2024-25 NORTH AMERICAN 3 HOCKEY LEAGUE

CENTRAL DIVISION
- Peoria Mustangs
- Rochester Grizzlies
- St. Louis Jr. Blues
- Wausau Cyclones
- West Bend Power
- Wisconsin Woodsmen

EAST DIVISION
- Binghamton Buzz
- Long Beach Sharks
- Maine Nordiques
- New Jersey Titans
- New Hampshire Jr. Mountain Kings
- Northeast Generals
- Norwich Sea Captains

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

SOUTH DIVISION
- Atlanta Capitals
- Austin Ice Bats
- El Paso Rhinos
- Louisiana Drillers
- New Mexico Ice Wolves
- Texas Brahmas
- Texas RoadRunners
- Tulsa Jr. Oilers

WEST DIVISION
- Alexandria Blizzard
- Granite City Lumberjacks
- Mason City Toros
- Minnesota Moose
- Minnesota Wilderness
- Willmar WarHawks