



**RULES AND REGULATIONS
OF THE
ROCKY MOUNTAIN HOCKEY FEDERATION**

**SECTION 3
GAME OPERATIONS**

ADOPTED FEBRUARY 2, 2026



SECTION 3 - GAME OPERATIONS

3.1 **GAME RULES.** RMHF sanctioned games shall be played in accordance with the rules as set forth by the USA Hockey and CAHA, except as modified herein:

- a. Period length: Period lengths, curfews and ice makes will be conducted for each level as follows:
 - (i) 10U - three periods, 12:01 minutes stop time each period, 1:30 minor penalties, 4 minute major penalties, 8 minute misconduct penalties.
 - (ii) 12U - three periods, 14:00 minutes stop time each period, 1:30 minor penalties, 4 minute major penalties, 8 minute misconduct penalties.
 - (iii) 14U - three periods 14 minute stop time each period. 2:00 minor penalties, 4 minute major penalties and 8 minute misconducts penalties
 - (iv) 18U & 16U - three periods, 16 minutes stop time each period. No ice made between 2nd and 3rd periods. 2:00 minor penalties, 4 minute major penalties and 8 minute misconduct penalties
- b. Overtime: There shall be no overtime in any RMHF league games.
- c. Game Start / Warm-up: The time listed in the RMHF schedule shall be the time that both teams are to take the ice. A five (5) minute warm-up period shall be allowed for all Divisions (10U through 18U). The warm-up period shall commence at the designated starting time, or at the time the ice becomes available, whichever is later.
- d. Equipment: Each player participating in a RMHF sanctioned activity shall wear the following equipment at all times while on the ice (including prior to and following all RMHF games): helmet, face mask (USA Hockey approved), neck guard (USA Hockey approved) hockey gloves, shoulder pads, shin pads, athletic cup, hockey pants, elbow pads, and colored mouth guard worn correctly; and any other equipment covered by or required under USA Hockey rules.
- e. Game Misconduct: A player or coach who receives a penalty requiring sitting out a game shall be suspended for at least his or her team's next USA Hockey sanctioned game. CAHA and USA Hockey rules and discipline regarding game misconduct, gross misconduct and match penalties apply to non-RMHF games, in addition to any RMHF suspensions imposed by RMHF. Any player, coach, or manager who receives a Game Misconduct in a RMHF game must be reported by the team's manager or coach to the league Commissioner within twenty-four (24) hours. Any player, coach, or manager receiving multiple game misconducts in RMHF sanctioned events shall be suspended a corresponding number of games in RMHF sanctioned events. Any player, coach, or

manager who receives three (3) game misconducts in a season shall come before the RMHF Board of Directors for possible further disciplinary action, in addition to any disciplinary action imposed by USA Hockey or CAHA.

- f. Gross Misconduct or Match Penalty: Any player, coach, or manager or parent receiving a Gross Misconduct or Match Penalty shall come under review by CAHA. If the RMHF Board of Directors is not satisfied with the disciplinary actions taken by CAHA, or if the Referee in Chief requests a hearing, then the RMHF Board of Directors will conduct a hearing within fourteen (14) days of receiving the CAHA disciplinary report or the request for a hearing from the Referee in Chief. The RMHF Board of Directors shall determine the appropriate penalty or additional penalty to be placed upon the individual subject to the hearing. All Member associations shall be required to comply with the applicable CAHA rules regarding discipline.
- g. Failure to appear. Absent adverse weather or traffic conditions, failure to appear as scheduled will result in an immediate forfeiture of the game and fine of \$500. If the home team fails to appear, the fine will be paid to the league. If the visiting team fails to appear, the fine will be paid to the home association to cover the cost of the ice and officials. If the game is not subsequently rescheduled in accordance with RMHF rules and regulations, the game shall be declared a forfeit against the offending team and the game shall be recorded as a 0-1 loss. The forfeiting team may lose playoff eligibility at the discretion of the RMHF Board of Directors.
- h. Refusal to Compete: Refusal to compete in any game, without prior approval of the RMHF Commissioner, will result in an immediate forfeiture of the game and a fine of Five Hundred Dollars (\$500). If the home team fails to appear, the fine will be paid to the RMHF. If the visiting team fails to appear, the fine will be paid to the home association to cover the cost of the ice and officials. In addition, refusal to compete may result in further disciplinary action against the Team, Guest Team, Member and/or Guest Program, including but not limited to suspension from all subsequent RMHF events, functions, schedules and standings, at the discretion of the RMHF Board of Directors. Any team not completing the RMHF schedule due to a refusal to compete will be ineligible to participate in RMHF playoffs. Members may be subject to additional disciplinary action, including but not limited to termination of Membership in RMHF. In the event a team does not complete the RMHF schedule due to a refusal to compete, the coaching staff of such team will be suspended for a period of at least one (1) year, subject to further investigation, review and determinations by the RMHF Board of Directors.

3.2 CANCELED GAMES AND GAME RESCHEDULING.

In the event one or both teams are unable to appear at a RMHF sanctioned game as scheduled for reasons including, but not limited to referee issues, weather conditions, adverse traffic and/or ice issues:

- a. Cancellation of any game must be approved by the league Commissioner prior to the game date, except in the event a game is not played due to adverse weather or traffic conditions. For adverse weather or traffic issues, the league Commissioner shall be notified by the teams as soon as possible, and the league Commissioner has final

authority over the cancellation of any scheduled game due to adverse weather or traffic issues.

- b. Absent exigent circumstances, a shortage of players does not constitute a reason for not playing a scheduled game.
- c. Canceled games must be rescheduled as agreed upon by both teams and approved by the league Commissioner within fourteen (14) days.
- d. Canceled games must be rescheduled and played prior to the end of the RMHF season; provided, however, that problems in rescheduling the game must be brought immediately to the attention of the league Commissioner to make a determination whether completion of the game is necessary with respect to league standings.
- e. In the event a game needs to be rescheduled due to adverse weather or traffic conditions, the rescheduled game will be held at the original home team venue. In the event that a game needs to reschedule due to equipment breakdown or other similar event at the home rink, the game will be rescheduled at a neutral rink approximately halfway between each team's home rinks and the cost of ice rental and referees will be borne by the original home team. In the event a game needs to be rescheduled due to improper officials, then the game will be rescheduled at the visiting team's rink with the cost of ice rental and referees to be borne by the original home team.
- f. All Championship games must be played on the dates scheduled by the Board of Directors.
- g. In the event the rescheduling requirements cannot be met, the league Commissioner must be notified to enable the RMHF Board of Directors to take appropriate action.
- h. Failure to comply with applicable rules regarding game rescheduling by any Member or Guest Program may result in a game forfeiture, and may result in additional disciplinary action against such Member or Guest Program by the league Commissioner or RMHF Board of Directors.

3.3 RMHF STANDINGS. RMHF game results will be calculated automatically by “Electronic Scoring System.”

- a. RMHF standings shall be determined on the basis of two (2) points for a win, one (1) point for a tie and zero (0) points for a loss.
- b. At the conclusion of the season, League Standings according to GAMESHEETS will determine the seeding for playoffs, including any tie breakers.
- c. Tie breakers will be determined in the following order:
 - (i) Head-to-head competition. If one team owns a clear head-to-head advantage in points during games between the tied teams (W/L/T record), they will be the higher seed. If more than 2 teams are tied, head-to-head points must only be used

considering all games between tied teams. Those points may break the tie for just one team or all teams (team A 6pts, team B 4pts, team C 2pts. Seeding is A, B, C). You may not go back to head-to-head after one team has been eliminated. (team A 6pts, team B 3pts, team C 3pts. B and C remained tied, must use next tie break resolution factor)

- (ii) Number of wins in league play. (For example, 12-6-0 beats 11-5-2).
- (iii) Goal difference in head-to-head games (goals scored minus goals against).
- (iv) Goal difference in league play.
- (v) Fewest goals given up in league play.
- (vi) Win % (Points earned / Total Available Points)
- (vii) Coin flip

3.4 PROTESTS.

- a. A protested game must be noted immediately (i.e., at the next stoppage of play) to the opposing coach and game official and on the front of the Scoresheet or Electronic Scoring System at the end of the game. The signature of the protesting team official and nature of the protest must appear on the top of the Scoresheet or in the electronic scoring system notes for that game. No games will be forfeited in the event there is not adequate time to complete the game. The game may however be directed to be rescheduled if adequate time was not available to complete the game in a competitive environment.
- b. A formal protest must be submitted by the Member or Guest Program to the league executive board or admin within thirty-six (36) hours of the incident.
- c. No protest from a team coach will be accepted. All protests must be submitted by the Executive Director, Hockey Director, or appropriate officer of the Member or Guest Program.
- d. A fee of Fifty Dollars (\$50.00) must accompany the protest, made in check form payable to RMHF. This protest fee will be refunded to the Member or Guest Program if the protest is granted in favor of the protest.
- e. The league Commissioner will investigate the protest, make appropriate determinations, and will notify all parties involved in writing.
- f. Any further appeals must be forwarded in writing to the RMHF President within thirty-six (36) hours of the decision made by the league Commissioner. The RMHF Board of Directors will investigate the merit of the appeal and determine its validity, make appropriate determinations, and notify all parties involved in writing.
- g. Rule interpretations of game officials are not a proper matter for protest.

3.5 SCORESHEET PROCEDURE.

- a. For teams whose rinks do not have an Electronic Scoring System in the scoring box, the home team must provide a hard copy scoresheet for recording the game. These are to be used for RMHF sanctioned events exclusively. If a rink does not have an ESS, scoresheets shall be available in an easily accessible area.
- b. The team representative is responsible for ensuring that the scoresheet or ESS is properly filled out and distributed to the required parties.
- c. The Home team shall submit the Scoresheet into the ESS System within twenty-four (24) hours of the game completion.

3.6 CURFEW RULES FOR RMHF LEAGUE GAMES.

- a. If the game is subject to curfew time, the scorekeeper shall inform the referee and the head coach of the visiting team before the start of the game. It shall be properly recorded on the official League Scoresheet before the commencement of the game.
- b. For curfewed games, a determination shall be made at the end of the second period whether there will be enough time to complete the game by the curfew time. If the game cannot be completed in time, the third period shall then be played under a running time within the allocated time remaining.
- c. For all Divisions and levels outside of Tier II, if the game is approaching the applicable curfew time limit in the third period, running time can be initiated to complete the game on time.

3.7 AFTER GAME PROCEDURES.

- a. At the conclusion of a RMHF game, teams will proceed with a handshake line. Alternately, teams will line up on their respective bluelines and will salute their opponent by clapping their sticks.
- b. When one exit from the ice surface is used by both teams, and where locker rooms are similarly situated, the visiting team shall proceed first to their locker room upon instructions from their coach. Once the visiting team has entered their locker room, the home team shall proceed directly to their locker room upon instructions from their coach.

3.8 REPORTING TIMES AND LOCKER ROOMS.

- a. All team members and coaches must be present no less than 30 minutes before the scheduled start of their game. The rink and/or officials reserves the right to start any game 10 minutes before the posted game time if he/she decides it is in the best interest of running the game.

- b. Locker rooms shall be available for all teams. If a rink has limited dressing rooms, the rink needs to provide reasonable accommodations for the teams to dress in. If a rink only has two locker rooms, the teams playing must stay out of the locker room until the teams for the next game are done.
- c. Only persons listed on the USA Hockey Official Player Roster as coaches, players and team managers shall be allowed on team benches or in the locker room of any team.

3.9 REPORTING GAME SCORES AND ADMINISTRATION OF SCORESHEETS.

- a. Home team managers will ensure that at the conclusion of a game, the Electronic Scoring System score sheet shall be properly submitted to Electronic Scoring System or, in the event that Electronic Scoring System is not available, shall ensure that the game scores and statistics are entered on Electronic Scoring System within 48 hours of the game. Information will include: Division/level, Game Number, Date Played, Location, Teams, Winning Team, Score, and Any Game Misconducts.
- b. Team managers will check the Electronic Scoring System, within a week of each game, to ensure scores and statistics were entered correctly. In the case of an error, team managers will notify the Electronic Scoring System.