

Timing Chart

| Timing Rules | | | |
|-----------------------------|---|-----------------------------------|---|
| Level | Running Time | Warm-up | Stopped Time |
| Novice – U9 | | | |
| House League (Tier 2, 3, 4) | 50 minutes | 2 minutes at start of each period | Two 23 minute running time periods, with interval buzzer every 90 seconds |
| Comp. B | 50 minutes (major/U9) | 3 minutes | 10-10-12 |
| Comp. A | 50 minutes (major/U9) | 3 minutes | 10-10-12 |
| Atom – U10/U11 | | | |
| House League (Tier 2, 3, 4) | 50 minutes | 3 minutes | 10-10-running time (remaining time until curfew minus 2) |
| Comp. B | 50 minutes (minor/U10, major/U11) | 3 minutes | 10-10-12 |
| Comp. A. | 50 minutes (minor/U10, major/U11) | 3 minutes | 10-10-12 |
| Comp. AA | 50 minutes (minor/U10) 80 minutes (major/U11) | 3 minutes | 10-10-12 15-15-18 |
| Peewee – U12/U13 | | | |
| House League (Tier 2, 3, 4) | 50 minutes | 3 minutes | 10-10-running time (remaining time until curfew minus 2) |
| Comp. B | 50 minutes (minor/U12, major/U13) | 3 minutes | 10-10-12 |
| Comp. A | 50 minutes (minor/U12) 80 minutes (major/U13) | 3 minutes | 10-10-12 15-15-18 |
| Comp. AA | 80 minutes (major/U13) | 3 minutes | 15-15-18 |
| Comp. AAA | 90 minutes (major/U13) | 3 minutes | 15-15-20 |
| Bantam – U14/U15 | | | |
| House League (Tier 2, 3, 4) | 50 minutes | 3 minutes | 10-10-running time (remaining time until curfew minus 2) |
| Comp. B | 80 minutes (minor/U14, major/U15) | 3 minutes | 15-15-18 |
| Comp. A | 80 minutes (minor/U14, major/U15) | 3 minutes | 15-15-18 |
| Comp. AA | 80 minutes (minor/U14) 110 minutes (major/U15) | 3 minutes 5 minutes | 15-15-18 |
| Comp. AAA | 110 minutes (minor/U14, major/U15) | 5 minutes | 15-20-20 |
| Midget – U16/U18 | | | |
| House League (Tier 2, 3, 4) | 50 minutes | 3 minutes | 10-10-running time (remaining time until curfew minus 2) |
| Comp. B | 80 minutes (minor/U16, major/U18) | 3 minutes | 15-15-18 |
| Comp. AA | 110 minutes (minor/U16, major/U18) | 5 minutes | 15-20-20 |
| Comp. AAA | 110 minutes (major/U18) | 5 minutes | 15-20-20 |
| Juvenile – U21 | | | |
| House League | 80 minutes | 3 minutes | 15-15-18 * |

* If both teams agree, the game can be switched over to running time at any point in the game regardless of the goal differential