



2025-26 Regular Season Rules *Cheat Sheet*

Our mission is to deliver the BEST overall experience in Minnesota for women at all levels of hockey.

Excerpts from the 2025-26 WHAM Handbook:

- WHAM will play under **2025-2029** USAH Playing rules, unless otherwise specified below.
- **The HOME team supplies the score sheet.** Score sheets must be filled out completely, including shots on goal, saves, goals, and assists. Coaches and referees should all sign the score sheet. Game misconducts, referee complaints, and issues with team rosters should be **CLEARLY** noted and described on the score sheets.
- **GAME TIME FORMAT:** There will be a 4-minute warm-up (begins at the start of the hour), two (2) 17-minute periods of running time; one (1) minute rest between each of the second and third periods; **and third (3) period, put whatever time is remaining in the hour on the clock and run the time.**
- Host a Captain's Meeting with 2 minutes remaining in the Warm-Up
- Rule 201(a), if a team does not have enough players (minimum of six (6) players) prior to the start of a regularly scheduled game or a team fails to show up for a game, a willful forfeit occurs. *Be patient with the teams; allow the warmup to complete before enforcing the rule.*
 - Rule 201(a) is also true if, at any time during the game, a team has been reduced to less than **four (4) players** (due to penalties, injuries, etc.), the game shall be declared a forfeit.
- **No Timeouts.**
- Game Penalties & Ejections: **If any one (1) player is assessed three (3) penalties (regardless of the minutes associated with those penalties), the player will be ejected for the remainder of that game.**
- **A game may not be played without 2 USAH-certified officials.**
- **USA Hockey Crests MUST be worn**, and officials must be completely registered.
- No Children (under the age of eighteen (18) or pets are allowed in the penalty box, player's bench, OR scorer's table.
- Officials must be eighteen (18) years of age or older as of the current season.
- Officials may not officiate any games for the level in which they play, coach, or have siblings, spouses, partners, or significant others that participate. Officials must inform the Scheduler of their conflict.
- All new officials (mentees) participating in the WHAM Officials Mentoring Program will, in most cases, be restricted to (1) Working lower level games; (2) Partnered with a WHAM Mentor Official or another experienced WHAM Officials with a WHAM Mentor official on-site to observe and (3) may only be scheduled for 'mentor" (referee development) games through December 31st of the current season.

Officials Conduct: Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial, and constructive manner at all times. The actions of an official must be above reproach. Actions such as “baiting” or inciting players or coaches are strictly prohibited. Officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

Zero Tolerance Policy: USA Hockey, MN Hockey, and the WHAM Organization enforce a *Zero Tolerance Policy* whereby referees do not have to accept any form of abuse from players, coaches, team managers, or fans. Teams will be held responsible for the actions of their players, coaches, team managers, and fans if a situation occurs. Penalties and/or disciplinary action may be assessed by the Board in partnership with WHAM Officials Supervisor.

Injuries: Injuries occurring during the game and their impact on the outcome of the game(s) will be handled on an individual basis. Ice schedule(s) and amount of game completed will be among the factors considered. Every team should have at least one (1) coach or team member certified in CPR and First Aid. If an injury appears serious, do not hesitate to call 911. Referees are responsible for deciding when to stop play for an injury. Except for the third period, the referee will decide whether to stop the clock or not. Because games must be completed within one (1) hour, the referee will most likely NOT stop the clock. Due to insurance regulations, the referee cannot treat an injured player.

Game Misconduct/Match Penalties – (1) Notify Chelsea (Referee Supervisor) within 24 hours of calling a Game Misconduct, Match Penalty, or Major assessed under Rule 411 (Progressive Suspensions). **Email or call with details as to the Game Date, Time & Arena, Game level, Teams name, Penalized Player #, Penalty Assessed, & description of the events of the penalty.** (2) Complete the **USA Incident Report** by logging into your officials’ profile page at www.usahockey.com. Only one (1) report is needed (one official submits). Once the official has logged into their profile, they can access the system to submit a game report or review previous reports. Click on the “Report Incident” button and complete the required fields as accurately as possible. (3) Reports should be submitted immediately following the game and **NO LATER THAN 48 hours** upon completion of the game.

No Show – Each no-show violation will incur a \$100 fine to the no-show official and may be subject to additional supplemental discipline by WHAM Officials Board. **What do you do if you are at the rink with no partner?** Twenty (20) minutes prior to the start of your game, try to contact your partner. If there is no answer, immediately notify Carlye (Referee Scheduler). This allows Carlye time to scramble to find your partner OR a replacement. **The on-site official, FAILURE TO NOTIFY Carlye 15-20 minutes before the start of the game will nullify you from extra compensation for working the game by yourself.**

- If another USA Hockey certified official is in the arena, they can officiate the game with you as long as approval is received from both teams beforehand. After the game, get their name and any contact information (phone, email, etc.) and notify Carlye & Chelsea that you found an official to work with so that WHAM Officials can compensate the official and send a Thank You.

WHAM Officials Contacts:

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WHAM Officials Board
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