



CENTRAL SECTION 8U FULL-ICE PROGRAM RULES (Updated 16 August 2025)

OVERVIEW

USA Hockey has granted the NYSAHA approval to allow associations to implement an 8U Full-Ice program for the 2025-2026 season under the following rules and regulations. All Central Section associations planning to take advantage of this opportunity are required to follow the Rules & Regulations below and provide their 8U Full-Ice Program Plans to the Central Section for review and approval.

Please remember this program is intended to prepare players and families for transition from Cross-Ice/Half-Ice to Full-Ice. We encourage you to meet with your players and families to help them understand full-ice rules (e.g., offside, icing), line changes, off-ice official participation (e.g., scoresheets, clock operation, penalty box operation), and other aspects of the game applicable to the 10U age classification they will be transitioning to the following season.

RULES & REGULATIONS

Full-Ice 8U programs shall be executed only during the period of time from 01/10/2026 through 03/09/2026 (8 weeks from 01/12/2026).

All Associations shall submit an 8U Full-Ice Program Plan to the Central Section President for review and approval by 12/31. Only Association with an approved Program Plan will be allowed to play Full-Ice.

Only players of the 2017 birth year shall be eligible to participate in the Full-Ice program. All 8U Full-Ice teams shall have an Approved Roster in place by 12/31. Players shall only participate on one (1) Full-Ice team. No players of birth year 2018 or younger are allowed to participate in any 8U Full-Ice games or practices.

Only players that have played on a USA Hockey 1/2 or Cross-Ice team from 09/1/2025 to 01/12/2026 shall be eligible participate in the Full-Ice program. All players shall continue to play for their USA Hockey 1/2 or Cross-Ice team to be eligible to play in the full-ice program. Collaboration between associations to form full-ice teams shall be allowed only in cases where each association involved does not have enough players to form their own team. Any collaboration between associations shall be documented in the 8U Full-Ice Program Plan.

Approved Full-Ice teams shall play a maximum of 12 Full-ice games.

Full-Ice games shall abide by the following rules:

1. USA Hockey Rules and Regulations consistent with the 10U age division.
2. Three (3) periods of twelve (12) minutes in length, using running time for all three (3) periods.
3. Ninety (90) second player shifts.
4. Shift changes controlled by a buzzer or similar.
5. Ninety (90) second penalty duration.
6. Intermediate size nets.
7. Blue pucks.
8. No penalty shots.

For Full-Ice 8U games the use of USA Hockey officials is recommended. Preferably, the use of younger and/or new officials.

If scoresheets are being utilized, then it is recommended teams utilize GameSheets. Please request your GameSheets code from the Central Section President.

Any violations of Full-Ice rules will be handled by the Central Section.

NYSAHA – Central Section



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