

LE RINQUE'S OFFICIAL RULE & REGULATION HANDBOOK

1. TEAM CONDUCT ON ARENA PROPERTY:

1.1 -Any team involved in destructive or negative conduct on arena property or in the arena Parking lot will be immediately suspended from further league play. The team will be fined a minimum of \$100.00 and may be suspended for the rest of the season. It will be at the league management's discretion to determine the final amount of the fine. The subject team(s) will be responsible for any damage caused by any of its team members on or around the property. The subject team will take full responsibility for any damages and all costs associated with the repair and/or replacement including labor caused by its team members.

1.2- No beer drinking or cigarette smoking in the changing rooms

1.3- Tape is only allowed on the face of your stick blade

1.4- No outside or marking shoes may be worn on the court

2. RISK MANAGEMENT:

2.1 - Blood Policy: All open cuts or wounds must be bandaged properly before a player will be allowed to participate in a game. If blood appears on the referee's uniform or a player's uniform, it must be rinsed off or changed before returning to the game.

2.2 – Jewelry Policy: No player will be allowed to participate in a game with exposed jewelry. Included in this policy is the following: Finger rings, nose rings, ear rings and necklaces. This guideline is designed for safety. Team will be issued one warning; if visible jewelry is found after the warning the offending team will receive a minor penalty.

3. DANGEROUS PLAYING CONDITIONS (GAME PLAY)

3.1 – The decision to begin or continue a game is solely the decision of the referees. Players or team managers are instructed to bring any concerns of safety or peril immediately to the attention of the on floor officials.

A game postponed for any reason shall be rescheduled by the league managers on the earliest possible date prior to the end of the regular schedule.

3.2 – Any game considered to be getting out of disciplinary control in the referee's sole discretion, the game shall be immediately terminated. Where both teams are directly involved in the lack of control and the game is terminated both teams shall receive zero (0) points in the standings and shall be reported to the league technical director where further penalties/fines may be imposed. Where one team is clearly the catalyst of under these circumstances the non-offending team shall be awarded the two (2) points in the standings.

4. DEFAULTS

4.1 A team will be given **10 minutes** past the scheduled start of a game to floor a **minimum of five players (four players for Roller) plus goalie**. If a team is able to floor the required number of players within the **10 minutes** but was not ready to begin play as instructed by the referees (scheduled start) a minor penalty for delay of game will be assessed to the offending team.

4.2 If a team is not ready by **15 minutes**, it is up to the non-offending team if they want to take the win by default. They also have the choice to decide to wait till the opposite team has a legitimate amount of players to start play. If the choice is to wait, then time will be taken off the clock to fit the game into the one hour block.

4.3 If the game is defaulted, the non-offending team will be awarded the two (2) points and the offending team will be fined \$30.00 (without a 24 hours notice). The game will be considered a 2-0 victory in the stats.

4.4 The team winning the defaulted game may use the remainder of the block time for practice purposes. The defaulted team may only remain on the floor with the permission of the other team. If a team is to default twice in a given season, then the league director will decide whether the team should be allowed to complete the season.

4.5 Defaulted games shall count in duration of a suspension.

4.6 A team defaulting the second game of a two (2) game playoff series shall automatically forfeit the series to the non-offending team. The \$30.00 fine shall still apply. (Without a 24 hours notice)

5. GAME TIME

5.1 Before each game, each team has a responsibility to provide the timekeeper with their team's roster (either by providing a completed copy of the Team Score sheet or by completing the timekeeper's roster checklist). It is the captain's responsibility to ensure that each player is correctly marked on the Game Score sheet.

5.2 The one hour block is broken down as follows:

- 5 minute warm up
- 3 x 15 minute running time periods where the last 30 seconds of the first and second period will be stop time, and last 2 minutes of the 3rd period are stop time.** *If within 2 goals*
- 1 minute intermissions.

5.3 Overtime

- Any game ending in a tie at the end of regulation will go directly into a 3 man shootout with no repeating shooters unless all players have been used. (not applied during playoffs)
- Playoff overtime format will be a 10 minute overtime period followed by a 3 man shutout (no repeating players until all shooters have gone)

Equipment

Every player must have a proper team hockey jersey (same primary color. i.e. Black is not Blue and Grey is not White) with a unique number imprinted on the back (no taped numbers). This rule is to ensure proper game statistics.

Goaltenders are required to wear full equipment (Pads, helmet, blocker & trapper). Players are required to wear:

Roller Hockey: Helmet and Gloves (recommended: Shin Pads, elbow pads, jock, and Eye Wear)

Ball Hockey: Recommended (Gloves, Eye Wear Shin Pads, Jock and Helmet)

Captains

Each team is responsible to have one captain who must wear a C on its jersey, and a maximum of two assistant captains. (Must be indicated on score sheet)

Only a captain or assistant captain may address the referee during a league play game.

Contracts & Rosters

Every league player is required to complete a player contract and submit it to the league. League coordinators reserve the right to default any team who uses a player that has not submitted his/her contract (Contracts will be available in the scorekeepers box).

**Player Eligibility

- Teams are allowed to add players to their roster at any time during the season; however, to be eligible for playoffs, **the players must play 50% of the regular season games.** (7 games in a 14 game season)

- No Substitute players or goaltenders may be used in either of the final two regular season games. This means no new players be added to the game sheet in either of the final two games. In order to play in these games, a given player has to have already played at least one game at some point earlier in the season.

- If a player subs for one team, he is then added to their roster. If he decides he would like to play for another team, the original team must agree with the move and 'release' the player. Once a player has played at least 1 game for two different teams, the player must make his decision on which team he will play on for the remainder of the season. The only time a player can switch teams, is during the first five games of the season. Once a team has played five games, no players can be removed from their roster.

- The one and only exception to this rule, where a player is allowed to play for a second team in the same league, is when this player would be the 5th player, thus avoiding a forfeit.

-If an illegal substitute is used:

- 1) The game(s) he participated in will be forfeited with a 20\$ fine.
- 2) The Team Captain will be suspended
- 3) The Player will be suspended.

-If a team is found playing with a suspended player then any game(s) that he appeared in, will be forfeited. The team will be fined 20\$ for each forfeited game (with a maximum of 60\$ if caused by the same player)

-If a team is in need of a goaltender, they are allowed to dress a registered NABHL goalie from another team (only with the opposing team's approval for playoffs).

Elite/Intermediate Roster Rules - Ball Hockey Only

- Any intermediate player can play for an Elite team.
- There is no limit to how many Intermediate players suit up for an Elite Team.
- An Intermediate roster may only have **two** players from an Elite roster in that season. This applies to substitutes and/or full time players.
- Once an 'Elite Player' plays **one game** for an Intermediate Team, he then counts as one of their two elite players.
- When an Elite Captain would like an Intermediate player to play for his team, he must let the Intermediate captain know, in the event that the Intermediate Captain already has elite players on his roster.
- If an intermediate player becomes eligible for an Elite team he then counts as an 'Elite Player.' If an intermediate team already has two elite players playing for them, it is the team captain's responsibility to make sure that none of his teammates become eligible at the Elite level, and crossing the two player limit. This means if an Intermediate team has two players playing full time for an elite team, and one of their players begins to sub for an elite team, once he gets to the point where he will reach eligibility with one more game played, it is up to the team Captains to know that if the player plays that one more game, he will now have three elite players, and one of them will no longer be allowed to compete.
- It is the captain's responsibility to be aware of if his players is about to become eligible for the Elite league. If that player becomes eligible and continues to play in the Intermediate league, there will be a one game suspension issued to that player as well as the captain. (only if this will give more than 2 elite players on your roster)
- Any Goaltender registered to an Elite team, may play **a maximum of 50%** of an Intermediate team's Games.
- No Goaltender registered to an Elite team may play in an Intermediate playoff game. **There are no exceptions to this rule.** This means that if an Intermediate team has no goalie for a

playoff game, one of their players will have to suit up as goalie.

-If an illegal substitute is used:

- 1) The game(s) he participated in will be forfeited with a 20\$ fine.
- 2) The Team Captain will be suspended
- 3) The Player will be suspended.

-If a team is found playing with a suspended player then any game(s) that he appeared in, will be forfeited. The team will be fined 20\$ for each forfeited game (with a maximum of 60\$ if caused by the same player)

Playoff Eligibility

-In order to be eligible for the playoffs, a player must play at least 5 games during the regular season with the same team. (3 for summer season)

-In the case of goalies; if the teams starting goalie is sick, injured or out of town, the other team is allowed to suit up another goalie based on the opposing team's discretion. If the opposing team does not accept the replacement goalie, then a playoff eligible player must suit up in nets.

Player Requirements

All league players are required to perform the following guidelines in order to be eligible to play a league game:

1. The player has completed a player contract agreement
2. Roster form has been signed by the team captain
3. He is wearing a jersey that meets all league requirements
4. He has not played for another team in the same league
5. He is not banned or suspended from league play
6. The player must not be deemed incapable (inebriated, bleeding etc.) to play in the game (league manager judgment)

*league officials have the right to eject a player if al of these guidelines are not met

General Rules

Icing

Touch icing (for ball hockey) from behind the hash marks, unless it is clearly a passing motion.

Off-sides

There will be NO off-sides.

Use of hands

Stoppage of play occurs when:

1. When any player passes the ball or puck, in any matter in any zone, using his hands to a teammate
2. When a player closes his hand on the ball or puck without intent (as judged by the referee) to delay the game intentionally forced a stoppage of play

Minor penalty is assessed to any player that shields the ball with intent (as judged by the referee) to delay the game or intentionally force a stoppage of play.

Penalty shot is awarded if a defending team player closes his hand on the ball inside his goalies crease

Body Contact

Direct or intentional body contact is forbidden. A penalty will be issued in this situation.

High Sticking

Minor penalty: (player contact accidental) assessed to any player that accidentally (referee's judgment) contacts a player above the shoulders with a high stick.

Major Penalty: (player contact intentional) assessed to any player that intentionally (referee's judgment) contacts an opponent above the shoulders with a high stick. The penalized player shall receive a 4-minute major and possibly a game misconduct depending on the severity of the high stick (referee's judgment)

A double minor will be assessed to any player receiving a penalty for accidental high sticking that causes the opponent to bleed.

Time Outs

Teams are given two 30 second Time Outs in a game.

Checking from behind

A minor or major penalty will be assessed depending on the severity along with an automatic one game suspension. In extreme cases the length of the suspension is up to league officials.

Mercy Rule

If the score differential is 10 or greater, the game will be called and the current score will stand as final. This rule only takes effect in the 3rd period.

Special rules for Goalies

1. Hand passes are only allowed to the side or behind the net

2. Once a goalie has removed his equipment, he may play as a regular player in the same game
3. A goalie clearing the ball out of play without touching the boards or glass on its way out will automatically result in a minor penalty for delay of game. This does not include a shot going out through player benches.
4. Any goaltender freezing the ball while not maintaining contact between his body and his goaltenders crease will be assessed a minor penalty for delay of game.
5. If a goalie gets injured, a player from the respected team will be given a maximum of 7 minutes to suit up as a replacement.
6. Any goalie intentionally knocking off the net will receive a minor penalty

Delay Of game

A player will be awarded a delay of game penalty if he intentionally clears the ball over the glass without touching it in order to waste time. (referee discretion)

Hurry up Face-Offs

A referee has the discretion to drop the ball or puck at any time if he feels that one of the teams is taking too long to get to the face-off.

Leaving Players Bench

Any player leaving their respected benches and engaging into an on ice fight or scrum, will automatically be suspended for a minimum of one game and get fined 10\$.

If two teams get involved in a bench clearing incident, then the entire team will be suspended for at least one game, and will automatically forfeit the following game. Each team will be fined \$100.

Coincidental penalties

-Stays 5-5 (Ball Hockey)

-If 4-4 then it stays 4-4-players can leave the penalty box at the first whistle after the penalty time has expired (Roller Hockey)

Penalties

<u>Penalty</u>	<u>Time served</u>	<u>Team</u>
Minor	1:30 minute running time	Short-handed
Double Minor	3 minute running time	Short-handed
Coincidental Minors	1:30 minutes running time	Full strength
Major	4 minute running time	Short-handed
Misconduct	10 minute running time	Full strength
Game misconduct	ejected + minor penalty	Short-handed

Gross Misconduct	ejected + Double minor+ suspended	Short-handed
Match penalty	ejected+ major penalty+ suspended	Short Handed

-If the short handed team serving a double minor gets scored on before the penalty time reaches 1:30 minutes then the remaining time on the penalty is whipped off the board and 1:30 minutes penalty takes effect

-Players serving penalties must step onto the rink before returning to their benches

-Only active players on the rink at the time of the infraction are eligible to serve a bench or goaltender penalty

-Any player that gets ejected from the game must go directly to the changing rooms and are not permitted to remain behind their team's bench and can only stay in the arena unless granted permission by a league official

-Any player receiving 3 infractions throughout the same game will be ejected from the game with no fine.

Trash Talk

Any player involving themselves in inappropriate trash talk (i.e. racial/gender/religious slurs) will be automatically be ejected from the game and given a one game suspension with a \$20 fine. In extreme cases, the severity of the suspension will be up to the league officials.

Penalty Minute Accumulation

Any player reaching an accumulated total of 60 minutes throughout the regular season will receive a one game suspension with a \$20 fine. As well, each additional 30 minutes on top of the already existing 60 minutes will result in another game suspension and an additional \$10 fine. If a league player surpasses 120 penalty minutes during the regular season, the player will be expelled from the league and will lose one year of eligibility from the league. In extreme cases, league officials will decide the severity of the expulsion.

-All penalties count towards penalty minute total

-This rule is not in effect during the playoffs, but if a player receives a suspension during the regular season, and the duration exceeds the remaining games of the regular season then the suspension will be carried over to the playoffs.

Delayed Penalties

If team A has a minor penalty, and the referee raises his hand to signal a delayed penalty on team A and team B scores, the existing penalty is wiped out. The new complete penalty is then assessed to team A.

Fighting

-Any player involved in a fight will automatically receive a 1 game suspension. The instigator automatically receives a 2 game suspension. In extreme cases, the lengths of the suspensions are ultimately up to league officials. Any player involved in a fight will receive a 20\$ fine.

-Any player dropping his gloves and engaging himself in a fight will receive a minimum one game suspension

Expulsion

-The league reserves the right to suspend any team at any point during the season. This rule will be enforced on strict cases. Any team being thrown out will get back a partial refund based on the number of games remaining in the season plus a \$300 expulsion fine. If a situation such as this arises then the team will then be banned from the league.

-The league also reserves the right to suspend any player at any point during the season. If the player would like to return to the league a formal letter must be written and approved by league officials.

Referee rights

-The referee can seek assistance of a minor official if there is any incident which the head referee did not see.

-A league official and or timekeeper can provide the referee with assistance on any extreme missed calls (i.e. Player bleeding or injured)

-During an altercation, at the discretion of the referee, the clock will continue to run until the timekeeper is signaled by the referee to stop the clock.

-The referee may terminate a game if, in his estimation, the game is getting out of his disciplinary control

Abuse of league officials

-Only captains and assistant captains have the privilege of asking the referee for his interpretation of a rule applied during the game

-A referee should not be questioned concerning a judgment

-Abuse of league officials of any kind will not be tolerated and will be severely dealt with.

-Any player that physically abuses a referee will immediately be banned from the league. Do not place yourself in a situation where you might be abusive towards league officials, as the consequences will be severe

-An abusive language penalty call will result in a one game suspension. Extreme cases of verbal abuse are up to league officials.

Captains Responsibility

The captain takes ownership of his team member's actions, any damage to league or arena property caused by individuals must be paid for (price determined by league organizers) by the team before the following league game is played or the team will lose by default. The captain is ultimately responsible for handling all team fines.

* It will be the Captain's responsibility to make any necessary lineup changes to the score sheet prior to the game. This means crossing off any player who is not present, adding players who aren't on the list, making sure all player numbers are correct and signing the score sheet to confirm. If, by the time, the opening faceoff is ready to happen this has not been done, a minor penalty will be assessed. This of course functions on an honor system. Any captain can incorrectly fill out his lineup on purpose in order to gain a player's eligibility. Should this be noticed by a score keeper, a referee, the opposing team, or any other team, and pointed out to league management, if it is found to be true, **the team captain will be suspended and the team will forfeit the game.**

Communication with league officials

League officials are willing to take up any questions appeals or disputes as long as they are performed in the following manner:

- Team captain or assistant captain makes the appeal
- It is not during the game
- It is not immediately after the game (wait at least 15-30 minutes)
- It is not done in the timekeeper's box
- It is conducted in league official's office or team changing room.

Loopholes in the rules

League organizers hold absolute final say, without question or appeal, concerning an interpretation of any rule or situation