

2019 Michigan Senior Olympics

Women's Hockey Rules & Regulations

Entry Regulations

1. Age divisions will be determined by the age of the youngest member as of December 31, 2019, not including the goalie. *The goalie may be 38+ years of age.*
2. Proof of age will be required. The goalie's age will not be factored into the team's age division calculation. Athletes, excluding the goalie, must be 50 years of age on or before December 31, 2019.
3. Team rosters are limited to 20 persons, including non-playing bench personnel. All registration and team rules apply to non-playing coaches, non-playing captains and non-playing bench personnel. Only individuals listed on the roster will have access to the bench area and be eligible to receive awards. USA Hockey membership is recommended.

Format

1) The tournament format will be pool play, with the results used to seed teams into a single elimination bracket. During pool play, teams will earn points based on the following formula:

Regulation WIN = 3 points

Overtime/Shootout WIN = 2 points

Regulation LOSS = 0 points

Overtime/Shootout LOSS = 1 point

TIE = 1 point

Seeding for single elimination will be based on total points. Ties for seeding after pool play will be broken on the following basis:

- a) Head-to-head competition.
- b) Number of wins.
- c) Regulation/Overtime Wins
- d) Goal differential (Total goals for minus total games against. A higher number is better).
- e) Goals for.
- f) Goals against.
- g) Coin toss.

After the completion of pool play all teams in the tournament will be seeded in order 1-9 and will be assigned game times for the playoffs at that point.

2) Games will consist of 3 periods.

2a) If the ice slot is 1.5 hours there will be a 5 minute warm-up period, then three 12 minute stop time periods. This means that the game clock will start to run when the puck is dropped by an official and will stop when an official blows his whistle to stop a play. The only exception is when there is a goal differential of 5 or more goals in the third period. If that occurs that clock will run continuously without stopping (except for timeouts and injuries) until the goal differential is reduced to 4 or less. If the game is tied at the end of the third period the teams shall play a five minute stop time overtime period which will be a sudden death period.

2b) If the ice slot is 1 hour there will be a 3 minute warm-up period, then three 15 minute run time periods. During pool play if the game is tied at the end of regulation the game will end in a tie. The final two minutes of the 3rd period will be stop time hockey, unless the goal differential is 3 or greater. If the differential is 3 or greater the clock will continue to run until the goal differential is reduced to 2. There will be no overtime during round robin play. In a run time clock all penalty clocks will stop on the whistle and resume on the puck drop.

3) Elimination games can never end in a tie.

4) During elimination play the following overtime formats shall be in effect:

- For 1 hour time slots teams will play one 5 minute run time sudden death period. The game will end if either team scores a goal. If tied teams will play a 3 round shootout.
- For 1.5 hour time slots teams will play one 10 minute stop time sudden death period. If still tied teams will play a 5 round shootout

5) Unless otherwise stated all games in the 2016 Olympics will follow the 1.5 hour game format.

6) A shootout will consist of 3 rounds. The team that scores the most goals wins. If tied after 3 rounds the shootout will continue in 1 round increments. The home team decides the order in which the teams shoot.

6a) A player that is serving a penalty at the end of overtime is ineligible to shoot in the shootout. The only exception being a player that is serving a minor penalty for a player who was also issued a misconduct, the player serving the minor is eligible to shoot. A player serving a bench minor or a penalty for goalie is not eligible.

7) During a shootout the puck must be continually moving forward, the shooter may not play the puck until the referee blows his whistle, and the goaltender may not leave her crease prior to the shooter playing the puck.

8) Teams scheduled to play outside of their age and/skill division must play these games in order to be eligible to advance. However, these games (played against teams from another division) do not count in the standings for seeding purposes.

9) Teams may elect to not switch ends during the game, both captains must agree and inform the referee prior to the first faceoff. Once such decision has been communicated to the official it may not be changed and is in effect for the entire game.

Sport Rules

1. This tournament will be conducted in accordance with USA Hockey rules, except as modified herein. For a copy of these rules, please visit www.usahockey.com.

2. It is recommended that players register with USA hockey, but **not** required. You may find registration information at www.usahockey.com.

3. Slap shots are permitted. However, at no time will sticks be permitted above the waist. The penalty shall be a face-off in the violating team's end.

4. Checking is not permitted. Any player who intentionally pushes, shoves, checks or fails to avoid body contact with an opponent shall be assessed a 2-minute penalty.
5. USA Hockey or CAHA approved helmets are required for all players. Full protective equipment is mandatory. Facemasks are strongly recommended.
6. Penalties will be assessed as follows: Minor-2 minutes; Major-5 minutes; Misconduct -10 minutes. Any player receiving a total of four minor penalties in one game will be ejected from that game. Any player receiving two 10 minute misconducts shall be ejected from the game. Fighting will result in an automatic disqualification from the tournament. Any combination of 3 major penalties and/or misconducts will result in disqualification from the tournament. The tournament coordinator has the authority to waive or extend any suspension/disqualification.
7. Any game misconduct penalty will incur an automatic 1 game suspension. The tournament coordinator has the authority to waive or increase said suspension.
8. The center red line will not be enforced for two line passes.
9. Each team shall be granted one 30-second timeout per game and one 30-second timeout in overtime. Timeouts do not carry over from regulation.
10. Team jerseys must be of like design and color. Other uniform clothing should be of like design and color. Teams are encouraged to have one colored and one white jersey. Uniforms shall be free of inappropriate symbols or wording. The home team shall have the first choice of uniform color.
11. All players must have a number on the back of their jersey with the following exceptions:
 - The goalie is permitted to have no number, her number shall default to #1 unless #1 is already in use by that team in which case her number shall default to G00
 - One skater may wear a jersey with no number, her number shall default to #00.
12. All injuries require an incident report to be completed, and players will not be allowed to compete in their next game until they have signed the report.