



Regular Season Game Set Up

Before a game both teams' roster including staff contacts should be updated and completed on the website for that game.

Game Length:

1 hour games shall consist of **three, 12 minute stop time periods**. If a game is not able to be completed because of the ice clock, the score at that point will stand. We will have to go with a pre-set warm up time of **3 minutes** and only a **30 second break between periods**.

1 hour 15 minute games = 12, 12, 15. = 3 minute warm up

1 hour 30 minute game = 15, 15, 15 = 5 minute warm up and flood between 2nd and 3rd period.

Officials and coaches will have to uphold these time restraints for each game.
Games must start on time.

Important Points for all Participants:

- *Both teams and coaches are ready to play the game at 3:55, for a 4pm ice time.*
- *Officials are ready to start the game at 4:03 for a 4pm game.*
- *Coaches and officials make sure that only 30 seconds is used between periods.*
- *If you feel that in the third period, you will have extra ice time on the ice clock, both coaches and officials can set the game clock to match what you feel is best for that game. Suggestion is to do this at the 5 minute mark on the ice clock.*

Home team is responsible for having the website completed (during the game if possible) and posted to the website on the day of the game.

Jerseys Home team will wear their **dark** color and **away** team will wear their **light** color. The home team is responsible to settle any discrepancy with this.