

## Table of Contents

Section One – The Arena .....	1
1.1 Arena Property.....	1
1.2 Illicit Drug Use .....	1
1.3 Personal Property .....	1
1.4 Notices .....	1
1.5 Accidents.....	1
Section Two – League Administration .....	2
2.01 Eligible Players .....	2
2.2 Player Registrations and Photo Identification .....	2
2.3 High School/College Players.....	2
2.4(a) Playoff Eligibility – Players .....	2
2.4(b) Playoff Eligibility – Goaltenders.....	3
2.4(c) Playoff Eligibility – Backup Goaltenders .....	3
2.5 Substitute Goaltenders – Regular Season.....	3
2.6 Goaltender Injury .....	3
2.7 Goaltender Ejection .....	3
2.8 Team Jerseys .....	4
2.9 Roster Limit .....	4
2.10(a) Skill Levels – Teams.....	4
2.10(b) Skill Levels – Players .....	4
2.11 Ties in Standings – 2 or More Teams .....	5
2.12(a) Suspensions .....	5
2.12(b) Suspensions – Appeals .....	6
2.13 Management Rights.....	6
2.14 Game Protests – Playoffs .....	7
2.15 Playoff Brackets.....	7
Section Three – Protective Equipment .....	8
3.1 Goalie Masks .....	8
3.2 Helmets .....	8

3.3 Facial Equipment.....	8
3.4 Neck Guards.....	8
3.5 Goaltender Skates.....	8
3.6 Mouth Guards.....	8
Section Four – Playing Rules.....	9
4.1 Offside Passes.....	9
4.2 Icing.....	9
4.3 Stick & Equipment Measurements.....	9
4.4 Defaulted Games.....	9
4.5 Procedure for Start of Games.....	10
4.6 Time Outs.....	11
4.7 Goal Crease.....	11
4.8 Awarded Points.....	11
4.9(a) Overtime – Shootout (Playoff Only).....	11
4.9(b) Overtime – Playoffs.....	12
4.10 Length of Game.....	12
4.11 15-Second Face-Off Rule.....	12
4.12 Player Injury – Blood Drawn.....	13
4.13 Goaltender Safety.....	13
Section Five – Penalties.....	14
5.1 Boarding/Body Checking/Charging.....	14
5.2 Broken Stick.....	14
5.3 Butt-Ending.....	14
5.4 Checking from Behind, Hits to the Head & Slew-Footing.....	15
5.5 Coincidental Minor Penalties.....	15
5.6 Cross-Checking.....	15
5.7 Delay of Game.....	15
5.8 Diving/Embellishment.....	15
5.9 Elbowing & Kneeing.....	15
5.10(a) Fighting.....	16
5.10(b) Fighting – Off the Playing Surface.....	16
5.11 Goaltender Interference.....	16

5.12 Handling the Puck .....	16
5.13 High Sticking.....	16
5.14 Holding/Holding the Stick .....	17
5.15 Hooking .....	17
5.16 Interference .....	17
5.17(a) Roughing.....	17
5.17(b) Roughing – After the Whistle .....	17
5.18 Slashing .....	18
5.19 Spearing .....	18
5.20 Throwing Stick.....	18
5.21 Tripping .....	18
5.22 Unsportsmanlike Conduct.....	19
5.23 Game Ejection .....	19
5.24 Misconducts.....	19
5.25 Game Misconducts .....	19
5.26(a) Gross Misconducts.....	20
5.26(b) Gross Misconducts – Taunting .....	20
5.27(a) Match Penalties – Involving a Player .....	20
5.27(b) Match Penalties – Involving a League Official .....	20
5.28 Disqualified/Ejected Players .....	20
5.29 Individual Penalty Minute Initiative.....	21
5.30 Face-Off Location – Penalties.....	22
Appendices.....	22
Appendix A – Summary of Penalties .....	22
Minor Penalty .....	22
Double Minor Penalty.....	22
Misconduct Penalty .....	22
Major Penalty and Game Ejection .....	22
Major Penalty and Game Misconduct .....	22
Gross Misconduct Penalty .....	23
Match Penalty.....	23
Penalty Shot .....	23

Appendix B – Summary Face-Offs..... 23  
Center Ice Spot..... 23  
Neutral Zone Spot ..... 23  
End Zone Face-Off Spot ..... 23  
Last Play Face-Off..... 24

**NOTICE: USA HOCKEY RULES ARE IN PLACE FOR ALL PIA  
ADULT LEAGUE GAMES**

## **Section One – The Arena**

### **1.1 Arena Property**

Any damage to arena property will be paid for by the individual(s) responsible, prior to participation in any further League games. Non-compliance constitutes automatic indefinite suspension from the League and possible legal action. If the individual(s) responsible for the damage cannot be identified, the Team will be removed from the League until the damages are paid in full.

### **1.2 Illicit Drug Use**

Illicit drug use in recreational facilities is strictly prohibited. Teams or individuals found in violation of this policy will be expelled from the League. No refund will be issued.

### **1.3 Personal Property**

The League and Rink accept no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the Arena. Locks are not provided for dressing room doors so it is the Team's responsibility to lock their dressing room before going on the ice. Some facilities have dressing room keys/locks available in exchange for a deposit or car keys (contact your facility League Commissioner for verification).

### **1.4 Notices**

All Players should check the PIA website and Facebook for any postings concerning game changes, standings, and League news. Team Representatives are encouraged to check in with the League Office before each scheduled game and communicate all concerns to the League Commissioner.

### **1.5 Accidents**

All accidents and injuries must be reported to Arena Management immediately. An incident report must be completed and forwarded to the League Commissioner. PIA accepts no liability for injuries to Players or spectators.

## **Section Two – League Administration**

### **2.01 Eligible Players**

Only Players registered with the League may participate. Before each game the team captain or a representative from the team must fill out a PIA Roster Form (including goaltenders). These forms will be readily available at each rink. The filled-out form must then be handed to the scorekeeper prior to the opening faceoff. The game will not begin until both teams' roster forms have been collected and are in the system. Any team that delays the start of the game due to an incomplete roster form will be assessed a minor penalty for Delay of Game. If a team continues delaying the start of the game after four (4) minutes from the scheduled start time, they will be assessed a second minor penalty for Delay of Game. If after six (6) minutes from the scheduled start time a team still has not provided a completed roster form, the offending team will be forced to default the game.

Any Player who arrives after the roster form has been handed in MUST check in with the scorekeeper. Failure to do so will result in a two (2) minute minor penalty for Delay of Game.

A Player who is wearing a temporary jersey must inform the scorekeeper of the change. They must make sure the scorekeeper knows what their regular roster number is, and what number they are wearing that game.

The Team Rep (or designated Alternate) is responsible for ensuring their online roster accurately reflects the correct Games Played statistics for all of his/her Players.

All Players participating in a League game must be 18 years of age or older. Any Player under the age of majority must acquire the League Commissioner's approval, submit written parental consent, and sign and under-age waiver prior to registration/participation in any League game.

### **2.2 Player Registrations and Photo Identification**

All Players participating in the League are required to be on their respective team's roster and to complete the Waiver of Liability form.

GOVERNMENT-ISSUED PHOTO ID IS MANDATORY FOR PARTICIPATION IN ALL PLAYOFF GAMES.

### **2.3 High School/College Players**

Active High School and College Players (18 and Over) are discouraged from playing in the League due to their commitment to their Teams. Enrollment of a HS or College Player is at the discretion of the League Commissioner. Any Team who wants to roster an active High School or College Player MUST get League approval before doing so. Failure to comply with this policy will result in disciplinary action against the offending team, including possible suspension from the League.

### **2.4(a) Playoff Eligibility – Players**

For a Player to be eligible for playoff competition, he/she must MEET or EXCEED a minimum of five (5) regular season games played.

Players shall NOT receive credit for games towards playoff eligibility while under suspension.

A Team found guilty of using an ineligible Player during the playoffs will be assessed a default loss for that game. If an ineligible Player is discovered after the second game of a two-game playoff series, the offending Team will be summarily disqualified regardless of the results of game one.

To be eligible for playoffs, Players must be age of majority or older by December 31<sup>st</sup> of the current season.

PLAYOFF ELIGIBILITY IS RESTRICTED TO ONE DIVISION/CATEGORY BELOW THE PLAYER'S EXPERIENCE LEVEL.

### **2.4(b) Playoff Eligibility – Goaltenders**

For a Goaltender to be eligible for playoff competition, he/she must MEET or EXCEED a minimum of five (5) regular season games played.

### **2.4(c) Playoff Eligibility – Backup Goaltenders**

For a backup Goaltender to be eligible for playoff competition, he/she must MEET or EXCEED a minimum of 20% of regular season games played as a Goaltender.

### **2.5 Substitute Goaltenders – Regular Season**

During the regular season Teams may use any consenting Goaltender registered with the League that is of the appropriate skill level. League Management reserves the right to approve substitute goalies during the regular season.

### **2.6 Goaltender Injury**

If a Goaltender goes to the Players' bench due to an injury, he/she shall retire from the ice and his place shall be taken by an alternate Goaltender and no warm-up will be permitted. This rule will only apply when an alternate Goaltender is dressed. When an alternate Goaltender is not dressed, the injured Goaltender will be allowed ten (10) minutes to recuperate. If a replacement is necessary for the injured Goaltender, an additional five (5) minutes will be allowed, or the Team may continue with six skaters, or default the game. During playoff games, time allotted for Goaltender replacement is at the discretion of League Management.

If a Player starts a game as a substitute/alternate Goaltender or injury replacement, he may be substituted and return as a skater.

### **2.7 Goaltender Ejection**

Goaltenders cannot be ejected from the game unless they are assessed an intent to injure Match penalty. The game will be defaulted if the Team cannot find a suitable replacement within ten (10) minutes. If a Goaltender receives a Game Ejection, the Goaltender will be allowed to remain in the game, and will be suspended for their next scheduled game, and will be automatically reviewed by League Officials.

## 2.8 Team Jerseys

All Players must wear matching jerseys, which must be uniquely numbered. Jerseys without numbers are not permitted. In the event of a conflict of Team colors (the Visiting Team Representative and/or Referees will determine if there is a conflict), the VISITING TEAM will wear their alternate jerseys or the League jerseys (cover-ups), provided they are available and requested.

## 2.9 Roster Limit

Each Team is permitted to dress a minimum of 13 and a maximum of 20 Players (including Goaltenders) for any game. The number of persons on the bench for any game shall not exceed 21 (including coaches and/or trainers).

## 2.10(a) Skill Levels - Teams

League Management reserves the right to move a Team (or Player) to a higher or lower division based on:

- a) Overall and/or individual Player skill level
- b) Win/loss record
- c) Age of Players
- d) Any other statistical data.

This rule is applicable at any time during the season.

## 2.10(b) Skill Levels - Players

Players are rated based on their experience in hockey as per the online registration guidelines:

- a) Pro, Semi-Pro, or Minor Pro (NHL, AHL, Europe, ECHL, UHL, CHL, WPHL, etc), NCAA Division I, Major Junior (QMJHL, OHL, WHL, USHL); Women's (or Girls) AAA, AA
- b) University (NCAA Division II or III, CIAU) or Senior Hockey, Junior A, Quebec Junior AAA; Women's (or Girls) A, BB, or B
- c) Select League, House League, No experience with an organized League, started playing hockey as an adult.

Based on these categories, each Team by division (i.e. A, B, and C) should contain a majority of Players (51% or more) at these individual skill levels.

PLAYOFF ELIGIBILITY IS RESTRICTED TO ONE DIVISION/CATEGORY BELOW THE PLAYER'S EXPERIENCE LEVEL (e.g. an 'A'-rated Player will not be permitted to participate in the 'C' division during the playoffs).

For Players skating with more than one Team, the highest division they are participating in will be used to determine playoff eligibility (e.g. a Player that plays for an 'A' Team and a 'C' Team will be restricted to the 'A' Team roster during the playoffs, assuming conditions of Rule 2.4(a) are met).



## 2.11 Ties in Standings – 2 or More Teams

In the event of a tie in the standings the following steps (a-f) will be used to break the tie:

- a) Best record in head-to-head games amongst the tied Teams
- b) Most wins
- c) Largest goal differential (goals for minus goals against)
- d) Least goals against
- e) Least penalty minutes (average per game)
- f) Coin toss.

*Note 1: If there are still Teams tied after a step (no single Team is advanced), only the tied Teams from that step move on to the next step of the procedure.*

*Note 2: If all tied Teams have not played head-to-head, 2.11(a) will be skipped and the process will begin with 2.11(b).*

*Note 3: If more than 2 Teams are tied, step (a) (best record in head-to-head games amongst tied teams) is not applicable.*

Final regular season standings and playoff rankings will be determined by a Team's winning percentage (Win PCT) against Teams in their current division.

## 2.12(a) Suspensions

All infractions occurring before, during, and after any scheduled game are subject to review by League Management. League Management has the authority to levy suspensions in accordance with the minimum standards and, at their discretion, increase or decrease suspensions due to extenuating circumstances.

**A PLAYER RECEIVING A SUSPENSION IS SUSPENDED FROM ALL TEAMS UNTIL THEIR SUSPENSION IS COMPLETED.**

<b>OFFENSE</b>	<b>MINIMUM RECOMMENDED SUSPENSION</b>
Game Ejection	Balance of game
Game Misconduct	Balance of game and Review by League Commissioner
Game Misconduct (last 10 minutes of regulation)	1 Game and Review by League Commissioner
Major Penalty (First Offense)	3 Games and Review by League Commissioner
Major Penalty (Second Offense)	5 Games and Review by League Commissioner
Major Penalty (Third Offense)	Automatic indefinite suspension pending review by League Commissioner
Gross Misconduct	Automatic indefinite suspension pending review by League Commissioner

Match Penalty	Automatic indefinite suspension pending review by League Commissioner
---------------	---

Any Player knowingly participating in a League game while under suspension (e.g. wearing an alternate jersey or signing in under another name) will automatically have their suspension length doubled (at minimum). If the Team Rep knowingly permits a suspended or ineligible Player to participate in a League game they too will face disciplinary action. There is zero tolerance for Players who participate while under suspension. Players are not permitted on the bench (or near the bench) area during games while under suspension.

### **2.12(b) Suspensions – Appeals**

A Team Representative, on behalf of a Player, may appeal a suspension of three (3) or more games by filing a written submission with the League Manager. The appeal letter must be submitted to the League Commissioner within fourteen (14) days of the suspension’s issue for an appeal hearing to be organized. A suspension appeal may only be made by the Team Representative. The letter must outline the basis for the appeal (e.g. Player’s penalty history, comparable suspension length for a similar incident, etc.).

Upon receipt of the appeal letter, the League Commissioner will provide the Team Representative with an official Appeal Hearing Agenda and will then organize a hearing with an odd number of Team Representatives (minimum three) currently registered with the League. The committee will examine League evidence, review the appeal letter, and allow an opportunity for the suspended Player to address the panel. The panel will provide recommendations to the League Manager based on the evidence presented from all sides.

*Note: A Player receiving a permanent suspension or facility ban will be directed to appeal to the Advisory Board. The appeal must be received within thirty (30) days of the suspension’s issue and must follow the process as outlined in 2.12(b).*

### **2.13 Management Rights**

League Management reserves the right to suspend or remove Players or Teams that are not displaying the appropriate behavior and/or sportsmanship that reflects the image of the League.

League Management also reserves the right to suspend or remove Players or Teams from the League that have not met their financial responsibilities.

League Management has 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 (refer to Rule 2.10(b) for the recognized categories of hockey experience used to rate Teams and Players).

The League Commissioner or League Official (Governor or Designate) makes the final decision on whether a game is defaulted due to one of the Teams not having enough Players to play. Referees are to consult with the off-ice League Official for a final ruling.

In extreme circumstances, League Management has the authority to make decisions if it's in the best interest of the league, sportsmanship, and safety. This time of decision may be appealed using the steps outlined in Rule 2.12(b).

### **2.14 Game Protests – Playoffs**

Protests during the playoffs must be made IMMEDIATELY after the conclusion of the scheduled playoff game. It is the responsibility of the Team Representative to verbally notify the League Manager of a protest immediately following the playoff game. The Team Representative must then file a written submission with the League Manager before the League Manager will review the protest.

The letter must outline the basis for the protest (e.g. ineligible Player, rule interpretation, etc.). Game calls such as a missed penalty, offside, icing or a disallowed goal are not eligible grounds for a protest.

The League Commissioner will meet with the Team Representative, another League Official and at least one of the Referees involved in the game (if the League Commissioner deems their participation necessary). Attendance by the opposing Team Rep is options.

*NOTE: Game protests are not permitted during the regular season, playoffs only.*

### **2.15 Playoff Brackets**

Divisional playoffs will follow the official League format. The brackets will be posted online (or distributed to Team Reps) at least one (1) month prior to the first playoff game.

## **Section Three – Protective Equipment**

### **3.1 Goalie Masks**

Goaltenders must use approved helmets and masks.

### **3.2 Helmets**

Helmets are mandatory and must be worn by all Players and Referees. Helmets must be approved with properly-fastened chinstraps. A Minor penalty for Delay of Game will be assessed to any Player that does not have his/her helmet chinstrap fastened properly. This rule will be enforced by the Referees and League Officials for all games.

Play will be stopped if a Player tries to play the puck after his helmet falls off or is knocked off. The Officials will then issue a warning to the Player, and if the helmet comes off again during that game the Player will be assessed a Minor penalty for Delay of Game.

### **3.3 Facial Equipment**

Face shields or visors are required for ALL divisions of play at ALL rinks.

Every League Referee will be required to wear a half visor.

### **3.4 Neck Guards**

Neck guards are recommended for all Players in all divisions. Goaltenders are strongly encouraged to wear an approved neck guard in all League games.

### **3.5 Goaltender Skates**

An Official or Player, other than a Goaltender, shall not be permitted to use Goaltender skates.

### **3.6 Mouth Guards**

Mouth guards are strongly recommended for all Players in all divisions.

## **Section Four – Playing Rules**

### **4.1 Offside Passes**

The center red line is not in play for offside passes.

### **4.2 Icing**

Icing the puck is completed the instant the puck crosses the goal line of the non-offending Team. All icing calls will be initiated by any Team, equal or superior in numerical strength, shooting, batting, or deflecting the puck into the offensive zone from behind their defensive blue line. If the puck is an intended pass in the vicinity of a Player or if a Goaltender leaves the crease area to play the puck, the icing will be nullified.

### **4.3 Stick & Equipment Measurements**

Stick and equipment measurements will NOT be permitted. However, if in the opinion of an Official, any stick or equipment poses a threat to the safety of other Players, the Player will be asked to remove it from the game.

### **4.4 Defaulted Games**

The following situations will result in a defaulted game:

- a) If either Team does not have a minimum of 5 players and a Goaltender on the ice within ten (10) minutes of the scheduled start time of the game.
- b) If a Player who has been ejected from the game for any reason does not leave the ice in a timely manner (discretion of Referee or off-ice Official). It is the Team's responsibility to ensure an ejected Player leaves the ice surface and returns to their assigned dressing room (see Rule 5.22).
- c) If a Team chooses not to continue the game after an injury to their Goaltender (see rule 2.6).
- d) If either Team cannot field the minimum number of Players at any point during the game due to penalties or Players being ejected.
- e) If either Team refuses to continue the game for any reason other than safety concerns agreed to by the Referees and League Official.
- f) If either Team fails to meet the financial payment terms of the League.
- g) In the event that a Team does not have a Goaltender ready to begin the game, the Team may ice six (6) skaters for the first ten (10) minutes. If an eligible Goaltender is not fully dressed within ten (10) minutes of the scheduled start of the game the Team will default the game. If a Team is aware that their Goaltender will be absent for a game they may contact the League to assist in obtaining a replacement.

Team Reps are also encouraged to secure Back-up or Spare Goaltenders using the Free Agent board.

The Team that the default was committed against may use the game ice slot for a scrimmage or practice. Referees and Timekeepers will not stay on the ice once the game has been declared a default. The game result will be listed as a 5-0 win for the non-offending Team. The game will not be rescheduled.

Penalties will be levied against any Team that does not give notice to League Management that they will not be able to field a team. League Management will outline the facility-specific policy during the Team Representative meeting prior to each season.

In a situation where both Teams default, the game will be cancelled and both Teams will receive a loss and no compensation shall be awarded.

FORFEITED GAMES WILL NOT BE REPLAYED.

#### **4.5 Procedure for Start of Games**

The following procedure will be in place for the start of all games:

At the start of the scheduled ice time or once the ice resurfacers doors close (whichever comes last), the three (3) minute warm-up time will start running down. The buzzer will sound (or the Referee will blow their whistle) with one (1) minute remaining to make Players aware that the warm-up session is nearly complete. Teams must then send their starting lineup onto the ice and prepare for the opening face-off. The clock will continue to run until the first stoppage in play.

*Note: the clock will stop if there is no Referee present at center ice to start the game at the advertised first period time.*

In situations where one or both Teams are unable to field the minimum six (6) Players at the end of the warm-up or are not ready for the face-off, the following procedure will apply:

- a) The clock will continue to run into the game time.
- b) After six (6) minutes have elapsed, the offending Team will receive a two-minute Minor penalty for Delay of Game.
- c) After eight (8) minutes have elapsed, the offending Team will receive another two-minute Minor penalty for Delay of Game.
- d) After ten (10) minutes have elapsed, the game will be defaulted (see Rule 4.4).

If the offending Team manages to meet the minimum Player requirement during this process, the game will be started immediately. The clock will not be stopped until the first stoppage in play. Game time will not be added back onto the clock. If both Teams are unable to meet the minimum Player requirement during this process, the Minor penalties in b) and c) will not apply.

*Note: If one Team becomes ready during this process, the penalties against the other Team will be taken from that point in the process and onward. For example, if one Team manages to get enough Players*

*after seven (7) minutes, the other Team will receive a Delay of Game penalty at the eight (8) minute mark, but since the six (6) minute mark is already passed, that penalty is not in effect.*

#### **4.6 Time Outs**

Each Team is permitted one thirty (30) second time out per game. Both Teams are not permitted to take their time out during the same stoppage in play. There will be no time outs during running time.

*Note: Teams may use their time out during the overtime period of a playoff game (provided it was not used during regulation time).*

#### **4.7 Goal Crease**

Players in the offensive zone are not permitted to enter the crease area under any circumstance **before the puck enters the crease area**. If a Player's skate(s) enters the crease voluntarily in any manner, the Referee has the discretion to blow down the play, and a face-off will take place at the nearest spot in the neutral zone.

Only if, in the opinion of the Referee, the defending Team has clear possession and control of the puck, with a clear path to moving out of the zone, shall the Referee allow play to continue.

#### **4.8 Awarded Points**

All regular season games will use the Three (3) Point system.

- a) Regulation win two (2) points.
- b) Tie one (1) point.

#### **4.9(a) Overtime – Shootout (Playoff Only)**

Should the game remain tied following the overtime period, a shootout will be conducted to determine a winner. For the shootout, the following will occur:

- a) Goalies do not change ends.
- b) Three (3) shooters per Team.
- c) Any penalty in the overtime period that has not expired will eliminate the penalized Player from shootout participation.
- d) The Higher Seeded team will choose which Team shoots first.
- e) Once a Player has attempted his/her shot, they shall move to the side of the rink opposite the Players' bench.
- f) Referees use Hockey Canada/USA Hockey procedures for penalty shot.
- g) If a Player is SERVING a penalty for a teammate and did not commit the infraction, Rule 4.9(c) does not apply. If the game remains tied following the first three shooters, sudden victory will decide the

game winner (i.e. one Team scores, the other does not). Every eligible Player must shoot once before any Player takes a second shot. The deciding factor will be the smaller bench strength, before a Player takes a second shot.

h) The winning Team will be awarded two (2) points; the losing Team will be awarded a single point for the overtime loss.

#### **4.9(b) Overtime - Playoffs**

The format for overtime will be a 4 on 4, sudden victory, five (5) minute stop time period. Player changes are permitted during play stoppages.

All playoff games tied after regulation will be decided by a 4 on 4, sudden victory, five (5) minute stop time period. Undecided games will continue with a shootout to determine a winner (refer to Rule 4.9(a)).

Any players ejected from game two of a 2-game series will not be permitted to return for any overtime period(s) under any circumstances.

Any unexpired time penalties in game two of a 2-game playoff series will not be carried over into the series-deciding overtime period (i.e. the Team with an unexpired time penalty will not play the series-deciding overtime shorthanded). However, the offending Player(s) that have time remaining in their penalties must remain on the penalty bench until the conclusion of the scheduled time penalties. Following a stoppage in play after the expiration of the time penalty, the penalized Player may rejoin their Team for the overtime period. This rule is only applicable in game two of a 2-game series.

#### **4.10 Length of Game**

The game will consist of three (3) 14-minute periods. Periods One and Two will be running time periods with the last minute of each period stop time. Period Three will be a complete stop time period.

In the event there is a six (6) or more goal spread at any time during the game, the clock will revert to running time. If the game is starting to get out of hand, the game will be terminated at the Referee's discretion.

*Note: The game clock will revert to stop time if the goal difference is reduced to three (3).*

In the event that a game is being played in an unsafe manner, the Referee or League Official (Manager, Governor, or Designate), at his/her discretion, can end the game at any point. A full report must be forwarded to the League Office.

#### **4.11 15-Second Face-Off Rule**

After each stoppage in play, the 15-second face-off rule will be used. The Referee will use the following procedure: ten (10) seconds following any stoppage in play, the Referee administering the face-off will blow his/her whistle to indicate that in five (5) seconds the puck will be dropped. Teams should line up at the face-off location accordingly.



#### **4.12 Player Injury – Blood Drawn**

If a Player is cut during a game and blood is drawn, the Player must leave the ice to clean and bandage the wound prior to being allowed to return.

#### **4.13 Goaltender Safety**

In the event that a Goaltender is struck in the head with a shot, the play is automatically blown dead by the official. If the Goaltender is uninjured and able to continue, the face-off will be in the same zone from which the shot was taken. If the shot originated from outside the attacking zone, the resulting face-off will take place at the dot nearest to the shot's origin. If the puck hits the Goaltender's mask and deflects into the net, the goal stands.

## Section Five – Penalties

The following infractions are assessed as Double Minor penalties (i.e. four (4) minutes).

- Boarding
- Butt-Ending
- Cross-Checking
- Slashing
- Body Checking
- Charging
- High Sticking
- Spearing

In the event the non-offending Team scores with the man advantage during the first two minutes of the above infractions, the original penalty will be reduce on the penalty time clock to two minutes (2:00).

### 5.1 Boarding/Body Checking/Charging

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who boards/body checks/charges or attempts to board/body check/charge an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major Penalty and Game Ejection penalty will be assessed. Any incidental collisions or accidentally contact will be judged by a Referee based on the Hockey Canada/USA Hockey definition of checking.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by boarding/body checking/charging. Deliberate boarding/body checking/charging is not permitted anywhere on the ice.

Any Player receiving a second Major penalty for boarding/body checking/charging in one season will receive an automatic two (2) game suspension and must attend an interview with League Management before returning to play.

Head shots: if the official deems that the “Body Check” involved a “Head Shot,” they are permitted to call a Major or Match penalty.

### 5.2 Broken Stick

A Minor penalty shall be assessed to any Player (except a Goaltender) who participates in the game with a broken stick.

### 5.3 Butt-Ending

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who butt-ends or attempts to butt-end an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by butt-ending.

#### **5.4 Checking from Behind, Hits to the Head & Slew-Footing**

A Major penalty and a Game Misconduct penalty or, at the discretion of the Referee, a Match penalty shall be assessed to any Player who checks from behind, checks to the head, or slew-foots an opponent. Any Player that persists in committing these infractions will be removed from the League.

#### **5.5 Coincidental Minor Penalties**

When coincident Minor penalties or coincident Minor penalties of equal duration are imposed against Players of both Teams or when one Minor penalty is assessed to one Player of each Team at the same stoppage in play, these penalties will be served without substitution provided there are no other penalties in effect and visible on the penalty clocks. Both teams will therefore play four skaters against four skaters for the duration of the Minor penalties.

#### **5.6 Cross-Checking**

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who cross-checks an opponent.

Any Player who strikes an opponent above the normal height of his/her shoulders with a cross-check shall be assessed a Major penalty and a Game Misconduct penalty, whether or not injury results.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent with a cross-check.

#### **5.7 Delay of Game**

A Minor penalty shall be assessed to a Team that, in the opinion of the Referee, is deliberately delaying the game in any manner.

A Minor penalty shall be assessed to a Player who, in the act of passing/clearing a puck in the defensive zone plays it unimpeded out of the playing surface, above the glass.

Players who enter a game without properly signing the game roster may be assessed a two-minute Minor penalty for Delay of Game.

A Minor penalty shall be assessed to a Player who, after an Official's warning, has his/her helmet come off during play (see Rule 3.2).

#### **5.8 Diving/Embellishment**

A Minor penalty shall be assessed to any Player who blatantly dives, embellishes a fall or a reaction, or who feigns an injury.

#### **5.9 Elbowing & Kneeing**

A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who fouls an opponent in any manner with his/her elbow or knee.

If injury results, a Major penalty and a Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure and opponent by elbowing or kneeling.

### **5.10(a) Fighting**

If a Player or Players drop their glove(s) and do not continue an altercation, an automatic ten (10) minute Misconduct/Game Ejection will be assessed. All first offense Fighting Majors will result in a three (3) game suspension, and are subject to further review by League Management.

Any subsequent Fighting Major (with the same Team or any other during the same season) will result in the repeat offender(s) being suspended for a minimum of five (5) games and may result in a suspension for the balance of the season pending League review (see Rule 2.12(a)). A third offense will result in a ban from the League.

### **5.10(b) Fighting – Off the Playing Surface**

A Major penalty plus Game Misconduct penalty shall be assessed to any Player who is involved in a fight with another Player off the playing surface. The League will not tolerate this behavior and an indefinite suspension of all Players involved will occur, pending a review by the League Manager.

### **5.11 Goaltender Interference**

In all cases in which an attacking Player initiates intentional or deliberate contact with a Goalkeeper, whether or not the Goalkeeper is inside or outside the goal crease, and whether or not a goal is scored, the attacking Player will receive a penalty (Minor or Major, as the Referee deems appropriate). This includes plays where an attacking puck carrier drives to the net and makes no effort to avoid a collision with the Goaltender. In all cases where the infraction being imposed is to the attacking Player for hindering the Goalkeeper's ability to move freely in his goal crease, the penalty to be assessed is for Goalkeeper interference.

### **5.12 Handling the Puck**

A Minor penalty shall be assessed for "closing his hand on the puck," if a Player catches the puck and skates with it, either to avoid a check or to gain a territorial advantage over his opponent, or while play is in progress, picks up the puck off the ice with his hand.

### **5.13 High Sticking**

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who contacts an opponent above the normal height of his/her shoulders with a high stick.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by high sticking.

IT IS THE RESPONSIBILITY OF ALL PLAYERS TO BE IN CARE AND CONTROL OF THEIR STICK AT ALL TIMES DURING THE GAME.

#### **5.14 Holding/Holding the Stick**

A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who holds an opponent or the opponent's stick with his/her hands, stick, or any other manner.

#### **5.15 Hooking**

A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who impedes or seeks to impede the progress of an opponent by "hooking" or "butt-end hooking" with his/her stick.

#### **5.16 Interference**

A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who:

- a) Interferes with or impedes the progress of an opponent who is not in possession of the puck, or
- b) Deliberately knocks the stick out of an opponent's hand, or
- c) Prevents an opponent who has lost or dropped his/her stick from regaining possession of it.

#### **5.17(a) Roughing**

A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who is guilty of unnecessary rough play.

If injury results, a Major penalty and Game Misconduct penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by roughing.

Any Player with cumulative rough play penalties will be reviewed by League Management and may be suspended.

#### **5.17(b) Roughing – After the Whistle**

The Player first identified of engaging in rough play after the whistle shall be penalized. If retaliation occurs, then the Player first identified as causing the unnecessary rough play after the whistle may be assessed four (4) minutes (two for roughing and two for unsportsmanlike conduct), while the retaliator is assessed a Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty.

If injury results, a Major penalty and Game Misconduct penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by roughing after the whistle.

### **5.18 Slashing**

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who swings their stick at an opponent (whether out of range or not; whether actually striking him/her or not) or who, on the pretext of playing the puck, makes a wild swing at the puck with the aim of intimidating their opponent.

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who impedes or seeks to impede the progress of an opponent by slashing with his/her stick.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by slashing.

### **5.19 Spearing**

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who pokes or jabs (or attempts to jab) an opposing Player with the toe of the blade of the stick.

A Match penalty shall be assessed to any Player who deliberately spears or deliberately attempts to spear by jabbing forcefully with the toe of the stick blade, or who injures an opponent by any spearing action.

### **5.20 Throwing Stick**

A Minor penalty shall be imposed on any Player on the ice who throws his stick or any part thereof or any other object in the direction of the puck or an opponent in any zone, except when such act has been penalized by the assessment of a penalty shot or the awarding of a goal.

When a defending player shoots or throws a stick or any other object at the puck or the puck carrier in the defending zone, but does not interfere in any manner with the puck or puck carrier, a Minor penalty shall be assessed.

### **5.21 Tripping**

A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who trips an opponent.

## 5.22 Unsportsmanlike Conduct

A Minor penalty shall be assessed to any Player or Team Official who challenges or disputes the rulings of any Official during the game or who displays unsportsmanlike conduct. If a Player persists, he shall be assessed a Misconduct penalty and any further disputes will result in a Game Misconduct penalty being assessed to the offending Player. A Misconduct penalty shall be assessed on any Player who:

- a) Uses obscene, profane, or abusive language or gestures to any person.
- b) Persists in disputing or shows disrespect for the ruling of an Official.
- c) Intentionally knocks or shoots the puck out of reach of an Official who is retrieving it.

*Note: If the Referee is unable to identify the person(s) responsible for the use of obscene, profane, or abusive language, a Bench Minor shall be assessed to the offending Team.*

## 5.23 Game Ejection

A Player incurring a Game Ejection penalty in accordance with the rules shall be ordered to the dressing room for the remainder of the game.

Any Player receiving four (4) Minor penalties, two (2) Double Minor infractions, one (10) minute Misconduct, or any combination of four (4) penalties (of any duration) in one game will receive an automatic Game Ejection penalty.

If a Goaltender receives a Game Ejection for cumulative penalties, the Goaltender will be allowed to remain in the game, and will be suspended for the next scheduled game.

A repetition in Game Ejections for any Player or Team can result in suspension.

## 5.24 Misconducts

Any Player (except a Goaltender) incurring a Misconduct penalty shall be ruled off the ice for a period of ten (10) minutes actual playing time. A substitute for the penalized Player shall be permitted immediately.

Any Player who is assessed a second Misconduct penalty in the same game shall automatically be assessed a Game Misconduct penalty. An automatic (minimum) one (1) game suspension will be assessed.

All Misconduct penalties are subject to review by the League Manager. No Player shall be required to serve a Misconduct penalty for another Player.

## 5.25 Game Misconducts

Any Player or Team Official incurring a Game Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reported to League Management for further action. If this penalty is assessed in the last ten (10) minutes of regulation time, an automatic (minimum) one (1)

game suspension will be assessed. All Game Misconduct penalties are subject to review (and possibly further suspension) by the League Manager.

### **5.26(a) Gross Misconducts**

Any Player or Team Official incurring a Gross Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reported to League Management for further action. This penalty will be assessed to any Player, Coach, or Team Official who conducts themselves in such a manner as to make a travesty of the game.

### **5.26(b) Gross Misconducts – Taunting**

Any Player or Team Official who engages in verbal or non-verbal taunts, insults, or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Gross Misconduct and be suspended according to the rules of the League.

There will be no tolerance for this type of behavior and the League will be very harsh with their assessment of suspensions. Should the Player committing the offense not be discovered, the TEAM REPRESENTATIVE will be automatically indefinitely suspended, pending a review by League Officials and/or Facility Management.

### **5.27(a) Match Penalties – Involving a Player**

This penalty will be assessed when any Player physically abuses another Player with INTENT TO INJUR (whether or not injury occurs). A Match penalty will result in an automatic **indefinite suspension** from the League. There is no minimum suspension.

Any attempt to injure is an automatic Match penalty, regardless of whether it causes injury or not, and will be reviewed by the League Commissioner. Any resulting injury will be considered by the League Commissioner when determining the length of the suspension and whether additional penalties are to be handed out.

### **5.27(b) Match Penalties – Involving a League Official**

This penalty will be assessed when a Player or Team Official verbally or physically threatens or abuses any League Official (Commissioner, Referees, Scorekeepers, etc.). A Match penalty will result in an automatic **indefinite suspension** from the League. There is no minimum suspension.

Any Player(s) or Team Official(s) that strikes, trips, pushes, or body-checks a Referee, Linesman or off-ice Official before, during, or after a game shall be assessed a Match penalty and shall be reported to the League Manager. A Match penalty will result in an automatic **indefinite suspension** from the League. Such Player or Team Official may be suspended for one year or more.

### **5.28 Disqualified/Ejected Players**

Any Player that receives a Game Ejection, 2<sup>nd</sup> Misconduct (same game), Game Misconduct, Gross Misconduct, or Match penalty shall be ordered to the dressing room for the remainder of the game. Teams are responsible for ensuring that Players who are disqualified or ejected from any game, for any reason, immediately leave the playing surface and retire to the Team's dressing room. The Team



Representative or Captain is additionally responsible for ensuring the ejected Player REMAINS IN THE DRESSING ROOM FOR THE BALANCE OF THE GAME (unless otherwise permitted to watch the remainder of the game by League Management).

Ejected Players who remain at rink side or who refuse to retire to the dressing room will be subject to further suspension and/or possible expulsion from the League. In this situation, League Officials can end the game prematurely and charge the offending Team with a default (see Rule 4.4(b)).

Any Player who has been ejected from a game that returns to the ice surface will face an automatic **indefinite suspension** pending review by League Management.

### 5.29 Individual Penalty Minute Initiative

Each Player's accumulated penalty minute total will be subject to the following guidelines:

a) After a Player has participated in **30%** of their Team's regular season games, League Management will identify and issue a first warning letter to all Players that meet or exceed an average of four (4) penalty minutes per game. The letter will stipulate that a second offense will carry an automatic one (1) game suspension.

b) After a Player has participated in **45%** of their Team's regular season games, League Management will identify and issue a second warning letter to all Players that have received the first notice but continue to exceed an average of four (4) penalty minutes per game. The offending Player will be assessed an **automatic one (1) game suspension**. This letter will also stipulate that a third offense will carry an automatic suspension from the balance of the season (including playoffs).

c) After a Player has participated in **60%** of their Team's regular season games, League Management will identify and issue a **season-ending suspension letter** to all Players that have received both previous notices yet continue to exceed an average of four (4) penalty minutes per game. This letter will inform the Player that this is their third offense and that they have forfeited their right to participate in the remainder of the season (regular season and playoffs). The Player will require League Commissioner's approval before they may register for another season.

*Note: Each season contains a regular season and playoff component. The regular season begins at game number one and now includes games previously considered to be a separate "tiering" or "exhibition" season.*

This program is intended to make Players more aware of their accumulated penalty minutes, know they have an opportunity to "adjust" their approach to the game, realize they are accountable for their actions, and face serious consequences for failing to abide by the rules governing play.

### 5.30 Face-Off Location – Penalties

Any Penalty (excluding coincidental) will automatically result in a face-off in the offending team’s zone.

## Appendices

### Appendix A – Summary of Penalties

#### Minor Penalty

- Broken Stick
- Closing Hand on Puck
- Delay of Game
- Diving/Embellishment
- Elbowing
- Goaltender Interference
- Holding
- Hooking
- Instigator
- Interference
- Kneeing
- Leaving the Penalty Bench Early
- Roughing
- Throwing Stick
- Too Many Men
- Tripping
- Unsportsmanlike Conduct

#### Double Minor Penalty

- Boarding
- Body Checking
- Butt-Ending
- Charging
- Cross-Checking
- High Sticking
- Roughing
- Slashing
- Spearing

#### Misconduct Penalty

- Unsportsmanlike Conduct

#### Major Penalty and Game Ejection

- Butt-Ending Resulting in Injury (Accidental)
- Elbowing Resulting in Injury (Accidental)
- Fighting
- Goaltender Interference
- High Sticking Resulting in Injury (Accidental)
- Kneeing Resulting in Injury (Accidental)

#### Major Penalty and Game Misconduct

- Body Checking Resulting in Injury
- Butt-Ending Resulting in Injury
- Charging Resulting in Injury
- Checking from Behind

- Cross-Checking Resulting in Injury
- Elbowing Resulting in Injury
- Face Mask
- Fighting
- Head Butting

- High Sticking Resulting in Injury
- Kneeing Resulting in Injury
- Slashing Resulting in Injury
- Slew-Footing

### Gross Misconduct Penalty

- Conduct Detrimental to the League

- Spitting

### Match Penalty

- Abuse of an Official
- Head Contact

- Intent to Injure
- Kicking

### Penalty Shot

- Deliberate Goal Displacement in Scoring Opportunity
- Player Falling on Puck in Crease

- Fouled from Behind on Breakaway
- Player Picking Up Puck from Crease
- Stick Thrown at Puck in Defending Zone

## Appendix B – Summary Face-Offs

### Center Ice Spot

- Start of Game and Periods

- Goal Scored

### Neutral Zone Spot

- Coincident Icing and Delayed Penalty
- Stoppage by Attacking Player in Attacking Zone
- Attacking Player Shoots Puck onto Netting

- Goal Crease Violation
- Puck Carried Off-Side
- Off-Side Error by Officials
- Attacking Team Makes Puck Unplayable

### End Zone Face-Off Spot

- Unsuccessful Penalty Shot Attempt
- Last Play Face-Off Between End Spots and End Boards
- Defending Player Shoots Puck onto Netting
- Goal Illegally Scored Off Official

- Goalkeeper Throws Puck Forward
- High-Sticked Puck
- Icing
- Icing Error by Officials
- Intentional Off-Side
- Bringing Puck Back into Defending Zone

### Last Play Face-Off

- Stoppage Following Delayed Penalty Signal
- Fouls by Players on Both Sides Simultaneously
- General Rule
- Hand Pass
- Interference by Spectators
- Off-Side Player Entering from Players' Bench
- Puck Passed Off-Side
- Puck Strikes Overhead Obstruction/Rink Defect
- Stalled Puck between Opposing Players
- Puck out of Sight of Referee