



# Carolina Girls Hockey League

## Game Operations Manual



The CGHL is dedicated to the growth of girls ice hockey programs in the Carolinas and beyond, providing young female players the ability to compete with and against other all-girls programs in the region. Participating all-girls programs from North Carolina, South Carolina, Tennessee, and Virginia currently field teams in the 10U, 12U, and 14U age groups.

### **GAME SLOTS**

It is recommended that 10U and 12U games be provided with a minimum time slot of 60 minutes, and 14U games be provided with a minimum time slot of 75 minutes. However, because of varying rink availability, the time slot given to each game may differ from these recommended time slots and may vary from game-to-game and weekend-to-weekend.

### **PERIOD TIMING AND CLOCK OPERATION**

#### Warmup Time

- All games will have a **3-minute warmup period** prior to the start of the game.
- Game will start within 1 minute of the conclusion of the warmup period.

#### Intermission Timing

- There shall be a **1-minute intermission** after the first and second periods.

#### Period Lengths – The following period lengths shall be used, based on the time slot:

- 70+ minutes – three 20-minute, running time periods
- 60 minutes – three 17-minute, running time periods
- 50 minutes – three 14-minute, running time periods

**Note:** Designated supervisors or league representatives may shorten the length of the third period (prior to the start of the third period) in cases where a curfew time is in effect. In these circumstances, the length of the third period should be equal to the number of minutes remaining prior to curfew, minus two minutes (to account for timeouts and stop time). For example, if there are 14 minutes remaining until curfew time at the beginning of the third period, the length of the third period shall be 12 minutes.

#### Clock Stoppages

- The clock shall stop only when instructed to do so by the referees – for example for injuries

### **PENALTY TIMING**

- All minor penalties (10U, 12U): 1:30 minutes run time
- All minor penalties (14U): 2:00 minutes run time
- All misconduct penalties (all age groups): 10:00 minutes run time
- All major penalties (all age groups): 5:00 minutes run time

### **JAILBREAK RULE**

Any team scoring shorthanded will result in the minor (only) penalty of their penalized player being eliminated and the player comes out of the box on the whistle after the goal. Any major penalties will continue to be served. Only one minor penalty is erased per goal – the penalty that has the least amount of time left to be served.