



PACIFIC COAST AMATEUR HOCKEY ASSOCIATION

CENTRAL OFFICE: #154 - 3993 HENNING DRIVE, BURNABY, B.C. V5C 6P7
TELEPHONE 604-205-9011. FAX 604-205-9016. WEB SITE <http://www.pcaha.ca>

SERVING AMATEUR HOCKEY IN THE LOWER MAINLAND SINCE 1941

P.C.A.H.A. 2025-2026 BULLETIN #21

DATE: February 1, 2026
TO: The Presidents
PCAHA Member Associations/Leagues
FROM: Carol McGregor
PCAHA Executive Director
SUBJECT: **Application of Time-Out Rule in Games Within the PCAHA.**

=====

BC Hockey Regulation 6.3 states, "In all divisions of hockey, during games that consist of three (3) periods that are each twenty (20) minutes in length, the time out rule is permitted in accordance with Hockey Canada playing rules."

Most games within the PCAHA are played with 15-minute periods or combinations of 15- and 20-minute periods. In such games the Time-Out Rule does not apply. Under PCAHA Section G(7), only games played on ice times 2 hours or more in length can have three 20-minute stop-time periods. Therefore, the Time-Out Rule can potentially be used only when a game is scheduled on an ice time 2 hours or more in length. However, in such a game if the third period is shortened by the Referee to less than 20 minutes [see Section G(7)-Note (b)], the Time-Out Rule would no longer apply at that point.

The Time-Out Rule may not be used in games with 15-minute periods or a combination of 15-minute and 20-minute periods.

This interpretation applies to all games (league, playoff, tournament/jamboree, and exhibition games).

It does not apply to Senior Female hockey, which follows a different procedure under BC Hockey Reg. 6.4

Please circulate this bulletin within your Association so that team officials are aware of the use of the Time-Out Rule.

cc. Officiating Leads
Executive Committee
League Managers
files