

2022-2023 CGHL Game Operations

WARM-UP LENGTH:

- All divisions 3-minutes

PERIOD LENGTHS:

- Girls 19U- 15 minutes
- Girls 15U- 15 minutes
- Girls 12U- 14 minutes
- Girls 10U- 12 minutes

VMHC iPad code- VMHC (8642)

GAMESHEET iPad Keys:

- Girls CGHL games: ipad-cghl-co

- CGHL Exhibition games: ipad-exh-co

ALL GIRLS/CGHL JAMBOREE GAMES - Periods 1 and 2 are RUN CLOCK, period 3 is stop time unless the goal differential is 5 or more, in which case the clock runs. If a team scores, making the goal differential less than 5 in any portion of the 3rd period, the clock will go back to stop time.

The clock will be stopped during a running time period in the event of injuries.

NO overtime play in any league or exhibition games.

PENALTIES

Penalties will be clock time. Penalties begin on the drop of the puck. If a penalty ends during the stoppage of play the player may NOT return to the ice until play has resumed.

Minor Penalty Lengths:

- Girls 19U- 2:00
- Girls 15U- 2:00
- Girls 12U- 1:30
- Girls 10U- 1:00

Each team may have one time out per game.