



2025 - 2026

Pacific Girls Hockey League

OFFICIAL RULES

SECTION 1 – LEAGUE ADMINISTRATION AND INFORMATION

1.1 GENERAL INFORMATION

The Pacific Girls Hockey League is a regional girls' ice hockey league consisting of age divisions as follows: 12 & Under, 14 & Under, 16 & Under, and 19 & Under. Participating teams must be part of a "Member Club" that has been approved by the league. All member clubs shall designate one "Club Official" who will be included in all league communication. It shall be that person's responsibility to distribute any pertinent information to the rest of their club's teams. The Club Official will be the representative that will communicate any scheduling or rostering information that the league needs to conduct operations.

1.2 STATE AFFILIATES AND NATIONAL BODY

The Pacific Girls Hockey League is a Tier I, Tier II and developmental girls ice hockey league hosted by the California Amateur Hockey Association consisting of member clubs sanctioned by USA Hockey. Each member club must be a member of and in good standing with their state affiliate with USA Hockey. League games will be designed to follow the rules of USA Hockey and their member affiliates, including, but not limited to: CAHA (California Amateur Hockey Association) and NAHA (Nevada Amateur Hockey Association).

1.3 LEAGUE MEMBERSHIP

In order to be a member club of the league, a minimum of one team must be entered into league play. Initial commitments for teams are due on June 15th prior to the upcoming season, and final teams must be committed by August 1st in order to be eligible for scheduling. Any USA Hockey National Bound team that is a league participant must abide by their state affiliate's rules for rostering, and any dates and deadlines for that state must be strictly adhered to. Non-National Bound teams must follow their state's rostering rules, and must follow the roster lock guidelines designated in rule 1.6, or in the rules of the state affiliate, whichever is earlier.

1.4 LEAGUE FEES

Each team shall contribute a \$750 fee, due by August 15th of the current season that will cover operational costs such as website setup and maintenance, stat entry (statistician), administrator's stipend/travel expense, logistical planning and scheduling. Additional fees for the post season tournament (fees TBD) will be determined based on post season structure and the number of teams involved. All fees for the postseason tournament must be paid before the start of the event, including housing buyout fees. In the event that a team does not complete all of their scheduled games in a season, their member club will be subject to discipline, notwithstanding an unforeseen incident, including but not limited to a fine of at least \$3,000 to help recoup costs involved in rescheduling the league. The league reserves the right to assess a \$250 per month penalty as a late charge for any team that is delinquent in their dues or tournament fees. Once a team is more than 90 days delinquent, their member association (club) will be deemed ineligible to play in future seasons until full payment has been made, and will have to submit a reinstatement fee equal to the amount due for each team as a financial penalty.

1.5 ADMINISTRATION

A commissioner shall be designated in June prior to the season. The commissioner shall ensure that league functions are taking place, and shall call committee meetings for any issues that arise as needed. The 2025-26 PGHL Commissioner will be Becki Winckler.

At each “league weekend”, the host team Club Official or their designated representative shall act as “Supervisor” for the games taking place at their home rink. They will be responsible for reporting to the commissioner any matters concerning the efficient, fair, and sportsmanlike conduct of the league events. They will also be responsible for submitting all scoresheets to the statistician within 24 hours of the final game of the weekend.

1.6 TEAM COMPOSITION AND ROSTERING

While some divisions in the Pacific Girls Hockey League are designed for USA Hockey National Bound Tier I and Tier II teams, non-National Bound teams are encouraged to participate, assuming that the team is at a similar competitive level. All teams must have a USA Hockey league roster submitted by August 15th that meets all their affiliate requirements. Any changes to rosters MUST be reported via USA Hockey Portal link to the league, and must be approved by the PD Assoc Registrar for that affiliate. NO CHANGES to rosters will be permitted after December 31. USA Hockey Tournament rosters are not permitted for teams participating in the league. To be eligible for PGHL postseason play, a rostered player must participate in at least 5 of the team’s league games.

SECTION 2 – GAME OPERATIONS

2.1 CLUB ICE REQUIREMENTS

Each member club will be responsible for hosting a 1 weekend of games in which 3 other teams in the same age division will travel to play a 4 game round robin format. The host club will be responsible for supplying 8 ice slots of 75 minutes for 12u divisions and 90 minutes for all 14u-19u divisions each as follows: 2 Saturday AM (consecutive), 2 Saturday PM (consecutive – starting at least 4 hours after the conclusion of the AM games), 2 Sunday AM (consecutive) and 2 Sunday PM (consecutive – starting at least 4 hours after the conclusion of the AM games). In the event that the facility in use has multiple ice sheets, games may take place at the same time on different rinks, assuming all are in the same building. Ice slots may not begin earlier than 7am both days, and may not conclude later than 9:30pm Saturday, and 7:00pm Sunday. Teams must have a minimum of 12 hours off between games ending Saturday night and beginning Sunday morning. Should there be limited availability on Sunday afternoon, Friday evening may be used in place of Sunday PM with prior approval.

2.2 OFFICIATING REQUIREMENTS

For each scheduled weekend, the host club will be responsible for supplying officials per game from the local USA Hockey recognized officials' association, with a minimum of 2 officials per game. Referee associations are highly encouraged to schedule quality female officials with a skill set appropriate for the level of play whenever possible to promote all facets of the female game. Officials will adhere to USA Hockey rules for the age division that is participating in each game, with no exceptions.

2.3 SCOREKEEPING/SCORESHEET REQUIREMENTS

The host club will be supplied league scoresheets that will be used by a designated scorekeeper supplied by the host club for all league games. Teams are required to have roster labels available for each game, using the template provided by the team's state association. Coaches must verify and sign all pages of the scoresheet before each game, verifying that the information provided is correct, including the players on the ice, noting any injured or suspended players that did not participate. If a player is not injured or suspended and it is known to the coach that they will not appear in a game, they must be crossed off of the roster before the game. Players who are expected to arrive late their name should be left intact on the roster. Officials should not cross out any players' names until AFTER the game, when it has been verified that the player did not appear for the game.

2.4 GAME FORMAT/TIME

All league games will be played using a scoreboard with a digital timer. Teams may not enter the playing surface until referees are present on the rink, and the nets have been set in place. Once allowed to enter, teams will have a 5 minute warmup, followed by the following periods (based on age classification):

12 & Under AA and AAA – 15 minute periods

14 & Under AA and AAA – 16 minute periods (national bound)

16 & Under AA and AAA – 16 minute periods (national bound)

19 & Under AA and AAA – 16 minute periods (national bound)

Games will go to a running clock during stoppages if a game score differential is at or greater than 7 goals during the 3rd period, or unless it is determined that the time remaining in the game matches the time left in the ice slot (curfew game). (Example, a 16u game at 3:30pm has 12 minutes remaining in the game at 4:48pm.) Such determination is to be made by the designated Club Official of the Host Club acting as Supervisor. If a game slot starts after the scheduled time due to no fault of the league or teams, the designated 90 minutes will begin once the teams are permitted to enter the ice. Any modification to this timing must be approved by the Commissioner on a case by case basis.

Teams are permitted one timeout per game lasting 60 seconds. Once a game is declared a curfew game, no timeouts are permitted.

2.5 TEAM UNIFORM REQUIREMENTS

All teams must have both a predominantly light colored jersey to serve as their away uniform, and a predominantly dark colored jersey to serve as their home uniform. In the case of a conflict, the on site Supervisor will rule on the jersey colors of teams, and that decision will be final.

2.6 CONCLUSION OF GAME/POINTS AWARDED

Tier I games will be played to a winner. All Tier 1 games, if tied at the end of regulation play, after a 1 minute intermission, will continue with a “sudden victory” overtime period of 5 minutes. The period will be played with full strength of each team at 4 skaters and 1 goalkeeper on the ice. Any existing penalties on the clock at the start of overtime will continue to be served, and in the case of a 5 on 3 advantage at the end of regulation, the 5 on 3 advantage will continue to start the overtime, and the 4 player “full strength” reset will not take place until the first stoppage of play after the player causing a team to be short by 2 players is released from the penalty box.

If at the end of the overtime period, no goals have been scored, a 3 player shootout shall take place. If, after 3 rounds of shootout, a tie remains, the shootout shall continue as a 1 round shootout, and that process will continue until a winner is determined. Any player whose penalty has not been completed when the overtime period ended or who receives a penalty during a shootout procedure is not eligible to be one of players selected to participate in any portion of the shootout procedure(s). No player may shoot twice until all the eligible players of the team with the shortest eligible roster has shot at least once, at which time BOTH the teams may select from among the players who have already shot.

Tier II and all 12u games will end at the conclusion of regulation play, regardless of the score.

The points that will be applied to the league standings for each participating team will be as follows:

Tier I

Regulation Win – 3 points

OT or Shootout Win – 2 points

OT or Shootout Loss – 1 point

Regulation Loss – 0 points

Tier II and all 12u

Win – 2 points

Tie – 1 point

Loss – 0 points

SECTION 3 – LEAGUE SCHEDULING

3.1 CLUB ICE AVAILABILITY

Each member club will submit a minimum of 3 potential weekends for each team that they have participating in the league by July 1. A club with teams in multiple age divisions is highly encouraged to utilize the same dates for each team if possible, taking into account the ice slots necessary as stated in rule 2.1. For example, if a club has 4 teams participating (12u, 14u, 16u & 19u), and wants to host all 4 in the same weekend, they must have 32 ice slots available (8 Saturday AM, 8 Saturday PM, 8 Sunday AM and 8 Sunday PM) in order to host. This would be possible utilizing a minimum of 2 ice sheets. Clubs should refer to the weekend schedule in rule 3.2 when submitting ice availability.

3.2 TEAM BLACKOUT DATES

Each member club will submit a list of dates for each participating team that they are unable to participate in by July 1. Teams are permitted to ask for up to 2 weekends that they will not be scheduled for, taking into account holiday weekends that will not be part of the league schedule.

3.3 GAME SCHEDULES

All teams will be scheduled for 1 home weekend and 3 away weekends (assuming there are at least 4 teams in a division), giving each team 16 total regular season games. Best efforts will be made to create a balanced schedule, based on availability. Every National Bound team from within a state will play all other National Bound teams from within the same state a minimum of 3 times in order to fulfil the state affiliate's requirements. The season schedule will be posted no later than August 31.

SECTION 4 – POSTSEASON QUALIFYING AND FORMAT

4.1 DIVISION STANDINGS AND TIEBREAKERS

At the end of the regular season, teams will be ranked in the standings based on the following criteria:

1. Points earned in league games.
2. Most regulation wins in league games.
3. Best head to head record of teams tied in points.
4. Goal differential of games involving only tied teams.
5. Goal differential of all games played by team.
6. Goals scored by team.
7. Least Penalty Minutes Assessed to team during season.

4.2 POSTSEASON TOURNAMENT QUALIFICATION, LOCATION AND DATES

On or around November 1 of the current season, clubs will be notified as to how many teams in each division will qualify for the PGHL Championship Tournament, as each will be dependent on the number of teams total in each division during the course of the season.

The 2025-26 tournament will take place in Las Vegas and Henderson, NV at City National Arena and America First Center. The event will be held March 6-8, 2026.

4.3 PLAYOFF GAME FORMAT

Any modifications to these rules for the post season tournament will be communicated in a separate document that will be provided to all teams upon their successful registration for the tournament.