

WRHL RULES & REGULATIONS



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RULES AND REGULATIONS

Where this rulebook does not address a situation, the most recent Hockey Canada rules apply. If a Hockey Canada rule conflicts with this rulebook or an official WRHL directive, the WRHL rule or directive controls.

League Management may amend this rulebook. Player safety is the league's primary consideration and may be prioritized when interpreting or applying these rules.



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2 TEAM ADMINISTRATION

2.1 TEAM REPRESENTATIVES

2.1.1 Each team may designate two official Team Representatives to act on its behalf: one Team Manager and one Alternate Team Manager. In this rulebook, "Team Representative" includes both roles, and "captain" may be used informally to refer to either role.

2.1.2 Team Representatives are responsible for:

- *Ensure all players, including substitutes, understand and comply with league rules.*
- *Enforce league-issued fines and suspensions.*
- *Act as the communication link between players and the league.*
- *Ensure all players, including substitutes, comply with arena policies.*

2.2 COMMUNICATION BETWEEN LEAGUE & TEAM

2.2.1 All team-initiated communication must come from one of the two designated Team Representatives. The league is not required to respond to correspondence from other team members.

2.3 CHANGING OF REPRESENTATIVES

2.3.1 Teams may finalize their two Team Representatives before the regular season begins. Any change after the season begins requires approval from League Management.

2.4 REMOVAL OF REPRESENTATIVES

2.4.1 League Management may remove a Team Representative at its discretion. After notice of removal, the team may appoint a replacement, subject to League Management approval.

2.5 ROSTERS & GAME SHEETS

2.5.1 Every player must register separately for each season and for each team on which they participate.

2.5.2 The Team Manager or Alternate Team Manager must review the online Game Sheet after each game.

- *Any attendance or roster discrepancy must be reported to the League Director within 96 hours after the game. Requests received later are not required to be corrected.*

2.5.3 Only players registered with the WRHL may participate. Use of an unregistered player is subject to a minimum \$50 fine for each player and occurrence. Team Representatives are responsible for confirming registration and eligibility, including when neither representative attends the game.

2.5.4 Every player must legibly print and sign their own name on the official Game Sheet.

- *Forging a signature or using an abbreviated signature, including initials, may result in player disqualification or game forfeiture. During the playoffs, the team may forfeit the series or be removed from the playoffs.*
- *The Team Representative must ensure that every participating player signs the Game Sheet and is eligible.*
- *Each player must personally sign the Game Sheet before every game for insurance and eligibility purposes.*
- *Every person behind the bench must be properly registered and identified on the Game Sheet.*

2.5.5 An eligible, registered player who attends but does not play because of injury or another approved reason must sign the Game Sheet in the presence of a WRHL timekeeper or referee to receive a game credit.

2.5.6 If the online games-played record differs from the official signed Game Sheets, the properly signed Game Sheets control unless League Management approves a correction. Team Representatives are responsible for checking the online record.

2.5.7 A player who participates under another player's name will receive a three-game suspension. The team captain will receive a one-game suspension, and the team will be fined \$100. Each suspension applies across the WRHL until it has been served.

2.6 COMPLIANCE

2.6.1 Team Representatives must ensure that their players understand and comply with league rules and procedures.

2.6.2 Team Representatives must monitor the league's official communication channels for updates.



2.7 SUSPENSION & FINE COMPLIANCE

- 2.7.1** Team Representatives are responsible for enforcing league-issued suspensions and ensuring that team fines are paid.
- 2.7.2** A player assessed a Major, Match, Gross Misconduct or Game Misconduct is ejected and must leave the ice and bench area. The player must assume they are suspended from all WRHL teams until League Management provides written notice of their status.

2.8 ARENAS

- 2.8.1** A player, coach, manager, team official or team-associated spectator who damages a facility or abuses facility staff may be suspended indefinitely. The team is responsible for resulting repair or other costs.
- 2.8.2** Teams may enter the ice only when directed by a WRHL official.
- 2.8.3** The WRHL is not responsible for lost, stolen or damaged personal property.

2.9 ALCOHOL, TOBACCO AND DRUGS

- 2.9.1** Alcohol, tobacco, vaping, cannabis and illicit substances are prohibited wherever required by law or facility policy. A person who violates this rule may be immediately and indefinitely suspended from WRHL facilities without a refund.

3 LEAGUE ADMINISTRATION

3.1 MANAGEMENT RIGHTS

- 3.1.1** League Management may suspend or remove players or teams whose conduct or sportsmanship is inconsistent with WRHL standards.
- 3.1.2** League Management may restrict player movement and realign players or teams based on performance, skill level and competitive balance.
- 3.1.3** League Management has final authority over game administration, standings, divisional alignment, fines, suspensions and other matters affecting the league's interests.
- 3.1.4** League Management may refuse registration or continued participation based on factors including safety, conduct, eligibility, capacity, competitive balance, unpaid amounts, compliance with league rules and legitimate league operational needs. This list is not exhaustive, and all decisions will be made in accordance with applicable law.

3.2 SUSPENSIONS & FINES

- 3.2.1** Conduct occurring before, during or after a scheduled game may result in discipline, including a fine or suspension.
- 3.2.2** League Management may impose an indefinite suspension while an incident is reviewed or investigated.
- 3.2.3** League Management may impose a suspension or fine whether or not an on-ice official assessed a corresponding penalty.
- 3.2.4** A suspension must be served against scheduled games played by the team on which the incident occurred (the "designated team"). Only games played by the designated team count toward the suspension. Until the designated team has played the required number of games, the player is ineligible for every other WRHL team on which they are rostered. This may cause the player to miss more WRHL games than the stated length of the suspension. Any unserved portion carries into subsequent seasons, including between winter and summer.
- 3.2.5** All fines are assessed to the team, even when connected to an individual player. A fine must be paid before the team's next game unless League Management gives written permission otherwise. Unpaid fines may result in additional fines, game forfeiture or removal from the league.
- 3.2.6** League Management will determine the length and conditions of a suspension based on the circumstances of the incident, its seriousness, any actual or potential harm, and the player's disciplinary history. League Management may consider other relevant factors and retains discretion to impose additional discipline where warranted.



- 3.2.7** Individual players are subject to season-specific penalty-minute thresholds and corresponding discipline. Before the season begins, League Management will email each Team Representative the PIM threshold levels that apply to that team. Team Representatives are responsible for monitoring each player's PIM total. League Administration will notify the Team Representative when a player reaches 50% and 75% of the applicable PIM threshold.
- 3.2.8** Teams are also subject to season-specific team PIM thresholds and corresponding consequences. The applicable team thresholds will be included in the preseason email. Team Representatives are responsible for monitoring the team total. League Administration will notify the Team Representative when the team reaches 50% and 75% of the applicable PIM threshold. A notice is an administrative reminder and does not replace the Team Representative's monitoring responsibility.
- 3.2.9** A suspended player may not participate for any WRHL team until the suspension has been fully served on the designated team and any applicable fine has been paid. Games played by the player's other teams do not reduce the suspension.
- 3.2.10** Example: A player receives a three-game suspension for Team A on October 1. Team A's next games are October 5, 12 and 19. The player is ineligible for all WRHL teams through October 19, even if another team on which the player is rostered plays several games during that period. Subject to any other conditions, the player may return on October 20.
- 3.2.11** A Team Representative who believes a penalty was recorded incorrectly may submit a Game Feedback Form. The submission must identify the alleged error clearly and respectfully. Submitting feedback does not suspend the application of a PIM threshold or other discipline unless League Management states otherwise.

3.3 ELIGIBLE PLAYERS

- 3.3.1** A player is eligible only if all registration, Game Sheet, roster and other participation requirements have been satisfied.
- 3.3.2** [Summer] A skater must be credited with at least five regular-season games for the team to qualify for the playoffs.
- 3.3.3** [Winter] A skater must be credited with at least eight regular-season games for the team to qualify for the playoffs.
- 3.3.4** A goaltender must be credited with at least one regular-season game for the team to qualify as a goaltender in the playoffs. An approved attendance credit under Rule 2.5.5 or Rule 4.15.2 satisfies this requirement even if the goaltender does not dress or enter the game.
- *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 four games as a player and reach the overall minimum games threshold outlined to also qualify as a player.*
- 3.3.5** Playoff-roster exemptions are available only when a player is short of the minimum-games requirement because their team was forfeited on during the regular season. A Team Representative may submit an exemption request after the team's regular season has ended using the form available in the Captain's Portal. Games forfeited by the requesting team do not qualify. League Management will review each request and confirm whether the affected player is approved for the playoffs.
- 3.3.6** A team may ask an official to record a request to verify the identity of one opposing player, once per game and before the third period begins. The player may continue to participate. League Management, not the on-ice officials, will determine eligibility after the game.
- 3.3.7** The player must present reasonably reliable identification to the timekeeper. Government-issued identification is encouraged but not required.
- 3.3.8** The timekeeper will photograph the identification presented and submit the image with the official game report. The image will remain associated with the game record for as long as that record is retained and may be accessed only by authorized League Administration personnel.
- 3.3.9** League Management may request identity verification for any number of players at any time.
- 3.3.10** Only eligible players may participate in a game or remain on the players' bench.
- 3.3.11** A suspended player may not participate in a game or remain on the players' bench.

3.4 JERSEYS

- 3.4.1** Players must wear jerseys that, in the referee's opinion, do not conflict with the opponent's primary jersey colour.



- 3.4.2** The home team should wear dark jerseys and the away team should wear light jerseys.
- 3.4.3** Each skater's jersey must display a unique number. Goaltenders are exempt from this requirement.
- 3.4.4** A team may use one blank jersey, which will be recorded as number 0, or 00 if 0 is already in use.
- 3.4.5** Tape may not be used to alter a jersey number.
- 3.4.6** If jersey colours conflict and neither team has an alternate set, the following order applies:
- *First, the away team will try wearing its jerseys inside out. Players must identify themselves to the timekeeper when recording a goal or penalty because statistics may be affected.*
 - *Second, if the conflict remains, the home team will try wearing its jerseys inside out and must identify players to the timekeeper when recording a goal or penalty.*
 - *Third, if no solution is available, the game will proceed with the existing jerseys unless a 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 exceptional circumstances, League Management may realign teams before the playoffs at its discretion.

3.6 STANDINGS

- 3.6.1** Divisional standings are ranked by winning percentage in regular-season games played against teams in the same division.
- 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.*
 - *Goal differential during head-to-head games.*
 - *Goal differential during divisional games.*
 - *Team with the fewest goals conceded during divisional games.*
 - *Team with the most goals scored during divisional games.*
 - *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 order outlined below.
- *Team that forfeited the least number of games (not games that were forfeited by opponents).*
 - *Goal differential during divisional games.*
 - *Team with the fewest goals conceded during divisional games.*
 - *Team with the most goals scored during divisional games.*
 - *Team with the fewest penalty minutes per game during the entire season.*
 - *Coin flip.*

3.7 PLAYOFFS

- 3.7.1** The summer playoff format is double elimination. League Management will communicate any additional playoff procedures at the preseason Team Representative meeting.

3.8 FORFEITS & ABANDONED GAMES

- 3.8.1** A forfeit occurs when a team gives notice that it will not play or cannot meet the minimum lineup requirement before the first-period run-time clock reaches 0:00.
- 3.8.2** A game is abandoned when a team that met the minimum lineup requirement at the start can no longer continue.
- 3.8.3** A forfeited or abandoned game is recorded as a 1–0 loss against the responsible team. If the game is abandoned while that team is already losing by more than one goal, the existing score will stand.



- 3.8.4** An “at-fault” forfeit is one not submitted through the official Captain’s Portal process at least 96 hours before the scheduled game time.
- 3.8.5** The following provisions apply to every forfeit, whether or not it is at fault:
- *The forfeiting team receives no player-eligibility game credits.*
 - *A player on the non-forfeiting team who falls short of the playoff minimum because of an opponent’s forfeit may request a playoff-roster exemption after the team’s regular season has ended. Games forfeited by the requesting player’s team do not qualify.*
 - *The non-forfeiting team may use the ice in most circumstances.*
- 3.8.6** The following consequences apply to at-fault forfeits:
- *first forfeit = \$200 fine + loss of registered game.*
 - *second forfeit = \$250 fine + loss of registered game + loss of future registered game + \$250 bond.*
 - *third forfeit = \$300 + loss of registered game + loss of future registered game + \$300 bond + meeting.*
 - *fourth forfeit = Removal from the league.*
- 3.8.7** If the league receives an official forfeit notice through the Captain’s Portal at least 96 hours before the game, the fine is waived. The forfeiting team still loses the registered game. If a replacement opponent is found, the forfeiting team will not receive a standings loss, but the game will still be deducted from its registered schedule.
- 3.8.8** The non-forfeiting team receives a forfeit win and may use the ice. A team affected by more than one opponent forfeit in a season should contact admin@winnipegrehockeyleague.com to discuss replacement-game options.

3.9 SUSPENDED GAMES

- 3.9.1** If a game is suspended for a reason other than a forfeit or abandonment, League Management will determine whether the score is final, the game will be continued or replayed, or another remedy will apply. Management will consider the time played, score, cause of the stoppage, available ice and overall fairness, including whether one team caused the stoppage.

3.10 REQUIRED EQUIPMENT

- 3.10.1** Skaters must wear safe equipment, including skates, shin pads, protective pants, elbow pads, hockey gloves and a CSA-approved helmet with a visor or cage. The WRHL recommends neck guards, mouthguards, pelvic protection and shoulder pads.
- 3.10.2** A skater who loses their helmet during play must immediately go to the bench or stop participating until the helmet and chinstrap are properly secured. Failure to do so may result in an Illegal Equipment penalty.
- 3.10.3** A goaltender must wear a CSA-approved mask with an attached back plate.
- 3.10.4** Play must stop immediately if a goaltender loses their mask.
- 3.10.5** If a puck strikes a goaltender’s mask, the referee should stop play immediately. The faceoff will occur at the defensive-zone faceoff location corresponding to the side of the ice where the puck was when play stopped. The referee may allow an immediately resulting goal if the puck enters the net directly after striking the mask.

4 GAME FORMAT & FLOW

4.1 GAME FORMAT

- 4.1.1** A standard WRHL ice slot is 75 minutes and includes one three-minute warm-up, three 15-minute stop-time periods, and one-minute intermissions. There is no flood after the second period. Overtime or a shootout may follow a tie as set out in Rule 4.3 and subject to the booked ice time.
- *One (1) 3-minute warm-up.*
 - *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 five minutes or less remain in the booked ice slot, the five-and-two procedure applies at the next stoppage. If more than two minutes remain on the game clock, it will be reduced to 2:00. If 2:00 or less remains, the clock will not be increased. Active penalty clocks will not be adjusted, and each team retains any unused timeout. If regulation ends in a tie, the game will proceed to a three-minute, three-on-three overtime period and then, if still tied, to a shootout in accordance with Rule 4.3.



4.2 TIMEOUTS

- 4.2.1 Each team is permitted one 30-second timeout per game.
- 4.2.2 Both teams may not use a timeout during the same stoppage of play.
- 4.2.3 Timeouts are not permitted during overtime or while the game clock is running continuously under Rule 4.6.
- 4.2.4 A timeout remains available after the five-and-two procedure has been applied.

4.3 OVERTIME & SHOOTOUTS

- 4.3.1 If regulation ends in a tie, the game will proceed immediately to a three-minute, three-on-three overtime period, subject to available ice time.
- 4.3.2 If the game remains tied, a three-round shootout will begin immediately. If still tied after each team has used three shooters, the shootout will continue in sudden-death rounds.
- 4.3.3 A playoff tie will first be decided by a three-minute, three-on-three overtime period and then a shootout, unless a facility employee or WRHL official directs otherwise because of ice-time or safety constraints. If the tiebreaker cannot be completed, League Management will determine a fair remedy based on the circumstances and available ice.
- 4.3.4 A player serving an active penalty, including a Misconduct, may not participate in the shootout.
- 4.3.5 A player serving a Bench Minor or serving a penalty on behalf of a teammate may participate in the shootout.
- 4.3.6 The home team chooses whether to shoot first or second.
- 4.3.7 Every eligible player must take one shot before any player on the same team takes a second shot, regardless of bench size.

4.4 TEAM COMPOSITION

- 4.4.1 Each team must have at least six skaters and one goaltender dressed and ready to play by the end of the warm-up. To begin the game, five skaters and one goaltender take the ice, leaving at least one dressed skater on the bench.
 - *A person designated as the goaltender must wear the required goaltending equipment.*
- 4.4.2 If a team does not meet the minimum lineup requirement at the end of the warm-up, the timekeeper will start the first-period clock at 15:00 and allow it to run.
- 4.4.3 If the team becomes ready with 7:30 or more remaining in the first period, the timekeeper will stop the clock and the team will receive a two-minute Bench Minor for Delay of Game.
- 4.4.4 If the team becomes ready with less than 7:30 remaining in the first period, the timekeeper will stop the clock and the team will receive two two-minute Bench Minors, served consecutively by one player as a four-minute time penalty. The team may not elect a five-on-three disadvantage instead.
 - *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 meet the minimum lineup requirement before the first-period clock reaches 0:00, it forfeits the game.
- 4.4.6 A person under 16 years old may not participate as a player.
- 4.4.7 A player who is 16 or 17 years old requires advance approval from League Management and a completed parent or guardian waiver.
- 4.4.8 There is no maximum number of players who may dress for a game.
- 4.4.9 If a goaltender is injured during the game, the referee may allow up to 10 minutes to dress an eligible replacement. The team may instead continue without a goaltender if it can ice the permitted number of skaters.
- 4.4.10 No dressing time is provided when a goaltender is ejected.
- 4.4.11 After a team legally starts with the required skaters and goaltender, it may continue without a goaltender if it can still ice the permitted number of skaters.
- 4.4.12 Teams are not required to designate a Captain or Alternate Captain on their jerseys. Officials may decide which player or Team Representative they will communicate with.



4.5 PREGAME PROCEDURE

- 4.5.1** The timekeeper will assign team benches where an assignment is required.
- 4.5.2** Each team must provide the referee with three game-ready pucks.
- 4.5.3** A team that has not provided its Game Sheet to the referee or timekeeper by the end of the warm-up will receive a Minor penalty for Delay of Game.

4.6 RUN TIME

- 4.6.1** If the goal differential is five or more during the final five minutes of the third period, the clock will switch to running time. Stop-time will resume only if the differential is reduced to four goals.
- 4.6.2** If the goal differential is eight or more at the start of the third period, the third period will begin in running time. If the differential first reaches eight goals during the third period, the clock will switch to running time at that point. Once triggered under this rule, running time continues for the remainder of the third period.
- 4.6.3** A penalty assessed during running time is served as follows: three minutes for a Minor, six minutes for a Double Minor and seven minutes for a Major. For PIM tracking, the penalty is recorded at its normal stop-time value.
- 4.6.4** If a running-time penalty expires during a stoppage, the player must remain in the penalty box and the team remains shorthanded, if applicable, until play resumes.

4.7 FACEOFFS

- 4.7.1** Hockey Canada rules govern faceoffs and faceoff locations except as modified below.
- 4.7.2** After a penalty leaves one team shorthanded, the team receiving the power play chooses the side of the ensuing faceoff in the shorthanded team's defensive zone.
- 4.7.3** If a team awaiting a power play ices the puck during a delayed penalty and icing is called, the faceoff will occur at the bench-side neutral-zone spot nearest the penalized team's net.
- 4.7.4** A faceoff after a goal or at the start of a period occurs at centre ice and takes priority over any other faceoff-location rule.
- 4.7.5** The referee may use judgment when applying the Hockey Canada rule that moves a faceoff to the neutral zone because attacking players entered deeply into the attacking zone.
- 4.7.6** Coincidental penalties do not automatically move the faceoff to the neutral zone. The standard Hockey Canada location criteria apply.
- 4.7.7** If the puck leaves the playing surface, becomes unplayable, or rests on the back or top of the net, the faceoff remains in the zone where play stopped regardless of which team caused the stoppage.

4.8 ICING

- 4.8.1** Icing occurs when a player shoots, bats, kicks or deflects the puck from behind their defensive blue line across the opposing goal line without the puck entering the net.
- 4.8.2** The referee may waive icing when a goaltender leaves the crease intending to play the puck. Merely leaving the crease to protect the net does not automatically waive icing.
- 4.8.3** The referee may waive icing if an opposing player could reasonably play a puck travelling along the ice but chooses not to do so.
- 4.8.4** The WRHL uses no-touch icing. The relative distance of players from the puck does not determine the call.
- 4.8.5** A defending player is not required to attempt to play an airborne puck. If the other icing requirements are met, icing may still be called.
- 4.8.6** After an icing call, the non-offending team chooses the side of the ensuing offensive-zone faceoff.

4.9 OFFSIDES

- 4.9.1** Hockey Canada rules govern offside.

4.10 PUCK OUT OF BOUNDS

- 4.10.1** Hockey Canada rules govern a puck that is out of bounds or otherwise unplayable.



4.11 PUCK OUT OF SIGHT

4.11.1 Hockey Canada rules govern a puck that is out of sight.

4.12 REFUSAL TO REPORT

4.12.1 After an official calls and signals a penalty, the penalized player must proceed directly to the penalty box. The player is not entitled to an immediate explanation. Failure to report directly may result in an Unsportsmanlike Conduct or Misconduct penalty.

- *To protect game flow, discussions between players and officials should normally occur during an intermission or after the game.*
- *Officials may choose to communicate with the person most likely to support a productive discussion, regardless of formal team title.*
- *A player approaching an official during an intermission or after the game must do so neutrally and respectfully. The official is not required to provide a detailed explanation.*

4.13 GOALS

4.13.1 Hockey Canada rules govern most situations involving goals.

4.13.2 If a goal is scored while the net is displaced, the referee will determine whether the displacement affected the play. If it did not, the goal may stand.

4.13.3 As described in the goaltender-interference section, a referee may disallow a goal because of incidental contact without assessing a penalty.

4.14 HIGH-STICKING THE PUCK

4.14.1 A player may not contact the puck with their stick above the normal height of their shoulders.

4.14.2 If a player contacts the puck above normal shoulder height, play will continue until a team next touches the puck. If the offending team touches the puck first, play will stop. If the non-offending team touches the puck first, play will continue.

4.14.3 For a potential goal, the reference point is the player's normal shoulder height, not the crossbar.

4.14.4 "Normal shoulder height" means the height of the player's shoulders while standing fully upright.

4.15 OTHER GAME FORMAT NOTES

4.15.1 An eligible player may enter the game before the third period begins after signing in with the timekeeper.

4.15.2 A registered player who is present and properly signed in receives an attendance credit even if they do not play.

4.15.3 Officials do not decide player eligibility during the game. The player will normally be permitted to participate, and League Management will determine eligibility afterward.

4.16 GAME PROTESTS

4.16.1 A game protest may address only an alleged misapplication of a rule or a game-related administrative error, not an official's judgment. It must be submitted by a Team Representative through the official process within 96 hours after a regular-season game. For a playoff game, it must be submitted within 24 hours after the game and more than 12 hours before the next scheduled playoff game. If the playoff schedule makes those limits impossible, it must be submitted as soon as reasonably possible. League Management's decision is final.

5 PENALTIES

5.1 TYPES OF PENALTIES

5.1.1 Hockey Canada rules govern most penalty types used by the WRHL, subject to the modifications in this section.

5.1.2 When an equal number of Minor penalties is assessed to both teams at the same stoppage, each penalized player will serve the full penalty and the teams will play at the corresponding reduced on-ice strength, normally four-on-four or three-on-three. Players may return when their penalties expire, subject to the normal rules for returning to play. When penalties are unequal, the unmatched penalty time creates the corresponding manpower advantage.



- 5.1.3** A referee may assess a Game Ejection when a player acts in a deliberately reckless manner, unnecessarily endangers another person's safety, or incites violent conduct. The player must immediately leave the ice and bench area. A Game Ejection has no time component, although another penalty may also be assessed.
- 5.1.4** League Management may impose additional discipline for a Misconduct assessed late in a game or after a game based on the circumstances of the incident. No automatic additional suspension applies solely because of when the Misconduct was assessed.
- 5.1.5** A player is automatically ejected upon receiving four penalties in one game or a Major or Match penalty. A Double Minor counts as two penalties, and a 10-minute Misconduct counts as one.

5.2 PENALTY OPTIONS CHART

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

- 5.2.1** This chart is a guideline and is not an exhaustive list of available penalties, particularly for non-playing infractions. Listed options depend on the severity of the conduct and the referee's judgment, subject to any minimum or mandatory penalty stated elsewhere in this rulebook.

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 forceful body impact used to check an opponent, including perpendicular or opposing-direction force, changing lanes to initiate contact, or extending an arm, shoulder or hip after safely angling an opponent.
- 5.5.2** A referee may assess a Minor, Double Minor, Major or Match penalty for bodychecking according to the force, danger and severity of the contact.
- 5.5.3** Body contact is not automatically bodychecking. Incidental contact between opponents pursuing the puck in the same direction, ordinary puck battles and safe angling may be permitted. The referee will consider the force, direction, safety and purpose of the contact.

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** Every Checking from Behind penalty carries a minimum one-game suspension.
- 5.7.3** The minimum on-ice penalty for Checking from Behind is a two-minute Minor plus 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** Fighting occurs when at least one player repeatedly punches an opponent.
- 5.9.2** A Fighting penalty may be assessed to only one player when supported by the referee's judgment. That player will also receive a Minor for Instigating.
- 5.9.3** A referee may assess an Instigator or Aggressor penalty. An instigator starts or causes the fight; an aggressor continues against an opponent who is in a defenceless position.
- 5.9.4** League Management will determine any additional discipline arising from a fighting incident case by case, considering the nature and seriousness of the conduct.

5.10 HEAD CONTACT & HIGH STICKING

- 5.10.1** If a player's stick contacts an opponent's face, neck, helmet or facial protector, the referee will assess at least a Minor for High Sticking.
- 5.10.2** If any part of a player other than their stick contacts an opponent's face, neck, helmet or facial protector while the opponent is at a normal playing height, the referee will assess at least a Double Minor for Head Contact.
- 5.10.3** There is no follow-through exception. Stick contact with an opponent's face, neck, helmet or facial protector may be penalized even when it occurs during a follow-through.
- 5.10.4** A deflection off another stick or piece of equipment does not eliminate a High Sticking penalty when the offending player's stick then contacts an opponent's face, neck, helmet or facial protector.
- 5.10.5** A referee may assess a Major or Match penalty for High Sticking or Head Contact according to severity.
- 5.10.6** "Normal playing height" distinguishes an upright player, including a shorter player, from a player who is lunging, falling or otherwise at an abnormally low height. The referee will consider the player's position when determining whether Head Contact occurred.

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 occurs when an attacking player uses their body or stick to make contact that interferes with or impedes the goaltender. The minimum penalty is a two-minute Minor.

5.16.2 If incidental contact affects a goal but does not justify a penalty, the referee may disallow the goal without assessing Goaltender Interference.

5.16.3 Contact in the crease will ordinarily result in the goal being disallowed. The referee may also assess a penalty according to the nature and severity of the contact.

5.16.4 A goaltender is protected from unlawful interference outside the crease but is not automatically entitled to space already occupied by another player. The referee will consider who established position and initiated contact when deciding whether to allow a goal or assess a penalty.

5.16.5 An attacking player may enter the crease to play a puck in the crease. A goal will be disallowed if an attacking player in the crease interferes with the goaltender, obstructs the goaltender's view or movement, or participates in the play contrary to this rule. Presence in the crease alone does not require 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 A referee should strongly consider a Match penalty for Slew-Footing when a moving player uses a sweeping skate motion, particularly from behind an opponent.



5.19.3 Slew-Footing must be penalized as either a Double Minor 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 The referee will consider force and injury risk when deciding between a Double Minor and Match penalty for Butt-Ending.

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 Hockey Canada rules govern Spearing.

5.22.2 Spearing must be penalized as either a Double Minor or Match penalty.

5.23 OTHER FOULS

5.23.1 A player assessed a Major, Match, Game Misconduct, Gross Misconduct or Game Ejection must immediately leave the ice and bench area. Returning to the ice or bench, or approaching officials after ejection, may result in an indefinite or permanent suspension.

5.23.2 Hockey Canada rules govern Delay of Game. Shooting the puck out of play is not penalized unless the referee determines the action was deliberate. The first deliberate occurrence by a team will result in a warning. Every later deliberate occurrence by that team will result in a Minor penalty for Delay of Game.

5.23.3 Hockey Canada rules govern Handling or Falling on the Puck.

5.23.4 Hockey Canada rules govern Diving or Embellishment.

5.23.5 A player who leaves the bench or penalty box to join an on-ice altercation will receive at least a Game Misconduct, an indefinite suspension pending review and a minimum \$200 team fine, in addition to any other penalties.

5.23.6 Hockey Canada rules govern Throwing or Shooting a Stick or Object.

5.23.7 Hockey Canada rules govern Illegal Equipment, including broken sticks, receiving an illegal stick, and dangerous or non-standard equipment.

5.23.8 Hockey Canada rules govern Too Many Players.

5.23.9 Hockey Canada rules govern Refusal to Start Play.

5.24 UNSPORTSMANLIKE CONDUCT

5.24.1 Hockey Canada rules govern Unsportsmanlike Conduct.

5.24.2 Hockey Canada rules govern Disrespectful and Abusive Behaviour.

5.24.3 Hockey Canada rules govern Spitting.

5.24.4 A player or team official who uses verbal taunts, insults or intimidation based on a protected or discriminatory ground will receive a Gross Misconduct.

5.24.5 Hockey Canada rules govern Physical Harassment of an Official.