

Adult Hockey League Rules:

Hockey Canada Rules: [rulebook_casebook_e.pdf \(hockeycanada.ca\)](#). Will apply with the following changes:

1. **Length of Games:** 3 – 12 minute periods. 6+ goal differential in 3rd period results in running time until the score gets to within 5 goals. The officials may cut the clock to 2 minutes to play if the game is behind due to excessive penalties, etc.
2. **Start of Game:** A team must have 5 skaters and a goalie in order to start a game. If a team is not ready at game time the clock will start and a Delay of Game penalty will be assessed. After 5 minutes (7:00 remaining on the game clock) another Delay of Game penalty. At the end of the first period the game will be considered a default win 1-0. A team may finish a game without a goalie. A goalie who leaves the game (injury, ejection) may be replaced by a skater and the game will continue. The team may call the game (forfeit) if they do not wish to continue playing without a goalie.
3. **Tie Games:** Regular season games will go immediately to a shootout if the game is tied at the end of regulation time. Home team will decide who shoots first. Each team will get three attempts to score. If the score is tied after three attempts, sudden-death will determine the winner after an equal number of shots. Players serving a penalty at the end of the game are not allowed to participate in the shootout. All players must have shot once before players can be repeated.
4. **Pucks:** Each team is to supply the officials with 3 pucks prior to the game.
5. **Signing in:** All players must legibly sign the game sheet prior to each game and return it to the timekeeper.
6. **Helmets, Visors and Proper Equipment:** Must be worn at all times during the warm-up and game. Players not wearing appropriate equipment will receive a 2 minute delay of game penalty, and not allowed to play until proper equipment is worn. (ex – CSA approved hockey helmets with visor or cage).
7. **Slapshots:** Allowed in all divisions.
8. **Icing:** when a puck is shot from inside the defending team's blue line, to the other end of the ice, crossing the opposing team's goal line, an icing shall be called. The current rule of using the red line will be discontinued and it will now be the defending team's blue line that determine icing calls.

9. **Penalties:** Minor penalties are 2 minutes. Major penalties are 5 minutes plus an automatic Game Misconduct. Stick penalties (Cross Checking, Slashing, High Sticking) are 4 minute double minor penalties. Body Contact penalties are a 2, 4 or 5 minute penalty based on the severity.
10. **Penalty minutes accumulations:** An automatic suspension for players that accumulate the following penalty minutes maximum. At 45 minutes = 1 game suspension. 55 minutes 2 games suspension. 65 minutes = 4 games suspension. 70 minutes or more done for the remainder of the season & playoffs. Playoffs: Penalty minutes do not carry over into playoffs, however if a player receives over 15 penalty minutes in the playoffs, the league has the right to suspend this player.
11. **Maximum Number of Penalties in a Game:** 3 penalties of any kind will result in a Game Ejection. A double minor penalty counts as 1 penalty towards the total.
12. **Powerplays:** To start each powerplay the faceoff is in the offending team's defensive zone on the bench side of the ice.
13. **Timeouts:** Each team is allowed a 30 second timeout per game.
14. **Puck to Goalie's Head:** When a goalie gets hit in the mask/head with a shot – an automatic whistle will occur. Ex: A shot that hits the goalie's mask and deflects into the goal – by rule is no goal.
15. **End of Game:** Leave the ice directly after the game has ended to ensure the attendant has time to clean the ice. Currently no handshakes due to Covid. Dressing rooms must be emptied 30 minutes after games.
16. **Suspension Guidelines** – Fighting (5-7 games), Gross misconduct (3-5 games), Major/Game misconduct (1 game suspension), additional (1 game) in final 8 minutes of 3rd period. *All suspensions are treated on a case by case basis based on the history of the player and the reports from the league's officials.
17. **Suspended Players:** Cannot be around the bench/playing area while serving their suspension. Teams caught playing a suspended player will have that game forfeited and face discipline from the league (which could cause a team to be removed from the league without refund).
18. **Playoffs:** To be eligible for playoffs, players must have played a minimum of 10 (winter league), 6 (spring league) or 8 (summer league) regular season games. Teams caught with ineligible players will be given a forfeit loss and face further discipline from the league.
19. **Team Rosters:** Teams must submit a full roster with jersey #'s prior to the first game of the season.
20. **Jerseys:** Teams must have at least one numbered set (preferably two) of team jerseys to play in the league. Taped on numbers are not allowed. All jerseys must be matching. Players with non-matching jerseys are still able to play, however as they enter the game for the first time they will receive a delay of game penalty. If

a second player on the same team has a non-matching jersey, he will also receive a delay of game penalty when entering the game. A team will only receive a maximum of 2 delay of games penalty, even if they have more than 2 players with non-matching jerseys (Ex: If a third player has a non-matching jersey they will not be assessed a delay of game).

Non-matching jerseys will be considered jerseys without numbers and not the same colour as everyone else on the team. For example if a team has red jerseys and another player has a slightly darker red jersey that will be approved. The referees will have the ability to decide what a non-matching jersey is. A jersey does not need to have the team logo

This rule does not apply if a team needs to change jerseys because they have the same colour as the opposing team

21. **Alcohol:** Absolutely no alcohol permitted on the benches. The referee can eject a player if alcohol has been spotted on the bench and/or the player appears to be intoxicated. That team may be removed from the league without refund.

22. **Defaults & No Shows:** Teams are expected to play every scheduled game. If a team cannot play a scheduled game, the league will do its best to reschedule however, if not possible the game will be cancelled and not replayed. Teams that cannot make a scheduled game must notify the league 48 hours prior to their game or face a \$100 fine to be charged to the team credit card for the first offense, \$200 for the second, \$300 for the third and so on. The team that did show up will be credited with a 1-0 win, have the opportunity to scrimmage during the ice time and receive a credit from the league.

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