

SOMHA HOME GAME FORMAT

Division	Warm Up	1 st Period	2 nd Period	3 rd Period	Ice Clean	Time Out
U7	3 minutes	20 min straight	20 min straight	Remaining time	No	No
U9	3 minutes	20 min straight	20 min straight	Remaining time	No	No
U11 Recreation	5	20 min straight	10 straight 10 stop	20 stop	No	No
U11 Development	5	20 min straight	10 straight 10 stop	20 stop	No	No
U13 Recreation	5	20 min straight	10 straight 10 stop	20 stop	No	No
U13 Rep	5	20 min stop.	20 stop	20 stop	Half way through 2 nd period*	Yes
U15 Recreation	5	20 min straight	10 straight 10 stop	20 stop	Half way through 2 nd period*	No
U15 Rep	5	20 min stop.	20 stop	20 stop	After 1st & 2nd	Yes
U18 Recreation	5	20 min straight	10 straight 10 stop	20 stop	Half way through 2 nd period*	No
U18 Rep	5	20 min stop.	20 stop	20 stop	After 1 st & 2 nd	Yes

*Third period **does not** convert to run time in league play if there is a 5-goal difference. This rule only applies if a tournament rule permits it.