



2026 USA Hockey Central District Championships



Age Classes	Regulation Time	Penalty Times
Y13O & Y14U G14U	5 Minute Warm-up 16 Minute Periods 2 Minute Rest Periods 12 minutes on the clock for all Ice Cuts	1:30 Minor 4:00 Major 8:00 Misc.
Y15O & Y16U G16U & G19U High School	5 Minute Warm-up 17 Minute Periods 2 Minute Rest Periods 12 minutes on the clock for all Ice Cuts	2:00 Minor 5:00 Major 10:00 Misc.
Y18U	5 Minute Warm-up 20 Minute Periods 2 Minute Rest Periods 12 minutes on the clock for all Ice Cuts	2:00 Minor 5:00 Major 10:00 Misc.

Resurface Schedule

Tier 1 Y15O/Y16U/Y18U G16U/G19U	Before each game and after each period	No ice cut prior to overtime period. At the completion of the third period, the tied teams shall receive a two (2) minute rest period. The teams will remain on the ice.
Tier 1 Y13O/Y14U Tier 2 Y16U Tier 2 G14U/G16U/G19U High School	Before each game and between the second and third periods	

Home Team Wears White/Light Jerseys

All games will be played using the current USA Hockey Playing Rules.

Teams must be ready to begin on-ice warm-ups 10 minutes prior to their scheduled game time.

Each team is allowed one timeout per game (no extra timeout in overtime) and must be requested before the conclusion of the line change procedure per USAH playing rules.

THERE IS NO RUNNING TIME IN ANY GAME UNLESS EXPRESSLY AUTHORIZED BY THE TOURNAMENT DIRECTOR. Intermissions shall be twelve (12) minutes (placed on the scoreboard clock) when the ice is resurfaced. When players enter the ice between periods, players must go directly to their respective team bench.

Home Team **MUST** wear White/Light Jerseys. Any team coming on the ice for warm-ups wearing the wrong color jersey will be assessed a Bench Minor penalty and will begin the game shorthanded.

All Coaches must be designated on the scoresheet for each team with appropriate CEP information listed. Only completely certified coaches will be allowed on the benches. All coaches **MUST** sign-in with the Tournament Director or his/her designee before each game.

All Youth and Girls national championship bound teams are required to have a team manager and, at minimum, one locker room monitor listed on the official team roster (1-T).

Each team is required to appoint one person to staff their penalty bench for all games.

Each on-ice Official must sign the game score sheet. The referee shall complete a written game report immediately following the game for all Rule 411, Game Misconduct or Match penalties assessed, in addition to filing a USA Hockey online game report. The written game report shall be forwarded to the Tournament Director in a timely fashion.

There shall be no hearing for a game misconduct (or for player or coach suspension under Rule 401(b)) unless deemed necessary by the Discipline Committee.

NEW – When players enter the ice between periods, players must go directly to their respective team bench.



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Method of Determining Champion

Youth and Girl's Games - All Round Robin - All games played to a winner. Each team will be awarded three (3) points for a win in regulation, two (2) points for a win in overtime or shootout, one (1) point for a loss in overtime or shootout and zero (0) points for a loss in regulation.

Tiebreakers: Per USA Hockey District and National Championship Tournament Guidebook.

Overtime Procedures

All Youth and Girl's – All Formats

All Games Played to a Winner

If the game is tied following regulation play, one ten (10) minute sudden-death overtime period shall be played. The teams shall change ends. Overtime shall be played 3-on-3 (three skaters plus a goalkeeper). If the score is tied at the end of the ten (10) minute sudden-death overtime period, there shall be a shootout. The winner of the shootout will be credited with one additional goal in the final score.

1) Shootout Procedures

- a) The shootout will be conducted as follows:
 - (1) A shootout is defined as a player attempting to score a goal and the opposing goalkeeper attempting to stop the shooter from scoring the goal.
 - (2) The home team shall have the choice whether his/her team will shoot first or second.
 - (3) All goalkeepers and all players from both teams listed on the official game sheet shall be eligible to participate in the shootout.
 - (4) No goalkeepers may shoot in the shootout.
 - (5) The goalkeepers will defend the net they were defending in the 3rd period.
 - (6) Any penalized player whose penalty had not been completed when the overtime period ended or who receives a penalty during a shootout procedure is not eligible to participate in any portion of the shootout procedure(s) and must remain in the penalty box.
 - (7) The shootout procedure shall begin with three (3) different individual shooters from each team taking alternate shots. The players do not need to be named beforehand.
 - (8) The goalkeepers from each team may be changed after each shot.
 - (9) The players of both teams will take the shots alternately until a decisive goal is scored. The remaining shots will not be taken.
 - (10) If after the shootout, the shootout score is still tied, there will be a sudden death shootout.

2) Sudden Death Shootout

- a) The sudden death shootout will be conducted as follows:
 - (1) A sudden death shootout is defined as each team attempting a shot. Should one team be successful and the other team not, the successful team shall win the shootout.
 - (2) The teams will shoot in the same order during the sudden-death shootout as they did during the original previous round shootout.
 - (3) Teams will select their shooters to participate in sudden death shootout, whether or not they shot in the previous round. The last player in the first round shootout may be the first player in the sudden death shootout.
 - (4) Players in a sudden death shootout shall not be allowed to take another shot until two (2) different individual teammates have completed their attempts.
 - (5) All goalkeepers and all players from both teams listed on the official game sheet shall be eligible to participate in the shootout.
 - (6) Any penalized player whose penalty had not been completed when the overtime period ended or who receives a penalty during a shootout procedure is not eligible to participate in any portion of the shootout procedure(s) and must remain in the penalty box.
 - (7) The goalkeepers from each team may be changed after each shot.
 - (8) The official scorekeeper shall record all shots taken indicating the players, goalkeepers and goals scored.



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Tie-Breaker Rules

(From the current USA Hockey District and National Championship Tournament Guidebook and as described below.)

If two or more teams have an equal number of points, their position in the standings shall be determined by the following tie-breaking rules listed below. If at any point during the application of the tie-breaking rules, any or all of the teams can be seeded higher or lower than the other teams, the seeded teams will be placed in their position in the standings and the tie-breaking process will begin at Step 1 for any teams that remain tied.

Note: If all tied teams have not played each other, the tie-breaking process will begin at Step 2.

The tiebreaker rules are as follows:

1. Step 1: The results of only the head-to-head games played between the tied teams in the following order:
 - a. Most points earned.
 - b. Most total wins (whether in regulation, overtime and shootout).
 - c. Most regulation wins.
 - d. Differential — Subtracting goals scored against from goals scored for in these games, the positions being determined in order of the greatest surplus. A maximum goal differential of plus or minus eight (8) per game will be used in tie-breaking rules.
 - e. Quotient — Dividing the goals scored in these games by the goals scored against, the positions being determined in order of the greatest quotient. If a game has a goal differential of more than eight (8) goals, the goals for will be decreased until there is a maximum of eight (8) more than goals against in a given game prior to dividing (i.e., 10-1 game would use 9-1 for purposes of quotient). A quotient involving dividing by zero (0) has higher standing than a quotient from dividing by any number other than zero. Where two or more teams have no goals against and the quotient tiebreaker is required, the teams shall be ranked high to low in descending order of “goals for.”
 - f. Most periods won — In the games played by each tied team, points will be awarded for each regulation period won (2 points) and for each regulation period tied (1 point). Positions shall be in the order of highest point total.
2. If all tied teams have not played each other, the tie-breaking process begins at Step 2. For teams that began the tie-breaking process in Step 1, if after applying the formulas of 1a,b,c,d,e, or f the tie still exists, continue to Step 2.

Step 2: The results of all the games played by the teams tied in the following order.

- a. Most total wins (whether in regulation, overtime and shootout).
 - b. Most regulation wins.
 - c. Differential — Subtracting goals scored against from goals scored for in these games, the positions being determined in order of the greatest surplus. A maximum goal differential of plus or minus eight (8) per game will be used in tie-breaking rules.
 - d. Quotient — Dividing the goals scored in these games by the goals scored against, the positions being determined in order of the greatest quotient. If a game has a goal differential of more than eight (8) goals, the goals for will be decreased until there is a maximum of eight (8) more than goals against in a given game prior to dividing (i.e., 10-1 game would use 9-1 for purposes of quotient). A quotient involving dividing by zero (0) has higher standing than a quotient from dividing by any number other than zero. Where two or more teams have no goals against and the quotient tie- breaker is required, the teams shall be ranked high to low in descending order of “goals for.”
 - e. Most periods won — In the games played by each tied team, points will be awarded for each regulation period won (2 points) and for each regulation period tied (1 point). Positions shall be in the order of highest point total.
 - f. Lowest number of penalty minutes — Calculate the number of penalty minutes accrued during all preliminary round games. The teams shall be ranked low to high in ascending order of “penalty minutes for.”
 - g. Quickest first goal — The team that scored the quickest goal in their preliminary round games shall be ranked highest.
3. If the above procedure does not break the tie, the teams shall use a shootout procedure.



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Note: A team may go into the tie breaking process having defeated another of the tied teams and still not advance.

Note: If a team forfeits any of its games, and becomes involved in any tie breaking formula, the team that forfeited will not advance and all games played against the forfeiting team shall be recorded as 1-0 victories for all opposing teams.

All athletes, team personnel, tournament staff, and volunteers must complete background checks and Safe Sport Training as required in the USA Hockey Safe Sport Program Handbook, as well as comply with all other Safe Sport Program policies, such as the One-on-One Interactions Policy, Locker Room Policy, Athletic Training Modalities Policy and the Travel and Lodging Policies. These policies and additional information on the USA Hockey Safe Sport Program can be found in the Safe Sport Program Handbook and on the USA Hockey Safe Sport page at <https://www.usahockey.com/safesportprogram>.

The Directors in charge of the Championships will not answer any questions regarding tiebreakers until such time as the use of the tiebreaker rules becomes necessary!

USA Hockey District and National Championship Tournament Guidebook shall be the final determining document in the event of any tournament rules conflict.