

ICE HOCKEY GIRLS

Revised November 2024

I. RULES

A. CIAC

1. The CHSGHA Executive Committee governs all rules.
2. Maximum number of games per season is 20 exclusives of CIAC Tournament play, conference or conference sponsored and administrated play-off games, and alumni games.
3. Limit of games per week is 2 exclusives of postponed games. **Exception:** May schedule 3 games in a week 4 times during the regular season.
4. Teams must have a minimum of 3 days of practice prior to scheduling a full team scrimmage. No jamboree may be played until a team has had at least 8 days of practice. A jamboree is a contest among three or more teams in which two teams may play more than the equivalent of the regulation time established for the sport, and no team may participate against the same opponent for more than one half of the normal regulation time established for the sport. See CIAC Section 5.5j for more detailed conditions.
5. No scrimmage or other contest for which admission is charged shall be held prior to the permissible opening date for the game.
6. All Sports Teams and individual athletes must have a minimum of 10 physical exertional school practice days before the date of the first scheduled competition
7. No team/athlete shall practice/compete with their school more than 6 consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy.

B. FCIAC

1. The top four teams from the year prior play each other twice and play the bottom four once. The bottom four teams from the prior year play each other twice and play the top four once. The **FIRST** game vs an FCIAC opponent counts as the FCIAC playoff positioning game.
2. All games will be of forty-five minutes duration, divided into three fifteen-minute periods of "stop and go" time
3. Eight (8) minutes of overtime to be played for all regular season games
4. Home team will provide an adult timer
5. All conference contests will be played under Federation and high school rules
6. All disqualifications carry over to the next scheduled game if part of 20 game schedule submitted to CIAC and FCIAC
7. Disqualifications shall be expanded to include disqualification for the following:
 - a. Intent to injure or malicious use of a stick at any height
 - b. Spearing
 - c. Kicking or attempting to kick another player
8. In season filming of opponents is not permitted during preseason scrimmages or regular season games.
9. Teams are permitted to dress 23 players (New CIAC Rule) with 5 other team personnel shall be permitted to occupy the team bench area.

II. DETERMINING SCHEDULING

- A. Makeup of the divisions will be as determined as written in the FCIAC League Operations; 3. Scheduling; e. Establishment of divisions.
- B. The chairman of the Ice Hockey committee will assist in drawing up the schedule and submit it to the league for approval so that it may be included in the yearly report to the committee.

- C. All make-ups are to be played on the next mutually open date with facility availability taken into consideration. Saturdays are mandated make-up days during the last two weeks of the regular season. Sunday's can be used by mutual consent.

III. DETERMINATION OF A CHAMPION

- A. At the conclusion of the regular schedule, the teams will be placed in order based on their won-loss conference record
- B. Girls Hockey – 4 Team Tournament
- D. Girls' tournament semi-finals and championship will take place at Darien Ice House.
- E. In the tournament ice will be made after second period and after first overtime period if still tied. Overtime is 15 min. sudden victory period.
- G. For the second overtime period the number of skaters is reduced to 4.
- H. In the second OT if there is a penalty the teams will go 4 on 3
- I. In the second OT if there is a second penalty against the same team, the team not penalized adds a 5th player back on the ice and will go 5 on 3.
- J. If additional periods are needed, they will continue with the procedure in G until someone scores.

IV. TOURNAMENT – 4 TEAM TOURNAMENT

- A. Resolving a tie in points between 2 teams
 - a. Competition with each other
 - i. If game is won by one team, they are the higher seed.
 - ii. If a tie see (B. c.) below
- B. Resolving ties in points between 3 or more teams
 - a. If one team received more points in competition with all the other teams in the tie, they will be seeded highest. (2 points for a win and 1 point for a tie)
 - b. If two teams remain, they will be ranked by competition with each other (see a. above)
 - c. If not resolved by (a.) then
 - i. A team with more wins in their point total will be seeded higher.
 - d. If not resolved by c (a) then
 - i. all teams in the league are placed in rank order.
 - ii. the team which defeated or tied the highest seeded team will be seeded highest.
 - iii. if the number is now reduced to two teams, if one team wins both games or one win and tie, they are the higher seed.
 - 1. If they are still tied, then go back and repeat (c. i.)
 - iv. If a tie can still not be broken, a coin flip will be used to determine the rank order for the playoffs.
 - 1. Once a team is eliminated from a three-way tie you go back to (A.) to determine further order.

V. AWARDS

- A. An FCIAC Championship plaque will be awarded to the winner of the FCIAC Girls' Ice Hockey championship game
- B. A runner-up trophy shall be awarded at the FCIAC Championship game.
- C. Medals will be awarded to each of the 23 members of the championship team
 - 1. Additional medals if needed may be purchased by the winning team
- D. Regular season champion shall be awarded a trophy
- E. The FCIAC hockey chairperson and coaches of teams in the conference will choose an All-Conference first and second team and an MVP. There will be an adjustment on the number of athletes recognized from past years to be in line with our other sports.

VI. CURRENT POLICY FOR GIRLS

- A. No practice prior to 11/25/24
- B. No games prior to 12/9/24
- C. Adhere to a 20-game schedule
- D. No “scrimmages” will be scheduled during the competitive season. (Teams would be allowed to scrimmage after the regular season and before any post-season begins)
- E. All teams will adhere to the High School Team First Policy
- F. Adhere to all FCIAC/CIAC rules regarding eligibility, physicals, and disqualifications.
- G. All coaches will submit to their respective AD’s schedules of games and practices to ensure that no student/athlete is on the ice more than 6 days per week. (HS team and outside team combined)
- H. Violations of the above will call for league sanctions against the schools involved.