

## Women's Hockey

### 1. Rules

**1.1.** ACAC Women's Hockey shall be played under Hockey Canada Female rules with modifications as follows:

**1.1.1.** The ACAC will follow the hybrid icing rule similar to IIHF and Usport Definition of HYBRID ICING (As per IIHF Rule 65 and Usport Women's Hockey 6.4)

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 they must determine that the shot from a player's own side of centre ice will cross the icing line in the attacking zone. Second, they 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 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 the icing has been cancelled because an attacking player has gained positional advantage, players must compete within the rules pertaining to physical contact.

*(Re-Added October, 2009/Amended April, 2019)*

**1.1.1.1.** No line change shall be allowed for the team that ices the puck, regardless of what zone the puck is shot down the ice from.  
*(Added July, 2016)*

**1.1.1.2.** Face off after a penalty or icing: non-offending team will have the choice of which face off dot/circle where the draw will take place after a penalty or an icing. *(Added April, 2023)*

**1.1.2. Penalties at Stoppage of Play:** Penalties at Stoppage of Play: When players are penalized, at the next stoppage of play, the ensuing face-off shall be conducted at one of the two face-off spots in the offending team's defensive zone *(Amended September, 2014)*

**1.1.2.1.** Face off after a penalty or icing: non-offending team will have the choice of which face off dot/circle where the draw will take place after a penalty or an icing. *(Added April, 2023)*

**1.1.3. Fighting in Last Ten Minutes:** A game misconduct penalty occurring in the last 10 minutes of the 3<sup>rd</sup> period or in an overtime period or immediately after the conclusion of a game shall automatically result in a one-game suspension for the penalized player(s) and/or coach(es).

**Non-Conference Play:** For non-conference play, the suspension will be served in the team's next scheduled game (league, playoff or exhibition). For league play, suspensions will be served in league or playoff games only.

**1.1.4. Time-Outs:** On any timeout called during the game, both teams are permitted to conduct a line change unless an icing play was the reason for that stoppage. If that is the case, the team icing the puck can't conduct the line change. *(Amended April, 2018)*

**1.1.5. Rosters:** ACAC teams shall be permitted to have a maximum of 20 players on their game sheet except as permitted under Hockey Alberta authorization of non-conference games. *(Amended January, 2016)*

**1.1.6.** All ACAC Women's Hockey teams must register their players and bench staff with Hockey Alberta prior to their first regular season game (Hockey Canada HCR). This is to ensure appropriate level of Amateur Hockey Sanctioning, minimal insurance coverage with Hockey Canada and liability coverage for staff running the team. *(Added January, 2017)*

**1.1.7.** Student athletes requesting to wear a *kirpan* while competing in the ACAC **will be allowed** as Hockey Alberta doesn't currently have a policy regarding this item. *(Added July, 2018)*

## **2. Provisions**

**2.1.**The home team will provide ice and an event sheet (including emergency action plan) to the visiting team. *(Amended January, 2016)*

## **3. Time of Game**

**3.1.Starting Time:** Starting time of all Conference games shall normally be 7 p.m. on weekdays, 2 p.m. or 7 p.m. on Saturdays, and 2 p.m. on Sundays, except as otherwise mutually agreed by the member institutions involved or as dictated by availability of ice.

**3.2.Warm-up:** A 15 minute warm-up shall precede each game. The warm-up shall proceed immediately after the previous group/booking leaves the ice. The warm-up will be followed by an ice resurfacing preceding the start of the game. A maximum of 15 minute intermission breaks (between periods) shall be scheduled. Teams should be entering the ice surface at the second of the "two minutes" warning. *(Amended July, 2016)*

**3.3.Overtime/Regular Season:** In regular season play, a 5 minute sudden victory, 4 on 4, OT period will be played in an attempt to break ties; and if still tied there will be another 5 minutes of 3 on 3 hockey. If still tied after the 2nd overtime (3 on 3) there will be a 3-player shootout conducted. At the conclusion of the 3-player shootout, if teams are still tied, the shootout will continue with one shooter per team (1 on 1) until one team is ahead by one goal. (Note: any player can shoot after the first three attempts). At the end of regulation, each team will receive 1 point, and the team winning in overtime, or the shootout, will receive an additional 1 point *(Amended July, 2016)*

**3.4.Overtime/Play-Offs:** Overtime in playoff games will consist of 10 minutes of sudden victory followed by the resurfacing of the ice if no goal is scored. Teams will then play 20-minute periods thereafter until a winner is determined.

#### **4. Major/Minor Officials**

**4.1.Referees/Linespersons:** The standard of officiating requires that three on-ice officials be used in all ACAC women's hockey contests.

**4.2.Minor Officials:** Home teams shall be responsible for ensuring a scorekeeper and timekeepers are present. *(Amended April, 2014)*

**4.2.1.** Game day staff are responsible to receive a line up from each team. They must complete the game sheet. Prior to the warm-up, the game day staff then take the game sheet to the away team head coach who reviews the line-up and signs the game sheet, they the game day staff take the game sheet to the home team head coach who reviews the line-up and signs the game sheet. *(Added April, 2018)*

**4.3.Goal Judges:** The assignment of goal judges for ACAC Hockey is not mandatory. *(Amended April, 2014)*

#### **5. Play-off Structure**

**5.1.Format:** Playoffs shall consist of 2, best of 3 semi-final series where #1 plays #4; noted as series A; and #2 plays #3; noted as series B. The winner of series A and the winner of series B will advance to play a best of 5 Conference Championship Final series for ACAC Gold and Silver. *(Amended January, 2016)*

**5.1.1.** If there are only four teams in the league the playoff structure will be a three team format with the 1 Seed getting a bye to the Championship series. Seed 2 v Seed 3 will play in a best of 3 series where the winner will then move on to play 1 Seed in best of five Championship series. *(Added April, 2020)*

**5.2.Travel** *(Amended May, 2009/April, 2023)*

**5.2.1.** When the travel distance between the two competing institutions exceeds 300 KM, all games in a best-of-3 series will be played at the home arena of the higher-placed team in the regular season standings. When the teams are located within the 300 KM radius, the first and third (if necessary) game(s) of a best-of-3 series will be played at the home arena of the higher-placed team in the regular season standings. It is also preferred, that if a team has travelled over 300 KM, and game 3 is needed, the recommended start time be before 4:00 pm on the Sunday.

**5.2.2.** In a best-of-5 series, when the travel distance between the two competing institutions are located within the 300 KM radius, the first, third and fifth games (if necessary) will be played at the home arena of the higher-placed team in the regular season standings. Normally, games 1 and 2 shall be played on consecutive nights on the first weekend if possible with games 3, 4 and 5 as required following on the subsequent weekend. Where the travelling distance between the two competing teams is greater than 300 KM, the first three games shall be played at the home of the higher-placed team. Playoffs may be scheduled to allow a mid-week game in best of five series to avoid three games in a row where possible, within 150 km.

## **6. Standings in League Play** *(Amended May, 2009/April, 2023)*

**6.1.** Points to be awarded in the following way: 3 points for a regulation win, 2 points for an overtime or shootout win, 1 point for an overtime or shootout loss. *(Added April, 2023)*

**6.2. Tie-Breaker:** Should a tie occur between two or more teams, standings shall be decided according to the following priorities:

**6.2.1.** Most wins during the regular season

**6.2.2.** In games between the tied teams in a regular season series, the team with more wins gets the higher placing, as regulation wins take precedence over OT wins in deciding placements. *(Amended May, 2007)*

**6.2.3.** Regulation wins taking precedence over OT wins. *(Amended May, 2007)*

**6.2.4.** Goals for minus goals against for each of the tied teams. The team with the best differential earns the higher placing. *(Amended May, 2007)*

**6.2.5.** 7.1.5. Consideration of games played versus the highest placed team not in the tie, followed by the next highest placed team, etc. Regulation wins take precedence over OT wins. *(Amended May, 2007)*

Note: Where a multiple tie occurs and is only partially resolved by the application of the tie-breaking rules, the remaining ties shall be decided by returning to priority No.1 and working through the order again.

## **7. Safety Standards**

**7.1. Goaltenders:** All goaltenders must wear a CSA approved helmet and face mask.

**7.2.Helmets:** All other players shall wear CSA approved helmets with full-face protection.

**7.3.Neck Protectors:** All players shall wear a neck protector.

**7.4.Mouth Guards:** It is recommended the student-athletes wear mouth guards.

## **8. Women's Hockey Disciplinary Guidelines**

**8.1.Suspension in a League Game:** Any player or coach who receives a suspension that arises from match penalties, gross misconduct penalties and game misconduct penalties in a league game shall receive a minimum of a one game suspension, which shall be served the next schedule league game. *(Amended March, 2010)*

**8.2.Suspension in a Non-Conference Game:** Any player or coach who receives a suspension that arises from match penalties, gross misconduct penalties and game misconduct penalties in a non-conference game shall receive a minimum of a one game suspension to be served the next scheduled game. Games added to a team's non-conference schedule and date stamped on the ACAC website the day of the infraction or there after cannot be used to serve the suspension. In those cases (i.e. match, gross misconduct, cumulative game misconducts) where a player or coach is subject to the Commissioner's discretion as to the length of the suspension the suspension shall be imposed/served immediately pending final determination by the Commissioner. *(Amended March, 2010)*

**8.3.Sanctions Levied During ACAC Hosted Tournaments:** All suspensions that arise from play in ACAC non-conference contests must be served in the next scheduled game. *(Added October, 2012)*

**8.3.1.** ACAC members are obligated to enforce sanctions to non-conference participants as per ACAC guidelines at any competition hosted by them (i.e. should a visiting non-ACAC team acquire a sanction, for example, requiring a one game suspension, the ACAC host is required to ensure this sanction is served at the next competition, should one be played – e.g. in a tournament). ACAC members are encouraged to inform tournament invitees in advance of this requirement (i.e. at the point of invitation to the tournament).

**8.4.Major Penalty for Head Contact** *(Added June, 2017)*

**8.4.1.** 1st Offence - One Game suspension

**8.4.2.** 2nd Offence - Two Game suspension

**8.4.3.** 3rd Offence - Indefinite suspension until reviewed by ACAC Commissioner, ACAC Convenor and/or Discipline Committee

**8.4.4.** Any major penalty called in a game that has contact to the head must be reviewed by video. i.e. the major penalty can be changed to a match penalty.

**8.4.5.** Any incident where injury was done to the player's head can be requested for review by that institution for further suspension without fee regardless of whether it was called or not. If not called, the institution must provide a doctor's note with diagnosis of injury. That institution is required to provide the league with video evidence of the incident.

### **8.5.Match Penalty**

**8.5.1.** A player who has received a match penalty shall be assessed a three-game suspension. If a player receives the match penalty for Head Contact, a four-game suspension will be assessed. *(Amended April, 2018)*

**8.5.2.** At the discretion of the Commissioner, further or fewer penalties may be applied.

### **8.6.Gross Misconduct Penalty** *(Amended April, 2023)*

**8.6.1.** A player who has received a gross misconduct penalty shall be assessed a three-game suspension.

**8.6.2.** A player or team official receiving a second gross misconduct in the same season shall be assessed a five-game suspension.

**8.6.3.** A player receiving a third gross misconduct of the season shall be suspended for the remainder of the season and a review conducted by the commissioner possible suspension into the next season.

### **8.7.Game Misconduct Penalty**

Hockey Canada rules shall be supplemented by the following:

**8.7.1. 2<sup>nd</sup> Game Misconduct:** A player shall receive a warning from the ACAC's Commissioner upon receiving a second game misconduct in a season. This is a courtesy gesture, implying that a failure to receive this warning does not excuse a team or individual from enforcing a suspension in the correct game(s). *(Amended May, 2009)*

**8.7.2. Subsequent Game Misconducts:** Any player receiving three or more game misconducts in a season shall be dealt with by the Commissioner as follows: *(Amended May, 2009)*

**8.7.2.1. 3<sup>rd</sup> Game Misconduct:** Third game misconduct – one game suspension. *(Amended May, 2009)*

**8.7.2.2. 4<sup>th</sup> Game Misconduct:** Fourth and further game misconducts – dealt with by the ACAC Women's Hockey SMT Convenor, Commissioner and the Chief Executive Officer. *(Amended May, 2009)*

**8.7.3. Team Official:** a team official shall receive a one game suspension for receiving a game misconduct. Team officials who receive game misconducts in the last 10 minutes of a game shall receive a 2-game suspension. *(Amended April, 2018)*

**8.7.3.1.** If a player receives a game misconduct in the last 10 minutes of the game or overtime, they shall be assessed a 1 game suspension. *(Added April, 2018)*

**8.7.4.** A team official receiving two or more game misconducts in a season shall be dealt with as follows:

**8.7.4.1. 2<sup>nd</sup> Game Misconduct:** – one-game suspension

**8.7.4.2. 3<sup>rd</sup> and further Game misconducts:** – dealt with by ACAC Executive Committee, Commissioner and Chief Executive Officer.  
*(Amended May, 2009)*

**8.7.5. Dates of Suspensions:** The Commissioner shall state the dates of the game misconduct suspensions. *(Added September, 2005)*

**8.8. Use of Suspended Personnel:** Any team, which permits a player/coach to participate in any ACAC game(s) for which they were required to serve a suspension, shall automatically forfeit the game(s) in question. The forfeited game(s) shall be deemed acceptable in serving the suspension.

**8.9. Suspensions:** If a coach or player is ejected from a non-conference game, they must sit out the next scheduled game. If a coach or player is ejected from a league game, they must sit out the next league game.

**8.10. Carry-Over Suspensions:** Suspensions shall carry on beyond the completion of the ACAC playoffs. Players returning to the ACAC who have not finished serving suspensions received the previous year shall do so at the start of the new season's league play.

**8.10.1.** The Commissioner shall advise athletes and teams prior to the start of the season when a suspension from the previous year carries over to the new season.

**8.11. Submission of Game Sheets/Reports:** Teams must submit game sheets and referees' reports to ACAC Dropbox for all games played (including exhibition games) where a major, match or game misconduct penalty is assessed. It shall be the responsibility of the host institution to ensure that this documentation is forwarded by 12:00 pm on first working day following the match in question. A fine of \$50.00 shall be assessed to any institution which fails to comply with this requirement. *(Amended April, 2013/Amended August, 2016)*

**8.12. Hockey Official Game Evaluation** *(Added May, 2021)*

ACAC institutions/coaches must complete and submit the electronic ACAC officials' evaluation form during the regular season and playoffs. All forms must be submitted by 4PM on Monday following competitions. Hockey Institutions/Coaches who fail to submit electronic post-game officials' evaluation forms by Monday 4PM following a week and weekend of scheduled competition will be subject to a \$50 fine per occurrence.

**9. Sanctioning of Games of an International Nature**

**9.1.** All ACAC Hockey teams must register all their non-conference exhibition games with Hockey Alberta. It is an online registration form located at the bottom of the Hockey Alberta website. *(Amended January, 2016)*

Note: Hockey Canada states that the punishment for non-registration could be up to a 3-year suspension for the coach as well as additional supplementary discipline. *(Amended January, 2016)*

**10. Special Rule for Goalkeepers**

**10.1.** On an emergency basis, such as for back up purposes when regular goalkeepers have been lost due to injury or for academic reasons, it shall be permissible to use a goaltender who is a full-time student at the ACAC member institution in question even though the athlete may be playing concurrently with another team. Providing that the emergency back-up goaltender is listed on the game sheet fewer than 5 games, he/she will not be considered to have used a year of eligibility.

A supplemental eligibility form must be completed by the institution prior to the student-athlete competing. An appeal can be made to the Commissioner to waive the 4 day eligibility certificate submission deadline. *(Amended March, 2010)*

**10.2.** In an extraordinary circumstance, an institution can appeal to the Commissioner to use their emergency back-up goalie for the remainder of the semester past the four game limit, under the following conditions: *(Added February, 2015)*

- Player has to be a full time student at that institution (9 credits hours/semester). *(Amended May, 2015)*
- Player is only used when the starting goalie is injured
- Player is recorded as having used a year of eligibility

**10.3.** If a team's goaltender is injured during warmup/game and cannot return to the bench/game, teams will be permitted to dress their 3<sup>rd</sup> goaltender. That goaltender will remain on the bench as an emergency goaltender and can only be inserted into the game if the 2<sup>nd</sup> goaltender becomes injured and cannot complete the game. *(Added April, 2018)*

**11. Uniforms**

**11.1.** Name bars on uniforms are optional. If a team chooses to wear name bars, all players are required to display a name bar on their uniform by the sixth week of league play. *(Amended April, 2014)*



- 11.2.** Each conference women's hockey team shall have two sets of uniforms; one basically light in colour and one basically dark in colour. All teams shall wear their light coloured jerseys for all home games and wear their dark coloured jerseys for all away games; for both all of the regular season and all of playoff games. *(Amended July, 2016)*

## **12. Coaches Meetings**

- 12.1.** Two coaches meetings are to be held per year, one via conference call and one face to face. The Convenor will set the dates and locations of the fall and spring meetings within three weeks of the completion of Annual General Meeting. *(Amended June, 2014)*

## **13. Non-Conference Schedules**

- 13.1.** Non-Conference schedules, for the purpose of determining the precise games where sanctions are applicable and resulting suspensions must be served, are to be entered onto the ACAC web page prior to any games being played. Compliance implies an automatic approval of receipt by the Commissioner and the ACAC Office. This shall apply to the following sports: basketball, hockey, soccer and volleyball. *(Added May, 2005)*

- 13.2.** All exhibition games/tournament schedules are to be posted on the ACAC website system 48 hours prior to game time. Institutions who fail to post schedules on the ACAC website 48 hours prior to game time shall be assessed a fine of \$25.00 per game, to a maximum of \$250.00 in the case of a tournament.

Note: In the event of a tournament, a skeleton schedule must be posted.

All exhibition games/tournament scores are to be posted on the ACAC website system by 4 pm on the second business day following the competition. Institutions who fail to post scores shall be fined \$25.00 per game, to a maximum of \$250.00 in the case of a tournament. *(Added April, 2011)*

- 13.3.** An ACAC women's hockey team will have a total exhibition season of not more than fourteen (14) games during an academic year. *(Added February, 2015)*

**ACAC Women's Hockey Penalty and Sanctions Chart**  
(AC – ACAC Operating Code; HC- Hockey Alberta Sr/Jr Female)

<b>Rule #</b>	<b>Description</b>	<b>1<sup>st</sup> Offense</b>	<b>2<sup>nd</sup> Offense</b>	<b>3<sup>rd</sup> Offense</b>	<b>4<sup>th</sup> Offense</b>	<b>5<sup>th</sup> Offense</b>	<b>6<sup>th</sup> Offense</b>
AC 9.4	Match Penalty	3 games	3 games	Remainder of season & review			
AC 9.5	Gross Misconduct	3 games	3 games	Remainder of season & review			
AC 9.6.1	Game Misconduct Accumulation	NA	Warning	1 Game	Suspension + Review		
AC 9.6.3	Game Misconduct – Staff	Warning	1 game	Suspension + Review			
HC	Game Misconduct – last 10 of Game – Player	1 game	Same as 1 <sup>st</sup> Offense				
HC 3.6	Removing Helmet for Fight	1 game	Same as 1 <sup>st</sup> Offense				
HC 4.1	Pre/Post Game Altercation (Majors & GM) – Player	2 games	Same as 1 <sup>st</sup> Offense				
HC 4.1	Pre/Post Game Altercation – Coach	3 games	Same as 1 <sup>st</sup> Offense				
HC 6.4	Checking from Behind/Major & Game Misconduct	1 game	Same as 1 <sup>st</sup> Offense				
HC 6.4	Checking from Behind; Match Penalty	4 games	Same as 1 <sup>st</sup> Offense				
HC 6.5	Head Contact; Major & Game Misconduct	2 game	Same as 1 <sup>st</sup> Offense				
HC 6.5	Head Contact; Match Penalty	4 games	Same as 1 <sup>st</sup> Offense				
HC 6.6	Elbowing & Kneeing; major & Game Misconduct	1 game	Same as 1 <sup>st</sup> Offense				
HC 6.7	Fighting	1 game	2 games	Indefinite Suspension & Review			
HC 6.7	Instigator or Aggressor	Game Misconduct	1 game	3 Games			

**ACAC OPERATING CODE**  
**Article I Section 13 - WOMEN'S HOCKEY**

HC 6.7	Player Wearing Rings or Tape	2 games	Same as 1 <sup>st</sup> Offense
HC 6.7	3 <sup>RD</sup> Man in Fight with Game Misconduct Assessed	2 games	Same as 1 <sup>st</sup> Offense
HC 6.7	2 <sup>nd</sup> Fight in same stoppage play – Major & Game Misconduct	2 games	Same as 1 <sup>st</sup> Offense
HC 9.2	Verbal Abuse of Officials – Game Misconduct	2 games	Same as 1 <sup>st</sup> Offense
HC 9.2	Verbal Abuse of Officials – Gross Misconduct	Indefinite Suspension	Same as 1 <sup>st</sup> Offense
HC 9.5	First to leave bench during a fight	3 games	Same as 1 <sup>st</sup> Offense
HC 9.5	First to leave penalty box during a fight	4 games	Same as 1 <sup>st</sup> Offense
HC 9.5	Coach of team penalized for above 2 points	3 games	Same as 1 <sup>st</sup> Offense
HC 9.5	Coach of Players left bench, but not first	1 game	Same as 1 <sup>st</sup> Offense

*(Table Added October, 2017)*