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**WOMEN'S  
HOCKEY**



## CHAPTER 15 - WOMEN'S HOCKEY

### 1. TEAM COMPOSITION

- 1.1. A team shall be composed of a minimum of fifteen (15) participants and a maximum of twenty (20) participants. One (1) additional spot may be awarded to teams with a qualified coach to a maximum of twenty-one (21) participants.
- 1.2. All teams must have one (1) fully dressed goalie. In the event of an injury, teams will have fifteen (15) minutes to dress another goalie.
- 1.3. The regional team shall be declared champion at the CAF Regional Championship. The regional team may augment five (5) players from another B/W/U within the region who have the approval of their Commanding Officer.

### 2. OFFICIALS

- 2.1. The four (4) official system shall be used throughout the entire championship when feasible.
- 2.2. Minor and/or off ice officials will be used as timekeepers and scorekeepers throughout the championship as required by the host base.

### 3. RULES

- 3.1. Play shall be conducted in accordance with the current rules of [Hockey Canada](#) including the following amendments.
- 3.2. This paragraph relates to the game format and the use of “continuous run time” for the CAF National Women's Hockey Championship where
  - a. Should the goal difference between teams be of seven (7) goals or more in the third period in any tournament game, the remainder of that game shall be played as “continuous run time”. Play will not return to “stop time” should the score differential again become six (6) goals or less;
    - “Continuous run time” will commence on the ensuing face-off following the scoring of the goal which created the seven (7) goal differential.
  - b. During continuous run time, minor penalties will be three (3) minutes in duration, and major penalties will be seven (7) minutes in duration.
    - Time penalties will start when play resumes and if a penalty ends during a stoppage of play, the penalized player cannot return to the ice until play resumes;
    - Any player serving a penalty which was assessed during “stop time” and would continue serving the penalty after the stoppage where the differential of seven (7) goals or more shall not have any additional time added to the penalty time; and
    - In the event a player is servicing a double minor at the time the seven (7) goal differential is reached, the first minor penalty will be cancelled by the scoring of the goal, the second minor shall be served as a three (3) minute penalty.

- 3.3. The CAF Hockey Championship will follow:
- [Rule 6.7\(d\) - Icing the Puck – U18AAA/Junior and Senior](#); and
  - [Rule 7.7 – Head Contact – Junior A/Senior Hockey](#).
- 3.4. Under exceptional circumstances, the Hosting Manager in consultation with the Chief Officials and the concerned teams can delay the start of a game/period to allow ice conditions to settle properly.

## 4. SUSPENSIONS

- 4.1. The minimum suspensions listed below will be applied when the following infractions occur during a Championship;

<b>Rule</b>	<b>Description</b>	<b>Minimum of</b>
2.2c	Ineligible player – team officials	1 <sup>st</sup> offence - 5 games 2 <sup>nd</sup> offence - Indefinite
4.7c	Any player who is assessed a second 10 minute Misconduct in the same game shall automatically be assessed a Game Misconduct penalty	Game Misconduct
4.6c	Game Misconduct – Last 10 minutes	1 <sup>st</sup> offence – 1 game 2 <sup>nd</sup> offence – 2 games 3 <sup>rd</sup> offence – 4 games
7.1c	Match Penalty – Deliberate attempt to injure or deliberately injures an opponent in any manner	1 <sup>st</sup> offence – 3 games 2 <sup>nd</sup> offence – 6 games 3 <sup>rd</sup> offence – Indefinite
7.5b	Checking from behind (when a major penalty and game misconduct is assessed)	1 <sup>st</sup> offence – 2 game 2 <sup>nd</sup> offence – 4 games 3 <sup>rd</sup> offence – Indefinite
7.7b	Checking to the Head/Head Contact (when a major penalty and game misconduct is assessed)	1 <sup>st</sup> offence – 1 game 2 <sup>nd</sup> offence – 2 games 3 <sup>rd</sup> offence – Indefinite
Various	Where a Major Penalty and Game Misconduct are assessed for an infraction not listed above including but not limited to: elbowing, high sticking, slashing, etc.	1 <sup>st</sup> offence – 1 game 2 <sup>nd</sup> offence – 2 games 3 <sup>rd</sup> offence – Indefinite
10.8	Refusing to start play – team officials	Indefinite pending review
<b>Fighting</b>		
7.10b	Any player assessed a major penalty and game misconduct for fighting	1 <sup>st</sup> offence – 2 games 2 <sup>nd</sup> offence - 4 games 3 <sup>rd</sup> offence – Indefinite
7.11	Instigator/Aggressor	1 <sup>st</sup> offence – 1 game 2 <sup>nd</sup> offence – 2 games 3 <sup>rd</sup> offence – Indefinite
7.10e	Third and subsequent player(s) into a fight	1 <sup>st</sup> offence – 2 games 2 <sup>nd</sup> offence – 4 games 3 <sup>rd</sup> offence – Indefinite
7.10e	2 <sup>nd</sup> Fight, same stoppage of play (3 <sup>rd</sup> , 4 <sup>th</sup> , etc.)	1 <sup>st</sup> offence – 3 games 2 <sup>nd</sup> offence – 6 games 3 <sup>rd</sup> offence – Indefinite
10.4	Any player (or coach) identified as the first to leave the player's or penalty bench during a fight	1 <sup>st</sup> offence – 5 games 2 <sup>nd</sup> offence – Indefinite
10.4	Any player identified leaving the player's or penalty bench during a fight	1 <sup>st</sup> offence – 7 games 2 <sup>nd</sup> offence – Indefinite

10.4	Any coach whose player leaves the player's / penalty bench, but not identified as the first player to leave the player's / penalty bench during an on-ice altercation	1 <sup>st</sup> offence – 1 game 2 <sup>nd</sup> offence – 2 games 3 <sup>rd</sup> offence – Indefinite
<b>Pre/Post Game Altercations</b>		
10.4	Coach of a team whose player who leaves bench under Rule 10.4	1 <sup>st</sup> offence – 1 game 2 <sup>nd</sup> offence – 2 games 3 <sup>rd</sup> offence – Indefinite
4.1a	Any team involved in a pre/post game brawl	Indefinite pending review
4.7, 6.7	Any player or coach involved where a major and a game misconduct penalties are assessed	Indefinite pending review
<b>Maltreatment</b>		
11.2e	Game Misconduct – Verbal abuse of an official	1 <sup>st</sup> offence – 2 game 2 <sup>nd</sup> offence – 4 games 3 <sup>rd</sup> offence – Indefinite
11.2f	Gross Misconduct – Travesty of the Game – Player	1 <sup>st</sup> offence – 2 game 2 <sup>nd</sup> offence – 4 games 3 <sup>rd</sup> offence – Indefinite
11.4	Gross Misconduct – Discriminatory Grounds (Harassment)	Indefinite pending review
11.5c	Match Penalty – Physical harassment of officials	Indefinite pending review

4.2. Reference [Chapter 5 – Suspensions](#), for infractions that may be applied to any sport.

## 5. CHAMPIONSHIP FORMAT

- 5.1. All games will be three (3) x 15 minute stop time periods with ice resurfacing between periods.
- 5.2. Teams will be permitted one (1) x 30 second time-out per game.
- ~~5.3.~~ There will be a twelve (12) minute warm-up prior to each game. At the 2:00 mark of the warm-up, the horn will sound and teams have 2:00 to collect all pucks and vacate the ice. Should any pucks or players remain on the ice at 0:00, the responsible team will receive a minor penalty for Delay of Game.
- 5.4. The CAF Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. Points will be awarded as follows during Round Robin play;
  - a. Two (2) points for a win (regulation or overtime/shootout);
  - b. One (1) point for overtime/shootout loss; and
  - c. Zero (0) points for a regulation loss.
- 5.5. Should a tie exist following regulation time in round robin play, an overtime/shootout shall be conducted immediately following the game to determine the winner of the game. Points shall be awarded as per [para 5.4](#).
- 5.6. The overtime shall be conducted as follows;
  - a. Teams will remain at the same ends, and play a five (5) minute sudden victory overtime period (3 on 3 plus goalies – no flood);
  - b. If the game is still tied following the overtime period, a shootout shall be conducted as follows;

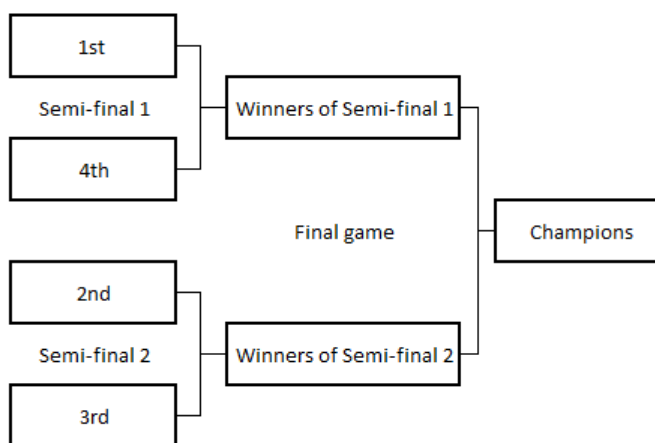


- The teams shall identify three (3) players in full game uniform to the referee in the order that they shall shoot and;
- The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player to a total of three (3) shots for each teams; and
- If a tie still remains after the first three (3) shooters, a sudden victory will occur. All players on the roster/eligibility list (excluding goalies) must shoot before the original three-shooters/any player can shoot for a second time.

5.7. Should a tie exist after regulation time in the playoff round, it will be broken as follows:

- a. Teams will be given a two (2) minute break, remain at the same end, and play a ten (10) minute sudden victory overtime period (5 on 5 plus goalies - no flood);
- b. If a tie remains, the ice will be cleaned, teams will change ends and a fifteen (15) minute sudden victory overtime period will be played; and
- c. If a tie still remains, item [5.7b](#) format will continue until a goal is scored.

5.8. Upon completion of the round-robin, two semi-final games will be played. The first (1<sup>st</sup>) place team will play the fourth (4<sup>th</sup>) place team and the second (2<sup>nd</sup>) place team will play the third (3<sup>rd</sup>) place team. The winner of each semi-final game will advance to the final game.



## 6. TIE-BREAKING PROCEDURES

6.1. Ties in the final round-robin standing that affect advancement to the playoff shall be broken as follows:

- a. If two (2) teams are tied, the winner of the game played between the two (2) teams during the round-robin play, including the results from a shoot-out, shall advance to and/or be awarded the higher position, among the tied teams, in the playoff round;
- b. If three (3) or more teams are tied, the team with the best win/loss record, in the round-robin games played between the tied teams, including the results from a shoot-out, shall advance to and/or be awarded the higher position, among the tied teams, in the playoff round;
- c. If a tie remains, each team's total goals scored in the round robin games between the concerned tied teams shall be divided by their total goals against, excluding

- goals scored or surrendered during shootouts. The team with the highest quotient shall be awarded the higher position, among the tied teams; and
- d. If a tie still remains, each team's total goals scored shall be divided by total goals against during the entire round-robin tournament, excluding goals scored or surrendered during shootouts. The team with the highest quotient shall be awarded the higher position, among the tied teams.

## 7. EQUIPMENT

- 7.1. The official puck of the championship shall be the Viceroy Puck.
- 7.2. All members must wear the following equipment listed in the table below:

MANDATORY	RECOMMENDED
<b>Players</b>	
<ul style="list-style-type: none"> <li>▪ CSA approved helmet and full face protector (sticker must be present) which must be attached properly and <u>not</u> altered in anyway;</li> <li>▪ Skates;</li> <li>▪ Elbow pads;</li> <li>▪ Shin guards;</li> <li>▪ Padded hockey pants;</li> <li>▪ Hockey gloves;</li> <li>▪ Shoulder pads;</li> <li>▪ Protective athletic cup; and</li> <li>▪ BNQ throat protector.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Mouth guard</li> </ul>
<b>Goalkeepers</b>	
<ul style="list-style-type: none"> <li>▪ CSA approved mask (sticker must be present) with attached plastic throat guard. Goalkeeper ‘cat’s eye’ masks are <u>not</u> authorized;</li> <li>▪ Chest protector;</li> <li>▪ Arm protector;</li> <li>▪ Elbow protector;</li> <li>▪ Shoulder protector;</li> <li>▪ Goalie leg pads and pants;</li> <li>▪ Protective athletic cup;</li> <li>▪ Goalie gloves;</li> <li>▪ Blocker;</li> <li>▪ Goalie skates; and</li> <li>▪ BNQ approved throat protector</li> </ul>	<ul style="list-style-type: none"> <li>• Mouth guard</li> </ul>
<b>Officials</b>	
<ul style="list-style-type: none"> <li>▪ CSA approved helmet with a minimum half visor;</li> <li>▪ BNQ certified neck guards; and</li> <li>▪ Skates</li> </ul>	<ul style="list-style-type: none"> <li>• Mouth guard; and</li> <li>• Protective athletic cup</li> </ul>

- 7.3. Any physical alterations to protective equipment are prohibited.

## 8. INJURY PREVENTION

- 8.1. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to [Chapter 6](#), for further injury prevention.

## 9. AWARDS

- 9.1. At the end of each National Championship game, the Jury of Appeal will select two (2) game MVP's, one (1) from each team.
- 9.2. The winning team shall be awarded a banner and a trophy. Individual medals shall be presented to the members of the winning and runner-up teams.
- 9.3. At the end of the Regional/National Championship, the Jury of Appeal will select a Tournament MVP.
- 9.4. At the end of the National Championship, each team will select a Team MVP.
- 9.5. At the end of the National Championship, each team will nominate a player that has exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability. The Jury of Appeal and/or Chief Official will select the recipient based on the nominations brought forward.
- 9.6. See awards breakdown in the table below;

Awards / Recognition	Quantity	Nationals	Regionals
Trophy	1	✓	TBD by regional constitution
Championship Banner	1	✓	TBD by regional constitution
Gold Medals	21	✓	✓
Silver Medals	21	✓	✓
Tournament MVP	1	✓	✓
Team MVP	4	✓	n/a
Game MVP	2 / game	✓	TBD by regional constitution
Sportsmanship	1	✓	TBD by regional constitution
Officials	11	✓	TBD by regional constitution
Trainers	3	✓	TBD by regional constitution
Jury of Appeal	3	✓	TBD by regional constitution
VIP's / Patrons	1	✓	TBD by regional constitution