



WOMEN'S ICE HOCKEY

2025/2026 Playing Regulations

Updated 2025/06/06

Rules modifications for the 2025-26 season

The following articles have been repealed, amended or added:

- 3.2 Competition format (modified)
- 7.1 Video Review Submission Process (modified)
- 8.1 Championship (modified)

All modifications are indicated in red.

The French language text will be used in case of a dispute of interpretation.

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1. GAME RULES

Competitions shall be governed by the latest editions of the Hockey Canada, Hockey Quebec and U SPORTS rules, with the following exceptions, additions, and particularities:

1.1 Overtime

1.1.1 Regular season

At the end of the regular playing time, two (2)-minute break at the team bench and goaltenders switch sides. A five (5)-minute, four (4) on four (4) overtime period will be played.

If the score is still tied, a second five (5)-minute overtime period will be played three (3) on three (3).

If the score is still tied, we proceed with a shoot-out. Three (3) student-athletes are to be picked by each team, until the tie is broken. If the score is still tied after six (6) penalty shoots, student-athletes will be picked by their coach, in an open alignment, until the tie is broken. The host institution has the choice to go first or second.

1.1.2 Play-offs

Four (4) on four (4).

At the end of the regular playing time, three (3)-minute break at the team bench, ten (10)-minute overtime period, first goal wins the game.

If the score is still tied, teams go to their team room for 15 minutes while the ice is flooded. Twenty (20)-minutes overtime periods are played, followed by a 15-minute break until a team scores and wins the game.

1.2 Uniforms

- Host team: light colours
- Visiting team: dark colours

1.3 Time outs

Each team is allowed two (2) 30 second time outs per game. However, a team may only use one time out in the last five (5) minutes of regular play of a game. In the event of an overtime period, if a team has not used its time outs, it will be entitled to one (1) time out.

2. ELIGIBILITY

Eligibility rules in use are those of U SPORTS and the RSEQ University sector, most recent editions.

3. COMPETITION

3.1 Team line-up

Follows U SPORTS' Rules.

In the event of not being able to dress two (2) goalkeepers fit to play, a team may field one (1) goalkeeper. However, the team must make a written request to the league coordinator up to 24 hours before the game.

3.2 Competition format (modified)

Four (4) « home-away » games against each team, for a total of 24 games per team.

3.3 Championship

- Semi-final (Best 2 out of 3);
 - Team 4 vs 1 and 3 vs 2
- Final (Best 2 out of 3);
 - Winner of 4 vs 1 vs winner of 3 vs 2

For semi-final and final series, the highest ranked team hosts the first and third games. If the distance between 2 universities is of 325 km or greater, the highest ranked team hosts the second and third game.

4. STANDINGS

4.1 Standings

- Win: 2 points
- Lost in overtime or shoot-out: 1 point

4.2 Tiebreaker

The tiebreaker procedure is as defined in the latest edition of the RSEQ University Sector's rules

5. HOSTING REQUIREMENTS

The host institution's responsibilities are as defined in the latest edition of the RSEQ university sector's rules, with the following exceptions, additions, and particularities:

5.1 Minor officials, game staff and responsibilities

Minor officials must report to the head referee before each game.

Minor officials must fill out the game sheet completely and with the Hockey Quebec codes. For goaltenders: number of minutes played and number of shots received per participating goalie.

Statistics must be taken by someone other than a player or a coach.

The host team must provide ice, a cooler and a minimum of 20 towels in the visiting team's locker room. It must also provide four (4) towels in the officials dressing room.

5.2 Medical services

Medical services required are as defined in the latest editions of the national/provincial sport federation and the RSEQ University sector's rules, with the following exceptions, additions and particularities:

- A person certified by a known first aid organisation must be present at every game.

5.3 Results and statistics

Requirements regarding results transmission and game statistics are as stated in the latest edition of the document to that effect. Home teams must record the following statistics in Spordle and review the corresponding game footage to minimize errors within 24 hours of the start of the game: goals, penalties, shots on goal, attendance, stars of the game, and plus/minuses.

A request for statistics revision must be done at the latest 24 open hours after the game. The request must be sent to the program coordinator with the opposing team in cc.

5.4 Game tape exchange

Host institutions must upload the game video (using the TPE system) at the latest at 9am on the day following the game.

6. OFFICIALS

The statuses, processes and politics regarding officials are explained in the refereeing appendix included in the memorandum of understanding with the provincial sport federation and the latest edition of the RSEQ university sector's rules, with the following exceptions, additions, and particularities:

- All regular season games and play-offs games will be refereed by four (4) officials.
- Hockey Québec and the RSEQ will submit three officials suggested by the coaches for the U SPORTS Championships.

7. SANCTIONS

Sanctions are as defined in the latest editions of the RSEQ university sector's and the Hockey Quebec administrative rules, with the following exceptions, additions, and particularities:

Each game penalty and game misconduct must be submitted to the commissioner.

7.1 Video Review Submission Process (modifié)

A team can protest a sanction or report a non-ethical behaviour from a student-athlete, coach or member of an organisation.

Video replay protests must be made according to the current RSEQ complaint process as per the RSEQ organisational policy with the following exceptions, particularities, and additions:

Any request transmitted to the commissioner or committee must be done in writing prior to 17:00 on the 2nd business day following the game.

A copy of the video sequence is required. It **is recommended it starts** 45 seconds before the incident and ends 15 seconds after it.

Any request for a video review favorable to the university that submitted it will be free of charge while an unfavorable review will be billed at \$ 500.

In the playoffs only, and in order for the application to be processed before the next match, the institution wishing to submit a video review request must indicate his intention within a maximum of 4 hours following the game. The final request must be submitted no later than 12 hours after the game and will be processed before the next match. The sanction may be issued up until two (2) hours before the start of the next game.

8. AWARDS

8.1 Championship (modified)

- Champion banner (1)
- Caps (30)
- Gold medals (30) and silver medals (30)
- RSEQ University Hockey Trophy
- **Ed Enos Trophy**

8.2 All-Star teams

The selection of All-Star teams is done via a coaches' vote as defined in the latest edition of the RSEQ university sector's rules;

- Two (2) All-Star teams (1st and 2nd) made up of six (6) student-athletes;
- One (1) All-Rookie team;
- Each team is made up of three (3) forwards, two (2) defencemen and one (1) goaltender.
- The nomination process will start after the last game of the season.

8.3 Individual Awards

The selection of Individual Awards is done via a coaches' or administrators' vote as defined in the latest edition of the RSEQ university sector's rules;

- Athlete of the year (must be on the first All-Star team)
- Rookie of the year (Must be on the All-Rookie team)
- Coach of the year
- Marion Hilliard Award - Leadership and community involvement

8.4 U SPORTS Committees

Awards Committee: The RSEQ will nominate coaches from the two (2) teams not in the finals.

Seeding Committee: The RSEQ will nominate coaches from the two (2) teams not in the finals. A coach that qualified for the U SPORTS championship cannot be considered for the seeding committee.

9. APPENDIX

1. Game protocol

- The host team must advise the visiting team of the protocol regarding the national anthem and the starting line-up announcement;
- The host institution fills out the game sheet according with the line-ups and coaches validate these line-ups before each game;
- The game time on the calendar corresponds to the time the game begins.

2. Pre-game protocol:

- 60 minutes before the game, game clock at 60 minutes;
- At 30 minutes, warm-up begins;
- At 17 minutes, buzz;
- At 15 minutes, end of warm-up;
- At 2 minutes, officials arrive on the ice, no student-athlete must be on the ice before the officials;
- At 0 minute, teams return on the ice*;
- Presentation of starting line-ups, student-athletes are lined-up on the goal line and skate to the blue line when they are announced.
- National anthem;
- At 0 minute, game clock at 20 minutes for the beginning of the game.

* In the pre-game protocol, if one of the team is not ready to enter the ice at 0 minute, it is given a minor bench penalty for delaying the game. Any player from the team at fault can serve the penalty.

3. Intermission after the 1st and 2nd periods:

- Game clock at 15 minutes after the 1st and 2nd periods;
- At 3:30 minutes, officials return on the ice, no student-athlete must be on the ice before the officials;
- At 3 minutes, buzz and student-athletes return on the ice;
- At 0 minute, game clock at 20 minutes for the beginning of the period. If a team is not ready to do the puck drop, it will receive a team bench penalty for delaying the game. The team at fault will appoint a player who was on the ice for the puck-drop to serve the penalty.
- At the beginning of the 2nd and following periods, only student-athletes who are to take part in the puck-drop can take place on the ice. All other student-athletes must go directly to their team bench. If there is an infraction to this rule, a minor team bench penalty will be awarded to the team at fault.
- The local team has the last choice so the visiting team can't make any change-up.

4. Game duration (regular season):

Three (3) 20-minute periods (stop time). The 15-minute intermission time will be put on the clock as soon as officials have left the ice. If there are promotional activities, the host institution must inform the visiting team of the projected delays. Each team must not have more than 6 players on the ice when the game clock reaches zero.

5. Promotional events:

If the host institution organizes a promotional event on the ice between periods, that event must not last more than five (5) minutes during an intermission. The game clock must indicate 15 minutes as soon as the event is over and the game clock must run down the 15 minutes completely.

The usual protocol applies afterward.

6. Hand shake:

At the end of the game, hand shake on the ice between the players from both teams. Coaches will shake hand behind the bench.