



Document Name:	MMFHL Competition
Document Number:	F20.14
Document Revision:	1
Effective Date:	2021-Oct-17
Document Status:	Approved

## 1.0 Regulation

Please see the POLICY section below for detailed breakdown on game structure.  
The MMFHL will refer to Regulation Two - Competition if not covered in the policy.

## 2.0 Policy

Each League game will consist of:

- Three (3), 20-minute stop-time periods
- 5-minute warm-up
- 10-minute intermissions
- Ice to be resurfaced between all periods
- No overtime during regular season league play
- One (1) time out allowed per team per game
- Game time slots (rentals) must be two hours in length to allow for the game. Any team wishing to host a home game outside of their specified home arena must seek the approval of the Hockey Nova Scotia Female Council.

The home team supplies at least 20 pucks to the visiting team for warm-up. When warm-up is complete, pucks must be mustered in the net where the home team will retrieve them.

Tie Breaking Format (Regular Season - League Final Standings)

- a) Number of wins.
- b) Record against other tied teams.
- c) Goals scored minus goals against.
- d) Fewest goals allowed.
- e) Fewest penalty minutes.
- f) Flip of coin.



#### Playoff Games

Once the regular season is completed, the teams will compete within their province to play for their provincial championship under the authority of Hockey Nova Scotia Female Council.

See REGULATION TWENTY-THREE - FEMALE PROVINCIAL CHAMPIONSHIP TOURNAMENT for Overtime procedures

- F23.8. IN PROVINCIAL CHAMPIONSHIP GAMES WHERE A WINNER MUST BE DECLARED THE [FEMALE COUNCIL OVERTIME FORMAT POLICY](#) MUST BE FOLLOWED.
- NOTE Shootouts will be taken at both ends of the ice. The area of the ice to be used will be dry scraped.