

# Scugog Women's Hockey League Rules

SWHL is based on "FAIR" play and "FUN" as well as equal opportunity

- this is a NON contact hockey environment
- **All players must have equal play time every week of the season.**
- **No children are allowed on the bench under any circumstances**
- **We request that no children be allowed in the change rooms.**
- each team will be organized by the executive to provide a balanced league. Team(s) can be adjusted at any time during the season at the discretion of the executive to accomplish this goal.
- Games will be 10 minute 1st period and 10 minute 2nd period and 12 minute 3<sup>rd</sup> period in length. Note that all games will be curfewed and the 3rd period time will be adjusted downward in order to stay within the specified curfew time. In playoffs, all 3 periods will be 10 minutes in length.
- A team should have 6 players dressed and on the ice prepared to play, this number may or may not include a goaltender. If a team does not have enough players to ice a team they may share players with their opposition. NOTE: Penalties will be counted but goals and assists will not. One goal to the winning team will be awarded to winning team goalie. Teams must inform the timekeeper if they share players.
- Only players from the two teams may play but may still use a "borrowed" goalie.
- minor penalties will be 2:00 minutes stop time.
- **The bench cannot be shortened in any game except the final 2 minutes of the final championship game and then only if all players agree (clarification Jan 2008)**
- **COACHING: coaches should sign an acknowledgement that they have read the rules. Coaching should be agreed on by the team through a majority vote by their rep in the privacy of their change room**

## Rules you should know....

- **SLAPSHOTS** -any player who used a slap shot during the game shall be assessed a minor penalty. If an injury to an opponent results, a major penalty shall be assessed. A player who uses the action of a Fake Slap Shot for the purpose of intimidating an opposing player and/or opposing goaltender shall be assessed a Minor penalty.
- **CREASE RULE** - Unless the puck is in the goal crease area a player of the attacking side may not stand in the goal crease. If the puck should enter the net while such conditions prevail, the goal shall not be allowed.
- **HIGHSTICK THE PUCK** -contacting the puck with the stick above the normal height of the shoulders is prohibited and, when it occurs, play shall be stopped immediately and a Minor penalty shall be assessed against the offending player
- **Penalties**
  - major penalties will be 5 minutes stop time and will carry a minimum of one game suspension
  - misconduct's will be 10 minutes stop time & reviewed and will carry a minimum 1 game suspension
  - game ejection's will be reviewed by the executive
  - fighting will result in an automatic 10 game suspension and a review
- NOTE: all major penalties will be reviewed. The executive can amend the penalties at their discretion

### FULL Season Penalty Accumulations:

- a player that is assessed 3 penalties in one game shall be ruled off the ice for the remainder of the game (game misconduct) and will miss the following game as well.
- **you will have up to 5 penalties in the pre-playoffs and then a game suspension and up to 5 penalties in the playoffs and a one game suspension. If the 5<sup>th</sup> penalty of the pre-playoffs comes the game before the playoffs the player will sit the first playoff game. You must be in attendance on your team bench to serve this game suspension.**
- **if you receive your 5<sup>th</sup> penalty of the playoffs in the final game you will be ejected from the game rather than getting 2 minutes and 10 minutes.**
- 5 Minor penalties in total will result in a one game suspension. You must be in attendance on your team bench to serve the game suspension. If you happen to be away the week of your suspension, you will serve it upon your return to the SWHL
- 8 Minor penalties in total will result in a 1 game suspension and an executive review
- 11 Minor penalties in total will result in a 1 game suspension and executive review
- 14 Minor penalties will result in a LEAGUE suspension
- Major penalties will be treated separately as review may apply to the Major penalties and any suspensions will be assessed after the review (Note: Including Misconduct)
- all complaints must be in writing and given to an executive member or your team rep. All written complaints/suggestions will be reviewed by the executive. The executive will respond to you and the response may be posted for all leagues members depending upon the nature of the complaint/suggestion.
- No whining!!! The concept of recreational hockey is fun and fair play
- Regular season penalties do not carry over into playoffs.

### Equipment

- all players and goaltenders must wear CSA approved hockey helmets and full equipment including face masks or cages and neck guards.
- We recommend mouth guards
- ***Each player is responsible for the return of their numbered playing jersey at the end of the season. If the jersey is not returned, financial reimbursement will be required by the player. Tournament jerseys will be signed out through the President of the League. The signing party will be financially responsible for the jerseys.***

### Insurance

- players must sign the insurance waiver.
- **\$35 of your yearly payment is NON-refundable** no matter when you stop playing due to insurance dues
- NOTE: You are playing at your own risk. If you have any medical conditions you are advised to consult your physician prior to participating in any league games. Understand the risks involved and the recommendations stated above.

### Maternity

- If you are pregnant you will not be able to play in the league. Please inform your team rep or executive member and you will receive a pro-rated refund of your money as well as placement on the medical list. This rule is in consideration of all players

### Notification of absence

- all players are encouraged to phone their team REP to avoid defaulting a game due to insufficient players

### Dressing rooms

- your team dressing room should be available 30 minutes before the game time and cleared within 30 minutes after your game.
- **NO DRINKING OF ALCOHOLIC BEVERAGES OR SMOKING ON THE ARENA PREMISES IS ALLOWED**

### Playoffs

- If a game ends in a tie, 5 minutes of 5 on 5 sudden death OT will take place. If there is still a tie, each team will compete in a best of 3 shootout. If still tied, the shootout will go to sudden victory with one player each side going until a victor is determined. Players cannot shoot again until everyone on their team has been used. The shootout will run simultaneously with both shooters going at the same time. Teams must pick the initial 3 shooters and indicate them on the official game sheet prior to the start of the 5 minute sudden death overtime.
- Playoff periods will be 10 minutes in length
- How Playoff team ties work:
  - 1. Head to head
  - 2. Most wins in playoffs
  - 3. Goal Differential
  - 4. Fewest Penalty Minutes