



SWANSEA GIRLS HOCKEY LEAGUE

RULEBOOK

2025 - 2026

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1. Summary

The Swansea Girls Hockey League (SGHL) Rulebook is the official standard for on-ice play and discipline in the league. This Rulebook references ***Hockey Canada Official Playing Rules*** (2024-2026) for the women’s U18 age category as the general ruleset for SGHL with **supplementary rules** adapted to the unique features and culture of SGHL. The Rulebook is intended for officials, coaches, parents/guardians and players to provide **a single, complete ruleset** for everyone who participates and directly supports SGHL hockey games.

2. Purpose

The SGHL Rulebook has been created to ensure that players, coaches, referees, and parents/guardians share a **common understanding** of the rules, to **set clear expectations** across all participants and stakeholders, promote sportsmanship, to safeguard player well-being, and to support referees and league officials in **applying rules in an objective and consistent manner**. By documenting these standards, the SGHL Rulebook reinforces the SGHL’s commitment to learning, fair play and a respectful, supportive environment.

3. Scope

The SGHL Rulebook sets the **standard for on-ice play and officiating** in the league including exhibition and regular season games. Many rules will also inform activities or decisions by coaches, parents or players in off-ice environments such as at the bench or in the dressing room which are necessary to prepare for and support on-ice play. Some rules interact with other SGHL policies, such as the SGHL Concussion Policy. Coaches and Officials must also comply with other SGHL policies, procedures, guidance and training as necessary. The Rulebook does not cover the many other functions of SGHL such as player registration or other SGHL events such as pre-season skills sessions or practices.

4. Approach

This Rulebook references *Hockey Canada Official Playing Rules 2024-2026* for the female U18 age category (the “Hockey Canada Rules”) as the general ruleset for SGHL with supplementary rules adapted to the unique features of SGHL. Each section of this Rulebook will include references to the related section of the Hockey Canada Rules and describe the supplementary rules, if applicable, for SGHL. The Hockey Canada Rules can be downloaded from the Hockey Canada website at this location:

[Hockey Canada Downloads - Hockey Canada Playing Rules 2024-2026](#)

5. Responsibility

Creating and maintaining the SGHL Rulebook is the responsibility the SGHL Board of Directors, to be reviewed and updated annually. During the pre-season, the current Rulebook is **published on the SGHL website and reviewed with league officials**.

6. Playing Areas

For the 2025-2026 hockey season, SGHL will be operating out of two arenas, Rennie Park rink and Mimico Arena. Both of these facilities are owned and managed by the City of Toronto. Rennie Park rink is located in centre of the Swansea neighbourhood at 1 Rennie Terrace, on the west side of High Park, south of Bloor St. Rennie Park rink is an outdoor ice rink with an adjacent clubhouse and Zamboni garage. The clubhouse building has two floors. The bottom level has four dressing rooms and a small changing room for the officials. The top floor includes a viewing area that overlooks the rink, a snack bar, SGHL equipment storage locker, an office for City of Toronto staff and bathrooms. Rennie Park rink includes an enclosed ice hockey rink and a small skate path for leisure skating. The Rennie Park hockey rink has several unique features which require awareness and attention in this Rulebook:

- a) No line markings on the ice.
- b) One penalty box.
- c) No net posts allowed.
- d) Scoreboard / game clock display are remote-operated from a timekeepers console that is operated from inside the upper level of the Clubhouse.

Mimico Arena is an indoor, single-pad ice hockey rink located at 31 Drummond Street in Etobicoke. Mimico Arena is a standard, City of Toronto indoor rink with no features that require awareness or special consideration in this Rulebook.

SGHL Rules - Playing Area:

6.1.1 Outdoor Ice Surface:

At Rennie Park, there are sometimes cases where heavy snow or other issues prevents the ice from being cleared enough for a puck to slide on the ice or be visually traced. In this case the referee will **replace the puck with an orange street hockey ball**.

6.1.2 Cold Weather:

At Rennie Park, if the temperature with wind chill is **below -26 Celcius** within one hour of game-time, **the game will be cancelled** due to cold weather.

7. Team Composition & Lines

Each team is made up of 17 players and grouped into 3 lines. Line 1 has 6 players, typically in the age ranges from 7 through 10. Players from Line 1 are “moved up” based on their skill level assessment during the preseason player evaluation and team creation phase. Once teams are formed, players designated as Line 1 players will remain Line 1 players for the full playing season. The additional sixth position on Line 1 is a center defenseman, aligned between the left and right defenceman positions on the faceoff.

Line 2 has 6 players, typically in the 11 – 13 age range, but plays with 5 positions. As with Line 1, players from Line 2 are moved-up to Line 3 based on their skill level assessment during the preseason player evaluation and team creation phase. Once teams are formed, players designated as Line 2 players will remain Line 2 players for the full playing season including playoffs.

Line 3 has 5 players, typically in the 14 -17 age range. Players remain on Line 3 until they can no longer be registered to play in the league after their 18th birthday. Once teams are formed, players designated as Line 3 players will remain Line 3 players for the full playing season including playoffs.

Players will be listed on each game sheet according to their designated line.

SGHL Rules - Team Composition & Lines:

7.1.1 Player Requirements

Teams require a minimum of **3 Line 1 players, 3 Line 2 players and 2 Line 3 players** for the game to begin. If one or both teams cannot meet these requirements, they will forfeit the game. Games ended by forfeit are given scores of 1-0 for the non-forfeiting team. If both teams forfeit, the score is 0-0 and both teams are awarded losses. In the event of a forfeit, the two teams can play a “friendly game” with officials present.

7.1.2 Playing Up

Players are allowed to play-up on the line above their designated line to fill open positions. Players designated as Line 1 players cannot play-up on Line 3. This is a bench minor.

7.1.3 Playing Down

Players are not allowed to play-down on the line below their designated line. This is a bench minor.

7.1.4 Pulling the Goalie

The goaltender can be pulled in order to add an additional skater on Line 2 and Line 3 only. If a team pulls their goalie on Line 1, they cannot add another player.

7.1.5 Playing Without a Goalie

In the event that a team does not dress a goalie for a game or if a goalie leaves the game for any reason, the following rules apply:

- a) On first line, the team playing without a goalie can use a 2nd or 3rd line skater to play in net with a goalie stick and regular player equipment. On first line only, the substitute goalie cannot leave the net area and cannot cover the puck with their hands to stop play.
- b) For Line 2 and Line 3, the team playing without a goalie can play with an additional skater observing rules 7.1.2 and 7.1.3.

8. Officials

As of the 2025-2026 hockey season, the SGHL operating model for all exhibition and regular season games includes **three officials acting in two roles - two on-ice referees and one timekeeper**. Each of these officials will have a minimum of Level 1 referee certification from the Hockey Canada Officiating Program. In the event that an official is absent or late, the timekeeper role will be replaced by a volunteer and the timekeeper will become the second on-ice referee for the game. SGHL provides all officials with pre-season training that covers SGHL's Concussion Policy and SGHL's Concussion Protocol (as per Rowan's Law), a review of the SGHL Rulebook and training to use SGHL equipment such as the timekeeper's remote console and walkie-talkies. SGHL provides officials with game sheets for each game, walkie-talkies (at Rennie Park only), a first aid kit and printed copies of the SGHL Rulebook, Hockey Canada Rules, SGHL Concussion Policy and SGHL Concussion Protocol.

9. Player Equipment

Rule 3.6 of the Hockey Canada Rules.

SGHL Rules – Player Equipment:

9.1.1 Insufficient Equipment

If a referee notices a player with insufficient equipment, the referee will eject the player from the game and the **player must leave the rink**. The player may return to the rink with sufficient equipment.

9.1.2 Equipment Lost During Play

If a player loses their helmet or throat guard during game play, the referee will **stop play** to allow the player time to **replace the equipment**. If a goalie loses any piece of protective equipment (not including their stick) during play, the referee will stop play to allow the goalie time to replace their equipment. If a helmet or throat guard is lost as a result of an impact to the head or neck, coaches or officials shall invoke the **SGHL Concussion Protocol**.

9.1.4 Equipment Damaged During Play

If a player or goaltender's helmet or throat guard is damaged during game play, the referee will **stop play**. If the referee determines the helmet or throat guard can be exchanged or repaired at the bench, the player will be allowed to **return to the bench**. If the referee determines the helmet or throat guard cannot be replaced or quickly repaired at the bench, the **player or goaltender must leave the rink**. If the helmet or throat guard is damaged as a result of an impact to the head or neck, coaches or officials shall invoke the **SGHL Concussion Protocol**.

10. Game Lifecycle & Flow

Ice permits at each facility are for one hour, minus a 10-minute flood. At Rennie Park rink, on Saturdays, under normal conditions, the ice will have been flooded and will ready to use at 8:00 a.m. The next and final flood during SGHL time will be at 10:00 a.m.

Rennie Park on Saturday mornings:

8 – 9am	9-10am	10-11am	11am – 12 noon
60 minutes	60 minutes	50 minutes	60 minutes

Rennie Park on Wednesday evenings:

7-8pm	8-9pm
50 minutes	60 minutes

Mimico Arena on Wednesday evenings:

6-7pm
50 minutes

10.1 Game Time, Start of Game and Periods

Game time under normal circumstances will be 45 minutes consisting of two periods (18 minutes and 27 minutes) so that each line plays 5 shifts. It is the responsibility of the officials to manage the clock with respect to warm-up, getting the game underway and finishing games with enough time to clear the rink before the top of the hour.

Timeline for each game with no flood (60 minutes of ice-time):

Duration	6 minutes	18 minutes	2 minutes	27 minutes	6 minutes
Time	0:00 – 0:500	06:00 – 24:00	24:00 – 26:00	26:00 – 53:00	53:00 – 59:00
Activity	Warm-up	First Period	Reset	Second Period	Handshake Lineup
Notes	Ready the game sheet.		Reset the timeclock.		Referees clear the ice at 59:00

	and score board. Referee visits both benches. blows the whistle to start the game.		Goalies switch ends.		
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Timeline for each game with a flood (50 minutes of ice-time):

Duration	2 minutes	18 minutes	1 minute	27 minutes	1 minute
Time	10:00 – 12:00	12:00 – 0:00	30:00 – 31:00	31:00 – 58:00	58:00 – 60:00
Activity	Warm-up	First Period	Reset	Second Period	No handshake Lineup
Notes	Ready the game sheet and score board. Referee visits both benches. blows the whistle to start the game.		Reset the timeclock. Goalies switch ends.		Referees clear the ice at 60:00

Timeline for games that start late (starting 15 minutes after the hour with 45 minutes of ice-time)

Duration	2 minutes	18 minutes	1 minute	18 minutes	TBD
Time	15:00 – 17:00	17:00 – 35:00	35:00 – 36:00	36:00 – 54:00	
Activity	Warm-up	First Period	Reset	Second Period	Handshake lineup option (with at least 5 minutes to spare before the top of the hour)
Notes	Ready the game sheet and score board. Referee visits both benches. Blows the whistle to		Reset the timeclock. Goalies switch ends.		Referees clear the ice at 60:00

	start the game.				
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10.2 Shifts & Line Changes

Each shift will be 3 minutes long with a shift change signalled by a buzzer sound from the scoreboard or, in the event of a technical issue with the scoreboard, the referee will stop play with a whistle blast. The first shift of the game will begin with Line 1, the second shift will be by Line 2, then Line 3 – repeating this sequence until the end of each period. Based on the structure of the periods, Line 1 is always the first shift of each period and Line 3 is always plays the last shift of each period, each line having an equal number of shifts. During exhibition and regular season games the gameclock will run continuously through each period (no “stop-time”). See 10.6.11 for rules regarding a stoppage in play where the game clock is stopped.

10.3 Goals & Assists

Reference Rule 6.6 in the Hockey Canada Rules.

SGHL Rules - Goals & Assists:

10.3.1 3 Goal Rule (Players)

Once a player scores 3 goals, no further goals by that player will be counted.

10.3.2 5 Goal Lead (Teams)

For a team that has a 5 goal lead, no further goals will be counted. If the other team scores and reduces the lead by one goal, the team with less than a 5 goal lead can continue to have goals counted, not exceeding a 5-goal lead.

10.4 Icing the Puck

Reference Rule 6.7 including subsections a, b and c in the Hockey Canada Rules.

At Rennie Park, in the absence of ice markings, this call is understood by all to be on a "best effort" basis. Normal positioning of officials does not have them where the centre ice red line would be, so it is expected that they will not be in position to have a "cross ice" view.

SGHL Rules - Icing:

10.4.1 No Line 1 Icing

Icing is enforced on Line 2 and 3 only, it is not enforced on Line 1. On Line 1 the referee should signal a “wash out” for each icing event to indicate no icing.

10.5 Tied Game

Due to time constraints of the rink permits, if an exhibition or regular season game is tied at the end of the second period, that will be the final score.

10.6 Additional Game Flow Rules

The following Hockey Canada Rules apply:

10.6.1 Face Off Conduct

Rule 6.2 from the Hockey Canada Rules

10.6.2 Face Off Location

Rule 6.3 from the Hockey Canada Rules

10.6.3 Interference by Spectators

Rule 6.8 from the Hockey Canada Rules

10.6.4 High Sticking the Puck

Rule 6.10 from the Hockey Canada Rules

10.6.5 Kicking the Puck

Rule 6.11 from the Hockey Canada Rules

10.6.6 Offside

Rule 6.12 from the Hockey Canada Rules

10.6.7 Puck Out of Bounds or Unplayable

Rule 6.13 from the Hockey Canada Rules

10.6.8 Puck Out of Sight and Illegal Puck

Rule 6.13 from the Hockey Canada Rules

10.6.9 Puck Striking Official

Rule 6.15 from the Hockey Canada Rules

10.6.10 Puck or Object Striking a Goalie's Head or Neck

In the event that a puck or other object (e.g.; stick, player's body, etc.) strikes a goalie in the head or neck area with force, the referee must immediately stop play and call for the team coach to assess the goalie. The coach assessing the goalie shall follow the SGHL Concussion Protocol. When this occurs, the referee will stop the game clock using rule 10.6.11. In the event that the goalie leaves the game, play can continue with the use of rule 7.1.5.

10.6.11 Stoppage in Play

Game play is run-time, the clock stops on its own at the end of each period. There are four scenarios where a Referee will signal to the Timekeeper for the time-clock to be stopped:

- a) Puck or object striking a goalie's head or neck (rule 10.6.10)
- b) Player injury
- c) Facilities issue (such as a problem with the ice surface or scoreboard that may take time to resolve)
- d) Other. At the discretion of the referee, when something has occurred that may take longer than 30 seconds of game-time to resolve

If the game clock is stopped for less than one minute, then the game can be resumed without a change to the number of shifts in the second period. In this case, the game-time duration is extended by as much as one minute.

If the game clock is stopped for more than one minute and less than nine minutes, then the second period will be reduced to 18 minutes of game time (six shifts).

If the game clock is stopped for more than nine minutes and less than 18 minutes, then the second period clock will be reduced to nine minutes of game time (3 shifts).

If the game clock is stopped for more than 18 minutes and less than 27 minutes, then there will be no second period.

If the game clock is stopped after the first period has concluded and the game cannot be restarted, the game will be concluded and the score at the time of the stoppage will be the final score. For clarity, a minimum of six shifts must have been played for the game to be considered complete.

If the game clock is stopped before the end of the first period and cannot be restarted, the game will be treated as a no-contest. In this case, the League organizers will attempt to re-schedule the game.

Note: Is it the responsibility of the Timekeeper to keep a note of the total time stoppage in order to effectively select the correct option above.

10.7 Penalties

Sections 7, 8, 9, 10 and 11 of the Hockey Canada Rules will be enforced. Penalties will be called according to the Hockey Canada Rules, Section 4.

SGHL Rules - Types of Penalties:

10.7.1 Physical Aggression and Maltreatment

Penalties which are the result of physical aggression or maltreatment require an **Incident Report** to be completed **by each official**, attached and submitted by email to league@SGHL.ca on the **same day** as the incident. Physical aggression includes (but is not limited to) a player using their body or equipment in a way that is intended to or actually does causes harm to another player or an official.

Examples of physical aggression include physical fouls covered in Section 7 of the Hockey Canada Rules or stick fouls covered in Section 9 of the Hockey Canada Rules. Maltreatment is a violation that is intended to or actually does cause psychological harm to another player or official. Maltreatment includes (but is not limited to) penalties covered in Section 11 of the Hockey Canada Rules.

10.7.2 Serving of Penalties

All penalties must be served on the shifts of the line on which the penalty was assessed. If a minor penalty is assessed with less than 2 minutes left in the shift, the serving of the penalty is split across two shifts such that all penalty time happens on the shift of the line on which the penalty was called.

We distinguish here between the player's natural "line" and the "line" currently having a shift on the ice. If a player is playing "up", the entire 2 minutes of penalty is to be served on the "up" line.

Regardless of the line on which the penalty was assessed, if a penalty is split across two shifts, a Line 1 or Line 2 player may return to the bench between the two portions of the penalty time. They are not obligated to do so.

IMPORTANT: The fact that this player may return to the bench does not permit the player to participate in play until their penalty has been fully served. If they were playing "up" when they received the penalty, they are not eligible to play on their normal line until their penalty has been fully served. A player from the earlier line may play "up" to take their place on their line. Also, if the penalized player were playing on their own line when they were penalized, they are not eligible to play "up" until their penalty has been fully served.

Example: A player from Line 2 is playing "up" on Line 3 and, with 45 seconds left in the shift, is assessed a 2 minute penalty.

That player would first serve 45 seconds of the penalty in the time remaining in the shift. As a Line 2 player, that player may return to the bench.

The team would return to full strength for the Line 1 and Line 2 shift. The penalized player would NOT be permitted to play on the Line 2 shift, though a player from Line 1 is allowed to play "up" so that the Line 2 is not playing short-handed.

At the conclusion of the Line 2 shift, the penalized player would return to the penalty box and the remaining 1:15 of the penalty would be served on the following Line 3 shift.

Penalties are deemed to start at the moment the puck is dropped following the penalty being called. If the current shift ends while play is stopped, the penalty will be deemed to start at the beginning of the following shift.

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