

CARLETON INTRAMURAL HOCKEY LEAGUE FALL/WINTER RULES AND REGULATIONS

1. RULES

CAHA rules will apply in addition to the following CAHL League rules. CARHA high sticking rule in affect (except for high-sticking the puck. If a player high sticks a puck the official will blow down the play and the face-off will take place in the defensive zone of the player who struck the puck).

2. Eligibility

2.1 All players and team officials participating in games must be Carleton students or faculty (goalies may be from elsewhere if regular goalie is unavailable).

2.3 All players must produce identification within 24 hours if requested by a League official. Failure to provide proper identification may constitute that team as having used an illegal player and will be cause to accept appropriate suspensions for violation of this rule (see rule 13).

2. MINIMUM NUMBER OF PLAYERS

3.1 A team must have at least 5 skaters plus a goalie at the 23:00 minute mark to begin a game. If a goalie is not ready at this time, the start of the game will be delayed until the goalie is on the ice and a minor penalty (DELAY OF GAME) assessed to the goalie. If no goalie is ready and on the ice by the 12:00 minute mark of the first period, the game will be forfeited to the team that has enough players.

3.2 The convener of the league has the right to overrule on any possible default and order that the game be played, even if the 12:00 minute deadline has expired.

3.4 A team, which elects to dress only one goalie, shall substitute immediately one of its dressed players in case of injury, with no delay in the game (that is, the game will continue while a player is putting on the goalie equipment). If at any time during a game, a team does not have the required minimum (3 skaters and a goalie) number of players on the ice (including in the penalty box), the game will be forfeited to the team with the acceptable number of players.

4. GAME TIME

4.1 The game clock shall start at the twenty-six (26) minute mark, as soon as the Zamboni and rink staff is off the ice and the rink doors are closed

WARM-UP Three (3) minutes warm-up

1st PERIOD Twenty-three (23) minutes

2nd PERIOD Twenty-two (22) minutes

NOTE: Any player that goes onto the ice or throws a puck onto the ice will be rewarded a penalty. If the player can not be identified the team rep will serve the penalty or his designate.

4.2 The last two (2) minutes of the second period will be stop time if the difference in score is one (1) goal or less.

4.3 The game time will stop on all penalty shots and will re-start upon completion of the shot.

4.4 It will be to the discretion of the on-ice officials as to whether the clock is momentarily stopped due to injury or other delay (ice problems, rule explanations, etc.)

4.5 Overtime for play-offs: see section 16.

5. PENALTIES AND SUSPENSIONS

A minor penalty will be assessed to players who fail to close the penalty box doors after serving their penalty.

The “Icing the Puck” rule will be made even if the puck travels through the crease (CARHA rule).

Players must remain off the ice surface until the Zamboni has left the ice, and the doors are closed. Failure to do so may result in a minor penalty.

A complaint from the arena staff could also result in a penalty, and the team may be subject to further action by the League.

- MINOR Three (3) minutes
- MAJOR Seven (7) minutes plus game ejection (Note 5a)
- MISCONDUCT Ten (10) minutes (referee can provide a minute penalty as well for verbally abuse of the refs).
- GAME EJECTION Removal of the game no suspension
- GAME MISCONDUCT Immediate ejection (Note 5b)
- GROSS MISCONDUCT Immediate ejection (Note 5b)

MATCH Immediate ejection (Note 5b)

Notes:

5a) Major penalties may carry an additional minimum one (1) game suspension, at the discretion of the League.

5b) These penalties will be further reviewed by the League’s Disciplinary Supervisor and may result in further disciplinary actions (suspensions, etc.).

Refer to section 5>15 for further information regarding suspensions and further disciplinary actions.

5.1 GAME MISCONDUCT PENALTIES

5.1 (a) Any misconduct in the last ten minutes of a game will result in a MINIMUM ONE (1) GAME SUSPENSION.

5.1 (b) Any misconduct after the conclusion of the game may result in a MINIMUM TWO (2) GAME SUSPENSION.

5.1 (c) All misconduct penalties will be reviewed by the League case-by-case basis and suspensions may be increased above the league minimum. The decision to implement further discipline (up to and including suspensions and league ejections) will be made at the discretion of the League.

5.2 FIGHTING

First time a penalty is assessed for FIGHTING or for otherwise being involved in a FIGHT: Five (5) game suspension plus additional game(s) for **designated aggressor or instigator**. Fights will be reviewed on a case by case basis, the league reserves the right to amend or reduce suspension if deemed necessary.

Second time: Out of league (no reimbursement of any League fees). Penalties for fighting are strictly enforced (players do not need to drop their gloves in order to receive a fighting major).

5.3 Players receiving majors, misconducts and match penalties may also be given (depending on their past history) a choice of paying a "Personal/Performance Bond" to remain in the League.

5.4 Disciplinary decisions will be final and cannot be appealed.

5.5 Any player receiving three (3) penalties during the same game will be ejected. Any player being ejected for three penalties for the fourth time during the entire season will automatically receive a 1 game suspension and an additional game suspension for each similar subsequent ejection.

(Note 1): Any combination of minor, bench minor or major penalties shall apply to the personal total of any individual in the game.

(Note 2): A double minor counts as 2 penalties under the game ejection rule for 3 penalties in a game.

5.6 All delayed penalties shall be recorded on the official League score sheet of the game, in which the delaying penalty was assessed. If an opposing team scores on the delayed call, the individual who was to be assessed the delayed penalty will not serve his penalty (minors only) but will have the penalty recorded and will count towards the individual's maximum allowable number of minor penalties in one game.

5.7 No player may serve another team player's penalty except in the following situations:

- i) a penalty assessed to a goalie,
- ii) a major penalty assessed to a player having been ejected from the game (players may rotate from the bench to the penalty box when serving an ejected player's penalty,
- iii) any minor penalty assessed to a player having to leave the game because of an injury.

5.8 Serving Other Players' Penalties

Whenever a player has been ejected from the game, leaving his team shorthanded for six minutes or longer, a team has the option of putting someone in the penalty box at any time during that penalty (on stoppages of play). However, if a team waits too long and doesn't put a player in the penalty box and the penalty expires, the team is not allowed to have a player go onto the ice from his bench. If such is the case, the team will continue to play one man short until the next stoppage of play (not a shorthanded situation however).

5.9 Any altercation in the hallway, with any on or off ice, or League official, will result in a MINIMUM TEN (10) GAME SUSPENSION TO ANY OR ALL PLAYERS INVOLVED.

5.10 Any and all players, upon ejection from the game, for any reason whatsoever, must immediately proceed to the dressing room. He may not stick around to watch the remainder of the game behind the glass. He may return to watch the game FROM THE STANDS after changing into his street clothes. Failure to obey this rule, and also if any ejected player causes any disturbance whatsoever, especially one which prevents any game to continue its regular flow, will result in a minimum one game automatic suspension. The stands in Arena A are defined as the seated area above ice level. Arena B stands are defined as the seating area on the opposite side of the player's benches.

5.11 Any player amassing a total of sixty minutes (60) in penalties, will from that point on, be assessed a 1 game suspension, if the player reaches 90 minutes a 2 game suspension will apply and if the player reaches 110 minutes a 5 game suspension will

take affect. If a player receives the maximum 5 game suspension for penalties, the player maybe removed from the league at the discretion of the league.

5.12 Any player who threatens the safety and well-being or makes contact with any on-ice or off-ice official will receive a season-long suspension (at minimum).

5.13 Suspended players are not allowed to be near the bench area during a game and must locate themselves in the stands (please refer to section 5.10 for the definition of stands).

5.14 Players will be responsible for being familiar with the League's rules and regulations and thus WILL NOT QUESTION THEM OR HARASS LEAGUE OFFICIALS for any decision an official takes which is in accordance with those rules. Harassing officials in cases such as this will result in suspensions and in severe cases, ejection from the League.

5.15 SUSPENSIONS

All members, while present on the property of the Carleton University, shall be subject to the jurisdiction of the League. All members are subject to the provisions of these suspension guidelines. The League expects members to be fully acquainted with the CAHL official rules and to abide by any suspensions assessed by the League.

5.16 SERVING A SUSPENSION

A member who is suspended shall be deemed to have served a suspension period equal to one game if the member is properly listed as suspended on the roster of the team with which he is registered on a League game sheet.

Suspensions must be served in the League regular season game(s) or playoff game(s) that immediately follow(s) the game in which the member was suspended.

A member who is suspended may not play for another team in a League game and will not receive credit toward the serving of a suspension by refraining from playing for another team in a League game.

A Member who participates in a League game prior to fully serving his suspension may be subject to further disciplinary action by the League.

6. GOALIES

6.1 Goalies will not serve their minor penalties, but will be replaced in the penalty box by another player on that team. The team will play short-handed in the same manner as if a skater were penalized. For misconducts and match penalties, depending on their severity, the goalie may be allowed to continue the game and will be dealt with when the disciplinary committee next meets. Please note the referees have authority to eject any goalie from a game when the referee deems it justified.

That team will play with a sixth skater who does not have goalie privileges, while another skater puts on the goalie equipment, if they desire.

6.2 Any goalie receiving three (3) minor penalties in a game will not be ejected from the game but will however be assessed an automatic one (1) game suspension and therefore will not be permitted to play for that team's next regularly scheduled game.

7. EQUIPMENT

7.1 All players shall wear CSA approved hockey helmets. All goalies shall wear CSA approved hockey helmets with CSA approved facemasks. Goalies are not allowed to wear cat-eye style masks. Players without proper helmets and chin straps (no substitute whatsoever) will NOT be permitted on the ice during a game. If such a player does happen to get onto the ice and participate in the game, he will be assessed a minor penalty and immediately ejected until he fixes or replaces the item in question.

7.2 If insurance needs dictate, face masks and /or eye shields may also become necessary for all players.

7.3 Any player who plays a game and is notified by a League official of an equipment or sweater violation is prohibited from playing another shift on the ice until the violation has been corrected. Failure to abide by rule 7.3 will result in a one game suspension to the aforementioned player.

The determining line for an icing call will be the **RED** line.

10. SLAPSHOTS AND BODY CHECKING

Slap-shots are permitted in all divisions. Body Checking is not allowed in any division.

11. CHANGING OF PLAYERS

11.1 Change of players will only be allowed on the fly, except after: a GOAL, a PENALTY CALLED, an INJURY, an ICING, and END OF PERIOD. An infraction of this rule could result in the team being assessed a minor penalty for delay of game.

12. GAME OFFICIALS Game officials will be on the ice as soon as the Zamboni is off the ice.

13. PLAYOFF ELIGIBILITY

13.1 Players must have played **five (5)** regular season games with a team to be eligible to participate with that team during playoffs and may play on only one team per division during the playoffs unless approved in writing by the League Convener.

13.2 If a team's goalie has a legitimate reason for not being available for a playoff game, a replacement goalie may be utilized; however, he must be approved by the League.

13.3 Exceptions to the playoff eligibility rule can be made by the League Convener.

Team Representatives will be required to send in a written request 72 hours prior to the start of the playoffs for each request.

14. PLAYING WHILE UNDER SUSPENSION

14.1 The following penalties will be assessed to any team that is found to be using a player while he is under suspension, or an illegal player, or a player using an alias:

A) The final score of the game in which the suspended player participated in will be recorded as "0" for the team using the illegal player. The opposing team will keep their score and if they had not scored will be awarded a 1-0 win.

B) The illegal player will have an additional five (5) game suspension.

C) The team using the suspended/illegal player will also have their team representative PLUS their top scorer (rep will not count as top scorer) suspended for that team's next game.

14.2 No suspended player may play on any team in this League until AFTER he has served his complete suspension.

16. PLAYOFF FORMAT

?? Playoff Schedules will be e-mailed and posted online after the last games of the regular season.

?? Games will be scheduled according to final standings. Standings include all games played during the season (9 games).

?? The following tiebreakers will be used if TWO teams are tied in points at the end of the regular season:

- A) Head to head games
- B) Most wins
- C) Goals For minus Goals Against
- D) Fewest Goals Allowed
- E) Most Goals Scored

The following tiebreakers will be used if THREE OR MORE teams are tied:

- A) Best winning % between the teams involved.
- B) Most Wins
- C) Goals For minus Goals Against

Note: If a further tiebreaker is still required after the above, a flip of the coin will decide the winner.

?? As the match-ups become available the schedule will be posted on the playoff website.

?? All games require a winner. If the score is tied at the end of regulation time, a five-minute, sudden-death, 4-on-4 overtime period will take place.

?? If the game still is tied, a shootout will take place which three players will shoot for each team. The players will shoot in the order they have been registered on the shoot-out form. This form must be submitted prior to the game. If the game is still tied after three shooters a sudden-death shoot-out will ensue. Teams will then run through the same three players in the same order that they appeared during the first round. A player that is in the penalty box at the end of regulation time will NOT be allowed to take part in the shoot-out. Also, ejected players may NOT return for the shoot-out.

Eligibility

Players:

?? To be eligible to participate during the playoffs players must have played a minimum of five (5) regular season games with the team they wish to play for in the playoffs.

?? Players, including goalies, may play on only one team per division during the playoffs unless approved in writing by the League Convener.

?? Any team using an ineligible player(s) will forfeit any game in which this player has played in.

18. DRESSING ROOMS Dressing rooms are to be clean and cleared within thirty (30) minutes after completion of each game.

19. ROOM KEYS

Keys for the dressing rooms at the Ice House at Carleton must be obtained at the customer service desk.

20. GAME SHEETS AND LINEUPS

To be completed prior to the game by team representative or his designate.

21. ** NO ALCOHOLIC BEVERAGES ARE TO BE BROUGHT INTO DRESSING ROOMS OR RINK AREAS BY PLAYERS.

22. The League was formed to provide area hockey players an opportunity to participate under recreational non-contact rules. Injurious actions by players to others and disrespect towards minor and/or senior on-ice and off-ice game officials play no part in this League. Violations of the previous may constitute just cause for ejection from the League of any player OR team without refund of fees paid. The League also has the right to place any player, at any time, on a performance bond.

23. Please remember that we all have family and business responsibilities to attend to once the game is finished.

24. Every effort is being made by the league to ensure player safety. Your continued cooperation will be most appreciated.

26. EMERGENCY RULE CHANGES

The league reserves the right to make any emergency changes and /or additions to the above rules. Teams and officials will be advised in writing as soon as possible (before change is enacted).

27. Restricted Players

Players under NHL, AHL, East Coast League, Junior contracts are not permitted. Semi-pro players or Senior players are permitted to play Division 1 only.

28. The league convenor has final say over any conflicts or disputes arising from on or off ice incidents.

29. Any rule not covered here will be covered in CARHA rule book or www.carletonadulthockeyleague.ca