

Players Playing Time Regulations

I. Playing Time Requirements

Each player will have a minimum amount of playing time per game that they must play. Each player will have a maximum amount of playing time per game and can not exceed it.

Standard Four on Four Play the times are as follows:

The MAXIMUM playing time per player is as follows:

- 5 players fielded – 53 minutes
- 6 players fielded – 44 minutes
- 7 players fielded – 37:30 minutes
- 8 players fielded – 33 minutes

The MINIMUM playing time per player is as follows:

- 5 players fielded – 45 minutes**
- 6 players fielded – 36 minutes**
- 7 players fielded – 30:30 minutes**
- 8 players fielded – 27 minutes**

If Game is Played Three on Three the times are as follows:

The MAXIMUM playing time per player is as follows:

- 4 players fielded – 49:30 minutes

The MINIMUM playing time per player is as follows:

- 4 players fielded – 40:30 minutes
- 5 players fielded – 32:30 minutes
- 6 players fielded – 27 minutes
- 7 players fielded – 23:30 minutes
- 8 players fielded – 20 minutes

II. Tracking of Time

The league will attempt to provide a dedicated playing time tracker at each game. If a tracker is not provided the coaches should always try to abide by the playing time requirements. Coaches may choose to track time themselves.

In the CPHL Playoffs, if the league is unable to provide a tracker, each team will be asked to track their own teams playing time.

III. Specifics

The amount of maximum time will be determined by which team fields the fewest number of players. (Note: Teams will always have the same maximum time per player.)

The amount of minimum playing time for each team per game will depend on the number of players fielded by each team. (Note: Teams may have different minimum times per player based on attendance.)

Goaltenders are excluded in the number of players fielded for the purpose of this rule. Goaltenders will not have a maximum playing time. Players time in goal will count towards minimum time.

Every player must play a portion of each period, excluding overtime.

Any player with an injury or equipment failure will be allowed to have less than the minimum time requirements.

IV. Failure to Comply

If a league provided tracker is present & a team does not abide by both the minimum and maximum rules they will forfeit the game.

V. Math Behind Times

Standard Four on Four Play

4 positions on the court times 60 minutes of game time equals 240 total minutes of playing time available to players.

5 players fielded, 240mins divided by 5 = 48 minutes per player

6 players fielded, 240mins divided by 6 = 40 minutes per player

7 players fielded, 240mins divided by 7 = 34 minutes per player

8 players fielded, 240mins divided by 8 = 30 minutes per player

Maximum times are those above numbers plus 10%, rounded to nearest whole of half minute.

Minimum times are those numbers minus 10%, rounded to nearest whole of half minute.

If Game is Played Three on Three

3 positions on court times 60 minutes of game time = 180 total playing time available to players.

4 players fielded 180mins divided by 4 = 45 mins per player

5 players fielded 180mins divided by 5 = 36 mins per player

6 players fielded 180mins divided by 6 = 30 mins per player

7 players fielded 180mins divided by 7 = 26 mins per player

8 players fielded 180mins divided by 8 = 22:30 mins per player

Maximum times are those above numbers plus 10%, rounded to nearest whole of half minute.

Minimum times are those numbers minus 10%, rounded to nearest whole of half minute.