



OFFICIAL RULES AND REGULATIONS

Capital City and Edmonton Recreational Hockey Leagues generally follow the most current version of the Hockey Canada rule book. It can normally be found at this link. <http://www.hockeycanada.ca/en-ca/Hockey-Programs/Officiating/Essentials/Downloads.aspx>
Some of the exceptions will be noted on the following pages.

Our priority will always be player safety and it will always trump any rule in our leagues.

Team Representatives are responsible to inform and to ensure their Players are understanding and complying with the rules found in this book. It is also the responsibility of the Team Representatives to enforce fines and suspensions handed down by the League.

League Directors have the right to refuse any individual player and /or Team, whether said player and/or whole Team is found to be abusing League Rules and Regulations. The League may also choose not to issue any refund of fees.

League Directors have the right to move Teams from division to division as deemed necessary for the betterment of the Hockey League.

TERMS

Indefinite Suspension – Player/Team is suspended for an undetermined period. This usually occurs when further investigation is required relating to an incident.

Game Ejection – Player is removed for the remainder of the current game. Repeated Game Ejections may result in suspension.

Registered Player – A Player whose name appears on a Team's current Hockeyshift roster online at www.rechockeyedmonton.ca. The link for Players to complete this registration is sent to captains at the start of the year.

PLAYERS BENCHES

Teams do not have the choice of which bench to take. The game sheet will determine which bench to take. If you are not sure ask the timekeeper.

NO suspended players or NON-registered persons will be allowed on the bench. For a person to be allowed on the bench, such as coach or manager, they **MUST** be registered with your Team and indicated as such on the official game sheet.

No one under the age of 18 is allowed on the bench at any time.

PUCKS

The League does not provide warm-up or game pucks. Each Team is required to have at least 3 pucks for game use.

TEAM COMPOSITION

No one under the age of 18 is permitted to play.

Teams are not required to have players indicated as Captains or Alternates.

League Officials may request proof of identity of any player at any time during, prior to or immediately following the game. If the player's identity cannot be verified, the player may be asked to not participate in the game. Team Representatives may face discipline or fines.

Proof of identity may be requested by a Team of one opposing Team's player, only once during a game. The request **MUST** take place prior to the start of the 3rd period. The League's Officials will perform the identity verification at the next intermission or post game. The player in question will be allowed to continue playing and the League Administration will handle any disputes after the conclusion of the game.

Roster Freeze – There is no roster freeze.



There is no maximum on the number of players dressed for a game.

A game will not begin unless both Teams have at least 6 skaters and 1 goalie, eligible to play.

*Once League officials are ready to begin the game and a Team cannot comply with this rule, the following scenarios apply.

Clock will run and continue to run until 15 minutes has expired or;

The offending Team is now in compliance with more than 7 minutes and 30 seconds remaining (1 minor penalty assessed) or with 7 minutes and 30 seconds or less remaining (2 minor penalties assessed *may be served as a double minor by 1 player or 2 congruent minors by different players)

Goalies

In the event a goalie is injured during the game; the Team may be given 10 minutes (referee discretion) to dress a substitute. They may also play with 6 skaters.

In the event the goalie is ejected from the game, there is no time given to dress a substitute.

In summary; when a Team is unable to place the exact number of players on the ice to which they are entitled, whether due to penalties or injuries, the referee shall suspend the game and report this incident to the League's Director.

TEAM JERSEYS

All skaters must have the same base color jersey with no duplicate numbers. ONLY 1 player may wear a jersey with no number. Name bars are not required. No taped-on numbers. Goalies are exempt.

*should there be a situation where both Teams have a similar color, League provided pinnies will be distributed to the Team with the least number of players on the ice during the warm-up. The decision to use pinnies is up to the League officials.

GAME SHEET AND TEAM ROSTER

It is the Team's responsibility to present the time keeper with a completed roster prior to the end of the warm-up or a Delay of Game Minor Penalty may be assessed by the Time Keeper.

A completed roster must have the signature of all players present as well as the number on their jersey being worn for the current game. It must also indicate who the goalie is.

Players present, but not dressed, must also be indicated on the roster to be given credit for being present.

A player may enter the game at any time prior to the start of the 3rd period.

No player will be told they can't play for being a NOT REGISTERED player. If someone plays prior to registering, the Team will be fined \$50. Our Timekeeper at the Arena is not able to assess if you are a Registered Player. See the Term REGISTERED PLAYER at the beginning of these rules for more info.

GAME FORMAT

Generally, our ice slot consists of 90 minutes including one flood. The 90 minutes is divided up as such.

3-minute warmup

3 x 15-minute stop time periods with about a 1-minute break in between periods

Run time when the goal spread is 5 or more goals in the last 5 minutes

Stop time when the 5 & 2 rule applies – When there is 5 minutes or less remaining in the game slot and there is more than 2 minutes remaining on the game clock, the game clock will be dropped to 2 minutes. Time outs will still be allowed if unused.



*there are no time outs in run time or overtime

*run time penalties are minor – 3 minutes / major – 7 minutes

3 on 3 OT for 3 minutes stop time. (when at least 10 minutes remaining in the ice slot)

Best of 3 then sudden death shootout

*home Team has choice of whether to shoot first. No player may shoot more than once until all players on their Team have shot. If a player is still serving their own penalty when time expires in either OT (time permitting) or at the end of regulation, that player is ineligible to shoot in the shootout.

DURING THE FLOOD

No player is allowed on the ice surface while the Zamboni doors are open.

SPECTATORS

Spectators are the responsibility of their respective Teams. Any spectator found disobeying arena rules or disrupting the hockey game will be asked to leave the premises. The game could be suspended until the spectator is removed. Any issue with a Team's spectator will be dealt with through the Team representative; including fines & suspensions.

GOALIE EQUIPMENT

Goalkeepers mask must have a helmet with a large back piece attached. If a goalie uses a helmet with mask combination, the helmet must be CSA approved.

A goalie losing head gear will result in play being stopped IMMEDIATELY.

SKATER EQUIPMENT

All equipment must be in safe and adequate condition. Players must wear skates, shin pads (covered), protective pants, elbow pads, hockey gloves and a CSA approved helmet with visor or cage. The League also recommends the use of neck guards, mouth guards, jocks and shoulder pads.

A player losing his helmet during play must either immediately skate to the bench or stop and put the helmet back on. Failure to do so may result in a minor penalty being assessed. Play will be stopped if this player is involved in the play in any way.

MISCELLANEOUS RULES

Line Icing - For the purpose of this rule, the blue line will replace the traditional red line. Any player of a Team equal or superior in numerical strength to the opposing Team shoots the puck from his side of the blue line down the ice crossing his opponent's goal line will be charged with icing. (The puck can be iced after you have crossed your blue line. NO icing will occur). If a goalie leaves the crease, the Official may negate the icing call.

Head Contact - The minimum penalty assessed will be a double minor.

There is no automatic ejection for a player receiving 3 stick infraction penalties.

When the defending Team clears the puck from their zone over the glass, a delay of game minor may be assessed at the discretion of the Officials. It is not an automatic penalty.

When one player is serving a penalty for another player, the player must serve the entire penalty.

When the puck is contacted, with a stick, above the shoulders, the play is immediately whistled, and the ensuing faceoff is in the offending Teams zone.

1 time out per Team is allowed during stop time only. NO timeouts allowed in OT.



The play will not automatically be blown dead when the goalie gets hit in the helmet/mask.

No automatic penalty will be given, and the play will not automatically be blow dead for an offensive player being inside the goal crease.

Play may or may not be stopped when the puck lands on the back of the net. The puck will be considered live; no automatic whistle will occur. This call will be made at the discretion of the officials.

Division 1

No automatic 4 penalty ejection – No automatic double minor for head contact

Rec A Divisions (as determined by League Director season to season) – **Division 11-16 Winter 2020**

We do not automatically switch to run time when the goal spread is 5 or more goals in the last 5 minutes.

Automatic double minor or more assessed for body checking – 3 goal limit for any player **(including shootout)**

A 4th goal, doesn't count and there is no automatic penalty assessed. Faceoff is in the offending Team's zone.

A Head Contact Double Minor + Game Ejection will be assessed to anyone who directly punches another player to the head.

Rec B Division – Division 17 Winter 2020

Any Div 10 or higher player must have a request submitted to the League prior to playing.

Max Penalty Ejections – 1st = Game Ejection, 2nd = 1 game suspension (reviewable), 3rd = 1 game suspension (not reviewable), 4th = 3 game suspension, 5th = season ending suspension.

30 PIMS = 1 game suspension, 40 PIMS = 2 game suspension, 50 PIMS season ending suspension.

Match or Fighting penalties = season ending suspension.

PENALTIES

The faceoff, after a penalty is assessed, will be taken in the offending Team's defensive zone on the bench side of the ice.

Any player receiving 4 penalties will be ejected from the game. Bench minors do not count toward any one player's penalty total. Coincidental penalties DO count toward the total.

NOTE: a 10-minute misconduct counts as 1 penalty and a double minor counts as 2 penalties towards any player's 4 penalty game ejection rule.

Any player assessed a MAJOR, MATCH or GAME/GROSS MISCONDUCT penalty is ALWAYS ejected from the current game and should assume he is under immediate suspension until notified by the league otherwise. The player must understand he is immediately suspended from any Team he plays for in the League. He also may not re-enter the bench area or ice surface for any reason during or post game.

Any player (goalies exempt) receiving a 10-minute misconduct penalty in the last 10 minutes of regulation will be ejected from the game.

Head Contact Penalty

Where there is an injury to the head/neck area and a Head Contact Penalty is being called, the offending player will be issued at least a Double Minor plus a Game Ejection.

Fighting

A major penalty will be assessed to any player who engages in fighting.

Instigator, aggressor and 3rd man in minor penalties may also be assessed. These come with additional suspensions.



The first player off the bench or penalty box from either Team during an altercation may be assessed a \$200 fine plus an indefinite suspension.

Anyone involved in an off-ice altercation will be suspended indefinitely.

Checking From Behind

The minimum penalty assessed for a checking from behind will be a minor penalty + game ejection and 1 game suspension.

Abuse of Officials

Physical or verbal abuse of any league official will result in an indefinite suspension.

PLAYOFF PLAYER ELIGIBILITY

Winter Season Eligibility

- 26 Game Regular Season – 8 games
- 28 Game Regular Season – 9 games
- 30/32/34 Game Regular Season – 10 games

Summer Season Eligibility

- 18 Game Regular Season – 6 games
- 15 Game Regular Season – 5 games

~~Skaters may not play for more than 1 Team per division, per League, regardless of re-tiering unless otherwise indicated.~~

Goalies must be present for a minimum 1 REGULAR SEASON game in order to qualify for playoffs.

~~Goalie may play for more than 1 Team per division UNTIL the playoffs regardless of re-tiering.~~

Any Team caught with an ineligible player in the playoffs will forfeit the entire series.

PLAYOFF FORMAT

Where there are 5 or more Teams in one division, the League playoffs will consist of a best of 3 quarter, semi, and final. The Interleague City Championship will consist of a best of 5 championship series (Winter Season).

Where there are less than 5 Teams in one division, other scenarios will apply.

Seeding; Determined by winning % based on the games played in current division at the time of playoffs.

Tie Break Scenario.

Two Teams tied – If either Team has a forfeit recorded against them, they lose.

Head to head – most points advances

Goal differential – 1st in head to head and 2nd overall totals in Division

Team with the least goals against in Division

Team with most goals for in Division

Flip a coin

Three or more Teams tied – Any Team with a recorded forfeit against them lose.

If season play among Teams is balanced, then head to head – most points advances



Overall goal differential – overall totals in Division

Team with the least goals against in Division

Team with most goals for in Division

Flip a coin

FORFEIT

A \$100 fine will be assessed for the first, \$200 for the second, \$300 for the third and so on.

This can be avoided by contacting the league at least 24 hours prior to the game time to notify the league of your Team's intent to forfeit.

A loss will be recorded against your Team.

No attendance credit will be given to any player from the forfeiting Team.

FINES

ALL FINES ARE TEAM FINES and must be paid to the league office prior to your Team's next game.

SUSPENSIONS

All suspensions are treated on a case by case basis based on the history of the player and the reports from the league's officials.

Once a player is under suspension, he is suspended from any Team he plays for in the league.

All suspensions will carry from season to season.

ARENA DAMAGE

Any player, coach, manager or Team official abusing or causing damage to any of the facilities used for League play will receive an indefinite suspension from the league and the Team will be accountable for any repair cost.

ALCOHOL/TOBACCO/DRUGS

Upon the discovery of evidence of alcohol/tobacco/drug consumption or use at a League facility, the offending party will be suspended immediately and indefinitely from all further access to facilities used by the League.

SUPPLEMENTAL ACCIDENT INSURANCE

We do not automatically provide supplemental accident insurance. We do have a partnership for this type of insurance at a reduced rate. Please contact us directly for more information.

THESE RULES MAY BE REVISED AT ANY TIME BY LEAGUE OFFICIALS AND TEAM MANAGERS NOTIFIED.