



RMFHL Managers Meeting

2025-2026

September 29, 2025

RMFHL Important Dates

- Three Points of Contact – October 1, 2025. Please have at least one email and phone number listed in case of emergency.
- Team Rosters – October 3, 2025. All Team Lineups should be on the website by this date.
- For any website/adding rosters/adding staff and through the season please reach out to Mark Nesar
- 1st Half Ice Due – October 17, 2025
- 2nd Half Ice Due - November 21, 2025
- Playoff Games arranged by Managers, please send game details to Julie and Shelley (RMFHL Schedulers)
- Teams are allowed 2 blackout weekends, and these should be submitted to RMFHL schedulers when submitting ice when known. Teams that need any other weekends out of league play for tourneys are responsible for rescheduling games missed.
- Blackout weekends are not permitted during RMFHL tiering and playoff weekends.





Adding Game Information

- This season we are hoping to use Electronic Game Sheets. This is done very similar to adding information on the website after a game is complete.
- There will be a video added to the Managers Page before the season starts about How to Do an Electronic Game Sheet.
- Tips for Electronic Game Sheets
 - Easier on a Tablet, Laptop, Ipad
 - Can Be Done in the Scorekeepers area or information collected each intermission.
 - Click "Game is Live" while Live, and "Game is Completed" when finished.
 - Managers and Coaches will need to Confirm Rosters and Staff each game.
 - For Referee Reports these can be added
- When possible, please try to add all game information including goalie stats and shots on goal when possible. Most rinks now can keep shots on goal on the scoreboard.
- AP Players can be added and then made active for the games they play in. Please check that Players who are AP and OA are marked that way on the teams rosters.

Adding Game Information (cont'd)

- It is the responsibility of the home team manager/coach to enter game information.
- At the end of adding all info be sure to double check the game is marked as complete, that way the game stats and results will be added to the RMFHL website.
- For games that have an incident report, this should be sent to Kathy as soon as possible for possible suspensions. If a player is suspended and plays **the coach will be suspended indefinitely**, the RMFHL website has a suspensions section where players who can't play will be listed.



Affiliated Players

- Affiliated players must be marked as AP on the game sheet. To check on what players are eligible to affiliate please use the [Hockey Alberta Player Affiliation Supplementation Eligibility Tool](#).
- Affiliated Players must play a minimum of three games to be eligible for RMFHL Playoffs
- Affiliated Players should be used to bring rosters up to the numbers of players rostered on a team. They can be used in case of injury, illness, players being absent or can be used to bring a team roster to the maximum players (18 skaters, 2 goalies).
- If an AP is deemed a game-changer and significantly strengthen a team a player may have their AP status revoked. This process is in the RMFHL Operating Guidelines.
- In order to be eligible for RMFHL playoffs any affiliated player must play in a minimum of 3 (Three) RMFHL league games;



Affiliated Players cont'd

- Affiliated players may participate up to and including a maximum of 10 League or Provincial games. Exhibition and Tournament games do not count towards this total;
- Once an affiliated player's home team has completed their season, they may exceed the 10-game maximum.
- Teams can affiliate players to bring rosters to a maximum of 18 skaters and 2 goalies. Teams can affiliate up to 19 different players, they must be included on a teams HCR to be eligible.

Emergency Goalie Requirements

- Any team wanting to dress a goalie, other than an affiliate must use the Emergency Goalie Substitution Form procedure through Hockey Alberta.
<https://www.hockeyalberta.ca/emergency-goaltender-submission-form/>
- This form makes Hockey Alberta aware that an emergency goalie is required. Please email Mark or Kathy from RMFHL as well, they will let you know if the emergency goalie is eligible)
- Emergency Goalies must be registered with a team of an equal or lower division or category. As RMFHL is a Female league, male goalies are not permitted as emergency goalies.





Overage Players

- RMFHL Teams are permitted, with approval from the RMFHL executive and Hockey Alberta to roster up to a maximum of 3 overage players. Any association wishing to place an overaged player on a team must first apply and receive permission from Hockey Alberta.
 - Overage Players may only be 1 year older than the divisions they are participating in
 - The RMFHL, Hockey Alberta and the Minor Leagues reserve the right to revoke the eligibility of an Overage Player at any time should that player be deemed to strengthen the Team they are registered with, or it is determined the Player no longer meets the required criteria.
-



Cross Over Play

- In an effort to promote cross over games between leagues Hockey Alberta has designated 2 weekends during the season as cross over weekends.
 - This means teams from RMFHL, Hockey Calgary and Edmonton will play each other. The weekends will be:
 - December 6th & 7th, 2025
 - North Home – U15A and U18B
 - South Home – U15B and U18A
 - February 7th & 8th, 2026
 - North Home – U15B and U18A
 - South Home – U15A and U18B
 - Teams who wish to participate in these weekends should let RMFHL league executive know they are interested. These games may require the use of a blackout weekend charged to the team.
 - The ECAFHL will also be hosting games in all divisions the weekend of December 6 and 7
 - These games will be considered exhibition games and will not count towards RMFHL standings.
-



Suspensions/Team & Player PIM Totals

- Players / Coaches will be assessed suspensions as laid out by:
 - Hockey Alberta Minimum Suspensions Guidelines
 - RMFHL Maximum Penalty Guidelines
- A Suspension Guidelines and updated suspension list can be found on the RMFHL website.
- All disciplinary actions are handled by the North and South Vice Presidents, if you are in doubt if a player can play or coach can coach please contact Kathy or Mark.
- Players who are removed from a game due to a match or major penalty can not return to the bench or timekeeper/penalty box area in any capacity for the remainder of the game.

Suspensions/Team & Player PIM Totals cont'd



- Suspensions will be assessed to players that exceed the following penalty in minutes (PIM):
 - U11 –30 PIM + every 10 PIM after
 - U13 –40 PIM + every 10 PIM after
 - U15 –50 PIM + every 20 PIM after
 - U18 –60 PIM + every 20 PIM after
- Suspensions can be assessed to the head coach for a team that exceeds the following PIM:
 - U11 & U13 –150 PIM (1 game) + every 50 PIM after
 - U15 & U18 –250 PIM (1 game) + every 50 PIM after

RMFHL Information

- Tiering – please encourage coaches to fill out the tiering forms. This will allow RMFHL to move teams if needed for the regular season. Tiering games are a necessity to evaluate teams, so please let your coaches and parents know they are a way we can group teams better moving forward though the season.
- Please make sure game change requests are signed and legible, and please, when possible, when submitting to RMFHL cc the opposing team manager or contact person.
- We have added a suspension list to the website, we will update this throughout the season. If there are any questions about a player or coaches' eligibility, please contact Kathy who can give the most updated info on if a player or coach can participate.
- Any questions from coaches, managers, parents should go through each association's female hockey director then on to the RMFHL executive.



RMFHL Playoff Format

- All teams make the playoffs
- Playoff Champions are declared the RMFHL representative to participate in Provincials.
- All playoff series (except championship finals) are a Two Games Total Points format: 2 points for a win, 1 for a tie and 0 for a loss.
- Games can end in ties;
- Lower Seeded Team hosts game 1, Higher Seeded Team hosts game 2;
- If Game 1 ends in a score of 10 or more goals the series is over under a mercy;
- No Drop Clock in Playoffs;
- If, after the two games, the teams are tied in points, the series will be decided by overtime.
 - 5 minutes 4v4,
 - 5 minutes 3v3,
 - Shootout
- Overtime rules can be found in the RMFHL Operating Regulations and Guidelines on the website.

RMFHL Playoff Format cont'd

Championship Final Series

- Best of 3 format;
- Lower Seeded Team hosts Game 1;
- Higher Seeded Team hosts Games 2 and 3 (if necessary);
- Winner must be declared each game - Overtime

Overtime Format

- 10 minutes 4 v 4
 - 10 minutes 3 v 3
 - Shootout
-
- There is a new distance rule for playoff travel, 300kms is the threshold and rules come into effect with playoff matchups of over 300kms one way.
 - RMFHL will institute a consolation side of playoffs for teams who are eliminated in early rounds of playoffs where applicable. At times due to an odd number of teams a consolation side may not be part of a division.

Questions???

- Please remember important dates and have all information and ice for these dates to avoid penalties.
- First point of contact other than suspensions or emergencies should follow the RMFHL Communication protocol.
- Please remember to submit your blackout weekends to your Association Ice Scheduler who will pass this information along to RMFHL Ice Schedulers.

