



COLORADO AMATEUR HOCKEY ASSOCIATION

ROCKY MOUNTAIN DISTRICT & STATE PLAYOFF RULES

Tier I, Tier II Youth & Girls

(Version 3.0 - 2026-02-03)

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ARTICLE I – GAME COMPLETION, ICE SCHEDULING & AUTHORITY

Section 1. No CAHA State Playoff game shall be shortened or terminated due to expiration of a scheduled ice slot.

Section 2. All games shall be played to completion pursuant to regulation, overtime, and shootout provisions.

Section 3. Running time shall not be implemented for scheduling or score differential purposes.

Section 4. All games governed by current USA Hockey and Rocky Mountain District Rules. . CAHA President & VP of Tier retain sole authority for interpretation and administration of these rules.

Article II – Overview Chart of Game Formats, Penalties, Ice Cuts

	Time of Periods			Penalties (min)			Ice Cuts ***		
	Warmup	Period	Overtime	Minor	Major	Miscod.	Ice Cuts ***	OT: Preliminary or 1st Round (T1)	OT: Championship Game(s)
Youth Tier 1									
13O	5	16	10 / 16	1.5	4	8	2nd Int.	No cut prior	No cut prior
14U	5	16	10 / 16	1.5	4	8	2nd Int.	No cut prior	No cut prior
15O	5	17	10 / 17	2	5	10	Each Int.	No cut prior	Ice cut prior
16U	5	17	10 / 17	2	5	10	Each Int.	No cut prior	Ice cut prior
18U	5	20	10 / 20	2	5	10	Each Int.	No cut prior	Ice cut prior
Youth T2 AA									
14U AA	5	16	10 / 16	1.5	4	8	2nd Int.	No cut prior	No cut prior
16U AA	5	17	10 / 17	2	5	10	2nd Int.	No cut prior	No cut prior
18U AA	5	17	10 / 17	2	5	10	2nd Int.	No cut prior	No cut prior
T1 Girls									
14U	5	16	10 / 16	1.5	4	8	2nd Int.	No cut prior	No cut prior
16U	5	17	10 / 17	2	5	10	Each Int.	No cut prior	Ice cut prior
19U	5	17	10 / 17	2	5	10	Each Int.	No cut prior	Ice cut prior
T2 Girls									
14U AA	5	16	10 / 16	1.5	4	8	2nd Int.	No cut prior	No cut prior
16U AA	5	17	10 / 17	2	5	10	2nd Int.	No cut prior	No cut prior
19U AA	5	17	10 / 17	2	5	10	2nd Int.	No cut prior	No cut prior
Notes:	* Overtime in all roundrobin or Tier 1 first round games = 10 min (3-on-3) - Tier 1 First Round games in Colorado are consider Preliminary Round for OT * Overtime in all championship games = 3rd period length (5-on5) ** Roundrobin: Ice cut before each game & certain intermissions pending on level/age division ** Roundrobin & first Round Tier 1: No Ice Cuts prior to OT, Teams Receive 2-min rest period, teams stay on ice ** Championship Game(s): T1 Youth 13O/14U, Girls T1 14U & All Tier 2, No Ice Cut Prior to OT, 2-min rest, stay on ice **Championship Game(s): T1 Youth 15O/16U/18U & T1 Grils 16U/19U, Ice Cut before OT, Team will leave ice *** No Ice Cuts Prior to Shootouts								

Shootout & Shootout Sudden-Death Rules & Format

Goalies defend the same net in a shootout as they did in the 3rd period

Rule Element	Shootout	Sudden-Death Shootout
Order of Shots	Home team chooses first or second	Same order as shootout
Participants	All rostered players & goalkeepers	Same
Goalkeepers Shooting	Not permitted	Not permitted
Goaltender Net	Defend 3rd period net	Same
Penalized Players	Ineligible	Ineligible
Shooter Format	3 different shooters	1 shooter per round
Shooter Selection	No advance naming	Any order permitted
Prior Shooters	Must be different players	May shoot regardless of prior attempts
Repetition Limits	—	Cannot repeat until two teammates shoot
Carryover Rule	—	Last shootout shooter may shoot first
Shot Sequence	Alternating shots	Alternating shots
End Condition	Ends on decisive goal	Ends on score mismatch
Goalkeeper Changes	Allowed after each shot	Allowed after each shot
Scorekeeping	Record shots & goals	Record all shots & players
If Still Tied	Proceed to sudden-death	Continue rounds

ARTICLE III – TIER I Youth RMD & STATE PLAYOFF RULES

Section 1. Regulation Period Lengths (Youth Tier 1)

Warm-up: Five (5) minutes on the game clock.

130 & 14U – Three (3) 16-minute stop-time periods.

150/16U – Three (3) 17-minute stop-time periods.

18U – Three (3) 20-minute stop-time periods.

Each team is permitted one time-out of 60 seconds per game, whether in regulation or overtime, per the USA Hockey Playing Rules

Section 2. Officials Assignment (Youth Tier 1)

130 & 14U – Three-Official (3-man) / 150, 16U & 18U – Four-Official (4-man).

Section 3. Ice Cuts & Intermissions (Youth Tier 1)

Ice cut prior to each game.

130 & 14U – Ice cut after 2nd period only, Two (2) minute rest between 1st & 2nd periods.

150/16U/18U – Ice cut after EACH period.

150/16U/18U: One (1) minute warm-up after Ice Cut

***All ice cuts: Twelve (12) minutes on the GAME CLOCK

Section 4. Penalty Durations (Youth Tier 1)

130/14U – Minor: 1:30 | Major: 4:00 | Misconduct: 8:00

150/16U/18U – Minor: 2:00 | Major: 5:00 | Misconduct: 10:00

Penalties carry over into overtime-

Section 5. Overtime (Youth Tier 1) - Teams Switch Ends

130 and 14U No Ice-Cut Prior to OT, Two (2) minute rest prior to overtime.

150, 16U and 18U Tier 1 will **NOT** have an Ice Cut prior to overtime in first round games

150, 16U and 18U Tier 1 will have an Ice Cut prior to overtime in Championship games

Non-championship playoff games: Ten (10) minute sudden-death, 3-on-3.

Championship games/Series: Full third-period sudden-death, 5-on-5.

Section 6. Shootout Procedure (Youth Tier 1)

See Section II: Supplemental Information for Shootout Rules

ARTICLE IV – TIER I Girls RMD & STATE PLAYOFF RULES

Section 1. Regulation Period Lengths (Girls Tier 1)

Warm-up: Five (5) minutes on the game clock.

14U Tier I Girls – Three (3) 16-minute stop-time periods.

16U Tier I Girls – Three (3) 17-minute stop-time periods.

19U Tier I Girls – Three (3) 17-minute stop-time periods.

Each team is permitted one time-out of 60 seconds per game, whether in regulation or overtime, per the USA Hockey Playing Rules

Section 2. Officials Assignment (Girls Tier 1)

14U Tier I Girls– Three-Official (3-man) / 16U & 19U Tier I Girls – Four-Official (4-man).

Section 3. Ice Cuts & Intermissions (Girls Tier 1)

Ice cut prior to each game.

14U Tier I Girls – Ice cut after 2nd period only, Two (2) minute rest between 1st/2nd periods.

16U & 19U Girls Tier I – Ice cut after EACH period.

14U/16U/19U Girls Tier I : One (1) minute warm-up after Ice-Cut

***All ice cuts: Twelve (12) minutes on the GAME CLOCK

Section 4. Penalty Durations (Girls Tier 1)

14U Tier I Girls – Minor: 1:30 | Major: 4:00 | Misconduct: 8:00

16U & 19U Tier I Girls – Minor: 2:00 | Major: 5:00 | Misconduct: 10:00

Penalties carry over into overtime-

Section 5. Overtime (Girls Tier 1)- **Teams Switch Ends**

14/16/19U Tier I Girls will **NOT** have an Ice Cut prior to OT in Preliminary Round games

14/16/19U Tier I Girls **will** have an Ice Cut prior to OT in Championship Games/Series

Non-championship playoff games: Ten (10) minute sudden-death, 3-on-3.

Championship games: Full third-period sudden-death, 5-on-5.

Section 6. Shootout Procedure (Girls Tier 1)

See Section II: Supplemental Information for Shootout Rules

ARTICLE V – TIER 2 Youth RMD & STATE PLAYOFF RULES

Section 1. Regulation Period Lengths (Youth Tier II)

14U AA – 16-minute stop-time periods.

16U AA – 17-minute stop-time periods.

18U AA – 17-minute stop-time periods.

Warm-up: Five (5) minutes.

Section 2. Officials Assignment (Youth Tier II)

14U AA – Three-Official (3-man) system.

16U AA & 18U AA – Four-Official (4-man) system.

Section 3. Ice Cuts & Intermissions (Youth Tier II)

Ice cut prior to each game.

14U/16U/18U AA – Ice cut after 2nd period only.

Section 4. Penalty Durations (Youth Tier II)

14U AA – Minor: 1:30 | Major: 4:00 | Misconduct: 8:00

16U AA – Minor: 2:00 | Major: 5:00 | Misconduct: 10:00

18U AA – Minor: 2:00 | Major: 5:00 | Misconduct: 10:00

Section 5. Overtime – Double Elimination (Youth Tier II) - Teams Switch Ends

No-Ice Cut before Overtime, Two (2) minute rest prior to overtime.

Non-championship games: Ten (10) minute sudden-death, 3-on-3.

Championship games, Full third-period sudden-death, 5-on-5 (Games 6 & 7)

Section 6. Shootout Procedure (Youth Tier II)

See Section II: Supplemental Information for Shootout Rules

ARTICLE VI – TIER 2 GIRLS RMD & STATE PLAYOFF RULES

Section 1. Regulation Period Lengths (Girls Tier II)

Warm-up: Five (5) minutes.

14U AA – 16-minute stop-time periods.

16U AA – 17-minute stop-time periods.

19U AA – 17 -minute stop-time periods.

Each team is permitted one time-out of 60 seconds per game, whether in regulation or overtime, per the USA Hockey Playing Rules

Section 2. Officials Assignment (Girls Tier II)

14U AA – Three-Official (3-man) system / 16U AA & 19U AA – Four-Official (4-man) system.

Section 3. Ice Cuts & Intermissions (Girls Tier II)

Ice cut prior to each game.

14U/16/19U AA – Ice cut after 2nd period only, One (1) minute warm-up after Ice Cut

***All ice cuts: Twelve (12) minutes on the GAME CLOCK

Section 4. Penalty Durations (Girls Tier II)

14U AA – Minor: 1:30 | Major: 4:00 | Misconduct: 8:00

16U AA – Minor: 2:00 | Major: 5:00 | Misconduct: 10:00

19U AA – Minor: 2:00 | Major: 5:00 | Misconduct: 10:00

Section 5. Overtime – Double Elimination (Girls Tier II) -Teams Switch Ends

No-Ice Cut before Overtime in either Preliminary or Championship Round, Two (2) minute rest prior to overtime.

Non-championship games: Ten (10) minute sudden-death, 3-on-3.

Championship games, Full third-period sudden-death, 5-on-5.

Section 6. Shootout Procedure (Girls Tier II)

See Section II: Supplemental Information for Shootout Rules

