

HOCKEY - WOMEN'S

a. Regular Season / League Format

- Seven (7) participating teams.
- One division.
- Each team plays a 24-game regular season comprised of:
 - Each team plays 12 home games and 12 away games
 - Each team plays a “double home-and-home” format where they play each of the other six teams four (4) times (2 home, 2 away).
- Each win = 2 pts, overtime/shoot-out loss = 1 pt, loss = 0 pts.
- Overtime / shoot-out losses are not included in the loss column of the standings.
- For the 2008-09 season, the Atlantic University Sport regular season schedule shall continue through the FISU game dates. Playoffs should not occur until after the FISU games are complete. (**May 2008**)

b. Playoff / Championship Format

The Atlantic University Sport championship / playoffs are Atlantic University Sport events managed by host universities or Atlantic University Sport, and the host of the championship / playoffs are to comply with Atlantic University Sport policies.

Format: (2008-09 Season)

The top six (6) teams in the standings following the regular season advance to the Atlantic University Sport championship. The 1st and 2nd place teams receive byes into the semifinals. The playoffs will consist of a three-day, single elimination tournament hosted at a predetermined site.

Quarterfinals: Teams ranked 3-6 will play in the quarterfinals.

- The 3rd place team will play the 6th place team.
- The 4th place team will play the 5th place team.

Semifinals:

- The 1st place team will play the lowest ranked remaining quarter-finalist.
- The 2nd place team will play the highest ranked remaining quarter-finalist.

Final:

- The semifinal winners will playoff in a championship game to determine the Atlantic University Sport championship team.

Format: (2009-10 Season and Beyond)

Effective 2009-10, the Atlantic University Sport women's hockey playoff format shall be a "CIS style adjusted format" as follows:

The top six (6) teams in the standings following the regular season advance to the Atlantic University Sport championship.

- **Thursday:** Game #1: 1st vs. 6th
Game #2: 2nd vs. 5th
- **Friday:** Game #3: 3rd vs. L2
Game #4: 4th vs. L1
- **Saturday:** Game #5: 4th vs. W1
Game #6: 3rd vs. W2
- **Sunday:** Game #7: Championship Final

(May 2008)

Host Berth:

- The host of the championship receives an automatic berth in the championship.
- If host does not qualify for the championship, they replace the 6th place team in the tournament.

Overtime Format - Playoffs:

- The overtime format for the Atlantic University Sport playoffs is as follows:
 - i. One 10-minute period of sudden death play until a winner is determined, followed by:
 - ii. 20-minute periods of sudden death play until a winner is determined.
- The ice is to be cleaned between overtime periods. The timed break between overtime periods shall not exceed 15-minutes.
- Each team will compete with five players and a goaltender.
- Between the third period on the first overtime period, there will be no flood and teams will not change nets.
- A three-minute bench rest will be provided following the conclusion of the third period. The referee will instruct the timer to put three minutes on the game clock.

CIS Championship:

- In the event Atlantic University Sport receives two (2) berths at the CIS Championship. (i.e. Host, AUHC Representative)
 1. The league champion will qualify.
 2. If the host is the league champion, the team the host defeated in the Championship game will receive the 2nd berth.
 3. If the host is not the league champion, the host will receive the 2nd berth.

c. **Playing Rules & Regulations**

The following rules are applicable to all exhibition, league or playoff competition unless otherwise indicated.

The playing rules and regulations for Atlantic University Sport women's hockey competition shall be identical to those contained in the CIS Operations Manual, unless specified in the following rules:

1. **START DATE:**
 - The start date for women's hockey shall be the first day of classes at each respective institution. (May 2003)
 - The first day of exhibition competition for women's hockey is seven (7) days following Labour Day. (May 2007)
 - The first day of league competition for women's hockey is October 1st. (May 2007)

2. **ROSTERS AND DRESS LISTS:**
 - A team may dress up to a maximum of eighteen (18) skaters and a maximum of two (2) goaltenders.
 - The maximum number of players permitted to participate in a team's pre-game warm-up is the maximum number of players allowed to dress for the game that day. (May 2007)

3. **OVERTIME – Regular Season Play:**
 - A three-minute bench rest will be provided following the conclusion of the third period. The referee will instruct the timer to put three (3) minutes on the game clock.
 - Overtime, if required, shall consist of one (1) period of sudden death play to a maximum of five (5) minutes. Each team will compete with four (4) players and a goaltender. (May 2000)
 - If still tied, a shoot-out will take place, consisting of five (5) shooters from each team and then move into sudden death until a winner is determined. The shootout will follow current NHL rules regarding procedure. (May 2006)
 - The order for which team shoots first will be determined by a coin toss prior to the start of the game. (May 2006)
 - A three-minute bench rest will be provided following the conclusion of the overtime period. At this time, the ice will be scrapped, not flooded, just enough for a path to the nets for the shooters. (May 2006)
 - One (1) point will be awarded to each team if the score is tied at the end of regulation time. If a team scores in overtime or wins the shoot-out, that team will be awarded an additional point. (May 2006)
 - If a team pulls their goalie in overtime and gets scored on they lose the point they earned in regulation. (May 2000)

4. **EQUIPMENT:**
 - Facemasks and neck protectors are compulsory during exhibition, league and playoff games and during all practices. In an exhibition, league or playoff game, if an official finds a player in violation of this rule, a two-minute penalty is assessed. (May 2002)

- The type of facemask and neck protection must be CSA approved and is left to the discretion of the particular university. The facemask shall be permanently affixed to the helmet – i.e. not moveable.
 - All goaltenders must wear CSA approved facemasks and neck protection.
5. SUBSTITUTE GOALTENDERS:
- If a substitute goaltender is inserted into the game, she shall take her position without delay and no warm-up shall be permitted. All goaltender substitutions shall take place as per the current Hockey Canada rulebook. (**January 2008**).
6. UNIFORMS:
Home and away jerseys will be reversed for post-January 1st play each season.
(May 2000)
7. GAME SHEETS AND STATISTICS:
(Note: the following rules apply to game statistics for all exhibition, league and playoff competition.)
- STATCREW software is to be used for all Atlantic University Sport Hockey games. An area with access to a power outlet is to be reserved in the press box / Scorer's Area for the 2-3 individuals recording statistics.
 - Member universities are responsible to have properly trained statisticians operate the software. A minimum of two people are needed to accurately record game statistics (1 on the computer and 1 spotter). The Spotter should have a note pad and pencil made available to record missed statistics, which can be entered later. A third person to act as an extra spotter is recommended if available.
 - On game days, the "Canadian University Hockey Scoresheet" is to be used for coaches to fill in that game's playing roster. This will be considered the official dress list for that game.
 - Player numbers and names (First & Last) must be PRINTED CLEARLY on this form. This must be signed by the head coach of each participating team and given to the official scorer not later than 30 minutes prior to game time. A copy of this is to be given to the computer stats person and copies of this form may also be circulated to the press box.
 - The signed Official CIS Hockey Score Sheet (faxed) and final game statistics must be forwarded to Atlantic University Sport within thirty (30) minutes of the completion of the match.
 - The final score must be recorded with CIS within thirty (30) minutes of the completion of the match.
 - The official stats sheet must be forwarded to the Sport Chair, the participating universities and local media as soon as possible following the completion of the match.
- Printed names of the on-ice officials and their signatures are required on the Official CIS Score Sheet.
- There are to be three (3) copies and care is to be exercised in the completion of the score sheets. Include start/completion times on game reports as well as the official attendance.

8. GAME FILM:

- Effective 2006-07, schools are required to digitally videotape all exhibition, league and playoff home games. (May 2005)
- A copy of the game tape is to be provided to visiting coaches following all exhibition, league and playoff games prior to their departure from the arena. If this is not possible, a copy must be couriered and received within 48 hours by the head coach. (May 2006)
- Where possible, prior to his/her departure, the referee of the game should receive a copy of the game tape as well. **(May 2008)**

9. OFFICIALS:

- The minimum official standards for Atlantic University Sport Women's Hockey competition are as follows: (May 2003)
 - Referee (1) – Level IV
 - Lines (2) – Level III
- In order to be considered for playoff assignment, officials are required to have officiated and been evaluated in a minimum of seven (7) games. (May 2005)
- Atlantic University Sport supports the concept of gender equity in the officiating of Women's Hockey.
- No official under the age of nineteen (19) may be allowed to officiate AUS exhibition, regular season or playoff games. **(May 2008)**

10. GAME / MATCH / GROSS MISCONDUCT PENALTIES:

- The Referee is to telephone the Sport Chair and supply to him/her all of the pertinent information, i.e., player name(s), number(s), infraction(s) and any other points necessary for the proper action to be taken by the league.
- A written game report on the form provided is also required and shall be attached to the Atlantic University Sport Game Report Form and forwarded within 24 hours to the Sport Chair and the Executive Director.

11. SUSPENSIONS:

- Effective 2007-08, if a player on any team is suspended, the team will no longer lose that spot on the game day roster (exhibition, league or playoffs) for the duration of the suspension. (June 2007)
- All suspensions levied during conference play are to be served during conference play, which represents regular season and playoffs. (May 2005)
- When the Sport Chair determines that any sanction is to be served in league play, then such athlete cannot play in exhibition play until the suspension has been served in league play.
- League Games:
 - Any suspensions will be served in the next league game(s).
- In regular season play where a penalty has been assessed in the 1st game of a two-game weekend, which would result in a suspension for the following game, coaches are to automatically sit the offending player for the second game pending the sport chair decision. If the suspension is for one game, it shall be considered served. If the suspension is longer, the 1-game will count towards the suspension.
- Coaches are expected to be familiar with, and understand the various offenses that constitute being assessed a suspension as outlined in point 12 of the AUS women's hockey supplementary discipline section below.

12. SUPPLEMENTARY DISCIPLINE IN AUS WOMEN'S HOCKEY:

The AUS Chair of Women's Hockey shall be responsible for keeping a weekly record of game misconduct/gross misconduct/match penalties of all games (league, playoff, and exhibition).

Game Misconduct Penalties

Fighting

- ♦ Player receiving a fighting major (5 minute) - ejection from the current game plus a one (1) game suspension.
- ♦ For a second occurrence, the player will receive a two (2) game suspension.
- ♦ For a third occurrence, the player will receive an indefinite suspension until reviewed by the Sport Chair.
- ♦ Player(s) identified as being involved in a 2nd, 3rd or subsequent fight during the same stoppage of play - two (2) game suspension.
- ♦ Player(s) 3rd, 4th, 5th, etc. man into a fight - minimum two (2) game suspension.
- ♦ Leaving players' bench or penalty bench during fight or for the purpose of starting a fight - two (2) game suspension.

Instigator/Aggressor in a Fight

- ♦ Instigator of, or aggressors in a fight - a one game additional suspension along with the one game suspension for fighting (a total of two (2) games). Player involved in a fight against an instigator (where an instigator penalty is called) – would be ejected from the game, but would not be suspended for the following game(s).

Checking From Behind

- ♦ A player who is assessed a major penalty (5 minute) for checking from behind and a game misconduct will automatically receive a one (1) game suspension.
- ♦ For a second occurrence, the player will receive a two (2) game suspension.
- ♦ For a third occurrence, the player will receive an indefinite suspension until reviewed by the Sport Chair.

Check to the Head

- ♦ A player who is assessed a major (5 minute) and a Game Misconduct for Checking to the Head will automatically receive a one (1) game suspension.
- ♦ For a second occurrence, the player will receive a two game suspension.
- ♦ For a third occurrence, the player will receive an indefinite suspension until reviewed by the Sport Chair.

Five Minute Penalties (excluding fighting, Check to the Head and Checking from Behind)

- ♦ Within Atlantic University Sport women's hockey play, any five minute penalty is an automatic game ejection.
- ♦ A 2nd five-minute penalty within the same season is a game ejection and an automatic one-game suspension.
- ♦ A 3rd five-minute penalty within the same season is a game ejection and a two game suspension.

- ♦ A 4th five-minute penalty within the same season is a game ejection and an indefinite suspension which will be reviewed by the Sport Chair, who will assess the appropriate suspension.

Game Misconducts

- ♦ Any player receiving a game misconduct or penalty, or who is ejected from a game within the last ten (10) minutes of regular time and overtime will automatically be suspended for the next game.
- ♦ Any player accumulating two (2) or more Game Ejections or Game Misconducts will have those incidents reviewed by the Sport Chair, who will assess appropriate sanctions.

Gross Misconduct Penalties

- ♦ Player assessed a gross misconduct - minimum of two (2) game suspension.
- ♦ A second gross misconduct assessed to the same player in the same season results in a minimum of a one season suspension including play-offs, plus review by the Sport Chair or designate prior to reinstatement.

Match Penalties

- ♦ Hair pulling or spitting – minimum two (2) game suspension.
- ♦ Butt ending, head butting or grabbing face mask – minimum three (3) game suspension.
- ♦ Spearing, kicking, or stick swinging – minimum three (3) game suspension.
- ♦ Deliberate attempt to injure not covered above – minimum four (4) game suspension.
- ♦ A second match penalty assessed to the same player in the same season - indefinite suspension until reviewed by the Sport Chair.

Verbal and Physical Abuse of an Official

- ♦ Verbal abuse of a game official automatic game misconduct- minimum one (1) game suspension for the first offense, a minimum three (3) game suspension for the second offense, and an indefinite suspension for any subsequent offense until reviewed by the Sport Chair.
- ♦ Touching, pushing or hitting an official (including spitting on an official) – the player is suspended indefinitely until the matter is investigated by the Sport Chair.

Coaches Discipline

- ♦ Coaches receiving a game misconduct receive a one (1) game suspension. Coaches receiving a second game misconduct in the same season receive a two (2) game suspension.
- ♦ Coaches receiving a gross misconduct for disrespect of an official will receive a minimum three (3) games suspension and the case will be referred to the Sport Chair to determine if further sanctions are to be imposed.
- ♦ Coaches identified as having player(s) leaving players' or penalty bench at the same time during a fight for the purpose of starting a fight - one (1) game suspension.
- ♦ Coach identified as having the first player(s) leaving players' or penalty bench during a fight or for the purpose of starting a fight - two (2) game suspension.

All Other Penalties

- ♦ The Sport Chair has the authority to review all penalties and assess appropriate sanctions for all offenses.
- ♦ All sanctions listed are minimum suspensions, and pending review of the Sport Chair, additional sanctions may be applied.

(May 2008)

d. All-Star Award Selection Process

Atlantic University Sport Award Certificates will be awarded to the following:

- i. The Atlantic University Sport Most Valuable Player.
- ii. The Atlantic University Sport Rookie of the Year.
(Eligibility as defined in the CIS operations manual)
- iii. The Atlantic University Sport Coach of the Year.
- iv. The Atlantic University Sport nominee for the Marion Hillard Award.
(Criteria as defined in the CIS operations manual)
- v. The Atlantic University Sport Most Sportsmanlike Player.
- vi. A First All-Star team consisting of 6 players, including the Most Valuable Player.
(1 Goaltender, 2 Defensemen, 3 Forwards)
- vii. A Second All-Star team consisting of 6 players.
(1 Goaltender, 2 Defensemen, 3 Forwards)
- viii. An all-Rookie team consisting of 6 players by position, who are eligible for Rookie of the Year selection, including the Rookie of the Year.
(1 Goaltender, 2 Defensemen, 3 Forwards)

Selection Process:

i. Nomination:

- All-Stars:
Upon request of the sport chair (1 week prior to the final regular season game), each coach forwards to the chair a maximum of five players from their team being nominated for consideration as Atlantic University Sport All-Stars. The names should be forwarded by position. (Goaltenders, Defensemen, Forwards)
- Major Awards:
Upon request of the sport chair (1 week prior to the final regular season game), each coach can nominate a player from their team for the following Major Awards:
 - a. Rookie of the Year.
 - b. Most Valuable Player.
 - c. The Marion Hillard Award Nominee.
 - This award is given to the student-athlete for outstanding achievements in hockey, academics and community involvement.
 - It is normally awarded to a third, fourth, or fifth year player.
 - Minimum academic standing is Academic All-Canadian in her previous sessional year of study.
 - d. Most Sportsmanlike Player

Note: A short bio on each Major Award nominee should be sent to sport chair with the list of nominees.

- All-Rookie Team:
Upon request of the sport chair (1 week prior to the final regular season game), each coach forwards to the chair any eligible players from their team being nominated for consideration. The names should be forwarded by position. (Goaltenders, Defensemen, Forwards)

ii. Voting:

- All nomination information will be compiled by the Sport Chair.
- Coaches may not vote for their own team members or themselves at any point in the all-star / award process.
- A master list of All-Star, Major Award and All-Rookie Team nominees will be sent to coaches with a voting form no later than the Wednesday prior to the final regular season game.
- For All-Star and All-Rookie team selections, coaches must select and rank two goaltenders, six forwards and four defensemen from the overall group of nominees.
- Coaches rank their top 3 choices in each of the Major Award categories.
- Voting forms are to be returned to the sport chair by the Friday prior to the final regular season game.
- The sport chair will compile and rank the results as follows:
 - i. Forwards - 6 points for each 1st place vote down to 1 point for each 6th place vote.
 - ii. Defensemen - 4 points for each 1st place vote down to 1 point for each 4th place vote.
 - iii. Goaltenders - 2 points for each 1st place vote and 1 point for each 2nd place vote.
 - iv. For each Major Award, 3 points for each 1st place vote down to 1 point for each 3rd place vote.
- *All-Star Teams:*
 - Forwards: The top three forwards will be named to the 1st All-Star team, and the forwards ranked 4-6 will be named to the 2nd All-Star team.
 - Defensemen: The top two defensemen will be named to the 1st All-Star team and the defensemen ranked 3-4 will be named to the 2nd All-Star team.
 - Goaltenders: The top goaltender will be named to the 1st All-Star team and the second ranked goaltender will be named to the 2nd All-Star team.
- *All-Rookie Team:*
 - The All-Rookie Team vote will follow and be separate from the Rookie of the Year voting.
 - The Rookie of the Year will be automatically named to the All-Rookie team at her position.
 - The remainder of the positions on the All-Rookie team will be filled using the same principle as the All-Star team process. (i.e. most votes by position) (May 2006)
- *Major Awards:*

The top point getter under each Major Award category will be the winner of that particular Atlantic University Sport award and will be nominated for the equivalent CIS Awards.
- *Coach of the Year:*
 - Each Coach is responsible for submitting in rank order two names for consideration of the Coach of the Year Award.
 - The points will be tabulated by awarding 2 points for a 1st place vote and 1 point for a 2nd place vote. The coach with the most points will be named AUHC Coach of the Year and will be nominated for the CIS Coach of the Year Award. This is also recorded on the circulated vote sheet and the deadline for submission is the Friday following regular season play.

iii. Press Releases:

- The Atlantic University Sport office will be responsible for releasing all information regarding conference All-Stars and Major Awards.
- The Sport Chair will forward the names of the All-Stars and Major Award Winners to the Atlantic University Sport office once all the voting has been tabulated (Deadline: Monday prior to the championship).
- The Atlantic University Sport office will issue press releases as follows:
 - All-Rookie, 1st and 2nd Team All-Stars – Wednesday prior to the Championship.
 - Major Award Winners – Thursday prior to the Championship.

<u>Trophy / Award</u>	<u>Name of Trophy / Award</u>
Atlantic University Sport Championship	None
Most Valuable Player	None
Rookie of the Year	None
Coach of the Year	None
Marion Hillard Award Nominee	None
Most Sportsmanlike Player	None

Note: In order to have a trophy/award named or renamed, suggestions should be forwarded to the Atlantic University Sport Recognition Committee via the Sport Chair along with any relevant background/historical information.

e. Game Protocol

WOMEN'S ICE HOCKEY

90 minutes prior to game time or where possible, 120 minutes.	<ul style="list-style-type: none"> Minimum of one dressing room available to visiting team.
45 minutes Prior to game time	<ul style="list-style-type: none"> Line-up sheets available to be completed and signed by <u>visiting coach</u>. Starters are to be designated on the report
35 minutes prior to game time	<ul style="list-style-type: none"> Line-up sheets available to be completed and signed by <u>home coach</u>. Ice available for pre-game warm-up. Both head coaches observe warm-up
15 minutes prior to game time	<ul style="list-style-type: none"> Warm-up complete. All players leave the ice immediately. Failure to do so will result in delay of game penalty. Referee and both head coaches meet.
5 minutes prior to game time	<ul style="list-style-type: none"> Sponsors recognized by announcer. Changes to player rosters announced. Teams notified that 5 minutes remain before start of game.
3 minutes prior to game time	<ul style="list-style-type: none"> Teams return to the ice, starting line-ups announced. National anthem.
Between period intermission	<ul style="list-style-type: none"> Clock set immediately at end of period for fifteen (15) minutes. Sponsors recognized by announcer. Three-minute warning to be given to teams to return to ice. Intermission information regarding other teams/games in the league to be announced if available. Teams go immediately to the bench at the end of the fifteen-minute period. Failure to do so shall result in a two-minute delay of game penalty. <u>Note:</u> Sponsors to be recognized at least once during each period during a play stoppage.
At the End of the Game	<ul style="list-style-type: none"> Teams shake hands. Player of the game announced and presentation made. Time of game completion to be recorded on Game Report. Within thirty minutes, game statistics to be given to team representatives. Visiting coach given a copy of game statistics.
Within Sixty Minutes of Game Completion	<ul style="list-style-type: none"> Full game Statistical Report to be forwarded to the Atlantic University Sport Office. Also must be forwarded to participating universities, media and Sport Chair. The signed Official Game Sheet to be faxed to the Sport Chair and Atlantic University Sport.