

CRHL Rules Regulations

Fall Tiering

- The Fall tiering season will be 6 games (5 games for 10U) instead of 8 games
- Teams are then placed in tiered divisions to create like competition
 - Division tiers are Red (experienced), White (intermediate), and Blue (novice/beginner)
 - Large age levels may have more than 3 division tiers.
- Fall season begins in September and runs up to the end of October
- Winter season games begin the first weekend in November and run through mid February

Game Format

All CRHL Divisions (10U, 12U, 14U, 16U/18U)

- Warm-up: 3 minutes
- 1st Period: 15 minute run time
- 2nd Period: 15 minute run time
- 3rd Period: 12 minute stop time
- Goal Differential: If there is a 6 goal or more differential in the 3rd period, the clock will become run time.
- Time-Out: 1 30-second time out will be allowed per team
- No overtime in league games

Minor Penalty Length

CRHL 10U and 12U Divisions

- 1st and 2nd period minor penalties are 1:30
- 3rd period minor penalties are 1:00

CRHL 14U and 16U/18U Divisions

- All minor penalties are 2:00

Playoffs

- Game Format to match regular season
 - Overtime Rules
 - 3 minute 3v3 overtime period
 - If still tied, 3 person shootout
 - If still tied, 1 for 1 shootout
- Division playoffs are single elimination format

- Seeding for the playoffs is determined by the team standings¹ at the end of the winter season games
- High seed is the home team for all playoff games.
 - The home team (higher seed) will be responsible for providing clock and Scorekeeping volunteers
 - Each team will be responsible for providing their own penalty box volunteer
 - The Host association is responsible for scheduling referees
- Playoff rosters will match REGULAR SEASON rosters signed off on by USA Hockey/CAHA State Registrar
- There is no “borrowing” a player(s) due to short rosters. See dual rostering rules below.
 - Results will be game forfeit and potential coaches and organization fines
- Only coaches, players and team listed on the teams USA Hockey’s official roster shall be allowed on the bench.
- Spectators must view the games from the designated area of the playoff site.
 - USA Hockey rules and guidelines for parent, player, coach and other spectator behavior shall be enforced by the on-ice officials and the Playoff Host.

Team Selection

All CRHL Divisions (10U, 12U, 14U, 16U/18U)

- Should begin their team selection process one day after Labor Day at earliest
- If a club needs to move earlier, we can assist in getting approval with the VP of Recreation at CAHA

Dual Roster

- Rosters are locked 2/1 and all players must be assigned to one single roster, this includes all male and female players
- Teams within the same organization may shift CRHL players amongst rosters in emergency situations before 2/1
- No Competitive/Travel players may be rostered in CRHL games or tournaments, including CPHL and CHSAA players
 - JV players can be approved to play on CRHL rosters, as long as they have not competed in multiple varsity or any competitive A or AA level games

Tiering

- No Tiering is allowed amongst CRHL programs. All age levels are to be balanced across each team. Stacking teams at the Recreational level goes against the core of why it exists. If Coaches and Players are looking for the Competitive/Travel hockey experience, you as directors should help encourage them to pursue those opportunities