



JWHL Rules & Game Format

USA Hockey/Canada Hockey Rules

JWHL games will be played under the rules of the Federation in the location the game is played.

Players/Roster

Each JWHL team must be properly registered with their Federation.

Jersey Colors

Teams designated as “Home” teams in any JWHL Girls Division game shall wear light colored jerseys and “Away” teams shall wear dark colored jerseys. If the teams’ light and dark jerseys are not, in the judgment of the on-ice officials, sufficiently distinguishable from each other, the on-ice officials may direct either team to change jerseys or secure pullovers.

League Standings

Standings will be compiled by the JWHL and made available to all teams through the weekends, and following any league weekends.

The home team in a JWHL game shall update the stats on the jwhl.org unless Hockey Ops is on site that given weekend.

League Standings will be determined by the following criteria:

Most points (based on two points awarded for a win and 1 point awarded for a tie). Head to head competition

Most wins.

Fewest losses.

Off-Ice Officials

The host team is responsible for providing a timekeeper and scorekeeper or assisting the Director of Hockey Operations in this organization

Referees

It is the responsibility of the host team to provide on-ice officials or assist the Director of Hockey Operations in this organization

Failure to Compete

Any team not completing their JWHL schedule may, by decision of the League Committee, be ruled ineligible to participate in the end-of-season JWHL playoffs.

Game Slot Time

If a league game is not completed during its available ice slot (which slot must be at least 2 hours), and the ice slot cannot be extended to allow for the normal completion of the game using a stop time game clock, the following rules will apply:

- If the third period of the game has begun before the ice slot expires, the game will be considered completed.
- If the third period of the game has not begun before the ice slot expires, the game will be suspended and resumed at a place and time to be agreed by the respective teams. However, if the coaches of both teams agree that resuming the game will not change its

Scoresheets

The host team shall keep scoresheets on file for the duration of each season unless stated differently by Director of Hockey Operations. Hockey Ops will provide scoresheets in neutral territories (U19 & U16 only).

Sportsmanship/Handshakes

The JWHL endorses a traditional handshake at center ice at the end of each game, which should include all players and coaches from participating teams. The responsibility of enforcing a traditional handshake is placed on coaches and game officials. Any display of poor sportsmanship or penalties occurring during post-game handshakes will be subject to discipline by the JWHL, in addition to any penalties assessed by the on-ice officials.

On-ice officials have the discretion not to allow the handshake line to take place, if in their judgment having the handshake may lead to an altercation or will delay the timely commencement of the next league game.

Suspensions

If any team official or player is serving a suspension, she/he may not sit on or near the player bench of her/his team or in any way attempt to direct the play of her/his team.

Players and team officials serving any suspension will be considered "ineligible players" for every game in which they participate, until their suspension is served.

When a game suspension is being served, it must be clearly indicated on the score sheet. The team with the suspended player or team official shall include on the scoresheet the name of the suspended player or team official, and the total number of games being served.

All suspensions occurring in JWHL League games must be served in the next scheduled JWHL League game(s) for that team (including playoffs). Federation rules may also cause the player or coach to miss the next scheduled game(s).

Suspensions not occurring in JWHL League games must be served in the next game(s) played, whether League game or not.

If a team official or player violates her/his suspension, the League Committee shall have the authority to impose additional discipline, including but not limited to team suspensions or game forfeitures.

Timeouts

Each team will be allowed one, one minute timeout, which may be used at any point in a game. If a timeout is called when running time is in effect, the game clock will stop during the timeout and running time will resume with the ensuing faceoff.



JWHL Game Format

U19:

- All games will be 20-20-20 minutes with a 5-minute pre-game warm-up
- The warm-up clock will start when both teams and referee's are on the ice
- Penalties will be 2 minutes
- Ice will be resurfaced after the 2nd period (time permitting)
- If at any time during the third period a team has a six or greater goal lead the game clock will go to running time. The clock will stay running time until the goal differential goes back to four goals. When "running time" is in effect, penalties will also be running time.

U16:

- All games will be 17-17-17 minutes with a 3-minute pre-game warm-up
- The warm-up clock will start when both teams and referee's are on the ice
- Penalties will be 2 minutes
- Ice will be resurfaced after the 2nd period (time permitted)
- If at any time during the third period a team has a six or greater goal lead the game clock will go to running time. The clock will stay running time until the goal differential goes back to four goals. When "running time" is in effect, penalties will also be running time.

U14:

- All games will be 15-15-15 minutes with a 3-minute pre-game warm-up
- The warm-up clock will start when both teams and referee's are on the ice
- Penalties will be 2 minutes
- Ice will not be resurfaced throughout the game
- If at any time during the third period a team has a six or greater goal lead the game clock will go to running time. The clock will stay running time until the goal differential goes back to four goals. When "running time" is in effect, penalties will also be running time.