

MID ATLANTIC WOMEN'S HOCKEY ASSOCIATION

Rules and Regulations

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**MID ATLANTIC WOMEN'S HOCKEY ASSOCIATION
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Section Contents

Section 1 – Conduct

Section 2 – Game Regulations

Section 3 – Club and Team Reporting / Deadlines

Section 4 – Team Regulations

Section 5 – Scheduling

Section 6 – Player Development

Section 7 -- General League Regulations

Section 8 – MAWHA Championship Playoffs

Section 9 – Conduct Detrimental to MAWHA

Section 10 – Code of Ethics

Section 11 – League Fees and Other Financial Commitments

SECTION 1 – CONDUCT

1. MAWHA will adhere to the playing rules of USA HOCKEY INC., except when MAWHA rules and regulations supersede the playing rules of USA Hockey.
2. The home team is responsible for the safety of the Officials and the visiting teams. It is the responsibility of each Member Organization to make certain that the Officials are not subjected to verbal or physical abuse, requiring the management of their declared home rink to uphold the Zero Tolerance and other policies established by USA Hockey or any rules of conduct established by applicable governing entities. It is the responsibility of the home team to ensure that spectators are not allowed in the vicinity of the players' benches or penalty boxes.
3. Players and coaches are expected to act in a sportsmanlike manner. Verbal abuse of Officials will not be tolerated, and any player or coach receiving a Game Misconduct for verbal abuse will be suspended for one (1) additional league game. Any second offense for this issue at any time in a player or coach's MAWHA career may result in as much as a full suspension which will be determined by the MAWHA Commissioner.
4. Any coach or player placing hands or otherwise aggressively contacting an Official or opposition coach or player may be suspended for at least five (5) games for the first offense. Permanent suspension may result from any second offense in the course of a MAWHA career.
5. Fighting, verbal abuse, or harassment of an Official before or after games anywhere on or near rink property will receive the same penalties as in game situations.
6. Any manager, player, coach or team official entering the Official's dressing room without permission shall receive a minimum fine of \$100.00. In addition to the fine, which may be increased as the Commissioner feels necessary, the Commissioner is empowered to take all other disciplinary action deemed necessary.
7. Coaches are expected to refrain from conduct that initiates or condones

violent retaliatory actions during game play. Any coach determined by the Commissioner of encouraging violent actions on the part of their players will be suspended from the league. The length of the suspension will be a minimum of thirty (30) days and up to one year. The suspension will be determined and imposed by the MAWHA Commissioner.

8. After the post-game handshake, and at any other occurrence of the teams leaving the ice, the home team will hold their bench until the visiting team has gone to their locker room or otherwise left the ice.

SECTION 2 – GAME REGULATIONS

1. All teams must make every effort to wear matching uniforms with the home team wearing white or light-colored jerseys unless there is a prior mutual agreement for a change. Member teams must have home and away jerseys. All jersey numbers must match what appears on the game's scoresheet and must match the jersey numbers listed on the MAWHA website. The Commissioner will approve the selection of jersey colors for all teams in all divisions.
2. Home teams are responsible for providing a timekeeper and official scorekeeper (can be a single competent person if necessary).
3. Each team should provide their own penalty box attendant. Only penalized players and one attendant are permitted in the penalty box. All attendants need to have completed SafeSport training.
4. Home teams must provide game Officials. It is highly recommended that all Officials be level 3 for 16U & 19U games. It is highly recommended that all referees should be at least three years older than the age classification they are officiating. In no case should level 1 Officials be scheduled for league games.

The fee schedule for Officials shall be as follows:

- 19U - \$110.00 per game
- 16U - \$110.00 per game
- 14U - \$90.00 per game
- 12U - \$75.00 per game
- 10U - \$60.00 per game

5. All off-ice officials are subject to the approval of the referee (Official). Any decision by a referee to replace an off-ice official must be addressed by the offending team immediately, and without reservation.
6. It is the responsibility of the game officials to be available on time to start games at the scheduled time after the appropriate warm up session. It is also their responsibility to resume play for the start of periods after the mandated

rest period. Any breakdown in this procedure by the officials should be reported to the Referee-in Chief.

7. All original (white) scoresheets must be retained by the home team, and then delivered to the League Office at a timely manner in a fashion to be determined by the Secretary.
8. To receive credit for a game played, all players must be legibly listed on the scoresheet. Illegible entries are subject to review by the Commissioner. All decisions on game credit reside solely within the Commissioner's discretion and are not subject to appeal. Teams found in violation of this rule will be fined \$200.00, and the offending player may lose credit for all games played to prior to the infraction. In the event that a player has been listed on the scoresheet but is not in attendance at the start of the third period, the official scorekeeper must scratch the player's name. Unless concrete evidence is provided to the Commissioner proving a violation of a game credit for a player, a scoresheet properly signed by both coaches at the end of a game will serve as proof of players' participation.
9. Only the players dressed for a game and having been listed on the score sheet by the start of the third period may be given credit for playing in the game. No player may be given credit for the game nor enter the team's bench after the start of the third period.
10. No Official or off-ice officials are permitted at any time to downgrade a penalty once it has been properly recorded on the scoresheet.
11. League game time structures:
 - a. 16U and 19U divisions consist of a 5-minute running time warm-up, followed by three 17-minute stop-time periods. A minimum of one and a half hours of ice time must be provided by the home team.
 - b. 14U division consists of a 5-minute running time warm-up, followed by three 16-minute stop-time periods. A minimum of one and a half hours of ice time must be provided by the home team.

- c. 12U division consists of a 5-minute running time warm-up, followed by three 15-minute stop-time periods. A minimum of one and a half hours of ice time must be provided by the home team.
- d. 10U and lower age brackets consist of a 5-minute running time warm-up, followed by three 12-minute stop-time periods. A minimum of one and a quarter hour of ice time must be provided by the home team.
- e. In all divisions a two-minute rest period between the game periods is mandatory.
- f. Starting games promptly is the responsibility of the game officials. All problems in this area should be reported to the Referee-in-Chief, along with any reports of missing or late officials.
- g. Running clock will commence if the game reaches a 7-goal differential at any point in the 3rd period. If the differential is reduced to 4 goals at any point after the start of running clock, the clock will revert back to stop-time.
- h. If the game is tied following regulation play and there is sufficient time remaining in the schedule ice slot, one five (5) minute sudden-death overtime period shall be played using a 4 vs 4 players scenario . At the completion of the third period, the tied teams shall receive a two (2) minute rest period. The teams will remain on the ice. The teams shall not change ends. If the score is tied at the end of the five (5) minute sudden-death overtime period, the game will be recorded as a tie and each team will receive 1.5 points.
- i. Unless previously arranged, the game ends when the ice time ends. At least two complete 15 minutes of stop-time must be played. If insufficient time remains for completion of a full third period, the game clock may be shortened by dividing the remaining minutes left in the game slot by two and conducting an abbreviated third period. In no event may a running clock be used. With no sudden-death, the game will be recorded as a tie.

12. Penalty lengths of time:
 - a. 16U and 19U divisions
 - i. Minor penalty - two minutes
 - ii. Major penalty – five minutes
 - iii. Misconduct – ten minutes
 - b. 14U and 12U divisions
 - i. Minor penalty – 90 seconds
 - ii. Major penalty – four minutes
 - iii. Misconduct – eight minutes
 - c. 10U division
 - i. Minor penalty - one minute
 - ii. Major penalty – three minutes
 - iii. Misconduct – six minutes
13. Any head coach whose team incurs 12 or a player who receives 4 penalties in any game will result in the coach/player being suspended for the next MAWHA league game. The suspension must be served for a league game that had already been listed on the teams’ game schedule website prior to the start of the game during which the suspension was generated.
14. The following immediate automatic suspensions apply for players and coaches
 - a. Game misconduct – Next league game.
 - b. Match penalty – In accordance with USA Hockey rules, immediate suspension from all practice and all games until reviewed by the MAWHA Commissioner and the appropriate USA Affiliate District Directors.
15. Suspensions earned in a league game, must be served in the next league game, in addition to any USA Hockey mandated requirements. Where a non-league game is scheduled prior to the next league game, the suspended player must serve the suspension at the non-league game to satisfy USA

Hockey requirements, and also at the next league game to satisfy the league requirements.

16. Suspensions earned in non-league games carry over to a league game if the league game was the next game on the team's schedule at the time the penalty was awarded. Non-league games may not be scheduled after the infraction to satisfy USA Hockey requirements. For further information review USA Hockey rule 404c.
17. Suspensions carry over to league and/or district playoffs.
18. All suspensions must be reported to the MAWHA Commissioner within 24 hours of the infraction. It is the responsibility of the Member Organization of the offending player to report the suspension.
 - a. Any additional games warranted by the Commissioner's review of the game officials report will be communicated by the Commissioner to the team of the offending individual.
 - b. If the player or coach has already served the minimum suspension and has returned to participation status, they will serve any additional games mandated by the Commissioner immediately upon notification.
 - c. The Commissioner has fourteen days from the notification date to make a determination. The notification date is the date the Commissioner learns of an infraction, not the date the infraction occurred on.
 - d. In the event that a Member Organization does not report a suspension to the MAWHA Commissioner in a timely manner, the Commissioner at their discretion may sanction the Member Organization, including imposing fines and/or forfeits of league games.
19. Competition by league members in preseason, or post-season contests and in-season exhibitions and tournaments shall be subject to discipline as prescribed by the MAWHA By-Laws and MAWHA Rules and Regulations. Any organization, coach, manager, or administrator failing to report to the

League any game suspension penalties will be subject to further suspension and/or fine that will at the discretion of the Commissioner.

SECTION 3 – CLUB AND TEAM REPORTING / DEADLINES

1. MEMBER ORGANIZATION DECLARATION

Prior to June 1 of the upcoming playing season, each Member Organization shall submit to the MAWHA President the names, email addresses and phone numbers of persons associated with managing the Member Organization.

The list of persons required to be entered on the MAWHA website should include, but not be limited to:

- the club President
- the club Treasurer
- the designated MAWHA delegate (representative)

These names must be filed with the League Office. Each member organization will immediately notify the MAWHA Secretary in writing upon any changes made to their personnel during the course of the season.

Member Organizations must formally declare two of these persons as “delegates” for all MAWHA meetings. These two persons will ALWAYS be included in communications between the MAWHA Executive Board members and any participants in MAWHA events (i.e. officials, coaches, managers, parents, players). The MAWHA Executive Board reserves the right to limit its communications with solely the two designated “delegates”.

The names, email addresses and phone numbers of the members of the organization will be distributed to member teams via a MAWHA contact list maintained by the MAWHA Secretary. The contact list will also be available on the MAWHA website.

2. TEAM DECLARATIONS

Prior to July 1 of the upcoming playing season, each Member Organization shall submit in writing information for each team that they will field. A proper and acceptable team must contain the full names of at least ten (10) skaters and at least one (1) goalie. MAWHA reserves the right to seek independent written verification from individual players (re: parents) that they are in fact committed to playing for that team/Organization.

It is the intention of the MAWHA Executive Board to reject any attempts to field a new team after July 1. Only under extraordinary circumstances will a Member Organization be allowed to move a team up or down a “skill level” after July 1.

League fees for the season will be \$750.00. For each team declared, the Member Organization must remit a \$375.00 initial payment by July 15th of the upcoming playing season. A refund of the \$375.00 may be considered by the MAWHA Executive Board under extraordinary circumstances, but the remittance is otherwise non-refundable.

3. SCHEDULING COMMITMENTS

By August 1st of the upcoming playing season, MAWHA will have established and posted on the website the matrix of games to be scheduled between the first Saturday after Labor Day and the third weekend of February for all divisions.

All games must be scheduled and entered onto the MAWHA team site by the team managers / club schedulers prior to the first Friday after Labor Day. All clubs will be subject to a \$500.00 fine if all required games are not posted by the first Friday after Labor Day.

SECTION 4 -- TEAM REGULATIONS

1. An approved USA Hockey roster from each team must be on file (USAH roster internet link) with the League Office prior to the first league game. Teams will forfeit every game played until the USA Hockey roster is properly posted.
2. Prior to noon Friday preceding the playing their first league game, each team must have listed each player and their distinct jersey number on their roster page on the MAWHA website, establishing their MAWHA roster. PLAYERS LISTED ON THE MAWHA ROSTER MUST MATCH OR BE A SUBSET OF THE PLAYERS CURRENTLY LISTED ON THE TEAM'S USA HOCKEY ROSTER. THERE ARE NO EXCEPTIONS – A FORFEIT WILL BE ASSESSED TO ANY TEAM THAT FAILS TO PROPERLY POST THEIR ROSTERS ON THE MAWHA WEBSITE.
3. Any changes to a team's roster must be properly reflected on the USA Hockey roster and the MAWHA roster on the MAWHA website by noon Friday for the upcoming weekend games scheduled to be played. THERE CAN BE NO ROSTER CHANGES, PLAYER MOVEMENTS, OR DUAL-ROSTERING OF **ANY** PLAYER DURING A SINGLE WEEKEND (between noon Friday and midnight Sunday).
4. Roster changes may be made after December 31, however players added to the roster after December 31 will be ineligible for post-season play.
5. Player movement (within a club)
 - a. A player who has appeared on a USA Hockey Tier I roster and has played two (2) games of any type for that Tier I team after the start of the season is ineligible to be placed on any Tier II roster. There are no exceptions.
 - b. Each team is permitted five (5) total player movements in a season. A player movement is any "drop" or "add" made to the team roster. This affects existing rostered players, not new players to the club.
 - c. Any player who moves up a level (division) within an age bracket for three games during the season is ineligible to move back down to the lower level team (no dual-rostering) for the remainder of the season.

Goalies are allowed five games.

- d. No team can add or drop more than three players in any weekend, in an attempt to bolster two perpetually understaffed rosters. Player movement is permitted to allow experimentation for individual player development, not to “build teams”.
 - e. Teams or Member Organizations must complete and submit the online Player Movement Form to the League Office. If a rule is violated, MAWHA can at any time inform the team or Member Organization that (a) particular game(s) will be forfeited due to the violation of the rule(s). A request for clarification can be submitted in writing to the Commissioner or the Division Director prior to midnight Thursday night of the upcoming weekend games, allowing for timely alterations by noon Friday.
6. All AAHA players are free to move at the end of each season to any Member Organization at the conclusion of the USA Hockey National Championship. All players are required to fulfill all financial obligations with their current Club. Any Member Organization may impose a Player Movement Restriction against a player who has not fulfilled their financial obligation. Written notification to the AAHA Office is required when placing a player on the Restricted List.
- a. There will be no “in-season” player movement between clubs. “In-season” Player Movement is defined as player who has already committed in writing to play for one AAHA Member Team and is seeking a release to play for a different AAHA member within the same season.
 - b. Once a player has made their commitment to an AAHA Member Club, for the purposes of playing on an AAHA Team; the player will be deemed ineligible to participate with any other AAHA Member Club for that season.
 - c. AAHA Member Clubs may issue a written release “in-season” to any player for purposes of indicating that the player (and Parents) has met

all financial obligations with the AAHA Member Club. However, this release does not authorize the player to participate with other AAHA Members for the duration of that season.

- d. For the purposes of this policy, the “season” will commence at the start of the AAHA Member Club’s initial tryout period and run through the conclusion of the following USA Hockey National Championship.
 - e. The AAHA Vice President of Suspensions and Appeals is empowered to review extenuating circumstances, such as family relocation, as a possible reason to exempt a player from this policy.
 - f. During the season, the player agrees to play ice hockey exclusively for the club, with the exception that the player may participate in playing hockey for their scholastic, non-tournament teams, independent travel teams, recognized house league, any affiliate sponsored teams, and girls playing on boy’s teams in another organization.
7. Tier I USAH registered teams will be limited to no more than two (2), players per roster, per season, playing up in age classification. Any player playing up a classification may only do so in the second year of eligibility of their current applicable age-appropriate classification. Tier II USAH registered teams will be subject to restrictions on the number of players playing up in age classification.

SECTION 5 – SCHEDULING

1. The schedule will be finished and posted on each team's site on the MAWHA website by the first Friday after Labor Day and teams may make any necessary amendments until September 30th, but only upon written agreement from the originally scheduled opponent, and then submitted to the Commissioner and Vice President.
2. THERE WILL BE A \$500.00 FINE ASSESSED FOR EACH TEAM THAT HAS NOT POSTED ITS COMPLETE SCHEDULE OF GAMES ON THE TEAM'S WEBSITE BY THE FIRST FRIDAY AFTER LABOR DAY.
3. Failure to play a game other than weather emergencies will result in a \$1,000.00 fine to the club who failed to field a team for the game. If the two teams agree to play a rescheduled game and receive written approval from the Commissioner or Division Director, the game can only then be placed on the MAWHA website and played. Otherwise, it will become a 1-0 forfeit loss for the team who failed to field a team.
4. In the event a Member Organization's team drops out of a particular division after the schedule has been published, the League will make every attempt to reschedule games to maintain a full season subject to a formula set up by the League Office. The Commissioner will determine and administer fines and/or other sanctions against the offending Member Organization.

SECTION 6 -- PLAYER DEVELOPMENT

1. All Member Organizations are required to work with their affiliate rink to help organize and/or participate in existing programs that will develop young girls' interest in playing ice hockey. As evidence, written communication between a Club and its home rink may be requested by the League, showing a desire to foster such programs.
2. Learn to Skate, Learn to Play, and "starter equipment swap" programs need to be arranged and supported throughout the year. As evidence, written communication between a Club and its home rink may be requested by the League, showing a desire to support such programs.
3. All Member Organizations are expected to create an 8U girls team. Each player should be provided with a single, simple "game" jersey with a number on the back. This team will be informed of the dates and locations of MAWHA's traditional 8U Jamborees held throughout the season. Member Organizations will be expected to place their 8U teams in most of the announced Jamborees as further evidence of each club's effort to grow the sport.
4. Any Member Organization who fails to field a team at either the 8U or 10U levels for two consecutive seasons must provide MAWHA's Executive Board with written justification as to why its Club should be allowed to field any teams in the third upcoming season. Failure to do so may cause the Member Organization to forfeit its right to participate in the League.

SECTION 7 – GENERAL LEAGUE REGULATIONS

1. During the normal playing season the Commissioner's interpretations and rulings will stand, unless a Member Organization asks for a review within 24 hours of learning of the Commissioner's ruling. All requests for review of the Commissioner's ruling will be accompanied by a \$100.00 check which must be made payable to MAWHA and overnight mailed to the league office. Upon receipt of the check or of mailing, the review will be conducted by a telephone conference between the Commissioner, and at least two elected officers of the League. Within 24 hours of the conference call, the elected officials must make a determination to:
 - a. Let stand the Commissioner's ruling or
 - b. Refer the matter to the Executive Board for review. In this case the Executive Board by simple majority vote will render a final determination within seven days of the referral.

In the case that the Commissioner's ruling is overturned, the check will be returned to the Member Organization.

2. The regular season game deadline is the last weekend prior to the MAWHA playoffs.
3. It is the responsibility of the home team to make certain that game sheets properly recorded. The accurately completed score sheets must be recorded in the league's website by Tuesday of each weekend's games. A minimum fine of \$25.00 per occurrence and/or sanctions may be imposed by the Commissioner for failure to report information by the League deadlines.
4. For teams in the Atlantic District, the Commissioner will determine and announce the first MAWHA sanctioned date and time for team tryouts for each new season. No tryouts, player evaluations, team sponsored clinics, or other on-ice recruiting events shall be employed by member clubs, their volunteers or their coaching staff prior to first announced date of tryouts. Teams found in violation of this regulation may have their Atlantic District tournament/playoff eligibility revoked and/or their membership in MAWHA terminated.

SECTION 8 – MAWHA CHAMPIONSHIP PLAYOFFS

1. QUALIFICATION

- a. Only teams who receive a formal notice from the League Office will be deemed eligible for post-season play. Issues such as unpaid fines, unplayed League games, improper rosters or roster-related issues may cause a team to be declared ineligible.
- b. As appropriate for each division's circumstances in each season, the number of playoff spots will be announced early in the season. Member Organizations are not permitted to unilaterally withdraw from post-season play. All teams who participate in the league schedule are expected to also participate in the playoffs if their division seeding makes them eligible. Any Club who fails to fulfill this obligation will be severely sanctioned by the League.

2. SEEDING

- a. Seeding is determined by total points gained in all regular season league games. If teams play an unequal number of league games, seeding will be determined by points per game.
- b. Tiebreakers will be as follows, using only officially recorded MAWHA games:
 - i. Total wins
 - ii. Total regulation wins
 - iii. Head-to-head record between tied teams
 - iv. Head-to-head goal differential
 - v. Head-to-head goals against
 - vi. Total goal differential
 - vii. Total goals against
 - viii. Coin toss or play-in game as decided by the CommissionerIf more than two teams are tied, the process above is utilized until one team is separated from the group. Once a criterion firmly establishes the position of any tied team, that team will be placed in that position, and the remaining teams will start the tie breaking process from the beginning (Tiebreaker 1) to determine the order of finish for the remaining teams.

3. SCHEDULING

- a. Playoffs will be held the weekend after President's Day. All regular season games through the third Monday in February will count towards playoff standings.
- b. Playoffs will be single elimination at all levels. The higher seed is the home team in all instances.
- c. Teams will be seeded in a 4-team, 8-team, or 16-team bracket format, depending upon the number of qualifying teams at each level. No team will receive more than a one-round "bye" in any instance, and teams will NOT be re-seeded once the bracket is finalized.
- d. The Vice President will have final determination over scheduling and seeding.

4. GAME PLAY

- a. All playoff games will be three stop-time periods of the same length as regular season games at each level.
- b. There will not be an ice cut between periods at any level.
- c. Running clock will commence if the game reaches a 7-goal differential at any point in the 3rd period. If the differential is reduced to 4 goals at any point after the start of running clock, the clock will revert back to stop-time.
- d. If a playoff game is tied following regulation play, sudden-death overtime period(s) shall be played. The length of the overtime shall be equal to the length of the third period and shall be sudden death. Teams shall switch ends at the end of the third period. Sudden death overtime shall continue and teams shall switch ends at the end of each overtime period, until there is a winner. There will be an ice cut after the first overtime period and again every three (3) overtime periods.

SECTION 9 – CONDUCT DETRIMENTAL TO MAWHA

1. In the event a Member or any person associated with a Member shall make any statement detrimental to MAWHA, including statements made to USA HOCKEY representatives or representatives of USA HOCKEY affiliates, the Member shall be deemed by the Commissioner to have committed an offense. The Member shall be subject to censure, fine and/or termination.
2. It shall be within the absolute discretion of the Commissioner as to whether statements or conduct are detrimental to MAWHA and as to whether such statements were made or performed by a Member or any person associated with a Member. To make such determination, the Commissioner shall make such inquiry as deemed necessary.

SECTION 10 – CODE OF ETHICS

1. The following ethical principles relate to the conduct and actions of all officers and individuals associated with MAWHA and its Members. It shall be the responsibility of the Member's representative to enforce these principles. All violations of these principles will be dealt with in a manner prescribed by the Commissioner.
 - a. All individuals associated with MAWHA or one of its Members shall deport themselves with honesty and sportsmanship at all times, so that the sport of ice hockey, and they as individuals, will represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.
 - b. All officers and individuals associated with MAWHA including one of its Members shall not, directly or by implication, use the MAWHA'S name or their affiliation with MAWHA in the endorsement of products or services without prior Executive Committee approval.
 - c. All officers and individuals associated with MAWHA or one of its Members shall respect the integrity and role of all other Members, and shall not perform any activity that would demean or be injurious to another Member or Member team.

SECTION 11 – LEAGUE FEES AND OTHER FINANCIAL COMMITMENTS

1. Member Organizations must provide sufficient home ice slots for each team in order to complete all schedules prior to the MAWHA scheduling deadline.
2. The MAWHA Fees will be based on an annual expense budget, and will be determined by the Treasurer, and approved by the MAWHA Executive Committee. Any increments in the fee schedule will be determined by the Treasurer.
3. MAWHA Expenses: The administrative expenses will be divided and assessed equally among the Member Organizations and any other participating organizations. MAWHA operating expenses will be divided equally among the teams operating in a particular division.
4. Schedule of MAWHA Fee Payments:
 - a. 50% due by July 1st
 - b. 50% due by November 1st

Failure to make prompt payment of any League fees and fines will result in suspension of the Member Organization.