

CAA HOCKEY RULES

14U rules include tag up off sides, no checking, slap shots permitted. 2:00 penalties. Three penalties in a game and player is removed for the rest of the game. Players must wear mouth guards (1 warning, then 10 minute misconduct for second violation)

Three 16 minute running time periods. (I have tried to run stop time third periods but have a hard time doing so on the cold days). We can go to a stop time third period for the indoor games when we have a game clock and operator. 4 minute pregame warm up. One minute between periods.