2018–2019 NORTH AMERICAN 3 HOCKEY LEAGUE

CENTRAL DIVISION
- Coulee Region Chill
- Evansville Jr. Thunderbolts
- Milwaukee Power
- Peoria Mustangs
- St. Louis Jr. Blues
- Wausau RiverWolves
- Wisconsin Whalers

COASTAL DIVISION
- Cape Cod Islanders
- L/A Nordiques
- Long Beach Sharks
- Maine Wild
- New England Stars
- Northeast Generals

FRONTIER DIVISION
- Bozeman Icedogs
- Butte Cobras
- Gillette Wild
- Great Falls Americans
- Helena Bighorns
- Missoula Junior Bruins
- Yellowstone Quake

NORTHEAST DIVISION
- Binghamton Junior Senators
- Niagara Falls PowerHawks
- Oswego Stampede
- Skylands Kings

SOUTH DIVISION
- Atlanta Capitals
- College Station Spirit
- Louisiana Drillers
- Mid Cities Jr. Stars
- Texas Jr. Brahmas

WEST DIVISION
- Alexandria Blizzard
- Breezy Point North Stars
- Granite City Lumberjacks
- New Ulm Steel
- North Iowa Bulls
- Rochester Grizzlies
- Willmar WarHawks