



GEORGINA MEN'S HOCKEY LEAGUE

LEAGUE RULES & REGULATIONS

ADMINISTRATIVE REGULATIONS

1. All players must be 18 years of age or older. The cut-off date for age is the end of the calendar year in which the season starts.
2. All league information, rules and regulations are subject to change. Only the league committee may vote on any decision relating to all rules and regulations outlined in this document.
3. Failure to follow the rules within this document may result in the league committee issuing future disciplinary action.
4. If there is a conflict in jersey colours, the team who had the team colour the longest gets to keep their jerseys and the other team must find an alternate colour.

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1. All Hockey Canada rules apply unless otherwise amended below under league rules.
 - a) Link to current [Hockey Canada rule book](#)
2. All referee decisions final. No protests allowed on the on-ice calls.
3. Game times
 - a) All games are two 10-minute and one 12-minute stop time periods
 - b) In the last period, if there is a 5 goal spread the time will not be stopped; once the goal spread is less than 5, stop time will be returned
 - c) Games will be curfewed by the game officials at the appropriate time to ensure all games are run on time.
4. Teams are awarded 2 points for a win, 1 point for a tie, 0 points for a loss. No overtime.
5. All players must use C.S.A. approved equipment, including helmet with a properly fastened chin strap.
6. Slap shots are allowed.
7. There will be no touch icing. Icings will be determine by whether the puck is shot before the blue line (not the red line).
8. High-sticking or attempting to high stick the puck will result in a faceoff in the offending players defensive zone
9. If during a game the referee feels that any player is intoxicated and may be in danger of possibly injuring himself or other players, that players Team Rep. must be notified at once by the on-ice officials and the player be instructed to leave the ice. Failure by that individual to leave the ice will result in continuous minor penalties against his team and game forfeiture after at the on-ice officials discretion.
10. Any team caught with alcohol in the dressing room by Town employees will receive an automatic **SUSPENSION AS SET OUT BY THE TOWN**. The games with be recorded as losses and the ice time will go to the opposing team for a pick-up game. The Town employee will be responsible for recording the game time and dressing room number for any infraction.



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Be sure to check dressing room for any alcohol debris prior to your occupancy to avoid any wrongful allegations. **MAKE SURE THAT THERE ARE NO SIGNS OF ALCOHOL WHEN YOU ENTER AND LEAVE THE DRESSING ROOM. Any player remotely suspected by the referees to be under the influence of alcohol or drugs during a game will be removed from the game immediately and suspended indefinitely.**

PENALTIES

1. Inappropriate language or conduct between players, towards the game officials or fans will not be tolerated and will result in a penalty, and may lead to suspension.
2. Body checking will not be tolerated. Any deliberate body check will result in a major penalty.
3. After a penalty has been called, the face-off will go to the end of whichever team has a greater time penalty. Otherwise faceoff occurs where puck was before whistle.
4. Minor penalties
 - a) All minor penalties will be 2 minutes, stop time
5. Multiple minor penalties
 - a) 3 minor penalties or 2 double-minor penalties in one game will result in a game ejection
 - b) 2nd offence in season will result in a game ejection + one game suspension
 - c) 3rd offence in season will result in a game ejection + two game suspension
6. Major penalties
 - a) A five minute major receives an automatic game misconduct and a suspension will result.
 - b) 1st offence in season = expulsion from game + three additional games.
 - c) Multiple major penalties in a season will result in a reviewed by the league committee
 - d) 3rd man in – shall receive an additional major penalty + three additional games.
7. Attempt to injure (major or match) – shall be an automatic five (5) game suspension, with league committee review for possible further suspension or expulsion.
8. Harassment of officials will not be tolerated; penalties will follow Hockey Canada rules and suspensions
 - a) verbal harassment of official will result in a game misconduct and one game suspension
 - b) Physical harassment of the officials (that's not otherwise an attempt to injure) will result in a game misconduct and three game suspension
9. Suspensions & discipline
 - a) Referee will be responsible for notifying league committee by the day following any game of any major penalties, game misconduct or game ejections.
 - b) League President or representative will notify Team Rep of infraction and disciplinary action.
 - c) Suspensions will carry into play-offs or if handed out during play-offs will carry into the following season.

TEAM ROSTERS



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1. A team must have a roster at minimum thirteen (13) players plus a goalie
2. The maximum roster size is sixteen (16) players plus a goalie
3. A player may only be rostered for a single team in the league
4. A team roster must be submitted to the league committee by the beginning of the first game of the season.
 - a) The team roster will be final as of Dec. 31; no additions will be allowed unless special circumstances permit.
5. Teams must start a game with a minimum of five (5) skaters (from their roster) plus a goalie or they shall lose by default
 - a) If a team cannot field a team to start the game, they will be fined \$40 that must be payable before the next game. If you don't pay before the next game, your game will be forfeited and the fine will be doubled.
 - b) If a team cannot field a team 3 games, they will not be able to enter a team the following season
6. Spares:
 - a) No substitute players allowed. Players on other teams active rosters cannot spare for teams.
 - b) All players must be registered on the [league spare list](#) in order to step on the ice. This is a liability issue for the league.
 - c) Teams may borrow up to 3 players off the spare list to bring a team up to a total of 10 players and a goalie.
 - d) If a team is found in violation of the spare rules, the team will forfeit the game. If the spare(s) in question is currently rostered to another team, they will be suspended for a 1 game.
 - e) No spares are allowed to play during league playoffs.
 - f) Teams may borrow another team's goalie if theirs has not shown up for a game. The goalie must be from the league or the extra players list. If a goalie is not available the team has the following options:
 - i. Designate a sixth skater as goalie. This player may freeze the puck in the crease but cannot play the puck past the centre ice line.
 - ii. Play a sixth man (same rules as pulling the goalie).
7. A player cannot change teams mid-season. He must finish or sit out remainder of season and can move onto another team the following year.
8. A player must play a minimum of seven (7) games to be eligible for the play-offs. If a player is on a long term injury the team rep should submit a note to the league committee and this will not affect his number of games for play-off eligibility.
9. Every team must submit a LEGIBLY completed Game Sheet with all players and their respective numbers listed. Those not playing should be crossed off at the penalty box prior to



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game start-up. Game will be a forfeit if team does not complete Game Sheet within five minutes after game start-up.

PLAY-OFFS

1. League play-off format will be determine at the beginning of the playoffs
2. Only players who have paid are eligible to play during the play-offs.