



JWHL 2015-16 Rules & Game Format

U19 Games:

- 5 minute warm up
- 20-20-20 minute periods
- 2 minute penalties
- Ice cut after the 2nd period (time permitting)
- Running time if there is a 6 goal differential come the **3rd period**

U16 Games:

- 3 minute warm up
- 17-17-17 minute periods
- 2 minute penalties
- Ice cut after the 2nd period (time permitting)
- Running time if there is a 6 goal differential come the **3rd period**

U14 Games:

- 3 Minute warm up
- 15-15-15 minute periods
- 2:00 minute penalties
- No ice cut during game
- Running time if there is a 6 goal differential come the **3rd period**

All Team Rules:

- USA Hockey/Canada Hockey Rules: JWHL games will be played under the rules of the Federation in the location the game is played.
- 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.
- Each JWHL team must be properly registered with their Federation.
- Home teams will wear LIGHT, away teams will be DARK

Scorekeeper Reminders:

- Be sure you are familiar with all rules
- Please announce starting line up, goals & penalties
- It is important to keep a **count of shots on goal** for each team per period. A "shot" is anything that would go in if the goalie was not in the net
- We encourage you to play music between whistles and periods, just please keep it clean
- Make sure refs & coach sign scoresheet
- Each team is given copy, along with hockey ops

FOR ALL JWHL RULES PLEASE VISIT OUR LEAGUE INFORMATION ON JWHL.ORG

QUESTIONS?

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