

Timing Rules			
Level	Running Time	Warm-up	Stopped Time
Novice			
House league *	50	3 minutes	10-10-running time (remaining time until curfew minus 2)
Comp. B	50 (major)	3 minutes	10-10-12
Comp. A	50 (major)	3 minutes	10-10-12
Atom			
House league	50 minutes	3 minutes	10-10-running time (remaining time until curfew minus 2)
Comp. B	50 minutes (minor, major)	3 minutes	10-10-12
Comp. A	50 minutes (minor, major)	3 minutes	10-10-12
Comp. AA	50 minutes (minor) 80 minutes (major)	3 minutes 3 minutes	10-10-12 15-15-18
Peewee			
House league	50 minutes	3 minutes	10-10-running time (remaining time until curfew minus 2)
Comp. B	50 minutes (minor, major)	3 minutes	10-10-12
Comp. A	50 minutes (minor, major) 80 minutes (major)	3 minutes 3 minutes	10-10-12 15-15-18
Comp. AA	80 minutes (minor, major)	3 minutes	15-15-18
Comp. AAA	90 minutes (major)	5 minutes	15-15-20
Bantam			
House league	50 minutes	3 minutes	10-10-12
Comp. B	80 minutes (minor, major)	3 minutes	15-15-18
Comp. A	80 minutes (minor, major)	3 minutes	15-15-18
Comp. AA	80 minutes (minor) 110 minutes (major)	3 minutes 5 minutes	15-15-18 15-20-20
Comp. AAA	110 minutes (minor, major)	5 minutes	15-20-20
Midget			
House league	50 minutes	3 minutes	10-10-12
Comp. B	80 minutes (minor, major)	3 minutes	15-15-18
Comp. AA	110 minutes (minor, major)	5 minutes	15-20-20
Comp. AAA	110 minutes (minor, major)	5 minutes	15-20-20
Juvenile			
House League	80 minutes	3 minutes	15-15-18

* Please note penalties in Novice House League and Novice competitive are different. In stopped time, minors are 1 minute and majors are 3 minutes; in running time, minors are 2 minutes and majors are 5 minutes. Misconducts and higher remain the same

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