

Rules & Expectations

RULES & EXPECTATIONS

- DWHL upholds and follows all [USA Hockey rules & regulations](#). While all of the rules are valid, we want to call attention to some in particular.
- The **NOVICE** and **INTERMEDIATE** divisions **will** observe a **“Ringer Rule”**.
 - **No player can score more than three (3) goals in one game.** Unlimited assists are permitted. The fourth goal scored by any one player in any one game will **not** count toward the score, and any goals scored thereafter by that player will result in an "unsportsmanlike" penalty for 2 minutes for **EACH** time the player “scores”.
- **ADVANCED** does **NOT** observe a **“Ringer Rule”**.
 - **Players can score as many goals as they would like.** We do ask that both individual players and teams show sportsmanship throughout the game though. We are all here to have fun and play some hockey; no one wants to be destroyed, nor be the destroyer. So, if you have already scored 3 goals, and the game is not tied or close, consider setting up other teammates, trying to aim for a specific spot of the goal that is hard for you to hit consistently, or even playing a different position.
- **NO ALCOHOL in the lobby, locker room or on the benches.** Keep it in the parking lot if you must.
- **Chinstraps on helmets MUST be secured.** Securing your mask only isn't enough.
- **All Divisions will follow a Mercy Rule.**
 - If there is a **5 goal difference**, during a **stop clock** (3rd period or final minute of the 1st and 2nd period), the clock will change to run clock **until** the goal differential is less than 5.
- In our league there is absolutely **no room for fighting or intent to start a fight**.
 - The dropping of gloves is an indication of fighting. Per the league rules, a player's **first fight** will result in a **three (3) game suspension**; a **second fight**, will result in **removal from the league**.
- Any player accumulating **three (3) penalties during a game** will receive a **1 game suspension**.
 - If the referees and/or the DWHL Board feel that the **penalties warrant a game misconduct** it will be issued and referees will need to report it to USA Hockey, per USA Hockey Rules and Regulations.
- **Abusive conduct** towards officials, scorekeepers, coaches, players, and board members is grounds for a potential suspension of membership and privileges.
 - We expect everyone to **respect all officials** and not talk back, swear at, chirp, or argue with the way they call the game. If you have any concerns with officials, please contact the board at info@dwhl.org. **Abuse of an official is a USA hockey violation.**
 - We expect everyone to treat **all players and coaches with respect**. The use of swear words, inappropriate gestures, yelling, overly physical play, etc. will not be tolerated. If you have any concerns with the actions of players or coaches please contact the board at info@dwhl.org.
- The **mission of the DWHL** is to provide an environment in which **all women** can play hockey free from all forms of harassment or discrimination and which encourages fair play, openness, and friendship. As well as provide a competitive and social atmosphere which promotes the growth of leadership, coaching, and skill development.
 - We are an inclusive league and do not discriminate based on race, religion, LGBTQ, or any

other protected statuses. Discriminatory comments of any kind will not be tolerated. We want to provide a safe space for folks of all walks of life to be able to learn and love to play hockey.

- If you observe any behaviors on the ice or in the locker rooms that are not in line with the mission, please email info@dwhl.org.

Check In

CHECK IN

- We utilize team coordinators to support check-in. So, when you arrive you should find your team's or the opposing team's coordinator in the lobby. Tell them your name and number and which team you are on.
 - If you want to know more about being team coordinator, check out the [duties and responsibilities](#) doc.
 - If no one is running check in, put a checkmark next to your name and add your number to the scoresheet on the table. Goalies you can add a G next to your name.
 - **Home** teams (*left* side of score sheet) wear **WHITE**
 - **Away** teams (*right* side of score sheet) wear **DARK**
 - Utilize the screens in the lobby at Sports Stable and right before the lobby at Apex to find your locker room.
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- **COACHES:** please make sure **your name is on the scoresheet** if you want to be paid for the game. We have no other way of knowing who coached which games without this. While we ask team coordinators and scorekeepers to help out by adding your name to the scoresheet, it is **YOUR responsibility** to ensure your name is on there. If you happen to forget please just email info@dwhl.org to let the board know.

Game Structure

GAME STRUCTURE

- All games have 3 periods. There is no OT during regular season games.
 - 1st & 2nd periods are 15 minutes of **RUN** Clock
 - The final **MINUTE of EACH PERIOD** will be **STOP** clock.
 - 3rd period is 12 minutes of **STOP** clock.

Schedule

SCHEDULE

- This season we will play on **4 different nights**.
 - Game nights are Sunday, Tuesday, Wednesday, and Thursday.
 - **Sunday and Tuesday** we are at *Sports Stable*
 - Sunday - 9:35pm
 - Tuesday - 9:20pm & 10:30pm
 - **Wednesday and Thursday** we are at *Apex*
 - Wednesday - 10:30pm
 - Thursday - 9:15pm & 10:30pm
- We will **NOT** have any games on various Sundays to accommodate for holidays and popular tournaments.
- While it is never perfect, we do our best to balance game days and times for all teams in all divisions.
- The [Full Season Schedule](#) is now available.

Availabilty & Subs

AVAILABILITY & SUBS

- To ensure we have the best game experience possible, all league players **MUST** mark their availability in Crossbar **no less than 24 hours before their game** or their spot will be forfeited to a sub. Adjustments to availability will **LOCK 24 hours before game time**. **If you have to update your availability after this, please send us an email at info@dwhl.org**. We will do our best to accommodate but cannot guarantee.
 - **Yes** = I will be there, don't give my spot away!
 - **No or Blank** = I am not going and need a sub
- If you listed **"No" or "Blank" in Crossbar 24 hours** before the game, your name will be listed under **"Players Out"** for your team on the sub assignment sheet. If your availability changes **AFTER** the sub email has been sent out, you are **still allowed to play** if your team (including the subs) has **less than 13 skaters**. **At no time** should **anyone that signed up to sub** through the sub link (sub only or rostered player) **be asked to no longer sub** due to a change in your availability.
- **Skaters**
 - Please do **NOT** find your own subs. All subs **MUST** be registered with DWHL and sign up to sub **through our sub registration link**. When necessary DWHL Board Members or team coordinators of the teams playing may make last minute decisions at the rink to ask players to sub, without signing up through the sub link.
 - Sub links will be sent out via email at approximately **12 NOON the DAY OF THE GAME**. We are hoping this will provide all members with a more equal opportunity to snag one of the very coveted sub spots.
 - **NEW THIS SEASON**, we are utilizing a **waitlist!** When all the sub spots are full you can still fill out the registration and be added to the waitlist in Crossbar. In the event that we are in need of more subs we will **send an invite to players on the waitlist** to sign-up. If you get an **invite** please **click the link to complete your registration**, so we know that you accepted the invite.
 - **Subs**: Please check the **Fall 2025 Sub Assignments** doc to see which team you are assigned to. If there is no one running check-in, please **add your name and number** to the scoresheet under the team you are subbing for. Check the screens in the lobby to find your locker room.
- **Goalies and Coaches**
 - Please utilize the **Goalie Chat** in Crossbar to find a sub when you will miss a game. Once you find your sub.
 - Please include your team name, division, and the date, time, and location of your game in your request.
 - Please email info@dwhl.org with your team name, the date and time of the game, and who your sub will be.
 - **Goalies**: if within **48 hours** of your game no one has said they can sub for you, please **ask again** in the chat.
 - If within **36 hours of the game**, no goalie in the same division is available, goalies in the division below can pick up the game.
 - For Novice at this time we will open it up to goalies in the division above.
 - If within **24 hours of the game**, no goalie in the division below is available, a goalie in the division above can pick up the game.
 - For *Advanced and Novice* - we will open it up to ALL goalies regardless of division
 - **Subs**: If there is no one running check-in please **add your name and a G** to the scoresheet under the team you are subbing for. Check the screens in the lobby to find your locker room.

Gear

GEAR

- We have gear that you can borrow for the season, if needed.
 - Please fill out our [Gear Request Form](#), even if you only need to borrow a jersey.
 - There is a **\$10 fee** to borrow gear for the season, and we ask that you return the gear at the end of the season
 - You need to provide your **own helmet and skates**.
- Once we receive your request form we will reach out to arrange a time to meet you at our gear locker for you to try on and pick up gear.
 - If you do not hear from us within 1 week of submitting your form please email us at info@dwhl.org.

Jerseys, Socks, & Swag

JERSEYS & SOCKS

Have you seen your teammates, friends, or other players wearing a DWHL jersey with their name and number on it and matching socks? Have you been wondering how you can get one for yourself? Well the wait is over! We have worked with Bring Hockey Back to keep our order form live and active throughout the year!

- To order you will **order directly from Bring Hockey Back** and your order will be shipped directly to you.
 - Socks cost \$20/pair
 - Jerseys cost \$42/each
 - **After paying** for your jersey order, you must **email Bring Hockey Back** with your size, name you want on your jersey, & jersey number at BHBHELP@HOTMAIL.COM.
 - Example: "Hey BHB, I'm from DWHL and I'd like a Small, BROWN, 12 for both jerseys."
 - Pro Tip: Review the sizing charts carefully, especially goalies, and include any custom sizing adjustments in your email to them directly
- We do not have a restriction on numbers or names so order what makes you happy. The only limitation is that your number can't be more than **2 digits** in length.
- Please note, DWHL jerseys are **not required** to participate in league games/events. It is also not required that you're actively playing in the league to order one. Feel free to get one for your #1 Fan if you want.
- Order Here: [Jersey and Sock Order Form](#)

DWHL SWAG

Do you want to show your support for DWHL even when you're not on the ice? Does your #1 Fan want a sweatshirt, hat, scarf, or blanket to keep them warm while they cheer you on?

- You can find all that and more at our [DWHL Store](#)! Check it out anytime to get your own swag!

Team Coordinators

TEAM COORDINATORS

If you have to miss a game (life happens), please identify someone on your team to cover your responsibilities or connect with the other team's coordinator ahead of time.

• Game Day Responsibilities

- **Remind your team to please update their availability** | Responses must be marked "Yes" or "No" a minimum of 24 hours before the game via the Crossbar platform. Anyone listed as "Blank" will forfeit their spot to a sub player. Please remind your team that if their availability changes **after 24 hours** before the game to please email the board at info@dwhl.org.
- **Show up Early** | Give yourself enough time to set up, check in players and get dressed for your game. We typically recommend 30-40 minutes early.
- **Scoresheets and Pucks** | Get scoresheets and pucks from the lockers. Lockers should have pens and clipboards for the scoresheets.
 - Only need to grab pucks for Apex games. The staff at Sport Stable takes care of the pucks for us.
- **Check In Players** | Prepare the scoresheet for the scorekeepers. Home team (WHITE) is on the left, Away team (DARK) is on the right. You can leave the scoresheet on the table for the scorekeeper, they will come grab it!
 - Add jersey numbers to the sheets for rostered players (if missing); mark the goalie with a "G" in place of number.
 - Add sub names and numbers to the scoresheet for the team they are assigned to. Sub names and team assignments are listed in the [Fall 2025 Sub Assignment](#) doc (see division tab for details)
 - Cross out players who are not attending the game and put a checkmark next to those who arrive.
 - For Novice and Intermediate, please ensure the coaches names are written on the scoresheet. Coaches know to do this, but when you see your coaches arrive either write their name or remind them to do it.
- **Clean up** | After the game, ensure the pucks and league folder with scoresheets are returned to the locker. The scorekeepers also have this responsibility and typically take care of it, but work together and help out.

• Resources

- **Locker Combinations**
 - Apex | Locker #24 (near the vending machines) | 22-36-30
 - Sports Stable | Locker #1 (to the left as you walk into west rink) | 9-15-33
- **DWHL Board Contact Information**
 - While division directors typically assign subs, we do help each other out. So please email any urgent matters or day-of questions to info@dwhl.org.

Coaches

COACHES

● Payment

- If you want to be paid for coaching please be sure we have your payment information and [W-9](#). Please submit your payment information through our [Payment Information Form](#).
- The **ONLY** way for us to know you coached is if you put **your name on the scoresheet**. No name on the scoresheet means no payment for that game. If you forget, which we understand does happen, please email info@dwhl.org to let us know.
- To be paid for Novice practices please be to check the box next to your name, under each practice you were at on the [Coach's Practice Attendance Sheet](#).

● Sub Coaches

- If you are unable to make a game please request a sub in the **Coaches Chat** on [Crossbar](#). Please include your team name, division, and the date, time, and location of your game in your request.
- Once someone picks up your game please email info@dwhl.org with the name of the person subbing for you, your team name, and the date, time, and location of the game.
- When picking up games for other coaches please remember that you **CANNOT** sub in the same division you are playing in.

● Practices

- Novice teams have 2 practices a season. Practices are 75 minutes long. You will share the ice with one other team, so talk to those coaches when planning. Please keep in mind your goalies when making plans, and consider asking one of our advanced level goalies to come coach them.
- It is your responsibility to have a plan for each practice. We ask that you include 15 minutes of safety instruction in your plan. If you are unsure what to do, please reach out to other DWHL coaches to ask for support. For help with developing a plan, you can utilize our [How To Develop a Practice Plan](#) doc. For some resources with various practice plans and ideas, you can utilize our [Novice/Rec Practice Plans Folder](#).

● Games

- Regardless of the division, coaches are there to help players grow and foster an environment that facilitates learning and fun. Please promote teamwork and sportsmanship no matter what the score of the game is. Provide players with constructive feedback throughout the game.
- If you are the first one there, please help out our scorekeepers and team coordinators by pulling pucks and scoresheets out of the locker.
 - Sports Stable provides us pucks
- Help with check-in when needed.
 - Cross out any players not coming and add the subs under the team they are assigned to. You can find the sub assignments on the [Fall 2025 Sub Assignment](#) doc.
 - As players arrive, put a check mark next to their name and add their number or a G for goalies. Tell players what color to wear. The Home Team is always White and the Away Team is always Dark.
- If you are the last game of the night, please help make sure our pucks, league folder, and scoresheets make it back into the locker. While scorekeepers know that this is their responsibility and the team coordinators support them with this, if you notice anything lay around in the lobby on our way out please help out with getting it back in the locker.

- **Player Feedback**

- If there is a player on your team that you feel is significantly out of place and/or poses a safety risk to themselves or other players in that division please email the board at info@dwhl.org.
 - Along with your thoughts and concerns, please include the player's name, division, and team in your email.

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