



## PLAYING REGULATIONS: WOMEN'S HOCKEY

### 1. SPORT FORMAT

Canada West will follow the Hockey Canada Rule Book. This document provides additional regulations that will also be followed or that may supersede a U SPORTS Playing Regulation.

### 2. TEAM COMPOSITION (Also refer to Policy 7 & 9 of Canada West Operations Manual)

#### 2.1 League Play

1. The minimum roster size is twelve (12) skaters and two (2) goaltenders.
2. A team may dress up to twenty (20) players (including warm-up), two of which shall be goaltenders. A total of 25 individuals (20 participating athletes and 5 team personnel) will be allowed on the bench or team bench area. A team may add one additional team personnel if the additional personnel is a student-trainer.
3. In the event of players receiving match penalties or fighting penalties in a weekend series, the rosters will be frozen for the home team at twenty (20) players and the visitors at twenty (20) players, as declared at the start of the game where the infractions occurred.

#### 2.2 Playoffs

1. Specific player declarations should take place immediately prior to the first game of each series.
2. Players who have used a year of eligibility during the regular season shall be allowed to play in the playoffs. Teams shall be allowed to dress eighteen (18) skaters and two (2) goaltenders for each game. Roster shall not be frozen.
3. In the event that one of the original two goaltenders is injured during a given series, a third goaltender may dress in the 2nd game. As noted in our eligibility policy, the usual notification rule for eligibility purposes will be waived.
4. A total of 25 individuals (20 participating athletes and 5 team personnel) will be allowed on the bench or team bench area. A team may add one additional team personnel if the additional personnel is a student-trainer.

### 3. LEAGUE / SEASON FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

- 3.1. Coaches must exchange line-up sheets with each other and their SID three hours prior to the start of the game. Visiting SID will forward the completed line-up

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sheets to the host SID. The host SID will provide 5 copies (where possible) of both team's line-up sheets to the opposing team, broadcast team and statisticians prior to the game. If printing is unavailable, host SID will email line-up sheets to all parties. At the start of the season, the Canada West Communications Director will email a standardize form for coaches to use.

3.2 Ties at the end of three regulation twenty-minute (20) periods shall be broken as follows:

- (a) If at the end of the three regulation twenty-minute periods the score is tied, the following shall take place:
  - (1) There will be a two-minute break, no flood and teams will change nets.
  - (2) There will be a five-minute four (4) versus four (4) - four players and a goalie per side - sudden victory overtime period.
- (b) If the score is still tied after the sudden victory five-minute overtime period;
  - (1) There will be a two-minute break, the teams will not change nets, there will be no flood.
  - (2) The teams will proceed to a second five-minute sudden victory overtime period of three (3) on three (3).
- (c) If the score remains tied;
  - (1) There will be a sudden victory shootout with three shooters per side. If the game is still undecided, the shootout continues until a winner is declared. (see 3.2 Process for Shootouts below)

NOTE: See Appendix A for clarification of penalties

3.3 Process for shootouts:

- 1. An ice clean of three (3) swipes shall take place between the overtime period and the shootout.
- 2. Home team chooses who will shoot first.
- 3. Players penalized at the end of overtime play are not allowed to participate in the shootout competition.
- 4. Teams will go back to the end they started the game.
- 5. Shoot out results will not alter the game statistics. The player that scores the game winning goal does not receive credit for the stat
- 6. After the first three shooters an "open roster" can be utilized (one of the initial three could shoot again and re-shoot if the team wishes). Once the second round of shooters starts it proceeds to a "sudden victory" format.

3.4 Points shall be awarded – 2 points for a win, 2 points for an O/T win, one (1) point for an overtime loss or shootout loss.

## 3.5 Tie Breaking Procedures

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Final league standings, at the conclusion of league play, shall be based on each teams' points as per 3.4.

If two or more teams are tied in points then the following tie breaking criteria shall be used to break the tie. The following will only apply to 2 and 4 below: a win in regulation time and a win in overtime are treated as equal. A loss in regulation time and a loss in overtime are treated as equal.

a. **Two teams tied:**

The following shall determine the final league standings:

1. The higher number of points earned in head to head games between the two teams.
2. If still tied, the better win/loss record in head to head games between the two teams (with regulation and overtime wins treated as equal, and regulation and overtime losses also treated as equal).
3. If still tied, most regulation wins head to head.
4. If still tied, most of total wins in league play (including both regulation and OT wins).
5. If still tied, most regulation wins in league play.
6. If still tied, the best goals for/goals against differential head to head.
7. If still tied, the best goals for/goals against differential in league play.

b. **Three or more teams tied:**

If three or more teams are tied, the following steps shall be used to determine the rank order of the tied teams:

1. If three or more teams are still tied, the highest number of points earned in head to head games between the three or more teams.
2. The best win/loss record in head to head games between the three or more tied teams (with regulation and overtime wins treated as equal, and regulation and overtime losses also treated as equal).
3. If three or more teams are still tied, the highest number of total wins (including both regulation and OT wins) in league play.
4. If three or more teams are still tied, the best goals for/goals against differential in league play.

**Note:** Once a team is ranked so that it is no longer tied with any other team(s) at any one of these three steps, that team shall be ranked accordingly in the final standings.

Any remaining tied teams shall then proceed to step 1 of the appropriate tiebreaker (depending on the number of teams still tied) to continue the process until all teams are ranked in the final standings.

**4. PLAYOFF / CHAMPIONSHIP FORMAT** (Also refer to Policy 8 of the Canada West Operations Manual)

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- 4.1 Top six teams advancing to playoffs which consist of:

Round 1: Quarter-Finals (Best-of-three- series)

6 @ 3

5 @ 4

1<sup>st</sup> Place: Bye

2<sup>nd</sup> Place: Bye

Round 2: Semi-Finals (Best-of-three- series)

Quarter-Final winner with lowest point total @ No. 1

Quarter-Final winner with highest point total @ No. 2

Round 3: Canada West Final (Best-of-three- series)

Semi-Final winners @ highest remaining seed

- 4.2 The host team will select which of the first two games they will be designated the home team. The host team must make the declaration to the Canada West Office by midnight on the Tuesday before the playoff series is to commence.
- 4.3 Ties at the end of three regulation twenty-minute (20) periods shall be broken in accordance with Hockey Canada overtime rule (10.16) (with exception to 4.3.a.1) for tied games which currently reads:
- (a) If at the end of the three regulation twenty-minute periods the score is tied, the following shall take place:
    - (1) there will be a two-minute break, no flood and teams will not change nets.
    - (2) All overtime periods shall be played 5 vs.5.
    - (3) the puck shall be faced-off at centre ice and the play shall continue with a ten-minute sudden victory overtime period.
    - (4) if the score is still tied after the sudden victory ten (10) minute overtime period, the teams would take the normal between period break and return to play twenty (20) minute sudden victory periods. The team will now change ends.
  - (b) Any overtime period shall be considered part of the game and all unexpired penalties shall remain in force.
  - (c) If either team declines to play in the necessary overtime period or periods, the game shall be declared a loss for that team.

## 5. UNIFORMS (Also refer to Policy 9 of Canada West Operations Manual)

- 5.1 The jersey protocol will be flipped every other year. Exceptions to the rule must be communicated to your opponent well in advance and mutually agreed upon if your team is wearing a "special" jersey/uniform that is directly related to a special promotion or theme for the game in question.

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## **Rotation:**

2022-2023: home team - colored/dark jerseys, visiting team - white/light jerseys.

**2023-2024: home team – white/light jerseys, visiting team – colored/dark jerseys.**

- 5.2 Teams must ensure the placements of the Canada West logo on all team helmets. The logo must be in color, no smaller than 1.25 inches (height) by 2 inches (width) in size, and adhered to the new Canada West Identity Guide. The placement of the logo must be consistent within the entire team (e.g.: all on the back right, or all on the back left).
- 5.3 All Canada West members are required to have the Canada West brand on all new uniforms, as per the specifications in the Canada West Brand ID Guide. The Canada West Office shall proof branding on uniforms to ensure guidelines are met.

## **6. RULES**

### **6.1 OFFICIALS (on ice)**

1. Prior to the start of a season, a conference call will be held with the Canada West Officials Coordinator, Canada West President of the Coaches Association, Sport Liaison and assignors from all four provinces to clarify any changes to playing regulations for the upcoming season. Discussions will also cover concerns regarding officiating and also interpretations of playing regulations from both coaches and officials. The Canada West President shall then report back to the coaches the results of this conference call.
2. It will be the responsibility of the Canada West Officials Coordinator to ensure that all Officials receive updated Playing Regulations prior to the meeting with Athletic Directors. See the Suspension Draft Chart (Appendix E).
3. The four person officiating system (two referees and two linepersons) is recommended for 100% of the Canada West Women's Ice Hockey league play where ever possible. There would be one or two travelling officials for games two and three of each playoff series OR one or two travelling officials for all three playoff games if the region does not have enough capable officials. All playoff games will use the four person officiating system. The preferred certification for all Referees is that they are Member High Performance. A minimum Level III will be acceptable but it is mandatory that at least one Member High Performance official be on the ice for each game. Linepersons must have a minimum certification of CHA Level III.
4. The Linepersons shall be urged to use their authority in calling infractions to the attention of the Referee.
5. Rates paid to Game Officials shall be negotiated by the Canada West Office of Canada and the Officials Coordinator on behalf of the conference for league and playoff games. Both are to ensure that an acceptable fee standard is reached.

## 6.2 OFFICIALS (off ice)

1. Each Canada West member shall provide Minor Officials for each scheduled league and playoff game. The minor officials shall be:
  - \* Scorekeeper
  - \* Timekeeper
  - \* 2 goal judges
  - \* Public Address Announcer
  - \* 2 Penalty Box Attendants, if possible
2. Score sheets and Statistical Summary Sheets are to be properly completed prior, during and after the game as per Canada West regulations and distributed to the appropriate parties.
3. The referee will write an incident report for any major or misconduct penalties called during the game. That report will be photographed or scanned by event staff and sent via email to both coaches and to the Canada West Officials Coordinator immediately following the game.
4. For all non-conference and exhibition, game sheets need to be submitted by the host institution to the Canada West Officials Coordinator within two (2) hour of the game finishing. If the host team is not a Canada West member, the visiting team (Canada West member) is responsible for submitting the game sheet within 16 hours of the conclusion of the game. Fines shall be assessed to offending Members for failure to adhere to the above requirement. Refer to the Association's Finance Policy for the complete list of fines.

## 6.3 TEAM LEAVING THE ICE DURING COMPETITION

When a team leaves the ice prior to the completion of a game, in addition to penalties outlined in the Hockey Canada Rule Book, a written report by the Referee shall be submitted to the Officials Coordinator and to the Canada West office. The Officials Coordinator and Canada West office may determine if additional review is required. Any further review shall be completed in accordance with the Canada West Conduct, Discipline and Appeals Policy.

## 6.4 ADDITIONAL RULES

1. The in-between period length for all league and playoff games is sixteen (16) minutes. The time is posted on the time clock at the end of the period. Any promotions taking place within the 16 minutes must not last more than five (5) minutes. The length of the break may be extended to 18 minutes for promotional purposes. The visiting team and officials must be advised prior to the start of the game.
2. When players are penalized at a stoppage of play that results in penalties being placed on the penalty time clock to one team, the ensuing face-off shall be

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conducted at one of the two face-off spots in the offending team's end zone.

Four exceptions to this rule:

1. Start or end of period
  2. Non-penalized team ices puck
  3. Defense comes in (i.e. scrum at net)
  4. Illegal substitution of goalie
3. Following a stoppage in play for an icing infraction, the offending team is prohibited from making any player change until play has resumed. The team that is in violation of this rule shall not be permitted to make any player substitutions prior to the ensuing faceoff. Should the stoppage of play following an icing infraction coincide with a commercial timeout, or should the offending team elect to utilize their team time out at this stoppage of play, they are still not permitted to make any player substitutions. However, a team shall be permitted to make a player substitution to replace a goalkeeper who had been substituted for an extra player, to replace an injured player/goalkeeper or when a penalty has been assessed that effects their on ice strength. The determination of players on the ice will be made when the puck leaves the offending player's stick. If a team persists in changing players after they have iced the puck and warned by the referee, the referee shall assess to the offending team, a bench minor penalty.
4. The referee shall consult with goal judges in the event of a disputed goal or at the request of a team captain and/or Head Coach.
5. Hybrid Icing / Icing the Puck (*As per IIHF Rule 65 & 66*)  
(Rule 65)
1. Should a player of a team equal or superior in numerical strength propel the puck in any manner (stick, glove, skate, body) from his own half of the ice to beyond the icing line of the opposing team – including off the boards or the protective glass – without the puck being touched by any player from either team in the offensive half of the ice before the puck crosses the icing line, an icing will be in effect.
  2. There are two decisions a linesman must make under hybrid icing rules. First, he must determine that the shot from a player's own side of centre ice will cross the icing line in the attacking zone. Second, he must determine whether a defending skater or attacking skater would be first to touch the puck.
  3. This second decision must be made no later than the instant the first of the players reaches the end zone faceoff spots, although the decision can be made earlier. The skates of the skaters are the determining factor.
  4. Should the puck be shot or propelled in such a way that it travels around the boards and slides back towards centre ice, the linesman will determine which player would be first to touch the puck. In this instance, the determining

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factor is not the end zone faceoff spots but the puck itself.

5. If there is no "race" for the puck, icing will be not called until a defending player crosses his defending blue line and the puck crosses the icing line.
6. If the race for the puck is too close to determine which player from which team would touch the puck first, icing will be called.
7. During an icing situation where play has been stopped, there must be strict enforcement of rules regarding avoidable contact.
8. During an icing situation where the icing has been cancelled because an attacking player has gained positional advantage, players must compete within the rules pertaining to physical contact.

### (RULE 66 – ICING THE PUCK/GAME SPECIFICS)

1. For the purposes of icing, the entire centre red line is part of the offensive half of the ice. Once a skater has "gained the line," he may shoot the puck the rest of the way down the ice without incurring an icing charge.
2. To "gain the line," a player must make contact with the centre red line with the puck on his stick (not skate).
3. Only a team that is playing short-handed (i. e., has fewer skaters on ice than its opponent) is allowed to shoot the puck from its own side of centre ice to beyond its opponent's icing line without incurring an icing call.
4. Whether a team is short-handed or not is decided by the number of skaters on ice at the time the puck leaves the player's stick. If the penalty-box attendant has opened the door at the expiration of a penalty, but the player has not physically stepped onto the ice, he will be considered on the ice as far as interpretation of icing is concerned.
5. A team is not considered short-handed if the number of players on ice is fewer than allowed but that number is not the result of penalties.
6. If the puck hits an on-ice official on its way down the ice, the icing will still be in effect. If, by virtue of hitting an on-ice official, the puck slows down and does not cross the icing line, the icing will be nullified.
7. After an icing call, the ensuing faceoff will take place at the end zone faceoff spot of the offending team nearest to where the player shooting or directing the puck last touched it.
8. If the on-ice officials have erred in calling an icing, the ensuing faceoff will take place at the centre-ice faceoff spot.
9. If any of the following situations occur, icing will not be called:
  - a. If the puck is iced directly by a skater participating in a faceoff;
  - b. If any opposing skater is able to play the puck before it crosses the icing line (including skaters who slow down to ensure the puck crosses the icing line or who pretend to skate fast but don't make a genuine effort to get to the puck before it crosses the icing line);
  - c. If a player making a line change ignores the puck to go to the bench



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instead of playing the puck, whether to avoid a penalty for too many men or any other reason;

- d. If the puck touches any part of an opponent's body or equipment any time from when it is shot to when it crosses the icing line;
- e. If a goaltender leaves his goal crease during an icing play or is outside his goal crease and moves in the direction of the puck;
- f. If the puck hits the goal frame and crosses the icing line.

## **6. Delaying the Game - Shooting the Puck Outside the Playing Area**

- 1. When any player or goalkeeper, while in her defending zone, shoots, throws, or bats the puck with her hand or stick directly (non-deflected) out of the playing area, except where there is no glass, a minor penalty shall be assessed for delaying the game.**
- 2. When the puck is shot, thrown, or batted with the hands or stick by player or goalkeeper into the players bench (or penalty bench if there is no protective glass), no penalty shall be assessed**
- 3. When the puck is shot, thrown or batted with the hands or stick, by a player or goalkeeper, over the glass, behind the players bench (or penalty bench if there is no protective glass) the penalty shall be assessed.**
- 4. A minor penalty for delay of game shall be imposed on any player or goalkeeper who deliberately shoots or bats the puck outside the playing area during the play or after a stoppage of play unless covered by this rule.**

## **7. AWARDS** (Also refer to Policy 15 of the Canada West Operations Manual)

Teams competing in the Canada West Championship will be competing for the Catherwood Cup.

### **7.1 All Star Team Selection**

1. Each coach will nominate players from their own team whom they feel are of All-Star caliber. The maximum number of nominees from each team shall be six (6) composed of:
  - One Goaltender
  - Two Defencemen
  - Three Forwards
2. Each coach will prioritize his or her own nominees.
3. These nominating ballots shall be sent to the Canada West Office, who shall place this information on a final voting ballot, and then forward these final ballots to all the head coaches in the league, by EMAIL.
4. The head coaches will then vote for an All- Opponents Team, rating each of

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their choices at the various positions as first, second, third, etc. There will be only one ballot permitted from each of the head coaches of the participating universities.

5. The Canada West Office, upon completion of the final ballot tabulation, will send to the President of the Hockey Coaches' Association:
  - The results of the voting and the cumulative total for all nominees for ranking purposes.
  - A copy of the final ballots submitted by each coach.
  - Canada West Women's Hockey Coaches President will ensure that the Canada West nominations and rankings go forward to the U SPORTS Awards Committee and also to the Canada West coaches on the U SPORTS Awards Committee.

6. The Canada West Office shall call for nominations for all awards, distribute and receive ballots, and tabulate and distribute results to coaches, the Canada West Statistician and the Secretary- Treasurer of Canada West.

NOTE: Alphabetical rotation shall be used to determine 2 schools that will sit on the Canada West U SPORTS Awards Selection Committee:

## 7.2 Coach of the Year

Selection for Coach of the Year shall follow the same format as that used for the All-Stars.

## 7.3 Rookie of the Year

1. To be eligible players must be a maximum of twenty-one years as of September 1st and in their first year of eligibility.
2. Selection of Rookie of the Year shall be selected by votes by all head coaches in same format as that used for the All-Stars Team.
3. The winner is the nominee for the U SPORTS Rookie of the Year.

## 7.4 All-Rookie Team

1. To be eligible, players must be a maximum of twenty-one years as of September 1st and in their first year of eligibility.
2. The All-Rookie Team shall be the Canada West nominees to U SPORTS, for consideration for the U SPORTS All-Canadian Rookie Team.
3. Selection of All Rookie Team shall be selected by votes by all head coaches in same format as that used for the All-Stars Team.

## 7.5 Player of the Year

Selection of Player of the Year shall follow the same format as that used for All-Stars. The Canada West Player of the Year will be Canada West's nominee for U SPORTS Player of the Year.

## 7.6 Student-Athlete Community Award (Appendix D)

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1. This award will be offered to recognize outstanding contribution in athletics, academics and community involvement.
2. Selection of Student-Athlete Community Award shall follow the same format as that used for the All-Stars Team.

## **7.7 Sportsmanship & Athletic Ability**

1. **Selection of the Sportsmanship & Athletic Ability award shall follow the same format as that used for the All-Star teams.**

7.8 Outstanding Defenceman is the award for the top defenceman in Canada West.

7.9 Goaltender of the Year shall be the person named to the First All-Star Team.

7.10 Top Scorer is awarded each season to the scoring leader of the Canada West Hockey conference.

7.11 Best Team Goals Against Average is an annual award given to the goaltender(s) on team with the fewest goals against during the regular season play.

7.12 Ties that occur shall be broken by head coaches who do not have players involved or are not part of the Coach of the Year tie.

7.13 Canada West award winners must be formally recognized at the Canada West Championship.

It is at the discretion of the host whether the recognition is made at the competition itself or through some other ceremony/banquet, etc. held in conjunction with the Championship.

## **8. SPORT ADMINISTRATION** (Also refer to Policy 9 of the Canada West Operations Manual)

### **8.1 HOSTING RESPONSIBILITIES**

1. Canada West games shall consist of three 20-minute periods not including overtime. Games shall follow a standard format of 15-minute warm-up; flood; 3-20 minute periods with floods between periods.
2. Canada West requires the installation of Marsh Pegs in all facilities used for interuniversity competition and/or practices.
3. A clean dressing room should be available 1 and 1/2 hours prior to the scheduled start of the game.
4. There should be adequate storage facilities at the rink to allow equipment to dry.
5. The home team shall provide the visiting teams with the following items for each league and playoff game.
  - \* Towels
  - \* Laundry service where possible

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- If available visiting teams can have access to skate sharpening machine when pre-arranged by team.

\* Ice for medical purposes.

6. Game recordings are to be provided to the visiting teams within an hour after the completion of game two, with the recording supplied by the home team. It is the responsibility of the visiting team to bring appropriate equipment for dubbing the game recording.

## 8.2 OFFICIALS COORDINATOR

The Officials Coordinator shall:

1. Work in liaison with the Hockey Canada, its Branch Offices, the various Officials' Associations and the coaches to establish uniformity in officiating.
2. Nominate two referees for the U SPORTS Championships as per U SPORTS Playing Regulations.
3. Be responsible for keeping a record of all accumulative penalties on each player and coach in Canada West and distributing them to each coach on a weekly basis.
4. Inform the Canada West Associate Director, Communications and Marketing and all coaches and Athletic Directors of any and all suspensions handed out. This will be conducted on a weekly basis.
5. The Canada West Officials Coordinator will work with provincial assignors to select playoff officials.

## 9. MEDICAL SUPPORT SERVICES

Refer to Policy 14 of the Canada West Operations Manual for host and visiting team responsibilities.

## 10. GAME PROTESTS

Refer to Policy 10 of the Canada West Operations Manual for policy.

## 11. FILM EXCHANGE

Refer to Policy 11 of the Canada West Operations Manual for policy and timelines.

## 12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT

### 12.1 SUSPENSIONS

Player suspensions shall be applied according to cumulative major and checking from behind penalties in all scheduled play. For example, a player receiving a second game misconduct in one season for checking from behind would be

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required to sit out an additional game. Games would be added for subsequent penalties of the same offense. The same should apply to other major penalties received, including, but not limited to, infractions such as crosschecking, kneeing, high sticking and fighting. All suspensions resulting from play in conference games shall be served in conference games and all suspensions resulting from play in non-conference games shall be served in the next scheduled game.

## 12.2 DANGEROUS PLAY OR MISCONDUCT

Refer to the Inappropriate Conduct and Serious Misconduct in Competition Policy found in Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct, dangerous play or incidents of serious misconduct in competition.

## 13.3 SUSPENDED/EJECTED COACH OR PLAYER

- 1) **A suspended/ejected coach must adhere to the following (for non-conference, league, and playoffs):**
  - a. **Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.**
  - b. **Coaches ejected during a game are to leave the vicinity of the playing surface, dressing room and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.**

**Note 1: Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players' or Penalty Bench and are not directing or interacting with the teams in any manner and in no way interacting with or bothering the officials. Should the individual violate this rule, they will be penalized in accordance with Hockey Canada Rule 10.4 (f) – Leaving the Players' or Penalty Bench.**

**10.4 (f) A Gross Misconduct penalty will be assessed to any player or team official who, having been removed from the game due to a Game Ejection, Game Misconduct, Gross Misconduct, or Match penalty, returns to the ice surface or becomes involved with or disrupts the game in any way.**

- c. **Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.**
- 2) **A suspended/ejected player must adhere to the following (for non-conference, league, and playoffs):**

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- a) Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.
- b) Are not allowed within the field of play during competition.
- c) Student athletes suspended can join in the locker room only after the game is complete.

## 13. RESULTS, STATISTICS AND SCORESHEET MANAGEMENT

Refer to Policy 13 of the Canada West Operations Manual for regulations and procedures regarding statistical reports and results/scoresheet management.

## 14. APPENDICES

- A. Penalties Continuing into or called during overtime
- B. Canada West Game Protocol
- C. Canada West Women's Ice Hockey Awards Nomination Form
- D. Student-Athlete Community Service Award Nomination Form
- E. Canada West Penalty and Sanction Chart
- F. Coaches Committee Responsibility Allocation Chart

## APPENDIX A

### PENALTIES CONTINUING INTO OR CALLED DURING OVERTIME

#### Penalties continuing into OT

1. At no time will a team have less than three players on the ice. This may require a fifth skater to be added if a two-man advantage occurs.
2. When regulation time ends and the teams are 5 on 3, teams will start overtime 5 on 3. Once player strength reaches 5 on 4 or 5 on 5, at the next stoppage of play, player strength is adjusted to 4 on 3 or 4 on 4, as appropriate.
3. When regulation ends and teams are 4 on 4 teams will start overtime 3 on 3.
4. If at the end of regulation time teams are three (3) skaters on three (3) skaters, overtime starts three (3) skaters on three (3) skaters. Once player strength reaches five (5) skaters on four (4) skaters or five (5) skaters on five (5) skaters, at the next stoppage player strength is adjusted to four (4) skaters on three (3) skaters or four (4) skaters on four (4) skaters, as appropriate.

#### Penalties during OT

1. At no time will a team have less than three players on the ice. This may require a fifth skater to be added if a two-man advantage occurs.
2. If a team is penalized in overtime, teams play four (4) skaters against three (3) skaters. If both teams are penalized with minor penalties at the same stoppage of play (with no other penalties in effect), teams will play three (3) skaters against three (3) skaters.
3. In overtime, if a team is penalized such that a two-man advantage is called for, then the offending team will remain at three (3) skaters while the non-offending team will be permitted a fifth skater.
4. At the first stoppage of play after the two-man advantage is no longer in effect, the numerical strength of the team will revert back to either four (4) skaters on four (4) skaters or a four (4) skaters on three (3) skaters situation, as appropriate.

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## APPENDIX B CANADA WEST GAME PROTOCOL (FOR 7 PM GAME TIME)

Actual Time	Clock Time	Activity
6:00	60:00	Clock start countdown
6:22	38:00	Horn blast – 3 minutes to start of warm-up
6:25	35:00	15 minute warm-up begins
6:39	21:00	1:00 minute buzzer until end of warm up (short buzz)
6:40	20:00	Warm-up ends (long buzz) – Flood Event staff to pick up pucks after warm-up
6:57	3:00	Warning buzzer for teams – 2 minutes until on ice (short buzz)
6:59	1:00	Players return to ice and cheer (all players can be on ice)
7:00	0:00	Starting Line-up on Blue line Starting Line-up Announcements National Anthem Puck Drop

### Intermissions:

Game Clock	Activity
16:00	Clock set to 16:00 immediately after final buzzer
3:00	Warning buzzer for teams – 2 minutes until back on ice (short buzz)
2:00	Officials on ice at 2:00 minutes, 2 <sup>nd</sup> warning buzzer for teams
1:00	Teams on ice (starting line-ups only)



## APPENDIX C CANADA WEST WOMEN'S ICE HOCKEY AWARDS NOMINATIONS

<b>Category:</b>	<b>Name:</b>	<b>Num:</b>	<b>Team:</b>
All Stars			
Forward 1			
Forward 2			
Forward 3			
Defence 1			
Defence 2			
Goalie			

**Rookie of the Year:**

**Player of the Year:**

**Student Athlete**

**Coach of the Year:**

Coach Nominee 1

Coach Nominee 2

Coach Nominee 3

**6 Player Rookie Team Nominees:**

Goal

Defence 1

Defence 2

Forward 1

Forward 2

Forward 3

**Team Submitting:**

**Contact Person:**

# WOMEN'S HOCKEY REGULATIONS

## APPENDIX D CANADA WEST – WOMEN'S HOCKEY STUDENT- ATHLETE COMMUNITY SERVICE AWARD NOMINATION FORM

To recognize outstanding performance in hockey, academics and community service over a student- athlete's career to date.

### Hockey Performance

Individual Athletic Awards received:	
Previous Season:	Current Season:

Player Statistics:	
Previous Season:	Current Season:

Coach's Comments:
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### Academic Performance

Area of Study:	
Number of credit units taken Previous Academic	Number of credit units taken First Semester of Current Academic Year:

Grade Point Average - <u>where possible</u> , please provide GPA from the previous academic year and from the first semester of the current school year. Please note that nominees should be at or above the Academic All-Canadian standard.	
Previous Academic Year:	First Semester of Current Academic Year:
Individual academic achievements received in the past 12 months	
Academic financial awards received (those requiring an 80% average or better)	

Coach's Comments:
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### Community Service

In all areas please indicate the estimated time allotted to each activity (weekly, monthly or hourly)

Community service for which there was no financial benefit to the student-athlete:
Community service for which there was an honorarium and/or wage received:
Service for which grades and/or credit were received:
Coach's Comments:

# WOMEN'S HOCKEY REGULATIONS

## APPENDIX E - CANADA WEST PENALTY AND SANCTION CHART

Description	1 <sup>st</sup> Offense	2 <sup>nd</sup> Offense	3 <sup>rd</sup> Offense
	Instigator in a Fight	2 games	Four games
Aggressor in a Fight	1 game	2 games	4 games
5 min fighting major	Game misconduct plus 1 game	2 games	3 games
Player(s) identified as being involved in the 2 <sup>nd</sup> , 3 <sup>rd</sup> , or subsequent fight during the same stoppage of play	2 games	3 games	Min. 4 games + review
Player(s) 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> etc. into a fight	2 games	3 games	Min. 4 games + review
Players' leaving the bench or penalty bench during a fight or for the purpose of starting a fight	2 games	3 games	Min. 4 games + review
Threatening an Official(Match)	Review	Review	Review
Verbal abuse of a game official (Game Misconduct)	1 game	3 games	Review
Physical Abuse of an Official (Match)	3 games + Review	Review	Review
Checking from Behind (Minor)	Zero games	Zero games	1 game
Checking from Behind (Major)	1 game	2 games	Suspended Indefinitely
Checking to the Head (Major)	1 game	2 games	Suspended Indefinitely
Hair pulling or spitting (Match)	Minimum 2 games + Review	Suspended Indefinitely	
Butt ending, head butting or grabbing facemask (Match)	Minimum 3 games + Review	Suspended Indefinitely	
Spearing, kicking or stick swinging (Match)	Minimum 3 games + Review	Suspended Indefinitely	
Deliberate attempt to injure	Minimum 4 games + review	Suspended Indefinitely	
Stick related penalties	Game ejection for 3 stick infractions in the same game	1 game	Suspended Indefinitely
Gross Misconduct Penalties	Minimum 2 games	*see note	

There is an automatic one game suspension when there is a game misconduct in the final 10 minutes in regulation time or any time in overtime.

\*A second gross misconduct assessed to the same player in the same season results in a minimum of a one-season suspension including play-offs, plus review by the Association President or designate prior to reinstatement.

**NOTE: Any match penalty not covered in chart – 2 game suspension and automatic review.**

# WOMEN'S HOCKEY REGULATIONS

## APPENDIX F COACHES COMMITTEE RESPONSIBILITY ALLOCATION CHART

Season	Awards	Top Ten	Seeding	President	STSC Rep
2022-23	TWU/Manitoba	MRU	Regina/MacEwan	Calgary	Graham