

**Atlantic Girls Hockey Federation
Rulebook
2025-2026**

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PLAYING RULES OF THE ATLANTIC HOCKEY FEDERATION, LLC (“AGHF”)

1. Hockey Operating Rules

The Atlantic Girls Hockey Federation (“AGHF”) shall attempt to abide by all USA Hockey rules and regulations as presented in the USA Hockey Annual Guide unless expressed otherwise in the AGHF By-Laws or these Rules and Regulations, or at the discretion of the Board of Governors. Any member team, player or person in violation of USA Hockey or AGHF rules or regulations is subject to discipline by the Commissioner. Failure to comply shall be dealt with by the Commissioner who can apply multiple sanctions as well as levy fines.

2. League Staff (see appendix)

- a. Director**
- b. Commissioner**
- c. Deputy Commissioner**
- d. Director of Administration**
- e. Director of Officiating**

3. Equipment

- 1. The home team is required to wear a light color jersey, and the road team is required to wear a dark color jersey for all games unless agreed upon in writing prior to the game.
- 2. Players must follow USA Hockey Rules & Regulations in regards to equipment.

4. AGHF Structure

4.1 Age Levels

- 1. The AGHF has divisions of play at the Tier 2 level at the following age classifications:
 - a. Tier II AA Elite: 14U, 16U, 19U
 - b. Tier II AA Diamond: 10U, 12U, 14U, 16U and 19U
 - c. Tier II A Platinum: 10U, 12U, 14U, 16U and 19U

4.2 Participation

AGHF offers the following membership options: Full Season, and Partial Season

- 1. Full Season teams (Atlantic):
 - a. 14UAA, 14U Platinum, 16UAA, 19UAA, 16UA, 19UA: 28 games = 20 home and home games plus 12 showcase games
 - b. 10U, 12U,: 24 games = 16 home and home games plus 8 showcases games
 - c. All mid-atlantic teams shall play full season
- 2. Partial Season:
 - a. 16 games = 8 home and home games plus 8 showcase games

- b. Partial Season members must participate in the AGHF Playoffs.
- c. In certain circumstances member organizations may seek approval from the Board of Directors and the Board of Directors may grant approval for specific teams in a member organization to participate as a partial season team.

4.3 Declarations

- 1. Self Declare
 - a. All teams in AGHF organizations self declare their level(AA Elite, AA Diamond, A Platinum). League Members will submit team and level declarations to the AGHF staff by March 15th.
- 2. Required participation
 - a. League Members will not be required to compete at all levels but WILL be required to have all registered Tier II teams in their program participate in the league.
 - b. Teams outside mid-atlantic excluded
- 3. Subdivisions
 - a. The commissioner has the authority to add subdivisions at each classification where the commissioner deems appropriate for competitive balance.

5. Operations

5.1 Rostering

- 1. The League will be using Time to Score software for rostering, scoring, standings and statistics
- 2. League Members must identify one contact person within their organization that will be responsible for providing all the rosters to the AGHF office. AGHF staff will not deal with individual teams. The roster coordinator for each member organization will have to gather the rosters for their entire club, submit the USAH rosters and input the rosters directly into Time to Score.
- 3. League Members must provide an approved USA Hockey roster (T-1) by the date in the critical dates calendar. Only properly USAH certified players and coaches will be allowed to participate in any AGHF games.
- 4. Roster changes must be submitted to the league 24 hours prior to game start time and by 5pm on Friday for weekend games. Submissions after said deadlines are not guaranteed to be approved for said game. A team that plays a player not on the active roster is subject to penalties which can include forfeiture of the game. Rule will be waived in instances where a team must use an emergency goalie to play the game as scheduled.
- 5. If a player is added or dropped from a USAH roster the League Member must provide the latest USAH approved roster to the AGHF staff and they must update the AGHF roster system.
- 6. The Board of Governors in its sole discretion may elect to privately insure showcases in which case the member clubs will have to attend using a different name than their primary USA Hockey team name.
- 7. The AGHF follows the USA Hockey SafeSport guidelines for its events and members. Per USA Hockey policy, all rostered players, coaches and managers must be screened with an active USA Hockey membership and SafeSport certification. All SafeSport incidents will be handled in conjunction with USA Hockey or the event's governing body. SafeSport is optional for scoreboard and clock operators but strongly encouraged.

5.2 Player Movement:

5.2.2 10U-19U:

1. Alternate players may be called upon from other teams within the organization from younger age teams or from the same age lower division teams within the organization. Players called upon for more than 15 games shall become a full-time member of that team and will forfeit full time status on their other team.
2. Moves are not permitted after December 31 of the playing season. See emergency goalies rules for exceptions.
3. A player may not skate on more than one level (AA, A) except for goaltenders.
4. Goaltender substitutions
 - a. "AA" goaltender shall not be able to play at "A" level without league approval by league commissioner.
 - b. A goaltender may be used from the age division immediately below in the same Association.
 - c. A goaltender may be used from any other AGHF team, including the opposing team, at the same level or the age group immediately below.

5.3 Scheduling

1. The showcase weekends will be established by May and dates distributed to all League Members by the end of May. Attendance at the two assigned showcases are mandatory for all full season and partial season member teams.
2. The assignment of non-Showcase opponents will be done by the AGHF staff and distributed to the League members by the date established in the AGHF Critical Dates Calendar.
3. Each League Member club will be assigned opponents for their Loose games, but the weekends for the actual game play are at the discretion of the individual clubs.
4. Each League Member shall be required to have one Master Scheduler that represents all of its Member teams.
5. Every league game time must be at a reasonable time given travel restrictions. Any disputes about scheduling or game times will be resolved by the Commissioner.
6. Schedules must be completed and entered in the AGHF schedule system by the League Members by the date established in the AGHF Critical Dates Calendar. Failure to input ALL the League Members' teams non-showcase schedules the date established in the AGHF Critical Dates Calendar will result in a fine of \$500 per week for every week.
7. Once the league schedule is released on the league website, League members will have 14 days to make changes without penalty. Any change to a schedule must be agreed to by both teams involved. The Commissioner has the discretion to fine a member organization \$250 per schedule change after August 1st.
8. After January 1, no schedule changes can take place without the approval of the Commissioner.
9. Any postponed league game must be rescheduled within ten (10) days of the date the game was postponed. If a game is postponed, the league shall impose a \$250 fine and subject to cover the cost of the game (Showcase rates- ice and referees) of the team requesting the postponement. The Commissioner has the right to deny any re-scheduling requests, re-schedule a postponed game at a time or venue he chooses, assign expenses as he chooses, make the final decision and will notify all parties.
10. If a League Member team drops out of the league after July 20, the Commissioner shall have the authority to re-formulate the schedule and any other related matter without approval of the league Board of Governors.
 - a. Games are all removed from schedule and deemed "no contest."

11. A team which does not appear for a scheduled league game (or cancels a game) will forfeit the game and must pay a fine of \$1,000 to the AGHF.
 - a. The game will be recorded as a 1- 0 score in the standings.
 - b. If the game is canceled less than 14 days prior, the club must cover game expenses to the home team. (Showcase Rates - ice and referees).
 - c. All fines must be paid prior to playoffs. Any unpaid fines may result in a team's disqualification from the playoffs and expulsion from the league.
12. A team that forfeits two (2) league games during the same season for failure to appear will be ineligible for playoff competition at the end of that season. A team that forfeits three (3) league games for failure to appear during the same season will immediately be removed from the league with no refund.

5.4 Game Play and Game Day Protocols

1. The official score sheet will be prepared using the league approved software system, Time to Score, or any future system. The score sheet must be approved by the head on-ice official at the conclusion of every game. Once it has been approved and uploaded to the league website, an official score sheet may not be changed by anyone other than the Commissioner. Each team Manager will be required to provide an iPad to record the game information and each club will be required to maintain spare iPads (for rent) at their front desk.
 - a. Time to Score must be updated by Monday 5pm. Clubs that continue to fail to meet this deadline may be subject to fines by the commissioner.
2. Warm up time will be a minimum of 3 minutes for all levels.
3. Please see appendix section #5 for complete game timing information for all levels. Failure for the home team to have reserved the required time may result in a forfeiture by the home team.
4. The scorekeeper must provide on-ice officials with the official score sheet from Time to Score software immediately after the conclusion of a league game for their final approval as well as both coaches.
5. Two (2) on-ice officials will be scheduled for every league game. In situations beyond the control of the home team or the league a single official can officiate a league game for either a showcase or non showcase game.
6. The home team must provide a clean dressing room for the visiting team (a girl's locker room should also be made available as needed). The home team is required to provide off-ice officials for each scheduled league game including a Timekeeper and an Official Scorer (who could be the same person). Penalty box will be manned by a person from each team.
7. The home team must provide up to two volunteers at showcases and loose games to handle the clock and the score keeping duties. The scorekeeping must be done on an iPad using Time to Score – no paper score sheets will be allowed.
8. A team playing an ineligible or improperly registered player in a league game will forfeit that game and may be ineligible for playoffs.
9. A team must have a minimum of six (6) skaters and one (1) goaltender dressed for the game. Failure to meet this number of players will result in a forfeit loss for the team that does not meet the minimum roster requirement for the game. The game will be recorded as a 1-0 victory in the standings.
10. If the goal differential is 5 or greater during the second or third period, the clock shall be set to running time. If the game differential is 4 or less, the game returns to stop time. At 5 or greater in the second period, the clock shall be set to running time. No adjustments to penalties will be made. If a penalty expires during a play stoppage, the player may not leave the penalty box until the puck is dropped at the next faceoff.
11. Games are considered official after 2 periods of play. If a game is discontinued after 2 periods of play due to situations beyond the control of the rink, home team, away team, on ice official or the AGHF the game will be recorded in the standings as complete and final.

5.5 Regular Season Overtime and Shootout Format

1. All league regular season games remaining tied at the end of the third period will be decided by a 3-minute, stop time, 3v3 sudden death overtime.
2. In 3 v 3 sudden death overtime teams will defend the same net that is defended in period (2), (ie long change).
3. If the game is still tied at the end of overtime, the game will end in a tie

5.6 Scoring Changes

1. Please submit all scoring changes via the AGHF Manager's portal.
2. Only scoring changes with video and the required information that are submitted by a coach or team manager will be accepted.
3. Please note it is the coach's responsibility to verify the scoresheet at the conclusion of the game.

5.7 Showcases and Showcase Fees

1. Showcase fees shall be finalized by January 1 and distributed to all League Members for the upcoming season. Fees will be due in three (3) installments payable June 15 (1/3), August 1 (1/3) and September 15 (1/3). A fee schedule for each season will be published separately.
 - a. Organizations that are delinquent on season fees will not be able to participate in league showcases.
2. Showcase and playoff ice rates for each season shall be published separately. A 10-minute ice cut will be added to the hourly calculation. For example: If the on-ice game time is 80 minutes then the cost for that game slot will be calculated using 90 minutes. Showcase fees will include the costs associated with all showcase and playoff games. Non-showcase games are not included in the showcase fees and League Members will pay the cost associated with hosting non-showcase games.
3. AGHF season team fees that cover Parity Event, All Star Games and Playoffs will also be published separately. Member clubs shall receive two showcases of 4 games each. All showcases will be held at Member Club rinks.
4. Subsequent year fees will be determined by the Board of Governors by January 1.

5.8 Suspensions

1. Any suspension issued for an action occurring during a league game will be served in the teams next USA Hockey sanctioned game. As a reminder, a coach who plays a suspended player in a game is subject to a match penalty.
2. Penalties assessed during a league game by on-ice officials or mandatory suspensions per the USA Hockey Rules are not subject to appeal or review by a league official.

6.0 All-Star Game

1. AGHF will host all-star games during the season at all age levels and divisions that competed in the AGHF.
2. Each division will have 2 or 4 all-star teams consisting of 2 goalies, 6 defenders, and 9 forwards.

3. Each team will have a minimum of one player selected for the all-star
4. The number of players each team will receive will be determined by the number of teams in the division along with the KRACH Rating of the team on **November 5**.
5. The organizations must nominate players by **November 5** to the league. The league will notify teams of their selected players by **November 22**.

7.0 Playoffs

7.1 Playoff Requirements

1. All member teams shall be required to participate in the playoffs.
2. KRACH ratings will be used to determine final playoff rankings.
3. All teams that play their required scheduled games will be eligible for a playoffs based on KRACH ratings.
4. After final team, age and level declarations, the AGHF Commissioner in consultation with the AGHF Competition Committee will recommend to the AGHF Board of Directors the number of teams that will qualify for playoffs at each age division and the number of teams as well as the format for each division.
5. Any team dropping out of playoffs after January 15th shall be fined \$2500 paid by the organization prior to the start of playoffs. Any unpaid fines may result in the organization being disqualified from playoffs and expulsion from the league.

7.2 Playoff Format

1. A round robin format will be used for each division.
2. The Competition Committee has the ability to amend format and seeding of a division
3. Below are the minimum number of teams that will qualify for playoffs:
 - a. 14U-19U ages
 - i. The league targets 40-50% of teams at each division qualifying for playoffs
 - b. All 10U and 12U teams make playoffs

7.3 Playoff Round Robin Points Awarded

Type	Points
Regulation Win	3
OT Win	2
Shootout Win	2
OT Loss	1
Shootout Loss	1
Regulation Loss	0

7.4 Playoff Round Robin and Championship Overtime Rules

1. All AGHF round robin playoff and championship games tied after regulation, three periods, will move to a:
 - a. (5) minute 3 v 3 sudden death overtime period

- b. If the game remains tied after the 3 v 3 sudden death overtime period the game will be decided by a shootout
 2. The shootout will follow the following process:
 - a. Shootout Phase 1: Alternate Shot
 - i. (3) unique shooters for each team alternating shootout attempts with the visiting team shooting first each time until all 6 shooters, 3 home and 3 visiting, have shot.
 - ii. The team that scores the most goals in Phase 1 is declared the winner.
 1. If the teams score an equal number of goals in phase 1, the shootout moves to phase 2.
 - iii. A player whose penalty has not expired before the end of an overtime or regulation period is ineligible for the shootout and sudden death shootout.
 - iv.
 - b. Shootout Phase 2: Sudden Death
 - i. Visiting team will shoot first followed by the home team
 - ii. If one team scores and the other does not the team that scores is the winner
 - iii. If both teams score, move to the next round of sudden death shootout with visiting team shooting first followed by the home team
 - iv. If both teams fail to score, move to the next round of sudden death shootout with the visiting team shooting first followed by the home team
 - v. The home team and the away team may use the same shooter in consecutive round

7.5 Playoff Round Robin Tie-Breaker

1. All round robin playoff tournaments will be subject to the tie breaking procedure provided in the USA Hockey Tournament Guide Book to determine the standings of the teams in the round robin playoff tournament. The tie-breaker rules are as follows:
 - a. The results of only the head-to-head games played between the tied teams in the following order:
 - i. Most points earned.
 - ii. Most total wins (whether in regulation, overtime and shootout).
 - iii. Most regulations wins.
 - iv. Differential — Subtracting goals against from goals for in these games, the positions being determined in order of the greatest surplus. A maximum goal differential of plus or minus eight (8) per game will be used in tie-breaking rules.
 1. Quotient — Dividing the goals for by the goals against in these games, the positions being determined in order of the greatest quotient. If a game has a goal differential of more than eight (8) goals, the goals for will be decreased until there is a maximum of eight (8) more than goals against in a given game prior to dividing (i.e. 10-1 game would use 9-1 for purposes of quotient). A quotient involving dividing by zero 35 (0) has higher standing than a quotient from dividing by any number other than zero (0). Where two or more teams have no goals against and the quotient tie-breaker is required, the teams shall be ranked high to low in descending order of “goals for.”
 2. Most periods won — In the games played by each tied team, points will be awarded for each regulation period won (2 points) and for each

- regulation period tied (1 point). Positions shall be in the order of highest point total.
- v. If after applying the formulas of 1 a, b, c, d, e or f the tie still exists, the results of all the games played by the teams tied in the following order.
 - 1. Most total wins (whether in regulation, overtime and shootout).
 - 2. Most regulations wins.
 - 3. Differential — Subtracting goals against from goals for in these games, the positions being determined in order of the greatest surplus. A maximum goal differential of plus or minus eight (8) per game will be used in tie-breaking rules.
 - 4. Quotient — Dividing the goals for by the goals against in these games, the positions being determined in order of the greatest quotient. If a game has a goal differential of more than eight (8) goals, the goals for will be decreased until there is a maximum of eight (8) more than goals against in a given game prior to dividing (i.e. 10-1 game would use 9-1 for purposes of quotient). A quotient involving dividing by zero (0) has higher standing than a quotient from dividing by any number other than zero. Where two or more teams have no goals against and the quotient tie-breaker is required, the teams shall be ranked high to low in descending order of “goals for.”
 - 5. Most periods won — In the games played by each tied team, points will be awarded for each 36 regulation period won (2 points) and for each regulation period tied (1 point). Positions shall be in the order of highest point total.
 - 6. Lowest number of penalty minutes — Calculate the number of penalty minutes accrued during all preliminary round games. The teams shall be ranked low to high in ascending order of “penalty minutes for.”
 - 7. Quickest first goal — The team that scored the quickest goal in their preliminary round games shall be ranked highest.
 - vi. If the above procedure does not break the tie, the teams shall use a shootout procedure as previously described. NOTE: A team may go into the tie-breaking process having defeated another of the tied teams and still not advance. NOTE: If a team forfeits any of its games, and becomes involved in any tie-breaking formula, the team that forfeited will not advance and all games played against the forfeiting team shall be recorded as 1-0 victories for all opposing teams.

Note: Refer to USA Hockey Tournament Guidebook 2021 Appendix 4 for Tie-Breaking Scenarios.

8.0 Federation Discipline Policy

- 1. The Federations support the on ice calls of the officials.
 - 1.1. The Federations will follow [USA Hockey Rule 411](#) for Progressive Suspensions including but not limited to:
 - 1.1.1. 411 (a) Any **player** who receives
 - 1.1.1.1. third major **penalty** during the same season for any combination of aggressive infractions listed below shall receive an additional three game suspension
 - 1.1.1.2. fourth major **penalty** in this category, the **player** shall receive an additional five-game suspension.

- 1.1.1.3. fifth major [penalty](#) in this category during the same season shall be suspended until a hearing is conducted by the [proper authorities](#) (USA Hockey Affiliate).
 - 1.1.1.4. These designated [game suspensions](#) shall be in addition to any other suspensions imposed through the official playing rules. The aggressive infractions that fit into this category are:
 - 1.1.2. 411 (b) Any team that receives
 - 1.1.2.1. three major penalties in the same game shall have its Head [Coach](#) suspended for the next game of that team.
 - 1.1.2.2. For any subsequent game where that team receives three or more major penalties in the same game, the Head [Coach](#) shall serve a three-game suspension.
 - 1.1.2.3. For a third game with three or more major penalties by the same team during the same season, the Head [Coach](#) shall be suspended indefinitely until a hearing has been conducted by the [proper authorities](#) (USA Hockey Affiliate).
 - 1.1.3. 411 (c) Any [coach](#) who receives
 - second game misconduct [penalty](#) in the same season for a violation of Rule 601 shall automatically receive an additional three-game suspension.
 - 1.1.3.1. third game misconduct [penalty](#) in the same season for a violation of Rule 601 shall automatically be suspended from USA Hockey activities until a hearing is conducted by the Proper Authority.
 - 1.2. The Federations will work with USA Hockey to assess appropriate discipline in the situations of a Match Penalty following [USA Hockey's Standardized Discipline Policy](#) - Match Penalties
2. Game Misconduct Accumulation Policy
 - 2.1. The AGHF will follow the following Game Misconduct Accumulation Policy for player's receiving 3 game misconducts or more in AGHF games:
 - 2.1.1. Third game misconduct, the player shall receive an additional one (1) game suspension
 - 2.1.2. Fourth game misconduct, the player shall receive an additional two (2) game suspension.
 - 2.1.3. Fifth game misconduct, the player shall be suspended until a hearing is conducted by the AGHF Director of Officiating
 - 2.2. These designated game suspensions shall be in addition to any other suspensions imposed through the official playing rules.
 3. The Federations reserve the right to apply Supplemental Discipline as outlined in [USA Hockey Rule 410](#).
 - 3.1. There is no right to appeal a game misconduct, because this rule is considered to be part of the referee's game jurisdiction.
 - 3.2. The Federations shall look into any event that it deems a "detriment to player safety or the game." at the discretion of the commissioner or By by member (JH)
 - 3.2.1. The Federation reserves the right to review and investigate any report in regards to locker room, discrimination, parent behavior, coach related matters, etc.
 - 3.3. Supplemental discipline may be assessed under USA Hockey Rule 410, Supplementary Discipline, following a hearing. Has the ability to send to the appropriate affiliation for ratification.
 - 3.4. All hearings should have the following components.

- 3.4.1. Adequate notice of the time and place of the hearing must be provided. This should be in writing. "Adequate notice" means giving a reasonable chance to prepare, including obtaining evidence or affidavits and getting the assistance of others.
- 3.4.2. Notice of the charges or issues that will be considered and the possible discipline that may occur must be provided. This should also be in writing. It is the Association's responsibility to give prior notice of the allegations and the possible discipline. For example, absent an immediate threat to the safety of youth players, it would be improper to schedule a meeting to "discuss" a coach's conduct, and to then suspend the coach based on the "discussion."
- 3.4.3. Where playing conduct is under review, the player or his parent must be provided with the information supporting the suspension, including a copy of the game scoresheet and any report submitted by the referees, as well as videotapes and written statements, or summaries of oral statements, to the extent those were relied upon in awarding or sustaining the penalty.
- 3.4.4. The person or panel that is ruling on the matter must be impartial and they must not have previously made up their mind on a dispute. It is invalid for someone who is involved in the dispute to rule on a matter.
- 3.4.5. The person who is the object of the hearing must have the right to hear all negative evidence and to present all favorable evidence. They must be permitted to have someone assist them or represent them.
 - 3.4.5.1. However, legal rules of evidence do not apply and they do not have unlimited time to present their case.
- 3.4.6. The decision resulting from the hearing shall be promptly conveyed and should be memorialized in writing.
- 3.4.7. Appeals to AAHA within fourteen (14) days of the ruling by the league or club that is being appealed.
- 3.4.8. The decision of the Discipline/Dispute Resolution Committee may be appealed to the AAHA Appeals Committee under certain restrictive rules.
4. The Federations receives unsolicited video during the season with a request that we consider supplemental discipline for an infraction that either went uncalled or, where the penalty assessed was not appropriate. Availability of higher quality video, and in the interest of ensuring the safety of our athletes, we are introducing a trial video review program.
 - 4.1. The Federations will NOT use video review for the **purpose of changing** any on ice call, UNLESS the video clearly and unambiguously demonstrates MAJOR/GAME MISCONDUCT penalty assessments were made to the wrong player.
 - 4.1.1. Video must clearly show, without question, that the wrong player was identified and penalized by officials during the infraction.
 - 4.1.2. The Federations will only consider a review if the penalty assessed was a MAJOR/GAME MISCONDUCT.
 - 4.2. Video submitted for potential review by Federation, will only be accepted/considered if presented by a member Association's Hockey Director or President. (No individual or parent submissions will be accepted.) The following process shall be followed:
 - 4.2.1. Upon review by the Association, and determination that a request for further action is requested, the Association's Director of Hockey must complete the "Video Review Request" form.
 - 4.2.2. Completed form must be sent within 48 hours of the incident to vicepresident@Federationhockey.org. Form must be submitted with a \$150 check (\$250 check if the request is for review of a mis-identified player).

- 4.2.3. If the video is accepted and supplemental disciplinary hearing is conducted, the check will be returned. If the video does NOT result in a hearing to determine additional discipline or correct player identification, the \$100/\$250 check will be considered a fine to the organization that submitted the video.)
- 4.2.4. Upon receipt, the Referee in Chief will review and determine if the actions shown on video warrants further review.
 - 4.2.4.1. If it is determined that that event is of a Game Misconduct level, the video will be forwarded to the offending organization to be handled internally within the organization.
 - 4.2.4.2. If it is determined that the event is of a Match Penalty level, then the event proceeds to a review process.
- 4.2.5. If further review is deemed warranted, a review process will be undertaken by a Video Review Committee (the "VR Committee).
- 4.2.6. The Video Review Committee will make a recommendation to the Federation Commissioner who will make the final determination on conducting a supplemental discipline hearing.
- 4.2.7. Supplemental Discipline will not be imposed until a hearing has been conducted with the player, coach or parent that is the subject of the request.
- 4.2.8. Discipline administered by Federation will be imposed immediately and the subject of supplemental discipline will retain all appeal rights as provided for in the Federation Rulebook and USA Hockey Bylaw 10. (Any discipline assessed will not be delayed while an appeal is in process.)

9.0 Player and Coach Registration

- 1. It is mandatory that all players and coaches complete the online AGHF Registration and Participant Waiver. The waiver link is available on the home page of the AGHF website.
- 2. Any player or coach who does not complete the waiver will not be eligible for competition.
- 3. The AGHF Board reserves the right to include a player registration fee. Fee Shall be set at the October board meeting for the upcoming season and be included in the season agreement.
- 4. Club shall be able to elect to pay the fee for its membership which will be included in regular invoicing payments.

10.0 Spectator and Zero Tolerance Policy

The AGHF has adopted the USA Hockey Zero Tolerance policy and this policy applies to all participants in the league including players, coaches, on ice officials, off ice officials and parents/spectators. In instances where a participant receives a match penalty for the violation of rule 601 during an AGHF showcase or non showcase game, the AGHF Director of Officiating and the AGHF Commissioner will work with the appropriate USA Hockey affiliate to conduct an investigation into the incident and the USA Hockey affiliate will enforce penalties outlined in rule 601.

11.0 Streaming and / or Recording of Games

It is illegal to video any games in the AGHF. If a player, parent, family member or friend produce (or any other version of such) a video or livestream or any other broadcast production of an AGHF event or game, the player can be immediately suspended or dismissed from the team, league or tournament for the remainder of the season with no refunds provided.

Appendix

1) Contact Information

Managers and Coaches should go through their Hockey Director and Organization scheduler prior to contacting the league.

- a) **Nikki Miller – AGHF Commissioner**
Email: nmiller@blackbearsportsgroup.com :
- b) **Brook Ammerman–Reimer - AGHF Deputy Commissioner**
Email: brooke@atlanticgirlshockeyfederation.com

2) AGHF Important Upcoming Dates

AGHF Hockey Operations Critical Dates

AGHF Upcoming Dates

- | | |
|-------------------|---|
| • June 5 | Team Scheduling Begins |
| • June 23 | Home Schedule Due |
| • August 9 | USA Hockey Roster & Player Registration Due |
| • August 22 | Season Starts |
| • December 13 | All-Star Games (Black out Day) |
| • February 9 | Regular Season Ends |
| • February 20-22 | AGHF 14U- 19U Playoffs |
| • Feb 27- March 1 | AGHF 10U/12U Platinum Playoffs |
| • March 6-8 | AGHF 12U Diamond Playoffs |

AGHF Meeting Dates

- | | |
|--------------|---|
| • August 6 | Directors / Organization Management Meeting (Virtual) - 10 am |
| • August 6 | Managers Meeting (Virtual) - 6:30 pm |
| • August 13 | Board of Directors Meeting (Virtual) |
| • October 14 | Directors / Organization Management Meeting (Virtual) - 10 am |
| • October 14 | Managers Meeting (Virtual) - 6:30 pm |
| • February 6 | Directors / Organization Management Meeting (Virtual) - 10 am |
| • February 6 | Managers Meeting (Virtual) - 6:30 pm |

3) Inclement Weather Policy

- a) As we enter the winter driving season in the Mid-Atlantic, it is important that we remind organizations that decisions to postpone/reschedule AGHF games due to impending winter weather that will disrupt travel, made in advance of rink closings must be made by the master schedulers of the organizations.
- b) The decision to postpone can be made as late as Friday or Saturday at the Master Scheduler's discretion.
- c) Please email staff@atlantichockeyfederation.com , when games are postponed due to winter weather and send rescheduled details as soon as possible so the league schedule can be updated.
- d) Our families' safety is our primary focus and we ask everyone to make travel decisions with this in mind.

4) Inclement Weather Postponement/Reschedule Guidelines

- a) Traveling team manager contacts their organization's master scheduler informing of possible travel issues due to impending winter storm affecting weekend travel.
- b) The Travel team's master scheduler contacts the host organization's master scheduler to discuss alternative dates in case winter weather forecasts cause postponement.
- c) If the traveling team's master scheduler and the host organization's master scheduler agree to postpone/reschedule in advance of rink closure due to hotel arrangements or travel distance, organizations should email, staff@atlanticgirlshockeyfederation.com, with the new date and time.
- d) In instances where both parties are not in agreement regarding the decision to postpone/reschedule or reschedule dates, times and locations can not be agreed upon, both organizations shall contact the AGHF Commissioner. The commissioner's decision in these instances will be final and binding for both organizations.
- e) Any games that are postponed due to rink closure as a result of a winter storm must be rescheduled within 10 days of the postponed date, please email notification of the new dates and times to staff@atlanticgirlshockeyfederation.com.
- f) In instances where both organizations can not agree on reschedule dates, time or locations, both organizations shall contact the AGHF commissioner. The commissioner's decision in these instances will be final and binding for both organizations. shall contact the AGHF commissioner. The commissioner's decision in these instances will be final and binding for both organizations. Please note the games must be rescheduled within 10 days but can be played on dates beyond 10 days.

5) Game Timing Information

- a) Please note that all game lengths listed are in minutes and do not include the ice cut at the end of the game.

LEAGUE GAME INFORMATION BY LEVEL

All League games, including League tournament games will play the following time rules:

<u>LEVEL</u>	<u>PERIOD S</u>	<u>ICE CUT</u>	<u>WARM- UP</u>	<u>MINOR PENALTIE S</u>	<u>MAJOR PENALTIE S</u>	<u>MISCONDUCT PENALTIES</u>	<u>OVERTIME</u>	<u>LENGTH</u>	<u>REF S</u>
10U	15 min	NO	3:00 min	1:30 min	4:00 min	8:00 min	3 min, 3 on 3	80	2
12U	15 min	NO	3:00 min	1:30 min	4:00 min	8:00 min	3 min, 3 on 3	80	2
14U	16 min	NO	3:00 min	1:30 min	4:00 min	8:00 min	3 min, 3 on 3	90	2
16U/19 U	17 min	NO	3:00 min	2:00 min	5:00 min	10:00 min	3 min, 3 on 3	100	2
<u>Overtime is Stop Time</u>									
<u>No Shootout</u>									

6) Participant Waiver

Atlantic Girls Hockey Federation Participant Waiver

Release of Liability and Assumption of Risk Agreement

“READ BEFORE SIGNING INCLUDES ARBITRATION PROVISION IN BOLD BELOW”

It is the purpose of this agreement (the “Agreement”) to exempt, waive and relieve Operators (as defined below) from all forms of liability as a result of participation in events sponsored by Operators for any and all reasons including without limitation for personal injury, property damage, and wrongful death, including without limitation if caused by negligence, including the negligence, if any, of Operators. The Operators include Black Bear Sports Group, Inc, as well as any other affiliate league or tournament the Participant and/or Participant’s team participates in, including but not limited to the Atlantic Hockey Federation, the Atlantic Girls Hockey Federation, the Tier 1 Hockey Federation, Defender Hockey Tournaments, the National Girls Hockey League, The Show Tournaments, and any of their respective affiliates, officers, directors, managers, members, agents and employees (all referred to together as the “Operators”).

For Operator’s specific events which are sanctioned by USA Hockey, the participant (“Participant”) (and Participant’s parent(s)/guardian(s)) also certify and warrant to the Operators that the team manager or custodian of Participant’s team records has on file, written waivers from liability (USA Hockey or Hockey Canada Registration) for Participant participating in the Operators’ event(s). The Participant and/or guardian(s) understand that Operators shall rely upon the statements in this form in agreeing to accept

the Participant's participation in Operators' event(s).

For and in consideration of the undersigned Participant's registration with Operators, and being allowed to participate in Operators' events and related activities, Participant (and the parent(s) or legal guardian(s) of Participant, if applicable) waive, release and relinquish any and all claims for liability and cause(s) of action, including, but not limited to, for personal injury, property damage or wrongful death occurring to Participant, arising out of participation in Operators' events, the sport of ice hockey, and/or activities incidental thereto, whenever or however they occur and for such period said activities may continue, and by this agreement any such claims, rights, and causes of action that Participant (and Participant's parent(s) or legal guardian(s), if applicable) may have are hereby waived, released and relinquished, and Participant (and parent(s)/guardian(s), if applicable) does(do) so on behalf of my/our and Participant's heirs, executors, administrators and assigns.

Participant (and Participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume all risks relating to ice hockey and understand that ice hockey activities involve risks to Participant's person including bodily injury, partial or total disability, paralysis and death, and damages which may arise therefrom and that I/we have full knowledge of said risks. These risks and dangers may be caused by the negligence and/or willful misconduct of the Participant or the negligence and/or willful misconduct of others, including the Operators identified above. These risks and dangers include, but are not limited to, those arising from participating with bigger, faster and stronger participants, and these risks and dangers will increase if Participant participates in ice hockey activities in an age group above that which Participant would normally participate in. I/We further acknowledge that there may be risks and dangers not known to us or not reasonably foreseeable at this time. Participant (and Participant's parent(s)/guardian(s), if applicable) acknowledge, understand and agree that all of the risks and dangers described throughout this Agreement, including those caused by the negligence of Participant and/or others, are included within the waiver, release and relinquishment described in the preceding paragraph. I/We acknowledge that all Participants are required to have and do have his/her own medical insurance coverage. I/We further agree and acknowledge that complete hockey equipment, including mandatory equipment required by both the Participant's team's home club and league's governing body is required to be worn during Operators' events and it is understood by the team that any Participant who does not possess the required equipment shall not be permitted to participate in any of Operators' activities. For Participants participating in USA Hockey sanctioned events, Participant (and Participant's parent(s)/guardian(s), if applicable) also agree that Participant is a member in good standing of USA Hockey, Inc. and is bound by all of USA Hockey, Inc.'s rules and regulations.

Participant (and Participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume the risks, if any, arising from the conditions and use of ice hockey rinks and related premises and acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence and or willful misconduct) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and /or events and for the failure to warn of dangerous conditions existing at said rinks and/or events, for negligent selection of certain Operators, or negligent supervision or instruction by Operators. As further consideration for registration and participation in Operators' events and activities, Participant (and the parent(s) or legal guardian(s) of Participant, if applicable), hereby (1) consents and agrees that Operators, its licensees and designees and affiliates may make video and/or audio recordings of and/or otherwise film, photograph or memorialize some or all of Participant's participation in such events and activities, and (2) grants to Operators, its licensees, designees and affiliates, successors and assigns, a worldwide, perpetual, irrevocable, fully-paid, royalty-free, transferable and sublicensable right and license to use, copy and disseminate Participant's image and personal attributes, and to modify and present same in any form, manner and media, now known or hereafter devised, for any purpose

whatsoever.

I/We willingly agree to comply with the stated and customary terms and conditions for participation in the Operators' events. If, however, I/We observe any unusual significant hazard during my presence or participation, I/We will remove myself from participation and bring such to the attention of the nearest official immediately.

Participant (and Participant's parent(s)/guardian(s), if applicable), agree if any third-party claim for Participant's personal injury or wrongful death is commenced against Operators, he/she shall defend, indemnify and save harmless Operators from any and all claims or causes of action by whomever or wherever made or presented for Participant's personal injuries, property damage or wrongful death.

Participant and Participant's parent(s)/guardian(s), if applicable), acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of Operators, that they are fully advised of the potential dangers of ice hockey and understand these waivers and releases are necessary to allow amateur ice hockey to exist in its present form. Significant exclusions may apply to USA Hockey, Inc.'s insurance policies or Operators' insurance policies, which could affect any coverage you may have. For example, there is no liability coverage for claims of one player against another player, and Participant and Participant's parent(s)/guardian(s) waive any rights to make a claim against the Operators for this or any other reason.

This Agreement will be governed by and construed under the laws of the State of Delaware (without reference to its choice of laws rules, as if to be entered into and performed wholly within the State of Delaware by residents of the State of Delaware). If any clause or provision of this Agreement is determined to be illegal, invalid, or unenforceable under present or future laws, the remainder of this Agreement shall not be affected by such determination, and in lieu of each clause or provision that is determined to be illegal, invalid or unenforceable, there shall be added as a part of this Agreement a clause or provision as similar in terms to such illegal, invalid or unenforceable clause or provision as may be possible and be legal, valid and enforceable.

Subject to strict adherence with the terms and conditions of the Dispute Resolution mechanisms in this Agreement, ALL PARTIES TO THIS AGREEMENT HEREBY FREELY WAIVE ANY OF THEIR RESPECTIVE RIGHTS TO A TRIAL BY JURY, BASED UPON, RELATED IN ANY MANNER TO OR ARISING OUT OF THIS AGREEMENT OR ANY DEALINGS BETWEEN THEM RELATING TO THIS AGREEMENT OR THE MANAGEMENT OR OPERATION OF THE COMPANY. The scope of this waiver is intended to be all-encompassing of any and all disputes filed in any court for any reason relating to this Agreement including, without limitation, contract, tort, breach of duty and all common law and statutory claims. All parties to this Agreement acknowledge that they have and are receiving the benefits of this Agreement, and that this waiver was and is a material inducement to enter into this Agreement, that each has already relied on the waiver in entering into this Agreement, and that each will continue to rely on the waiver in their related future dealings. Each party to this Agreement represents and warrants to the other parties to this Agreement that it will strictly comply with the terms and conditions of the Dispute Resolution section of this agreement and that each party has reviewed this waiver with its legal counsel, and that each knowingly and voluntarily waives its jury trial rights following consultation with legal counsel. THIS WAIVER IS IRREVOCABLE, MEANING THAT IT MAY NOT BE MODIFIED EITHER ORALLY OR IN WRITING, AND THE WAIVER APPLIES TO ANY SUBSEQUENT AMENDMENTS, RENEWALS, SUPPLEMENTS OR MODIFICATIONS TO THIS AGREEMENT.

Dispute Resolution: All Participants and parties to this Agreement agree and consent that any dispute, controversy, or claim arising under this Agreement shall be conducted in accordance

with the Consumer Arbitration Minimum Standards of Judicial Arbitration & Mediation Services, Inc (JAMS) which rules are incorporated by reference into this section. No party to this Agreement shall be precluded from seeking remedies in small claims court for disputes or claims within the scope of its jurisdiction. The provisions of this section shall survive the entry of any judgment, and will not merge, or be deemed to have merged, into any judgment.

This Agreement affects your legal rights, and you may wish to consult an attorney concerning this Agreement. Participant (and Participant's parent(s)/guardian(s)) hereto further warrant and represent that it has reviewed or had the opportunity to review this Agreement with its legal counsel and that it knowingly and voluntarily enters into this Agreement and waives any rights covered hereunder. If any part of this Agreement is determined to be void and unenforceable, the remainder shall remain in full force and effect.

I acknowledge that the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and spreads from person-to-person contact. Operators have put in place preventative measures to reduce the spread of communicable diseases; however, we cannot guarantee that you or your child(ren) will not become infected while attending our facilities. While we've implemented reasonable preventive measures, we depend on each and every visitor and their families to follow the guidelines from the Center of Disease Control, and all applicable federal, state, and local health department guidelines, rules, laws, and regulations before and while visiting our premises. We are all in this together and rely on each other to adhere to the above-mentioned guidance and legal restrictions. The undersigned fully understands and acknowledges both the known and potential dangers of utilizing the/our facilities, services, and programs and acknowledge that use thereof by the undersigned and/or such participating children may, despite our reasonable best efforts to mitigate such dangers, result in exposure to communicable diseases, which could result in quarantine requirements, serious illness, disability, and/or death.

This Agreement may be executed by signatures transmitted via facsimile or electronic transmission, such as a "pdf" document transmitted through electronic mail or electronic agreement and acknowledgement on a website, which shall have the same force and effect as an original signature. If you have any questions, contact the Operator representative.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

[Participant signature/acknowledgement if over 18]

[Participant's Parent/Guardia signature/acknowledgement if over 18]