



2025-2026 CBHL REGULAR SEASON GAME MANAGEMENT FACT SHEET 10U and OLDER



For full rules & guidance, consult the 2025-2026 CBHL Rules & Regulations Book at <https://www.cbhl.org/parent-resources/cbhl-rules/96345>

OFF-ICE OFFICIALS: The home team will provide a clock operator, scorekeeper, and one home penalty box official. The visiting team will provide one visitor penalty box official. Off-ice officials must be over the age of 18 and not be a suspended player or coach.

Each game will have a three (3) minute warm-up period. Warm-ups will commence as soon as the officials allow players to enter the ice surface. This time will be displayed and ran-off on the scoreboard.

PRIOR TO PUCK DROP:

- Head coaches from each team must sign the electronic scoresheet before the game begins.
- The scorekeeper must note the actual start time (when players were permitted to enter the playing surface) and the actual end time of the game in the electronic scoresheet. Should a game not be played to its required length for any reason, the scorekeeper must make a note in the electronic scoresheet prior to locking the game, with an explanation on why the game slot was shortened.
- Note: All referees must sign the electronic scoresheet after the game ends.

PERIOD LENGTH:

All Youth and Girls in National Tournament Bound (NTB) divisions at 16U & 18U/19U (AA/Gold) when both teams are NTB	Three periods, seventeen (17) minutes of stop time
All other divisions, to include league games when a NTB team plays a non-NTB team	Three periods, fifteen (15) minutes of stop time

There will be a one (1) minute break will be provided between each period. There is no overtime or shootouts.

PENALTY LENGTHS: The following are the penalty times for each type of infraction, according to age group:

	Minor	Major	Misconduct	Match
For Games with 15-minute periods	1:30 min	4 Min	8 Min	4 Min
For Games with 17-minute periods	2 min	5 Min	10 Min	5 Min

RUNNING CLOCK RULE: At all levels of play, in games between CBHL teams, (whether league or exhibition games, to include playoff games,) a running clock rule is in effect. If one team attains a lead of five (5) goals at any time in the third period, there will be a running clock.

- The clock will run continuously except when a player is injured or directed by the officials.
- Penalties occurring during a running clock will also be on running time. No adjustments to penalty time lengths will be made. If a penalty expires during a play stoppage, the player may not leave the penalty box until the puck is dropped at the next faceoff. Scorekeepers may stop the clock to input the penalty on the scoreboard, but must then immediately start the clock following the input.
- The game will return to "stop time" whenever the goal differential is four (4) or less.

TEN-GOAL RULE: At all levels of play, in games between CBHL teams (whether league or exhibition games), a ten-goal mercy rule is in effect. If one team attains a lead of ten goals, at any time during the game, the game terminates, the score and all statistics are final and under no circumstances shall play be permitted to continue.

GOAL PEGS: Goal pegs/anchors will be used at all age groups and level of play.