



RULES & REGULATIONS

Amended
August 16, 2010

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Heritage Hockey League

Rules and Regulations (Made pursuant to By-Law No.1)

League General

1. Capitalized terms not herein defined shall have the meaning given to them in the By-Laws.
2. Structure consists of: President, Director of each Division, Secretary/Treasurer and Past Officer (President).
3. Positions are elected for one-year terms. The Past Officer (President) position is non-mandatory as per By-Laws.
4. **Team Representatives:** Three team representatives supplied by each team.
5. **Voting Motions:** One vote per team, one vote per Officer, Tie-breaking vote by the President.
6. **Officers' Discretion:** Officers have the power to overrule any decision in major League management decisions.
7. **Miss a meeting, Lose 2 points.** Each team must have one representative in attendance and on time (within 20 minutes) at League meetings and may have a maximum of two reps per meeting. Failure will result in a 2 point deduction from the team's standings.
8. **Disciplinary Committee:** The Disciplinary Committee will assist the associated Divisional Director in passing judgment on appeals, for any violation of these Rules or Regulations that does not fall within the definition of Serious Misconduct, as that term is defined in the By-Laws.
9. **Lose an appeal, Lose 1 point.** An appeal from a violation of these Rules and Regulations that is not Serious Misconduct, as that term is defined in the By-Laws, must be submitted in writing to the associated Divisional Director. Each appeal will then be addressed by the Disciplinary Committee, who will render a decision. Any appeal which results in a judgment unfavorable to the submitting team will result in the forfeit of 1 point from the submitting team's standings.



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Rosters

10. **Team Rosters:** Maximum of 23 players allowed on the roster of which 3 must be goaltenders. No Exceptions.
11. **Roster Moves:** At any time the team roster drops below 18 players, extra players can be brought in to maintain at least an 18 player roster. Players must be approved by the Officers prior to engaging these players. Failure to follow this procedure will result in forfeit of games.
12. **Dropped Players:** Once a player has been dropped from your roster to bring in additional players, that player will be ineligible to play again for that team that season.
13. **Final Rosters:** Final roster must be completed annually and submitted at the League meeting designated by the Officers as the deadline. This date is to be determined by the Officers at the first meeting each season. The final roster must consist of the player name, full mailing address, phone number, date of birth and must be signed by the player each season. Failure to follow this will result in the last official game sheet prior to the roster deadline being the final roster for the team. No exceptions.
14. **Illegal Non-roster Players:** Illegal non-roster players will be ineligible to play for the remainder of that season for that team.
15. **Playing on multiple teams:** No player will play with more than any one team at any given time. A player must be considered "cut" from his previous team and be ineligible to play again for that team that season in order to play for a different team.
16. **Age Restrictions (A Division and B-Division):** Minimum age is 21 years.
17. **Age Restrictions (35+ Division):** All players who are new to the 35+ Division must be at least 35 years of age as of March 31st in that season.
18. **Underage Players in 35+ Div:** Exception allowed: Teams are allowed to join the 35+ Division with two players between the ages of 30 and 34.
19. **Grandfathering:** HHL Officers reserve the right to grandfather additional players on a team that is moving into the 35+ Division. No player under the age of 30 will be eligible for grandfathering.



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- 20. Failure to Adhere to Rules and Regulations:** Failure to adhere to these Rules and Regulations may result in expulsion of the offending member or member team from The League by the Disciplinary Committee.

Rules

- 21. Official Hockey Rules:** The Heritage Hockey League abides by the Canadian Hockey Association's Official Hockey Rules except for amendments in these regulations.
- 22. Match Penalties:** Any match penalty resulting from an intent-to-injure or an injury situation will result in a minimum 5-game suspension and may result in a permanent suspension at the discretion of the Disciplinary Committee.
- 23. Body Contact:** No unnecessary body contact will be tolerated (No checking). Body checking will result in a 2-minute minor; deliberate body contact in a 5-minute major.
- 24. Fighting:** No fighting will be tolerated, with a 5-game minimum suspension for the first offense. At the discretion of the referee, if an aggressor is named, an additional game will be automatically assessed. Second fighting offense will result in a calendar year suspension. (No appeal except at the discretion of the Disciplinary Committee).
- 25. Game Misconducts:** Players who are issued a Game misconduct will be assessed a 10-minute penalty to be applied toward the league penalty minute cap. Gross misconducts will result in an automatic 2-game suspension and review by the League Disciplinary Committee.
- 26. Three Penalties = Game Ejection.** Any player receiving three (3) penalties in a game will be suspended for the remainder of that game only.



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- 27. Suspensions:** To clarify player suspensions, the following formula will be used:
- (a) Game Misconduct: Remainder of game
plus 10 PIM toward penalty minute cap.
 - (b) Gross Misconduct: 2-Game Suspension &
Review by League Disciplinary Committee.
 - (c) Match Penalty: 5-Game Suspension &
Review by League Disciplinary Committee.
 - (d) Fighting: 5-Game Suspension
plus 5 penalty minutes (Fighting Major)
plus 10 penalty minutes (Automatic Game Misconduct)
- 28. Abuse of Officials** (Regardless of which penalty is written on the game sheet)
- (a) The HHL will not tolerate abuse of officials. The following suspensions will be applied regardless of the penalty type listed on the game sheet. If a player has been identified for threatening or physically abusing an official, the following suspensions will apply:
 - (i) **Verbal Abuse of Officials:**
5-Game Suspension & Review by League Disciplinary Committee.
 - (ii) **Physical Abuse of Officials:**
Suspended Indefinitely.
- 29. Suspensions:** Suspension period begins the first game after the infraction occurs. Team Reps are responsible for ensuring the player in question sits until the suspension has been served or reviewed (in the case of an appeal). Submission of an appeal may allow for the postponement of the suspension period at the discretion of the Disciplinary Committee.
- 30. Dressing an illegal/suspended player (forfeit game plus 2-point deduction):** Playing illegal or suspended players will result in forfeiting that game (full points for the win are transferred to the team which was in opposition of the violating team) as well as the deduction of 2 points from the violating team's standings (possible 4 point total). The player(s) in violation will also have additional time added to their suspension period. This could result in the team being terminated from the league.



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31. Forfeited/Cancelled Games

There are three scenarios with respect to a game not being played. Points will be awarded as follows:

- (a) One team forfeits. (Result: 1-point deduction)

For example, in the event that Team A forfeits to Team B, the following will occur: Team B is credited with the win, Team A is credited with the loss and is assessed a 1-point deduction in the standings.

- (b) Both teams agree to cancel a game. (Result: No points are awarded)

If both teams agree not to play a game, no points will be awarded for the game.

- (c) Game cancelled due to a team having less than 10-players (Rule 36).
(Result: No deduction to losing team)

For example: In the event that Team A is willing to play with less than 10 skaters, Team B has the option to play the game or cancel the game and take the win. If Team B cancels the game they will be credited with the win while Team A is credited with the loss and no deduction in the standings.

32. **Equipment:** Proper equipment, including a helmet, must be worn at all times. Facial visors are not mandatory.

33. **Slapshots:** Slapshots are allowed.

34. **Minimum roster for a game:** A minimum of 10 players required to start each game (of which one must be a properly dressed goaltender). Failure to follow this results in forfeit of game. By agreement of possible winning team, this rule can be waived to play that game. Only exception is that a properly dressed goaltender must be present.

35. **Maximum roster for a game:** A maximum of 18 players is allowed per game (of which one must be a properly dressed goaltender).

36. **Pre-Game Preparation:** Home team is responsible for supplying a game sheet and pucks. Visiting team is to receive the game sheet at least ten minutes prior to game time.



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- 37. Game Preparation:** Games must start within 10 minutes of the ice time booking: Example - Schedule time at 2:00, game must be started by 2:10 or the prepared team may demand the game is cancelled (Rule 33c). The prepared team may also decide to grant another 10 minute (maximum) grace period before the game is considered forfeited; in this case the team causing the delay will be assessed a 2-minute delay of game penalty. Late players will be allowed until the end of the first period if they are on the game sheet and there were enough players to start the game. Length of periods will be determined as follows;
- 75-minute ice bookings: 3 x 13 minute periods.
90-minute ice bookings: 3 x 15 minute periods.
- All periods are to be stop-time. The third period length is to be adjusted at the end of the second period to use the length of the ice time booking.
- 38. Roster verification:** Team captains are to "certify" game sheet rosters at the end of the first period to verify player attendance. If players are not verified by the team reps and/or timekeeper, only players with points or penalty minutes will be credited with a game played.
- 39. Appearance:** Proper numbered uniforms and matching socks must be worn at all times.
- 40. Standings Tie Breakers:** Teams tied at the end of the season will finish based on; 1-Most Wins, 2-Least losses, 3-Most Goals For, 4-Least Goals Against.
- 41. Promotion/Relegation:** After each season (based upon regular season point totals) the first place team in the B-Division will be promoted to the A-Division, and the team finishing last in the A-Division will be relegated to the B-Division for the following season.
- 42. Team Rep Responsibilities:** Team representatives must police their own teams. Failure to do so could result in suspensions ranging from temporary to indefinite as per the "Repeat Offenders" rule. Abuse towards referees, scorekeepers, etc. will not be tolerated. Any actions must be noted on the back of the white game sheet.



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- 43. Penalty Minute Cap:** The Penalty Minute Cap applies to the entire season which includes the regular season plus playoffs. Any suspensions due from regular season play will carry over into the playoffs. Suspensions not served in their entirety will carry forward to the following season.
- (a) **A-Division, B-Division**
Players who accumulate 60 or more minutes in penalties during the regular season & playoffs will be assessed a 2-game suspension. An additional 2-game suspension will be added for every 10 minutes accumulated over 60 minutes.
 - (b) **35+ Division**
Players who accumulate 50 or more minutes in penalties during the regular season & playoffs will be assessed a 2-game suspension. An additional 2-game suspension will be added for every 10 minutes accumulated over 50 minutes.
- 44. Repeat Offenders:** Players who are suspended more than once in a season are to be considered "Repeat Offenders" and will be subject to additional suspensions based on the number of times they are suspended in a season.
- 1st Offense: Regular suspension
 - 2nd Offense: Regular suspension
 - 3rd Offense: Suspended for remainder of season
(This is to be reviewed by Disciplinary Committee)
- 45. League Schedule:** Member teams shall comply with the League schedule as provided. The League reserves the right to modify the schedule as required to accommodate changes in ice bookings provided. Member teams shall not revise the date or times of games played nor attempt to contact game officials to attempt re-scheduling of games. Multiple infractions (more than one) may result in termination from the League at the discretion of the Disciplinary Committee.



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Playoffs

- 46. Playoff Eligibility:** All rostered players are eligible to play unless under suspension. Teams can submit a request to consider injured players as a possible exception to this rule. Approval of an injured player for playoff eligibility is at the discretion of the League Officers)
- (a) **A-Division, B-Division**
All players participating in the playoffs must have demonstrated a commitment to their team during the regular season by playing 15 games (based upon a 42-game schedule) or they will be considered an illegal player.
 - (b) **35+ Division**
All players participating in the playoffs must have demonstrated a commitment to their team during the regular season by playing 13 games (based upon a 36-game schedule) or they will be considered an illegal player.
- 47. Playoff Format:** Playoffs will be a modified best of three, where the winner will be the first team to collect 4 points in the series. Ties will not be settled by a shootout. Shootouts will only be used if required to settle a series that is tied after 3 games (i.e. a 1-1-1 record or 0-0-3)
- 48. Shoot-outs:** Shoot-out format will be 3-shooters per team and sudden death after that. Participating three shooters must be listed, in order, on the white copy of the game sheet prior to the start of the game. The home team shall decide which team shoots first.
- 49. Penalties at end of game:** A player serving a penalty at the end of a tied playoff game is eligible for the shoot-out. Ejected or injured players can be replaced with a player of the team's choice.



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League Policy

50. All players, coaches, managers and spectators within the Heritage Hockey League attend at their own risk of personal loss, damage, or injury, however caused.
51. Generally accepted practices and policies of ice hockey for senior men's amateur hockey are adhered to by the Heritage Hockey League.
52. It is the objective of the Officers of the Heritage Hockey League to promote and expand senior men's recreational hockey within the City of Calgary. Sportsmanship and responsibility are expected from all associated members to help reach this goal.
53. The interpretation and enforcement of these Rules and Regulations is to be at the discretion of the Officers of the Heritage Hockey League.