

WRHL RULES & REGULATIONS



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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.



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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 all players (including substitutes) understands and complies with league 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 the 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 & GAME SHEETS

- 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 game sheet the day after their game.



- If there are any discrepancies regarding attendance or the roster, they must email the League Director within 96 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 96 hours to allow it to be addressed.

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 per occurrence and per player. 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 and/or removal from the playoffs.
- 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 sign the official Game Roster for insurance purposes.

2.5.5 If a player is signing in as an eligible and registered player but is NOT playing (injury, etc.), they **MUST** sign in in the presence of a WRHL timekeeper or referee. This player **WILL** receive credit for a game played.

2.5.6 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 their Players.

2.5.7 ****NEW**** if a player is caught playing in a game and signs in under a different player's name, that player will be assessed a 3-game suspension AND that team captain will also be suspended for 1 game. There will also be a **TEAM** fine of \$100 that will be assessed. A suspension must be fulfilled before that player(s) is permitted to play on any other team in the WRHL.



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 ARENAS

- 2.8.1 Any player, coach, manager, team official, or spectator tied to a specific team that causes damage or abuses 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 Teams are not to enter the ice until directed by WRHL Officials.
- 2.8.3 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 display 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 refuse any individual player or team regardless of violation of rules.

3.2 SUSPENSIONS & FINES

- 3.2.1 All infractions that occur before, during and after any scheduled 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. This includes suspensions from the winter into the summer, and summer into the winter. A game is deemed served as of the date that a player has been registered on a team. If the player is not a registered player, it does not count as a game served.
- 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 document "*Suspension Guide*" when administering suspensions. Other factors may impact the final decision on suspension length and/or fines at the discretion of League Management such as the previous suspension history of the player in the league. This "*Suspension Guide*" can be found at the end of the rule book.



3.2.7 Players are subject to individual penalty threshold suspensions, The below is based off a 26-game schedule for reference, defined below:

- 50 PIMs = 1 game suspension
- 60 PIMS = 2 game suspension
- 70 PIMS = Remainder of regular season + playoffs

PIM Thresholds by player will be prorated to the number of games that team has registered for.

Example: PIM threshold for a player on a team that is registered for 30 games with have their PIM threshold adjusted to 58-70-80.

The above is for regular season games only, not including playoffs

NOTE: While penalty totals are tracked separately for each team a player plays on, if they are suspended by this or any other rule, their suspensions still apply to all teams they are a part of in the VRHL.

3.2.8 Teams are subject to team-wide penalty threshold fines, defined below:

- 200 PIMS = \$200 fine
- 250 PIMS = \$250 fine
- 300 PIMS = Removal from season + playoffs and/or bond

PIM Thresholds by Team will be prorated to the number of games that team has registered for.

Example: PIM threshold for a team that is registered for 30 games with have their PIM threshold adjusted to 230-288-346.

The above is for regular season games only, not including playoffs



- 3.2.9 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 96 hours after a game. During the playoffs, in situations where the next scheduled playoff game is within 96 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.
- 3.2.10 Players who are suspended for a team are suspended for the duration of games on that team and are suspended from **ALL WRHL** teams until the suspension is served and the fine, if any, is paid in full. Suspended players are not eligible to play for any team in the WRHL until this suspension has been served in full.
- 3.2.11 NOTE: For greater clarity, this means that if a player gets a 3-game suspension on October 1 for Team A and the upcoming 3 games for Team A are October 5, 12, and 19, that player is suspended from ALL WRHL games until October 20.
- 3.2.12 NOTE: Due to the new suspension/fine thresholds, if a Team Representative feels as though a penalty was erroneously called and chooses to submit a Game Feedback Form to “appeal” the call, please remember the importance in communicating your points in a logical, productive manner.



3.3 ELIGIBLE PLAYERS

- 3.3.1 Eligible players are only those who have properly followed all requirements tied to game sheets and rosters.
- 3.3.2 **[Summer Season]** In order to qualify as an eligible player in the playoffs, a player must play in 5 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 more games.
- 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 four games as a player and reach the overall minimum games threshold outlined to also qualify as a player.*
- 3.3.5 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.
- **NOTE: For the current season, roster exemptions will not be accepted. Instead, the minimum game threshold has been reduced. The only applicable consideration for an exemption would be a scenario where a team is forfeited ON.**
- 3.3.6 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 or 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 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.**
- 3.3.7 Only eligible players may participate in a game or be on the bench.
- 3.3.8 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 at any time.
- 3.4.6 If 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: 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.*
 - *2nd: If 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.*
 - *3rd: 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*
 - *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*



- 3.6.4 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 An “at-fault” forfeit is a forfeit that is NOT submitted 96 or more hours ahead of gametime via the official forfeit notification method outlined in the Captain’s Portal.

- 3.8.5 When a game is forfeited (regardless of being “at-fault” or not):

- 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, an extra game credit will be applied to the team that was forfeited against that can be applied to current OR subsequent seasons.



3.8.6 The fine structure for “at-fault” forfeits is:

- *1st forfeit = \$200 fine + loss of registered game*
- *2nd forfeit = \$250 fine + loss of registered game + loss of future registered game + \$250 bond*
- *3rd forfeit = \$300 + loss of registered game + loss of future registered game + \$300 bond + meeting*
- *4th forfeit = Removal from the league*

3.8.7 If 96 hours' notice is provided to the league via submitting an official forfeit notice via the Captain's Portal, the fine component of that forfeit will be waived. The team will still lose the registered game by forfeiting. If a replacement opponent can be found, an official “loss” will NOT be registered to the team, but they are still losing a registered game but will not be fined in addition.

3.8.8 A team that is forfeited on is still considered a game played. They will receive a forfeit win and have use of the ice. Teams who are forfeited on more than once in a season should reach out to admin@winnipegrehockeyleague.com to explore different game replacement options.

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 apply the below criteria:

- *0-14:59 gameplay completed = Game will be continued later, or team will be eligible for credit*
- *15:00 – 29:59 gameplay completed = League Management will make decision on whether the game will be counted as a final score or if the game will be resumed later.*
- *30:00 – 45:00 gameplay completed = Game is considered final*

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 shoulder pads.

3.10.2 If a player loses his helmet during play, they must immediately skate to the bench or stop and 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.



- 3.10.5 If a goalie is hit in the head with a puck, the referee should blow down the play immediately regardless of the severity of the impact. The ensuing faceoff will take place based on the side that the puck was on when the play was blown dead in the defensive zone. Please note, there is still room for judgment from the official to allow the goal to stand if the puck immediately enters the net after hitting the goalie in the mask.

4 GAME FORMAT & FLOW

4.1 GAME FORMAT

- 4.1.1 Ice slots consist of 75-minutes, which is comprised of the blow. Please note that there are **NO MORE FLOODS** after 2 Periods:

- *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

- 4.3.1 ***NEW*** If the game ends tied, the game should proceed immediately to a three (3) minute 3-on-3 overtime.
- 4.3.2 If the game remains tied after overtime, a best-of-3 shootout will immediately commence. If the shootout is tied after 3 shooters each, it will proceed to a sudden death shootout.
- 4.3.3 During playoffs, all games should be first decided by a three (3) minute 3-on-3 overtime before moving to a shootout unless otherwise dictated by a facility employee or WRHL official.
- 4.3.4 Players with active penalties (including misconducts) are not permitted to participate in shootouts.
- 4.3.5 Players serving bench minors or a penalty on behalf of another teammate are still permitted to participate.
- 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 if they are able to still ice the required number of players (six skaters at even strength).
- 4.4.10 If a goalie is ejected from the game, no time is given to dress a substitute.
- 4.4.11 **NOTE:** When a team can 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 three pucks in adequate or better condition 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 If 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. Stoppage time will not resume unless the margin is reduced to 4 goals.
- 4.6.2 If there is an 8 or more-goal spread at any point in the 3rd period, the game clock will switch to running time. Stoppage time will not resume unless the margin is reduced to 4 goals.
- 4.6.3 If a penalty is taken while the clock is in run-time, the penalty for a minor will be 3-minutes, a double minor will be 6-minutes, and the penalty for a major will be 7-minutes. For PIM threshold purposes penalties will still be recorded as per normal.
- 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 are 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 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 considered.
- 4.7.8 Hockey Canada Rule. If a puck leaves the ice surface and goes out of play or the puck becomes stuck on the back or top of the net the faceoff will remain inside the zone no matter which team caused the stoppage of play.



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 if the goaltender leaves their crease 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 could 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:** If a puck that is iced is in the air, the defending team does not have an obligation to try and play the puck. If the puck is in the air and no attempt is made, it should still be called icing.
- 4.8.6 ***NEW*:** The offensive team will have choice of side for the face-off after an icing call.

4.9 OFFSIDES

- 4.9.1 The Hockey Canada rulebook governs all scenarios tied to offsidess.

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 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 contact" 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 ***NEW*** When a player's stick contacts the puck above the normal height of the shoulders, the referee may blow play down, dependent on which team gains possession of the puck. There will no longer be an automatic whistle.

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 ***NEW*** the WRHL will be adapting the NHL rule when it comes to penalties that are assessed to each team at the same stoppage of play. Teams will now play 4 on 4 or 3 on 3. Play will no longer be 5 on 5 when coincidental penalties are called.

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).

NEW any player that is assessed a 10-minute misconduct in the **final 3 minutes** of a game or after the game will automatically receive a 1 game suspension

5.1.4 There are also certain situations where a game ejection penalty is automatically assessed, including:

- *Whenever a player 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 receives a major or match penalty.*



5.2 PENALTY OPTIONS CHART

Minor	Double Minor	Major	Match
<ul style="list-style-type: none"> •Boarding •Body-Checking* •Checking from Behind •Clipping •Cross-Checking •Delay-of-Game •Diving/Embellishment •Handling the Puck/Falling on Puck •Holding •Hooking •Illegal Equipment •Instigator / Aggressor •Interference •Roughing •Slashing •Throwing or Shooting Stick or Object •Too Many Players •Tripping 	<ul style="list-style-type: none"> •Butt-Ending •Body-Checking* •High Sticking •Head-Butting •Spearing •Head Contact •Kneeing •Slew-Footing •Spearing 	<ul style="list-style-type: none"> •Boarding •Body-Checking •Charging •Checking from Behind •Clipping •Cross-Checking •Fighting •Head Contact •High-Sticking •Holding •Hooking •Interference •Roughing •Slashing •Tripping •Grabbing Face/Visor 	<ul style="list-style-type: none"> •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 **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.
- 5.5.2 At the discretion of the referee, a Double Minor, 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 considered 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 ***NEW*** If the stick of a player contacts the face, neck, helmet, or facial protector of an opposing player, the referee shall assess a minor penalty for high sticking.
- 5.10.2 If a player (not their stick) contacts 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 **NOTE:** There is no “follow-through” rule — all instances where a player's stick contacts the face, neck, helmet, or facial protector of the player will result in a high sticking call.
- 5.10.4 **NOTE:** There is no rule that eliminates a penalty when the offending player's stick deflects off another stick or piece of equipment before contacting the face, neck, helmet, or facial protector of an official.
- 5.10.5 **NOTE:** Referees may assess more significant penalties for High Sticking and Head Contact, majors, or match penalties at their discretion.



5.10.6 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 contacts 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 contacts 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. On first occurrence, a warning will be issued to the offending player
- 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 penalties 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.



WRHL Suspension Grid			
<u>Offense</u>	<u>Minimum Suspension</u>	<u>Fine</u>	<u>Notes</u>
Major Penalties	1 game	\$50.00	League discretion on severity and suspension escalates for each infraction in a calendar year (2 games, 3 games, etc) no fine on first offense
Fighting Majors	4 games	\$50.00	League discretion on severity and suspension escalates for each infraction in a calendar year (5 games, 6 games, etc) fine enforced additional game suspension added if deemed a player was the aggressor/instigator
3rd Man In	1 game		
Match Penalties - attempt to injure	4 games	\$100.00	League discretion on severity and suspension escalates for each infraction in a calendar year (5 games, 6 games, etc) fine enforced
Match Penalty on an Official	Indefinite		player will be removed from the league indefinitely
10 Minute Misconduct	1 game		If assessed in final 5 minutes of a game or at the conclusion of the game
Game Misconduct	1 game		League discretion on severity and suspension escalates for each infraction in a calendar year (2 games, 3 games, etc)
Gross Misconduct	2 games	\$75.00	League discretion on severity and suspension escalates for each infraction in a calendar year (3 games, 4 games, etc) fine enforced Maltreatment and Discrimination will not be tolerated Verbal abuse towards an official will not be tolerated
Illegal Players	3 games		player that plays under another players name receives the suspension
	1 game	\$100.00	Team captain to receive a 1 game suspension and fine is enforced