

2025-26 PAHL PENALTY LENGTHS

AGE	MINOR	MAJOR	MISCON	GM	MATCH
18U	2:00	5:00	10:00	10:00+	10:00+
16U	2:00	5:00	10:00	10:00+	10:00+
14U	2:00	5:00	10:00	10:00+	10:00+
12U	1:00	5:00	10:00	10:00+	10:00+
10U	1:00	5:00	10:00	10:00+	10:00+
19G	2:00	5:00	10:00	10:00+	10:00+
14G	2:00	5:00	10:00	10:00+	10:00+
12G	1:00	5:00	10:00	10:00+	10:00+

MISCON: minutes for a misconduct are not placed on the penalty clock

GM: minutes for a game misconduct are not placed on the penalty clock

MATCH: a non-coincidental match penalty puts 5:00 on the penalty clock

EJECTION: game misconducts and match penalties also result in an ejection