2022-2023 NORTH AMERICAN 3 HOCKEY LEAGUE

WEST DIVISION
- Alexandria Blizzard
- Granite City Lumberjacks
- Mason City Toros
- Minnesota Loons
- New Ulm Steel
- Willmar WarHawks

EAST DIVISION
- Atlanta Capitals
- Austin Ice Bats
- El Paso Rhinos
- Louisiana Drillers
- Mid Cities Jr. Stars
- New Mexico Ice Wolves
- Texas Brahmas
- Texas RoadRunners

SOUTH DIVISION
- Badlands Sabres
- Bozeman Icedogs
- Butte Cobras
- Gillette Wild
- Great Falls Americans
- Helena Bighorns
- Sheridan Hawks
- Yellowstone Quake

FRONTIER DIVISION
- Bay State Bobcats
- Danbury Jr. Hat Tricks
- Long Beach Sharks
- Maineiacs
- Northeast Generals
- Norwich Sea Captains

CENTRAL DIVISION
- Milwaukee Power
- Oregon Tradesmen
- Peoria Mustangs
- Rochester Grizzlies
- St. Louis Jr. Blues
- Wausau Cyclones

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- Bay State Bobcats
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