

## CFHSHL Playing Rules Quick Reference 2025

<b>Playing Rules</b>	<p>All league games shall follow USA Hockey's Official Rules of Ice Hockey.</p> <p>2 - Official System regular season games. 4 - Officials for playoffs.</p> <p>Body checking is permitted in both Varsity A and B divisions.</p> <p>Delayed, "tag-up" off-sides is permitted.</p> <p>The team on the penalty kill may ice the puck.</p>
<b>Rosters</b>	<p>Officials must check the scoresheet before the game, count players and coaches.</p> <p>Coaches must verify players and coaches on the scoresheet and sign the scoresheet prior to the start of the game.</p> <p>Coaches must add any B players to the A roster when called up for the A game.</p> <p>At the conclusion of the game, officials must check the scoresheet for accuracy, then print and sign your name.</p>
<b>Game Time Allotment</b>	<p>Regular season 75 minutes. PlayOffs 90 minutes.</p> <p>Scorekeepers are to record the time the players step on the ice at the top of the scoresheet.</p> <p>3 minute warm up, 3 x 14 minute periods, 1 timeout per team (timeout not permitted if clock is running).</p> <p>No overtime in regular season. Games may end in a tie.</p> <p>The completion of 2 periods shall be considered an official game.</p>
<b>Penalty Lengths</b>	All minor penalties are 1:30, Major are 5:00, Misconducts are 10:00
<b>Curfew</b>	If a rink imposes a game time limit, the first 2 periods shall be 14-minute stop time. The 3rd period shall be 1/2 of the remaining curfew time with a stop clock. When the real time until the end of the ice slot equals the time remaining in the game on the game clock, running time begins. NO TIME OUTS.
<b>Protective Equipment</b>	Mouthguards and Neck Laceration protection are required.
<b>Mercy Rule</b>	Running clock anytime in the 3rd period with a goal differential of 5. Clock returns to stop time if goal differential falls below 5.
<b>Varsity B "Call-Up"</b>	<p>The Varsity A Team may "Call-Up" a player from their Varsity B roster at any point in the season due to injury/illness/ineligibility of their Varsity A roster.</p> <p>Varsity B players receiving a Game Misconduct and/or suspension in their B game may NOT be Called-Up to play in the A game.</p> <p>The B player must serve their suspension in a B game before being eligible to be "Called-Up"</p> <p>Varsity B players "Called-Up" to a Varsity A game that receive a Game Misconduct and/or Suspension in the A game, shall serve their suspension at their next scheduled Varsity B game.</p>
<b>PlayOffs</b>	<p>In the event teams are tied in points, tiebreakers shall be applied in order to determine the team with the higher standing.</p> <ol style="list-style-type: none"> <li>1. Most wins.</li> <li>2. Most points earned in games played between the tied teams.</li> <li>3. Fewest goals against during the regular season.</li> <li>4. Highest goal differential during regular season.</li> <li>5. Fewest penalty minutes accumulated during the regular season.</li> </ol>
<b>Tie Game in Playoffs</b>	<p>5 minute stop time sudden death overtime period.</p> <p>4 skaters and 1 goalie</p> <p>If game remains tied after OT a 3 player shootout shall be held.</p> <p>After a 3 man shootout, if still tied, there will be a sudden death shootout.</p> <p>No player can shoot twice until all skaters on the team have participated.</p> <p>Players who are serving a penalty, which has not expired, may NOT participate in the shootout.</p>
<b>Coaching Suspensions</b>	<p>If a B coach is suspended in the B game, the coach may not be on the bench until the suspension has been served in the B game.</p> <p>If an A coach is suspended in the A game, the coach may not be on the bench until the suspension has been served in the A game.</p>

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