

Kachinas Women's Hockey League Rulebook

1. League Overview

The Kachinas Women's Hockey League (K-dub) is dedicated to providing a competitive, inclusive, and supportive environment for adult women hockey players of all skill levels.

Core Values:

- Community & empowerment
- Inclusivity
- Player development
- Sportsmanship
- Safety

2. Eligibility & Registration

2.1 Player Eligibility

1. Must be **18 years or older**
 - a. A goalie under the age of 18 may receive an exception to sub
 - i. If that player does sub, they are not to enter any K-dub locker rooms at any time
 - ii. A league representative will provide a specific, secure locker room space for the underage player to get dressed
2. Open to all women, including transgender women and non-binary players who identify with the league
 - a. A transgender female (MTF athlete) shall be eligible to participate on a Girls Competitive Hockey team upon providing the same documents as are required for Girls Recreational Hockey teams; additionally, a MTF athlete desiring to play Girls Competitive Hockey must also provide confirmation by a medical professional that the athlete has undergone at least one year of testosterone suppression therapy.
 - b. A transgender male (FTM athlete) may continue to play Girls Recreational Hockey or Girls Competitive Hockey so long as the athlete has not begun testosterone hormone therapy related to gender transition. A FTM athlete that has begun testosterone hormone therapy related to gender transition shall be considered a male athlete and eligible only for the hockey classifications not restricted by gender

2.2 Registration Requirements

1. Completed registration form
2. Signed liability waiver
3. League fee executed prior to first skate

3. Team Structure

3.1 Team Formation

1. Teams will be selected by captains following an evaluation skate, prior to the season starting



- a. Drafted by captains to ensure competitive balance
- b. Captains to base draft selections on 2 lines
 - i. Line 1 (Advanced - Intermediate)
 - ii. Line 2 (Intermediate - Beginner)
2. Captains will be responsible for facilitating any subs to fill the roster
 - a. All sub selections to be reviewed in the captains group chat (opposing captain or league coordinator approval required)
 - i. Must be of similar skill level
 - ii. Cannot be used to gain competitive advantage
 - iii. Sub player is not to take away ice time from a Full-Time player

4. Game Format

4.1 Game Length

1. All games will be 3 15-minute periods
 - a. Periods will have no run time
2. Scorekeeper is to hit the buzzer every 75 seconds to control line changes
 - a. At the buzzer, the team in possession of the puck is to leave the puck
 - b. This is an honor system, players in the process of a pass or shot can complete the motion
 - i. If a player is in the act of shooting, with the puck deemed off the blade at the buzzer, the puck is still live
 - ii. Any bang bang plays are how the ref sees it, if the ref deems it was in shooting motion at the buzzer, its refs final say

4.2 Overtime

1. Regular season:
 - a. 3-person Shootout
 - b. Home team decides who shoots first
2. Playoffs:
 - a. 5-minute 3v3 sudden-death OT
 - b. At the conclusion of 5-minutes OT, the game moves to a 3-person shootout

5. Equipment Requirements

1. All players must wear:
 - a. Helmet
 - b. Elbow pads
 - c. Gloves
 - d. Hockey pants
 - e. Shin guards
 - f. Skates
2. Goalies must wear full protective gear.

6. Gameplay Rules

1. Players on Ice



- a. 6 per team (5 skaters 1 goalie)
 - b. If numbers are short, captains may agree to reduce the number of players to lines for competition purposes
 - i. ex: Line 1 - 5v5 & Line 2 - 4v4
 - c. Line changes are 75 second buzzers
 - d. If a team opts to pull their goalie, they must place a player of similar skill on the ice
 - i. Line 1 player out for Line 1
 - ii. Line 2 plate rout for Line 2
2. Offsides
- a. Attacking players must not enter the offensive zone before the puck
 - b. Violations result in a faceoff outside the zone
3. Icing
- a. Shooting puck from behind center line across opponent's goal line = icing
 - b. Play stops and faceoff returns to defensive zone
 - c. Often waived off if:
 - i. Team is shorthanded
 - ii. Defender can play the puck first
 - iii. Buzzer goes
4. Body Contact & Checking
- a. Contact is minimal, plays on the puck and angling allowed
 - b. Illegal hits (boarding, charging, checking from behind) are penalized
5. Common Penalties
- a. Team plays shorthanded during penalties, power play for opponent, if a player penalized returns to the ice during the other lines shift, they must go immediately to the bench
 - i. Minor (2 min):
 1. Tripping
 2. Hooking
 3. Slashing
 4. Interference
 5. Roughing
 - ii. Major (5 min):
 1. Fighting
 2. Dangerous hits
 - a. Strictly prohibited
 - b. Automatic ejection + suspension review
 - iii. Misconduct (10 min):
 1. Unsportsmanlike behavior
6. Zero-Tolerance Policy
- a. Immediate penalties for:
 - i. Harassment
 - ii. Discriminatory language
 - iii. Aggressive confrontation
 - b. Automatic ejection + suspension review
7. Faceoffs
- a. Used to restart play:
 - i. Start of periods
 - ii. After goals



- iii. After stoppages (icing, offsides, penalties)
- 8. Goals
 - a. Puck must fully cross the goal line
 - b. Disallowed if:
 - i. Kicked in
 - ii. Goalie interference
 - iii. High stick above crossbar
- 9. Goalie Rules
 - a. Can freeze puck to stop play
 - b. Protected from contact in crease
 - c. Can play the puck at the buzzer at their discretion
- 10. Safety Rules
 - a. When the buzzer goes and plays are near the bench, there are 20 skaters in process of changing, please encourage moving puck away from high traffic areas
 - b. All equipment is required, any players not in full equipment will be asked to leave ice
 - i. All players must wear:
 - 1. Helmet
 - 2. Elbow pads
 - 3. Gloves
 - 4. Hockey pants
 - 5. Shin guards
 - 6. Skates
 - ii. Goalies must wear full protective gear.

7. Player Safety

7.1 Injury Protocol

- 1. Injuries during gameplay
 - a. Play stops for serious injuries
 - b. All players removed from the game with an official has to be deemed as good to skate before returning to play
- 2. Concussion Policy
 - a. Immediate removal if suspected
 - b. Medical clearance required
- 3. All significant injuries are to complete an injury incident report
 - a. The report must be filed within 24 hours of the incident and please cite all information requested
 - b. The information provided will be at the review of the K-dub Commissioner

7.2 Zero Tolerance Policy

- 1. Zero-Tolerance Policy
 - a. Immediate penalties for:
 - i. Harassment
 - ii. Discriminatory language
 - iii. Aggressive confrontation



- b. Any players reported will face disciplinary committee
 - i. Player hearing will be held, if player's actions match the report, a player may be subject to a suspension, including no refund for missing games

8. Officials

1. Certified referees are to be scheduled for all games
 - a. Referees are hired by K-dub through AHOA
 - b. All expenses to be covered by organization
 - c. Referees and Scorekeepers to be provided K-dub Rulebook to follow rules
2. Officials have final authority on all rulings
 - a. The discretion of a ref on plays is not to be challenged
 - i. Any complaints or issues can be reported to K-dub staff on hand, please do not contact referees directly

9. Scoring & Standings

9.1 Points System

1. Regular Season
 - a. Win: 2 points
 - b. OT Loss: 1 point
 - c. Loss: 0 points

9.2 Tiebreakers

1. Head-to-head
2. Goal differential
3. Goals scored
4. Coin toss (if necessary)

10. Playoffs

- All 4 teams qualify
- Format:
 - Single elimination
- Overtime is 3v3 for 5-minutes then to Shootout

11. Code of Conduct

11.1 Player Expectations

1. Respect all participants
2. Maintain positive sportsmanship
3. Promote a welcoming environment

11.2 Disciplinary Actions

1. Warnings
2. Suspensions
3. League removal



12. Alcohol & Substance Policy

1. No player is to bring alcohol into the building
 - a. Alcohol may be purchased at Coyotes Community Ice Center
 - b. NO Alcohol is to be brought on the bench or playing surface at any time
2. Violations may result in suspension or removal

13. League Administration

13.1 Commissioner Duties

1. Pre-Season Scheduling & Registration
2. Player financials
3. Conflict resolution
4. Rule enforcement

13.2 Coordinator Duties

1. Weekly captains conversations
2. Scoresheets
3. Game day execution

13.2 Rule Updates

- Reviewed between seasons
- Safety updates may occur anytime