



2025-2026 PHL Regular Season Rules

1. Three (3) 15-minute periods, stop time
2. One (1) time out per team per game
3. **NO** running time *regardless of score*
4. Coaches to verify rosters noting any players missing or suspended **BEFORE** the game
5. Coaches are to **sign** the GameSheet Ipad App **AFTER** the game has concluded and they review the gamesheet

Penalties

1:30 minutes	Minor penalties
4:00 minutes	Major penalties
8:00 minutes	Misconduct penalties

- 3 game suspension for fighting (1st of the season)
- 5 game suspension for fighting (2nd of the season)
- 1 game suspension for Head Coach with 12 or more total penalties in 1 game
- 1 game suspension for any player with 4 penalties in the same game