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1.0 Regulation

In all divisions of Female hockey, except for Major U18 Major AAA, the playing time of games shall not exceed 45 minutes.

2.0 Policy

Representative:

- 3 x 15 Minute stop-time periods
- The home association must book ice to provide enough time to complete the game

Recreational:

- At a minimum three periods consisting of 10, 10, and 12 minutes stop-time must be used
- The home association must book ice to provide enough time to complete the game

Game Timeline:

- A three-minute warm-up starts as soon as the Zamboni doors close. When the ice clock starts, teams should be ready and waiting to go on the ice.
- Between periods the off-ice official should put 30 seconds on the time clock.
- When floods take place in between periods, teams need to be ready to go on the ice as soon as the Zamboni doors close.
- Officials are to be on the ice on time for the game start and after the flood.
- Hurry-up face-offs need to be enforced by the officials to keep the game flowing.
- Delay of game penalties could be enforced by the officials when teams are not ready when the game clock starts, delays for period starts and after the flood.
- If these changes do not help, the floods between periods may need to be eliminated.