

CCRHL RULES & REGULATIONS



Winter 2026-2027
Season



RULES AND REGULATIONS

For any rules that are not clarified in this official league rule book, the most recent copy of the Hockey Canada rulebook is used as a guideline. It is important to note that the application of some rules may vary from Hockey Canada.

This rulebook may be amended at any point at the discretion of the League Director. Player safety remains the primary priority for the league and will be prioritized in certain scenarios over other rules found here or in the Hockey Canada rulebook.

A Message regarding Abuse of Officials from our Referee-in-Chief

Our league recognizes the importance that our officials and their application of our rules have on the overall rec hockey experience of players in our league.

As a referee myself, I know that I make mistakes and understand that not every call that I make will be agreed with. In many situations, any call that a referee makes will leave one team upset, and that we are making a call based on our perspective of what occurred. There are multiple split-second decisions that are made each and every game, and we don't get the benefit of slow-motion replay or having four of us on the ice. We're playing the role of both referee and linesman, and sometimes must make quick decisions that will face criticism.

Please remember – we are human. We make mistakes. We are making our best judgment given our perspective. If you are caught up in the heat of the moment and upset with us, we understand. But please approach us in a way that doesn't further intensify the crisis of referees who quit each year due to the abuse they receive.

I am committed to instilling strong principles in our team of referees to ensure that our team of referees shows players the level of respect that we ask from you and ask that you play your part as well. The abuse of officials and subsequent impact on the number of officials is well documented and we must as a hockey community strive to eliminate the abuse that referees face.

Let's kick abuse out of hockey.

Mike Myrick
Competitive League Director & Referee in Chief



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2 TEAM ADMINISTRATION

2.1 TEAM REPRESENTATIVES

- 2.1.1 Each team may denote two official team representatives to act on behalf of their team. One shall be denoted as the “Team Manager” and the other as an “Alternate Team Manager”. The term manager is used interchangeably with “captain(s)”.
- 2.1.2 It is the responsibility of the team representatives to:
- *Ensure any player (including substitutes) understands and complies with rules*
 - *Enforce fines and suspensions handed down by the league*
 - *Act as a liaison for all communication between players and the league*
 - *Ensure any player registered to team, including substitutes, adheres to arena policies*

2.2 COMMUNICATION BETWEEN LEAGUE & TEAM

- 2.2.1 All communication initiated by a team must come from one of the two designated team representatives. Correspondence received from non-team representatives will not be responded to.

2.3 CHANGING OF REPRESENTATIVES

- 2.3.1 Teams may finalize their two representatives up until the beginning of the regular season. Once the season has commenced, changing team representatives is subject to approval from a league administrator.

2.4 REMOVAL OF REPRESENTATIVES

- 2.4.1 The league may remove a team representative at its sole discretion. In the event the league delivers notice to a team of the removal of a team representative, the team shall be allowed to appoint a new representative.

2.5 ROSTERS & GAMESHEETS

- 2.5.1 All players must register separately each season and submit a new registration each time that they play for a new team. For example, if a player plays for two separate teams, they must register separately for each team.
- 2.5.2 The Team Manager and/or Alternate Team Manager should review each online gamesheet the day after their game.



- If there are any discrepancies regarding attendance or the roster, they must email the League Director within 72 hours of the conclusion of the game. Inquiries that are made after this point will not be actioned. For greater clarity, this means that if for any reason a player is not appearing as a player who played a game, the Team Manager or Alternate Team Manager must alert the league within 72 hours to allow it to be an actioned item.

2.5.3 Only Players registered with the League may participate in a game. Having an unregistered player participate in a game is subject, at minimum, to a \$50 fine. It is the responsibility of the Team Manager and/or Alternate Team Manager to ensure that any player who plays on their team has registered and is eligible to play in the game that they are playing in. This includes situations in which the Team Manager and/or Alternate Team Manager are not present at a game.

2.5.4 All players must legibly print and sign their own names on each official game roster.

- Forging of signatures or use of abbreviated signatures (including initials) may result in a Player's disqualification or a Team default of the game. In the playoffs, failure to properly comply with the above will result in forfeiture of the series.
- It is the responsibility of the Team Representative to ensure all Players have printed and signed their names on the game roster and that all Players are eligible for participation in the game.
- Due to insurance and eligibility requirements, official game rosters must be signed by each Player prior to every game and may not be signed on a player's behalf.
- Any persons behind the bench must be registered and also sign the official Game Roster for insurance purposes.

2.5.5 If there is a discrepancy between the number of Games Played listed for a Player on their online roster and the number of Official Game Rosters signed by the Player, then the number of properly signed Official Game Rosters will be used to determine eligibility. The Team Rep (or designated Alternate) is responsible for ensuring their online roster accurately reflects the correct Games Played statistics for all of their Players.

2.6 COMPLIANCE

2.6.1 Team Representatives are responsible to inform and ensure that their Players understand and comply with all league rules and procedures.

2.6.2 All Team Representatives are responsible for checking communication methods when contacted by the league with updates.

2.7 SUSPENSION & FINE COMPLIANCE

2.7.1 It is the responsibility of the Team Representatives to uphold and enforce any suspensions and/or fines handed down by the league.



- 2.7.2 If any player receives a Major, Match, Gross Misconduct, or Game Misconduct, they are always ejected from the game and the player should assume they are under indefinite suspension until notified by the league. The player is immediately suspended from any team they play for in the league and may not re-enter the bench area or ice surface for any reason during the end of a game.

2.8 ARENA DAMAGE & PROPERTY

- 2.8.1 Any player, coach, manager, team official, or spectator tied to a specific team that causes damage or abusing a facility or facility employee in any shape or form may receive an indefinite suspension from the league and the team will be accountable for any repair cost.
- 2.8.2 The league accepts no responsibility for lost, stolen, or damaged personal property.

2.9 ALCOHOL, TOBACCO, AND DRUGS

- 2.9.1 Upon the discovery of evidence of alcohol, tobacco, or other illicit substances at a league facility, the offending party may be suspended immediately and indefinitely from all further access to facilities used by the league. No refund will be issued.



3 LEAGUE ADMINISTRATION

3.1 MANAGEMENT RIGHTS

- 3.1.1 League Management reserves the right to suspend or remove Players or Teams that do not displaying the appropriate behaviour and/or sportsmanship that reflects the values of the League.
- 3.1.2 League Management reserves the right to restrict Player movement and (re)align Teams in any division based on game performance and/or their assessment of individual or group skill levels.
- 3.1.3 League Management has the final authority on all matters tied to deciding games, standings, alignment, fines, suspensions, and other decisions to uphold the best interests of the league.
- 3.1.4 League Management has the right to remove or refuse any individual player or team for any reason or act detrimental to the league policy or principles, regardless of violation of existing rules.

3.2 SUSPENSIONS & FINES

- 3.2.1 All infractions that occur before, during and after any schedule games are subject to disciplinary action by League Management which may include fines and/or suspensions.
- 3.2.2 League Management may issue a player an indefinite suspension, which is in effect for an undetermined period until the league has reviewed and investigated the incident.
- 3.2.3 Players may still be assessed suspensions and/or fines at the discretion of League Management regardless of if a corresponding penalty was assessed by officials during the game.
- 3.2.4 If there is still time to be served on a suspension at the conclusion of a season, it will carry over into subsequent seasons.
- 3.2.5 All fines are team fines, regardless of if they were tied to an individual player suspension. Fines must be paid prior to a teams next game, unless written consent has been given by League Management. Unpaid fines may result, at League Management's discretion, in additional fines, forfeiture of games, or expulsion from the league.
- 3.2.6 League Management will refer to the *Minimum Suspension Guide* when administering suspensions. Other factors may impact the final decision on suspension length and/or fines at the discretion of League Management.
- 3.2.7 Suspensions may only be appealed if they exceed the minimum suspension length for the player situation and penalty based on the *Minimum Suspension Guide*. Appeals on suspensions may be submitted no less than 24 hours and no more than 72 hours after the game.



3.2.8 Appeals and/or a protest of a game result must be made solely on the correct application of a rule and may not be made on matters that are tied to the discretion or judgment used by an official. For greater clarity, only incidents where a rule was incorrectly implemented may be the subject of an appeal, and not incidents where the judgment of an official is the point of contention. Any appeals and/or protests must be submitted no less than 24 hours and no more than 72 hours after a game. During the playoffs, in situations where the next scheduled playoff game is within 72 hours, a Team Representative may submit an appeal within 24 hours and must submit the request more than 12 hours in advance of the next scheduled playoff game. All decisions tied to an appeal/protest are at the discretion of League Management and are final.

3.3 ELIGIBLE PLAYERS

3.3.1 Eligible players are only those who have properly followed all requirements tied to gamesheets and rosters.

3.3.2 **[Summer Season]** In order to qualify as an eligible player in the playoffs, a player must play in 6 or more games.

3.3.3 **[Winter Season]** In order to qualify as an eligible player in the playoffs, a player must play in 8 or more games for teams with a 24 game season; and 10 or more games for a team with 28-32 game seasons.

3.3.4 Goaltenders must be present for minimum of one (1) regular season game to qualify for the playoffs.

- *In the case that a goaltender has played only as a goaltender for a specific team, they may not play as a player without the approval of League Management.*
- *In the case that a goaltender has played as both a player and a goaltender at different points during the season, they must have played at minimum five games as a player in winter or three games as a player in the summer and reach the overall minimum games threshold outlined to also qualify as a player.*

3.3.5 Team Representatives may apply for a roster exemption for a non-eligible playoff player **only** during the *Exemption Window*, defined as any time between the conclusion of the teams last regular season game and prior to the first playoff game of the team.

3.3.6 League Management will evaluate all exemption requests based on the reason for the players inability to reach the *Minimum Games Threshold*, their impact on the competitive balance of the team, and any other factors that may cause an impact. The decision by League Management is final in this regard.

3.3.7 In cases where a roster exemption request is submitted by a Team Representative, League Management should take into consideration whether the team had any games forfeited by an opposing team. Games that were forfeited by the team applying for the exemption will not be taken into consideration.

3.3.8 Any team that plays with an ineligible player during a regular season game may receive a fine and or further supplementary discipline at the discretion of League Management.



3.3.9 Any team caught with an ineligible player in a playoff series will forfeit the entire series.

3.3.10 A team may request the proof of identity of a maximum of one player from an opposing team and only once a game. This request must be made to a referee prior to the start of the 3rd period. The proof of identity does not need to be completed immediately and can be completed during an intermission at the end of the game. Any form of identification will be accepted, and the officials do not make the judgment and the player is allowed to continue to participate. An incident report will be forwarded to the league for any proof of identity requests.

- NOTE: While government issued ID is encouraged, it is not required. Any evidence that the person who has been requested to prove their identity may choose to provide will be considered, however it is important to note that the burden of proof is on the player to prove and confirm they are the player on the roster.
- NOTE: If the player who has been requested to prove their identity is willing, a picture can be taken of the player by the timekeeper in order to match and strengthen the case with any other evidence/ID presented.
- NOTE: The league is also able to request identification of an unlimited number of players at any point during a game.

3.3.11 Only eligible players may participate in a game or be on the bench.

3.3.12 Suspended players may not participate in a game or be on the bench.

3.4 JERSEYS

3.4.1 All Players must wear jerseys that, in the opinion of the referee, do not clash with the base jersey colour of the opponents.

3.4.2 The home team should wear dark jerseys and the away team should wear light jerseys.

3.4.3 Each jersey must have a unique number; however, goaltenders are exempt from this requirement.

3.4.4 Each team may play with one blank jersey, which will be assigned the number 0 (or 00 if 0 is already in use).

3.4.5 Tape may not be used to alter jersey numbers.

3.4.6 In the event that both teams have clashing jerseys and no different sets of jerseys are available to be used, and the teams and/or officials do not agree on how to proceed, the following order of operations should be used:

- 1st: If pinnies are available, the away team shall wear pinnies.
- 2nd: If pinnies are not available, the away team shall see if wearing their jerseys inside out will eliminate the clash of colours with the opposing team. If this eliminates the clash, the game may only proceed if the away team understands that their statistics for the game will likely be inaccurate and can contact the designated contact for adjusting stats. In this scenario, the away team must provide the timekeeper with their name if they receive any penalty.



- *3rd: If pinnies are not available and the away team's inversed jerseys do not eliminate the jersey clash, the home team shall see if wearing their jerseys inside out will eliminate the clash of colours with the opposing team. If this eliminates the clash, the game may only proceed if the away team understands that their statistics for the game will likely be inaccurate and can contact the designated contact for adjusting stats. In this scenario, the home team must provide the timekeeper with their name if they receive any penalty.*
- *4th: If there is still no resolution, the game should carry on with the existing jerseys unless one team elects to forfeit.*

3.5 DIVISIONAL ALIGNMENT

- 3.5.1 League Management reserves the right to realign teams to different divisions throughout the season.
- 3.5.2 Division alignment is based on multiple factors, with considerable emphasis placed on the anticipated qualified playoff roster for a particular team.
- 3.5.3 In extreme circumstances, may at its own discretion realign divisions prior to the start of the playoffs.

3.6 STANDINGS

- 3.6.1 Divisional standings are sorted from first to last based on the highest winning percentage based on the record of the teams against other teams in that same division. For greater clarity, any regular season games played against teams within the same division are used in the calculations.
- 3.6.2 If two teams have the same winning percentage against teams within their own division, the tie will be broken in the following order:
 - *Team that forfeited the least number of games (not games that were forfeited by opponents)*
 - *Head-to-head record between two teams*
 - *Team with the fewest penalty minutes per game during the entire season*
 - *Coin flip*
- 3.6.3 If three or more teams have the same winning percentage against teams within their own division, the tie will be broken in the same order as above.



3.6.4 In uncommon circumstances where a team has played less than 3 games during inter-division opponents, League Management may use the teams with the most game played as the first tiebreaker at their discretion.

3.7 PLAYOFFS

3.7.1 Playoff formats will be communicated at the Team Manager/Representative Meeting at the beginning of every season.

3.8 FORFEITS & ABANDONED GAMES

3.8.1 A forfeit occurs when:

- A team is unable to field a minimum of 6 skaters and a goalie and the (run-time) clock reaches 0:00 without the team being able to place the minimum number of players on the ice.
- If a team proactively forfeits by contacting the league.

3.8.2 A game is abandoned when:

- A team that was previously able to place the minimum number of players on the ice can no longer do so.

3.8.3 When a game is forfeited or abandoned, a loss of 1-0 is recorded against the team that forfeits or abandons the game. In the case of abandonment, the existing score shall remain in place if the team that abandoned the game was already losing.

3.8.4 When a game is forfeited:

- No game played is awarded to the team who forfeited for the purpose of player eligibility.
- The team who is forfeited against will receive credit for a game played if at the end of the season it would have allowed the player to reach the minimum number of games if the game had been played.
- The team who is forfeited against will have the ice available to them in most circumstances.
- If less than 3 hours notice is given of a forfeit, a \$100 credit will be applied to the team that was forfeited against that can be applied to subsequent seasons.

3.8.5 The fine structure for forfeits is:

- 1st forfeit = \$100 fine
- 2nd forfeit = \$200 fine
- 3rd forfeit = \$400 fine and, at the discretion of League Management a meeting
- 4th forfeit = Removal from the league



- 3.8.6 Up to \$100 of the forfeit fine may be waved if they provide written notice to League Management within 24 hours of the game.
- 3.8.7 A team that is forfeited on, except in the situation outlined where a forfeit is communicated within 3 hours, is still considered a game played.

3.9 SUSPENDED GAMES

- 3.9.1 If a game is suspended for any reason not outlined by the rules tied to forfeits or abandoned games, League management will consider the game final only if and when the first period has been completed.

3.10 REQUIRED EQUIPMENT

- 3.10.1 Skaters must wear equipment that is safe. All players must wear skates, shin pads, protective pants, elbow pads, hockey gloves, and a CSA approved helmet with a visor or cage. The league recommends the use of neck guards, mouth guards, jocks/jills, and should pads.
- 3.10.2 In the event that a player loses his helmet during play, they must immediately skate to the bench or stop at put the helmet back on including the chinstrap. Failure to do so may result in a minor penalty for illegal equipment.
- 3.10.3 Goaltenders must wear a mask that has a back piece attached and is CSA approved.
- 3.10.4 If the Goalie loses his helmet, the play shall be blown down immediately. If a goalie is hit in the head with a puck, the referee should use their judgment and discretion based on evaluating whether the goalie has been injured or their mask has been impacted by the force of the puck or object. Goalies are encouraged to communicate with officials and indicate if they need a play to be stopped.



4 GAME FORMAT & FLOW

4.1 GAME FORMAT

4.1.1 In most scenarios, ice slots consist of 90-minutes, which is comprised of:

- *One (1) 3-minute warmup*
- *Three (3) x 15-minute stop-time periods with a 1-minute break each intermission*
- *Overtime or Shootout in the event of a tie after 3 periods (see Overtime & Shootouts)*

4.1.2 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 if there is greater than 2-minutes remaining at the next stoppage of play.

4.2 TIMEOUTS

4.2.1 Each Team is permitted one thirty-second (30) timeout per game.

4.2.2 Teams are not permitted to take their time out during the same stoppage in play.

4.2.3 There will be no time outs in overtime or during run time.

4.2.4 Timeouts are still permitted in situations where the 5 & 2 rule has been applied.



4.3 OVERTIME & SHOOTOUTS *UPDATED*

- 4.3.1 If the game is tied with **8** or more minutes remaining in the ice slot (in most cases 90 minutes after the scheduled start of the game), the game should proceed to a three (3) minute 3-on-3 overtime. If the game remains tied after overtime, a best-of-3 shootout will occur. If the shootout is tied after 3 shooters each, it will proceed to a sudden death shootout.
- 4.3.2 If the game is tied with *less than 8* minutes remaining in the ice slot, the game should immediately proceed to a best-of-3 shootout. If the shootout is tied after 3 shooters each, it will proceed to a sudden death shootout.
- 4.3.3 Players with active penalties (including misconducts) are not permitted to participate in shootouts.
- 4.3.4 Players serving bench minors or a penalty on behalf of another teammate are still permitted to participate.
- 4.3.5 **[Rec Divisions Only]** In Rec 'A' and 'B', players who already have scored 3 goals are not permitted to participate in shootouts.
- 4.3.6 The home team will decide whether to shoot first or second in the shootout.
- 4.3.7 Every eligible player must shoot once before any player takes a second shot, regardless of the size of each team's bench.



4.4 TEAM COMPOSITION

- 4.4.1 Each team must have six skaters and one goalie on the ice and ready to play by the conclusion of the warmup clock.
- NOTE: Goaltenders must meet the equipment requirements outlined in the Hockey Canada rulebook. Players may not “identify” as a goaltender.
- 4.4.2 If a team does not have the minimum number of players on the ice at the conclusion of the warmup clock, the timekeeper shall begin to run the clock beginning at 15:00.
- 4.4.3 If the team reaches the minimum number of players required to play with 7:30 or more in the game clock, the timekeeper will stop the clock at the time in which the team is eligible to play and the team will receive a 2-minute bench minor for delay of game.
- 4.4.4 If the team reaches the minimum number of players required to play with less than 7:30 in the game clock, the timekeeper will stop the clock at the time in which the team is eligible to play and the team will receive two 2-minute bench minors (to be served by one player as a 4-minute time penalty) for delay of game.
- NOTE: There is no option for a 5-on-3 penalty in lieu of a 4-minute time penalty
- 4.4.5 If the team does not reach the minimum number of players required to play by the end of the 15:00 game clock, the game will be forfeited by the team unable to place the required number of players on the ice.
- 4.4.6 No one under the age of 16 is permitted to play.
- 4.4.7 Players under the age of 18 and at or above the age of 16 must receive approval to play from League Management and have completed a waiver from a parent or guardian.
- 4.4.8 There is no maximum number of players that can be dressed for a game.
- 4.4.9 If at any point during the game a goalie becomes injured, the Team may be given 10 minutes at the referees’ discretion to dress a substitute goalie, or the team may elect to continue playing with a pulled goalie as long as they are able to still ice the required number of players (six skaters at even strength).
- 4.4.10 In the event that a goalie is ejected from the game, no time is given to dress a substitute.
- 4.4.11 NOTE: When a team is able to begin the game with six skaters and one goalie and the game is able to begin, the only continuing requirement for the team is to be able to ice the correct number of skaters – the requirement to have a goalie in net once the game has started is waived.
- 4.4.12 Teams are not required to have players labelled Captains and/or Alternate Captains, and officials may use their own discretion in who they discuss all matters with.



4.5 PREGAME PROCEDURE

- 4.5.1 The timekeeper shall inform and decide which bench will be taken by each team.
- 4.5.2 Each team must supply the referee with 3 pucks to be used for the game.
- 4.5.3 If the referee or timekeeper is not in possession of a team's roster by the time the warmup clock concludes, a minor penalty for delay of game will be assessed.

4.6 RUN TIME

- 4.6.1 [Competitive Only] In the event that there is a 5 or more-goal spread in the last five minutes of the 3rd period, the game clock will switch to running time. If at any point a 5-goal spread is reduced to 4 goals, the game clock will revert to stop time.
- 4.6.2 At any point in the 3rd period, the losing team (in either a rec or competitive game) may request run time if the spread is 5-goals or more. If the losing team requests run time, they cannot withdraw this request if the spread becomes less than 5.
- 4.6.3 If a penalty is taken while the clock is in run-time, the penalty for a minor will be 3-minutes and the penalty for a major will be 7-minutes.
- 4.6.4 If a run-time penalty expires during a stoppage of play, the player should remain in the box and the team shall remain shorthanded (if applicable) until the play is resumed.



4.7 FACEOFFS

- 4.7.1 The Hockey Canada rulebook governs most scenarios tied to faceoffs and faceoff locations, except differences/explanations outlined below.
- 4.7.2 After a penalty is called that leaves one team shorthanded, the ensuing faceoff shall always be taken at the defensive zone bench side faceoff circle of the team that committed the infraction.
- 4.7.3 If there is a delayed penalty and the team that is set to receive the powerplay ices the puck and icing is called, the faceoff shall be conducted at the bench side neutral zone faceoff circle that is closest to the net of the penalized team.
- 4.7.4 In all circumstances, the faceoff location after a goal or at the start of the period overrules any other rule. In these scenarios, the faceoff will take place at center ice.
- 4.7.5 NOTE: The referee may use their judgment as to whether to apply the Hockey Canada rule that requires a faceoff to be taken into the neutral zone when attacking players “enter deeply into the attacking zone”.
- 4.7.6 NOTE: When a puck is deflected out of play, the faceoff should be taken at the nearest faceoff spot that does not provide a territorial advantage to the team that the puck last deflected off of.
- 4.7.7 NOTE: When coincidental penalties occur, the faceoff location does not need to be taken in the neutral zone. The standard faceoff location based on the criteria of Hockey Canada is taken into account.

4.8 ICING

- 4.8.1 Icing the puck is the action of a player shooting, batting, kicking, or deflecting the puck from their own defensive zone, as divided by defensive zone blueline, down and across the goal line in the opposing team’s defending zone. If the puck enters the net on such a play, then it is not icing.
- 4.8.2 The referee may use discretion in calling icing in the event that the goaltender leaves their crease in order to play the puck on a delayed icing.
- *If in the opinion of the referee the goaltender is leaving the net to play the puck, they are encouraged to wave off the icing.*
 - *If the goaltender is simply protecting their net and in doing so they leave the crease but do not clearly have an intent to play the puck, the referee may still call icing if all other criteria for icing is met.*
- 4.8.3 If a puck is iced along the ice and a player on the opposing team has the opportunity to play the puck but chooses not to in the opinion of the referee, the referee may negate the icing call.
- 4.8.4 NOTE: No-touch icing means that there is no consideration given for who is the closest to the puck at the time that an iced puck crosses the opposing team’s defending zone goal line.



4.8.5 **NOTE:** In the event that a puck that is iced is in the air, the defending team does not have an obligation to make an attempt at the puck. If the puck is in the air and no attempt is made, it should still be called icing.

4.9 OFFSIDES

4.9.1 The Hockey Canada rulebook governs all scenarios tied to offsides.

4.10 PUCK OUT OF BOUNDS

4.10.1 The Hockey Canada rulebook governs all scenarios related to puck out of bounds or unplayable.

4.11 PUCK OUT OF SIGHT

4.11.1 The Hockey Canada rulebook governs all scenarios related to a puck out of sight.

4.12 REFUSAL TO REPORT

4.12.1 After an official calls and signals a penalty, the player receiving the penalty must proceed directly to the penalty box and is not entitled to any conference with officials on the explanation behind a call. Failure to do so may, at the referee's discretion, result in an Unsportsmanlike Conduct or Misconduct penalty.

- **NOTE:** Game flow is critical in ensuring that games can finish on time. Discussions between players and officials are highly encouraged to be limited to intermissions or at the conclusion of the game.
- **NOTE:** Officials are encouraged to use their discretion to identify players who embody attributes that are likely to result in more productive discussions, regardless of a player's status as an identified "Captain", "Alternate", or Team Representative.
- **NOTE:** Players who approach Officials during an intermission or at the conclusion of the game are encouraged to do so in a non-leading and neutral way. Officials should respond without escalating in these scenarios but are not obliged to fully describe the rationale behind a particular call.

4.13 GOALS

4.13.1 The Hockey Canada rulebook governs most scenarios related to goals.

4.13.2 If the net is off its moorings when a goal is scored, the referee should use their judgment to determine whether or not the dislodged net impacted the result of the play in any way. If it did not, a goal shall be allowed to stand.

4.13.3 As outlined in the goaltender interference section, an official may at their discretion disallow a goal for "incidental conduct" without assessing a penalty.



4.14 HIGH-STICKING THE PUCK

- 4.14.1 Players may not contact the puck with their stick above the normal height of the shoulders.
- 4.14.2 When a player's stick does contact the puck above the normal height of the shoulders, the referee shall blow play down immediately and the corresponding faceoff will take place within the defensive zone of the team that high stuck the puck on the same side of the ice that the puck was high-sticked.
- 4.14.3 NOTE: The reference point for whether a goal is allowed is the normal height of the shoulders of the player, not the crossbar.
- 4.14.4 NOTE: The "normal height" of the shoulders refers to when a player is standing fully upright.

4.15 OTHER GAME FORMAT NOTES

- 4.15.1 A player may enter the game at any time prior to the start of the 3rd period, provided they ensure they have signed in with the timekeeper.
- 4.15.2 Players who are present and signed in but who do not play still receive credit for attendance.
- 4.15.3 Officials do not make determinations on player eligibility and are instructed to allow all players to play – League Management makes decisions related to eligibility after the conclusion of the game.



5 PENALTIES

5.1 TYPES OF PENALTIES

- 5.1.1 The Hockey Canada rulebook encompasses most penalty types used by this league.
- 5.1.2 When a coincidental penalty is served, players must serve the minimum time of penalty minutes attributed to them regardless of whether a goal is scored.
- *Example: If Team 'B' #25 receives a 10 minute misconduct plus a 2 minute hooking penalty, they must serve 12 minutes of time (plus a whistle).*
 - *Example: If Team 'A' #27 gets a 4 minute penalty for Head Contact and Team 'B' #29 gets a 2 minute penalty for roughing, #27 would automatically need to serve at minimum 4 minutes plus a whistle regardless if they opposing team scores on the powerplay.*
- 5.1.3 A game ejection penalty may be assessed to any player who, in the opinion of the referee, conducts themselves in any manner that is deliberately reckless, endangers any players safety unnecessarily, or is inciting and encouraging violent conduct. The player shall be ordered to leave the playing surface immediately in this case, however the game ejection penalty itself has no time penalty component to it (though other penalties may also be assessed).
- 5.1.4 There are also certain situations where a game ejection penalty is automatically assessed, including:
- *Whenever a player (not including Division 1) reaches 4 total penalties in a game, including coincidental penalties and misconducts. Double minor penalties count as two penalties, 10-minute misconducts count as one.*
 - *Whenever a player High Sticks or makes Head Contact with a player and causes injury as a result (including causing a player to bleed). A Head Contact or High Sticking penalty is also assessed as well as the game ejection in this case.*
 - *Whenever a player in a Recreational division intentionally hits another player in the head (a Head Contact penalty is also assessed as well as the game ejection).*



5.2 PENALTY OPTIONS CHART

Minor	Double Minor	Major	Match
•Boarding •Body-Checking* •Checking from Behind •Clipping •Cross-Checking •Delay-of-Game •Diving/Embellishment •Handling the Puck/Falling on Puck •High-Sticking** •Holding •Hooking •Illegal Equipment •Instigator / Aggressor •Interference •Roughing •Slashing •Throwing or Shooting Stick or Object •Too Many Players •Tripping	•Butt-Ending •Body-Checking* •High Sticking •Head-Butting •Spearing •Head Contact •Kneeing •Slew-Footing •Spearing	•Boarding •Body-Checking •Charging •Checking from Behind •Clipping •Cross-Checking •Fighting •Head Contact •High-Sticking •Holding •Hooking •Interference •Roughing •Slashing •Tripping •Grabbing Face/Visor	•Butt-Ending •Body-Checking •Head-Butting •Checking from Behind •Clipping •Cross-Checking •Deliberate Attempt to Injure •Head Contact •Physical Harassment of Official •Kneeing •Pulling Hair •Spitting •Grabbing Face/Visor •Slew-Footing •Spearing

5.2.1 * Bodychecking has division specific rules – in recreational divisions bodychecking is assessed at minimum a double minor.

5.2.2 **High-Sticking has division specific rules – in recreational divisions high-sticking shall be called as Head Contact and assessed at minimum as a double minor.

5.2.3 ***Please note that all double minors that have an option for escalation to a Match penalty, will also have an option for a Major penalty as a middle ground reflective of severity. It is the referee's discretion to apply penalty options based on severity of the infraction, not necessarily outcome (ex. Injury).

5.2.4 **NOTE:** This is a guideline and not comprehensive of all penalties, particularly non-playing penalties.



5.3 ATTEMPT TO INJURE

- 5.3.1 The Hockey Canada rulebook fully encompasses the league application of the attempt to injure and deliberate injury rule.

5.4 BOARDING

- 5.4.1 The Hockey Canada rulebook fully encompasses the league application of the boarding rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.

5.5 BODYCHECKING

- 5.5.1 Bodychecking is the act of using forceful impact of the body to check an opponent, particularly with the use of opposite or perpendicular (90-degree angle) force. It also encompasses situations in which a player changes their lane to make contact or when a player extends an arm, shoulder, or hip *after* safely angling an opponent.
- *In recreational divisions, the minimum penalty that may be assessed for bodychecking is a double minor penalty.*
 - *In competitive divisions, the minimum penalty that may be assessed for bodychecking is a minor penalty.*
- 5.5.2 At the discretion of the referee, a Major or Match penalty may also be assessed to a player who is guilty of bodychecking based on the degree of impact and severity of the body check delivered.
- 5.5.3 NOTE: Body-contact and bodychecking are not synonymous. Body contact is incidental contact of two opposing players in pursuit of the puck on the ice in the same direction. If, in the opinion of the Referee, the contact is reasonable and done to “battle” for the puck, no penalty should be assessed. Safety and degree of impact should be taken into account to differentiate body-contact from bodychecking. Safely angling an opponent into a different position is *not* automatically bodychecking.

5.6 CHARGING

- 5.6.1 The Hockey Canada rulebook fully encompasses the league application of the charging rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.



5.7 CHECKING FROM BEHIND

- 5.7.1 The Hockey Canada rulebook fully encompasses the league application of the Checking from Behind rule.
- 5.7.2 All Checking from Behind penalties are subject to a minimum 1 game suspension.
- 5.7.3 NOTE: The minimum penalty assessed is a 2-minute minor and a game misconduct.

5.8 CROSS-CHECKING

- 5.8.1 The Hockey Canada rulebook fully encompasses the league application of the cross-checking rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.

5.9 FIGHTING

- 5.9.1 A fight is defined as a play in which at least one player punches an opponent repeatedly.
- 5.9.2 A fight may be assessed to only one player based on the judgment of the referee. In this case, the player guilty of fighting will also be assessed a minor penalty for instigating.
- 5.9.3 Referees may, at their discretion, issue instigator or aggressor penalties to anyone guilty of fighting.
- NOTE: Instigating is defined as a player who is responsible for starting or causing a fight.
 - NOTE: An Aggressor is defined as a player who continues to fight when the player is in a defenseless position.

5.10 HEAD CONTACT & HIGH STICKING

5.10.1 [Division I]

- 5.10.1.1 In Division I, the referee may use judgment in whether to assess a penalty for instances where contact is made with the head.
- 5.10.1.2 In Division I, if the stick of one player makes contact with the face, neck, helmet, or facial protector of an opposing player, the referee shall have the option to assess at minimum a minor penalty for high-sticking.

5.10.1.3 In Division I, if the stick of one player makes contact with the face, neck, helmet, or facial protector of an opposing player causing injury (for example, but not limited to, blood) the referee shall have the **option** to eject the offending player from the game or not.



5.10.2 [Competitive Divisions]

- 5.10.2.1 In Competitive divisions, if the stick of a player makes contact with the face, neck, helmet, or facial protector of an opposing player, the referee shall have the option to assess at minimum a minor penalty for high-sticking.
- 5.10.2.2 In Competitive divisions, except for Division I, if a player makes contact with the face, neck, helmet, or facial protector of an opponent when they are at a normal height, the referee shall assess at minimum a double minor for Head Contact.
- ### 5.10.3 [Rec Divisions]
- 5.10.3.1 In Recreational divisions, if the stick or any part of a player or their equipment makes contact with the face, neck, helmet, or facial protector of an opposing player who is at a normal height, the referee shall assess at minimum a double minor penalty for Head Contact.
- 5.10.3.2 In Recreational divisions, if a player directly and intentionally hits another player in the head, a double minor + game ejection shall be assessed.
- 5.10.4 NOTE: There is no “follow-through” rule — all instances where a players stick makes contact with the face, neck, helmet, or facial protector of the player will result in a high-sticking call.
- 5.10.5 NOTE: There is no rule that eliminates a penalty when the offending players stick deflects off another stick or piece of equipment before making contact with the face, neck, helmet, or facial protector of an official.
- 5.10.6 NOTE: If an injury results (including blood) from a player High Sticking an opponent, a Head Contact and High Sticking penalty is assessed as well as a Game Ejection
- 5.10.7 NOTE: Referees may assess more significant penalties for High Sticking or Head Contact, including double minors, majors, or match penalties at their discretion.
- 5.10.8 NOTE: Referees are encouraged to use discretion in applying the Head Contact rule in the context of the player standing at a normal height. For greater clarification, a player that makes contact with the head of a smaller player who is at a normal height should still be assessed a Head Contact penalty as they were at a normal height. The provision and clarification for “normal height” is used in situations only where a player is lunging or in an abnormally smaller height that results in head contact where otherwise no head contact would take place if the player had been playing at a normal height.



5.11 KNEEING

5.11.1 The Hockey Canada rulebook fully encompasses the league application of the kneeing rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.

5.11.2 NOTE: The minimum penalty that may be assessed for kneeing is a double minor penalty.

5.12 ROUGHING

5.12.1 The Hockey Canada rulebook fully encompasses the league application of the roughing rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.

5.12.2 NOTE: Generally speaking, most roughing penalties in most situations should first be examined under the criteria of the Head Contact rule.

5.13 HOLDING

5.13.1 The Hockey Canada rulebook fully encompasses the league application of the holding rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.

5.13.2 NOTE: A player is permitted to use their arm in a strength move, by blocking their opponent, provided they have body position and are not using their hands in a holding manner, when doing so.

5.14 HOOKING

5.14.1 The Hockey Canada rulebook fully encompasses the league application of the hooking rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.

5.14.2 NOTE: Where a player uses their stick to lift an opposing player's stick, for the purpose of making a play on the puck, this will be allowed. However, if this action contacts the opponent's hands and impedes their ability to pass, shoot, receive, or otherwise propel the puck, then a penalty for Hooking should be assessed.



5.15 INTERFERENCE

5.15.1 The Hockey Canada rulebook fully encompasses the league application of the interference rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.

5.16 GOALTENDER INTERFERENCE

- 5.16.1 Goaltender interference refers to any attacking player who, by means of their stick or body, interferes with, or impedes the movements of the goaltender by actual physical contact. The minimum penalty for goaltender interference is a 2-minute minor.
- 5.16.2 If an attacking player incidentally makes contact with the goaltender and a goal is scored, but in the opinion of the referee there was not sufficient contact or interference to justify a penalty, the referee may disallow the goal but not assess a penalty for goaltender interference.
- 5.16.3 The crease should be used as a reference point based on the severity of the contact between a player and the goaltender. If contact occurs within the crease, the referee should in almost all circumstances disallow the goal (and assess a penalty at their discretion).
- 5.16.4 The goaltender is not 'fair game' just because they are outside their goal crease. If contact is made outside the crease, the referee should use judgment as to who initiated contact. The goaltender has a right to establish their position outside of the crease, however if the goaltender initiates contact with a player who has already established their own position outside of the crease, the referee should use judgment as to whether to award a goal, disallow a goal and/or assess a penalty for goaltender interference.
- 5.16.5 **NOTE:** Unless the puck is in the goal crease area, a player of the attacking team may not stand in the goal crease. If the puck should enter the net while such conditions prevail, the goal will **NOT BE ALLOWED**. However, if an attacking player is in the goal crease but does not interfere with the Goaltender and another attacking player (who is outside the goal crease) scores, the goal **WILL BE ALLOWED** provided that the player who was in the goal crease does not attempt to play the puck, interfere with the play or obstruct the Goaltender's view or movements. Therefore, it would be reasonable for a Referee to judge that a situation may warrant disallowing a goal under this rule without assessing an attacking player a penalty.

5.17 TRIPPING

5.17.1 The Hockey Canada rulebook fully encompasses the league application of the tripping rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.



5.18 CLIPPING

5.18.1 The Hockey Canada rulebook fully encompasses the league application of the clipping rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.

5.19 SLEW-FOOTING

5.19.1 The Hockey Canada rulebook fully encompasses the league application of the slew-footing rule.

5.19.2 NOTE: For greater clarity, strong consideration should be given to assess a match penalty for slew-footing if the player who commits the infraction is in motion and makes a sweeping motion with their skate, particularly if they are behind the opposing player.

5.19.3 NOTE: All slew-footing penalties must either be a double minor penalty or match penalty.

5.20 BUTT-ENDING

5.20.1 The Hockey Canada rulebook fully encompasses the league application of the butt-ending rule.

5.20.2 NOTE: All butt-ending penalties must either be a double minor penalty or match penalty.

5.20.3 NOTE: The official should use force as the determination in whether to assess a double minor or match penalty for butt-ending. If the official believes there was enough force used in the action to risk injury to the opponent, a match penalty should be assessed.

5.21 SLASHING

5.21.1 The Hockey Canada rulebook fully encompasses the league application of the slashing rule, except for the rule that automatically requires an official to assess a major penalty when injury results from a play of this type. Referees are encouraged to use the severity of the play as the primary determinant of a penalty but are not obliged to issue a major in the event of an injury.

5.21.2 NOTE: There are no double minor penalties for slashing.

5.22 SPEARING

5.22.1 The Hockey Canada rulebook fully encompasses the league application of the butt-ending rule.

5.22.2 NOTE: All spearing penalties must either be a double minor or match penalty.



5.23 OTHER FOULS

- 5.23.1 Any player who has been assessed a Major, Match, Game Misconduct, Gross Misconduct, or Game Ejection is required to immediately proceed off the playing surface and off the bench. If an ejected player returns to the ice, players bench, or approaches the officials in any manner after being removed from the game, they may receive a permanent or indefinite suspension.
- 5.23.2 The Hockey Canada rulebook fully addresses the delay of game penalty. There is no penalty for a puck being shot out of play unless the referee determines it was deliberate.
- 5.23.3 The Hockey Canada rulebook fully addresses the handling or falling on puck penalty.
- 5.23.4 The Hockey Canada rulebook fully addresses the diving or embellishment penalty.
- 5.23.5 In the event a player leaves the bench or penalty box for the purpose of joining an on-ice altercation, the player shall be assessed at minimum a Game Misconduct along with any other players that they incur. This player will receive an indefinite suspension pending league review and, at minimum, a \$200 fine.
- 5.23.6 The Hockey Canada rulebook fully addresses the throwing or shooting a stick or object rule.
- 5.23.7 The Hockey Canada rulebook fully addresses the Illegal Equipment rule for the purpose of:
- *Playing with a Broken Stick*
 - *Receiving an Illegal Stick*
 - *Dangerous or Non-Standard Equipment*
- 5.23.8 The Hockey Canada rulebook fully addresses the too many players' rule.
- 5.23.9 The Hockey Canada rulebook fully addresses the refusal to start play rule.

5.24 UNSPORTSMANLIKE CONDUCT

- 5.24.1 The Hockey Canada rulebook fully addresses the Unsportsmanlike conduct rule.
- 5.24.2 The Hockey Canada rulebook fully addresses the Disrespectful and Abusive Behaviour rule.
- 5.24.3 The Hockey Canada rulebook fully addresses the Spitting rule.
- 5.24.4 Any player or team official who engages in verbal taunts, insults, or intimidation based on discriminatory grounds will be assessed a Gross Misconduct penalty.
- 5.24.5 The Hockey Canada rulebook fully addresses the Physical Harassment of Official rule.



6 SUMMARY OF DIVISION SPECIFIC RULES

6.1 DIVISION I

- 6.1.1 There is no Game Ejection assessed when a player receives 4 penalties in a game.
- 6.1.2 There is no limit on the number of goals a player can score.

6.2 COMPETITIVE

- 6.2.1 A minor for high-sticking may be assessed in lieu of head contact.
- 6.2.2 There is no limit on the number of goals a player can score.

6.3 REC 'A' DIVISIONS

- 6.3.1 The losing team may request to suspend run-time.
- 6.3.2 Automatic double minor or more assessed for bodychecking.
- 6.3.3 A maximum of 3 goals may be scored by a player – if a 4th goal is scored, no penalty is assessed, faceoff will take place outside the zone. If goal is scored on a breakaway or on purpose, an unsportsmanlike penalty will be assessed.
- 6.3.4 A player who has scored 3 goals is not eligible to participate if the game goes to a shootout.
- 6.3.5 A Head Contact Double Minor + Game Ejection is assessed to any player who directly punches another player to the head.

6.4 REC 'B' DIVISIONS

- 6.4.1 The losing team may request to suspend run-time.
- 6.4.2 Automatic double minor or more assessed for bodychecking.
- 6.4.3 A maximum of 3 goals may be scored by a player – if a 4th goal is scored, no penalty is assessed, faceoff will take place outside the zone. If goal is scored on a breakaway or on purpose, an unsportsmanlike penalty will be assessed.
- 6.4.4 A player who has scored 3 goals is not eligible to participate if the game goes to a shootout.
- 6.4.5 A Head Contact Double Minor + Game Ejection is assessed to any player who directly punches another player to the head.



6.4.6 If a player receives a game ejection for reaching 4 penalties in a game for a second time in a season, they will receive a suspension for 1 additional game on top of any other supplemental discipline they may receive. If a player then receives a 4-penalty game ejection for a third time, an additional 3 game suspension is levied against the player. If a player has a fourth instance where they receive a 4-penalty game ejection they will receive a season ending suspension.

6.4.7 **[Winter Season Only]** Reaching a threshold of penalty minutes results in an automatic suspension:

- 30 PIMS = 1 Game Suspension
- 40 PIMS = 2 Game Suspension
- 50 PIMS = Season Ending Suspension
- Match or Fighting Penalty = Season Ending Suspension

6.4.8 **[Summer Season Only]** Reaching a threshold of penalty minutes results in an automatic suspension:

- 20 PIMS = 1 Game Suspension
- 30 PIMS = 2 Game Suspension
- 40 PIMS = Season Ending Suspension
- Match or Fighting Penalty = Season Ending Suspension