

MPRB Youth Hockey Bulletin 2026  
 (With Updated 15U-18U Girls Rules)

Division	Days of Play
9U Open	Monday & Saturday
11U Open	Monday, Tuesday and/or Saturday
13U Open	Tuesday, Wednesday and/or Saturday
15U Open	Monday, Thursday and/or Saturday
18U Open	Monday, Thursday and/or Saturday
11U and 13U Girls (Combined)	Thursday & Saturday
15U and 18U Girls (3 on 3) (Commbined)	Thursday & Saturday

## CALENDAR OF EVENTS

January 3: League Play Begins

February 14: Tournament Declaration (pending ice availability)

## ROSTER SIZE

- Maximum 20 players per roster (12 for 3 on 3)
- Maximum of 4 non-Minneapolis residents per roster

## MINIMUM PLAY RULES

Every player dressed and attending a game MUST play at the least the equivalent of one period in each game.

## Playing Rules 11U, 13U, 15U and 18U:

1. Coaches must wear a helmet while on ice during practices and games. No exceptions.
2. USA Hockey Rules shall govern all games with the following exceptions.
3. Minimum Play Rule: Each player dressing for and attending a game shall be assured playing time. It is the head coach's responsibility to ensure each player participates in the equivalent of one period each game. Intentional disregard of this rule may result in forfeit or coach discipline (up to or including suspension). This decision will be at the discretion of the League Director
  - a. Coaches have the authority to withhold a player from competition for disciplinary reasons. They must inform the referee and opposing coach prior to the start of the game.
4. Protective Equipment:
  - a. All players must wear a helmet with a full facemask. Helmets must be strapped at all times.

- b. All players must wear an internal mouth guard attached to the facemask.
  - c. All Goalies must wear a helmet that protects their entire crown, front, temple and back of their head. They must also wear throat guards.
  - d. Players must wear gloves (padded ski gloves or thick gloves may be substituted for hockey gloves).
  - e. Shin guards are required.
  - f. All stick ends must be protected
5. Length of Periods – Indoor Games: Players do not leave the ice in-between periods
- a. Periods 1 & 2: 12 Minutes Stop Time
  - b. Period 3: Running Time: Officials will set the clock to the remaining time.
    - i. Example: if your game started at 6pm and the 3<sup>rd</sup> period was set to start at 6:40pm, the game clock would be set at 20 minutes.
    - ii. Officials reserve the right to shorten the period if necessary
6. Length of Periods – Outdoor Games:
- a. Periods 1, 2 & 3: 15 Minutes Running Time
7. Tie Games:
- a. All regular season games ending in a tie shall remain a tie in the standings
  - b. Overtime will be played in the Invitational Tournament when a winner must be decided for advancement.
8. Body Checking:
- a. A player cannot deliver a body check to any player while participating in any of the park board leagues.
    - i. Examples: (USA Hockey Official Playing Rules: Points of Emphasis)
    - ii. Makes deliberate physical contact with an opponent with no effort to legally play the puck.
    - iii. Uses overt hip, shoulder or arm contact with the opponent to physically force them off the puck.
    - iv. Physically impedes the progress of the opponent with hips, shoulders or torso without establishing legal body contact and having no intent of playing the puck.
  - b. Officials will make a penalty call based on the severity of the check.
9. Slap Shots:
- a. Allowed in 13U and 15U.
10. Player Benches:
- a. Only uniformed players and coaches with MPRB Coaches ID badge are allowed on the bench
  - b. Coaches badges will be issued by the park director.
    - i. 1<sup>st</sup> offense: warning to coach & fans
    - ii. 2<sup>nd</sup> offense: minor penalty to offending team
    - iii. 3<sup>rd</sup> offense: the game will be forfeited
11. Delayed Off Sides: 13U, 15U and 18U Only
- a. The Official shall signal a delayed off-side if an attacking player precedes the puck into the Attacking Zone. The delayed off-side will be nullified if:
    - i. The puck was to exit the attacking zone.

- ii. All attacking players are simultaneously clear of the attacking zone by making skate contact with the blue line, at the same instant.
- b. If any of the following conditions are met, play shall be stopped and a face-off conducted according to sub-section (c) of the rule (USA Hockey Rulebook, pages 184-185).
  - iii. An attacking player touches the puck.
  - iv. An attacking player attempts to gain possession of the puck or continues to apply pressure to the defending puck carrier.
  - v. The puck is shot directly on goal.

## 12. Penalties:

Type of Penalty	Indoor Rule	Outdoor Rule
Minor 11U	1 minutes	2 minutes
Minor 13U	1.5 minutes	2.5 minutes
Minor 15U/18U	2 minutes	3 minutes
Major	4 minutes	6 minutes
Misconduct	8 minutes	9 minutes

Game Misconduct	Remainder of game
Game Disqualification	Remainder of game & next scheduled game: Officials are required to report all disqualification penalties to the league director.
Fighting (Major Penalty)	1 <sup>st</sup> Offense: remainder of game + the next 3 games 2 <sup>nd</sup> Offense: suspended for the remainder of the season
Intent to Injure	1 <sup>st</sup> Offense: remainder of game + the next 3 games 2 <sup>nd</sup> Offense: suspended for the remainder of the season
Delay of Game	Minor bench penalty to offending team

## Playing Rules 9U:

1. Indoor Games:
  - a. Games will be played on half the sheet of ice
  - b. 4 players and 1 goalie will be allowed for each team.
2. Outdoor Games:
  - a. Games are played on the full sheet of ice
  - b. 5 players and 1 goalie will be allowed for each team.

3. Coaches:

- a. Each team must have at least one coach on the ice for games with a maximum of two coaches allowed per team.
- b. Each "on ice" coach must be wearing a helmet.
- c. Coaches should meet before the game to determine how they want to keep time and call the game.

4. Officials:

- a. No officials will be assigned to fundamental games

5. Scores and Standings:

- a. No scores or standings will be kept for the fundamental league.

**Playing Rules Girls 15/18U 3 on 3:**

1. The core rules will be based on USA Hockey youth rules as for the 15U MPRB level.

This includes equipment, penalties and game play with exceptions and changes as below.

2. Goalies may play in a full net or a net can be "minded" as a reduced net by a goalie board, a pond hockey goal or other restricted scoring approach.

3. The "other" net approach may be used when no goalie is available and no goalie board or Pond Hockey goal is available. As examples, this could be bags placed in the net as obstacles, a small Mite net, shoes as targets, or any creative approach agreeable to both coaches.

4. When a goalie board or other reduced net is used, defensive players may not act as a goalie. This is as for Pond Hockey rules (below). Referees may award a score if a player blocks a shot near the goal.

5. From Pond Hockey rules: Goaltending is not allowed. A player may not patrol, "camp out" or remain stationary in the crease area and act as a goaltender. A defender may deflect the puck in the crease area, but the defender must do so while continuing to move through the crease area.

6. When playing with 3x3 or 4x4 skaters, minor penalties will result in a penalty shot. For a reduced net, players will take the shot while standing at the blue line. Major penalties result in a game misconduct for the offender and a penalty shot.

7. Offsides may not be enforced on very small rinks like the Parade Studio rinks.

8. When a stoppage of play would result in a face-off in offensive or defensive zone, the offensive players will leave the offensive zone. A whistle will restart play with the defensive team playing the puck behind the goal line

### General MPRB Hockey Information:

1. Cold Weather Policy: Based on WCCO weather site [WCCO Weather](#)
  - a. Will be determined one hour prior to game time
    - i. Contact the park site to check the status of the game.
  - b. 11U, 13U, 15U and 18U
    - ii. Games will be postponed when the temperature is -10° Fahrenheit or colder or the wind chill is -20° Fahrenheit or colder
  - c. Squirts
    - iii. Games will be postponed when the temperature is 0° Fahrenheit or colder
2. Ice Conditions:
  - a. Games will be postponed when the temperature rises sufficiently to cause thawing, excess standing water or frost "boils" resulting in unsafe skating conditions.
3. Additional Costs:
  - a. The MPRB Youth Hockey league plays games for all leagues at Parade Ice Garden and Northeast Ice Arena.
  - b. Facility rental fees are assessed to the league and shared with the teams. A bill will sent to either the recreation center or council at the end of the season
4. Post Season Eligibility:
  - a. Teams that participate in all regular season games will be eligible for post season play. No call/No Show to regular season games will result in ineligibility for the post season. Multiple reported (excused) absences to regular scheduled games will be subject to the league director decision regarding post season participation.



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