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## 1.0 Regulation

Games shall consist of three, 15-minute stop-time periods, with ice resurfacing between the second and third periods.

## 2.0 Purpose

### Pre-game

- Two (2) minutes prior to game time, Officials must be on the ice, and the horn sounds for the two (2)-minute warning.
  - One (1) minute prior to game time, teams must be lined up at the doors, prepared to go on the ice.
- When the game clock starts, a three (3)-minute warm-up will begin.
- With 30 seconds left in the warm-up, pucks must be picked up and returned to the penalty boxes.

### First Intermission

- Two (2)-minute break

### Second Intermission

- Teams leave the ice.
- Officials return to the ice as Zamboni completes resurfacing.
- Players are ready to return to benches when the Zamboni doors close.
  - If possible, only starting lines are to enter the ice surface.

### Overtime

- [F23.8 Female Council Overtime Format](#) to be followed

### Post-game

- Teams will line up for Player of the Game awards