	1 per period	1 per period
Overtime	n/a	Only for tournament	Only for tournament
OT Timeout	n/a	1 (60 sec)	1 (60 sec)
OT Length	n/a	3 min	3 min
Show Score	n/a	Yes	Yes
Stop Clock	n/a	last 2 min of final period If game is close *	last 2 min of final period If game is close *
Possession			
Start	Home Team	Face Off	Face Off
Switch Direction	no	Period	Period
Minor Penalties			
Equipment Abuse	N/A	1 min	1 min
Slap Shot (Anything above waist)	Warning then 2 min	Warning then 1 min	Warning then 1 min
Holding ,Tripping, Interference	Warning, Warning, change of possession	Official discretion, 1 min	Official discretion, 1 min
Throwing the puck, moving the goal	Warning, Warning, change of possession	Official discretion, 1 min	Official discretion, 1 min
Major Penalties			
Elbowing	Official discretion	3 min	3 min
Throwing the stick	Official discretion	3 min	3 min
Hooking	Official discretion	3 min	3 min
High Sticking	Official discretion	3 min	3 min
Checking / Roughness	Official discretion	3 min	3 min
Minor Foul (Loss of puck)			
Goalie throw past center line	Warning, N/A	Loss of puck	Loss of puck
Goalie Voilation (Holding for 5 sec)	Warning, N/A	Loss of puck	Loss of puck
Hand Pass	Warning, N/A	Loss of puck	Loss of puck
Interference on faceoff	Warning, N/A	Loss of puck	Loss of puck