



# Edmonton Municipal Hockey Leagues

## Rules and Regulations

**Objective:** To provide an authentic hockey experience for all skill levels in a safe, and recreational environment.

### Rules

- Hockey Canada rules will apply in addition to the following Edmonton Municipal Hockey League rules.
- Hockey Canada On-line Rule Book <https://goo.gl/JxVYrj>. The Rulebook is also available in the app store on iPhone and Android.

### 1 - Teams

#### **1.1 - Registration and waiver forms**

- a) All players and team coaches participating in games must complete the EMHL online hockey waiver 24hr prior to their first game to be approved to take part in the league. Waiver can be found <https://goo.gl/WygmfC>.
- b) When a player is in question about their identity, they must show I.D to the timekeepers and referees to verify. If unable to do so, they will not participate in the game. (MUST WATCH FROM THE STANDS AND NOT THE BENCH.). **I.D. checks must be done prior to the end of the first period.**
- c) A player will have 10 minutes to present the league proper government issued Identification. At the first stoppage of play, the I.D will be verified by the referee. Any illegal players present will be removed and the game will continue. The game will be reviewed by the league the following day. If the player is not who they say they are, the opposing team may/will be awarded a 3-0 victory. If the player's identity is verified, the opposing team is assessed a 3 minute delay of game penalty.
- d) Team reps are responsible for who dresses for their team. Any illegal player may/will result in the team rep being suspended for roster violation.

#### **1.2 - Team rosters**

- a) All players must be 18 years of age or older at the start of the season.
- b) Teams can only dress 19 players per game (including a goaltender).
- c) Season rosters are limited to 21 players (15 full time skaters, 1 full time goalie, and maximum 5 sub skaters). Teams must have a sub goalie (sub goalie does not count towards team roster). Rosters must be set by the roster freeze.
- d) Subs must be noted with "SUB" after first name on online roster.
- e) Teams must have a minimum of seven players of which one (1) must be a goaltender to start the game.
- f) Teams will be given a ten (10) minute grace period from the beginning of the first period to meet the player requirements. If a team does not have a goaltender and the required six (6) skaters after the grace period, the referee will call a default and the other team will be awarded the two (2) points .If the

requirement is met before the grace period, the offending team will be assessed a delay of game penalty. Clock must start 4 min into ice slot on time.

- g) **Players who are late must be on the players bench prior to the end of the 1<sup>st</sup> period.** No new players are allowed to be added to the game roster after the first period.
- h) If at any time during a game, through penalties, player ejection(s), injury, or players leaving, a team's roster is less than the minimum requirements to start a game (6 skaters plus goalie) the game will be called and the opposing team will be awarded a victory.
- i) If through ejection/suspension, a goaltender is unable to complete the game, the team has the following options:
  - Dress a player in goaltender equipment. Play will resume with 6 skaters until alternate goalie is ready.
  - Play will continue with 6 skaters on ice until the game is over. If a game goes to a shootout and a team does not have a goalie they automatically lose the shootout.
- j) If through injury, a goaltender is unable to complete the game, the team has the following options:
  - Dress a player in goaltender equipment. The game will stop for 10 minutes but the game clock time will continue to run.
  - Dress a player in goaltender equipment. Play will resume with 6 skaters until alternate goalie is ready.
  - Play will continue with 6 skaters on ice until the game is over. If a game goes to a shootout and a team does not have a goalie they automatically lose the shootout.
- k) When a default is called, the referees will award a 3-0 victory. The ice time is then considered a shinny.
- l) If a team has an insufficient number of players or fails to show, the game is forfeited. Ice time can then be used as practice by both teams. **Team rep is responsible for ensuring a team with the minimum roster requirements for a game, If a game is declared a forfeit due to not meeting the minimum skater requirement , the team rep will/may be suspended regardless if he was at the game or not. The team is also fined (\$250 fine must be paid prior to next game)**
- m) A goaltender or player may only play for one (1) team in the League, unless approved by the Board of Directors. (Note: in the past, the Head Office has approved goaltenders or players wanting to play on two teams)
- n) Suspensions are league suspensions, not team suspensions. A player who is suspended may not play in any other league game until the suspension has been served. If a player received a suspension playing for team "X", only games involving team "X" will count towards the suspension.
- o) Each registered player must be assigned a number that will be registered as theirs for the entire season and playoffs.
- p) Teams must designate 1 player during warm-up to fill out the game roster on the gamesheet with the timekeeper. This must be done to ensure player playoff eligibility and for insurance purposes. If you notice that a player has been missed from the game stats posted online please follow up with the league to have this corrected. This notice must be received within 1 week following the game.

### 1.3 - Uniforms

- a) Jerseys must be numbered and no 2 players on the same team may wear the same number. The use of tape will be allowed as number or captain/assistant designation.
- b) Each team must have like jerseys for each roster player (same body colour).
- c) The team reps may use proper designation for captains and assistant captains on jersey or on website roster. Captains can be noted with "( C )" and assistants "( A)". Maximum 1 – C and 3 – A's

## 2 - Players

### 2.1 - Player and Goaltender substitution

- a) All Substitute players must have an EMHL membership (\$25) and have their points accumulate and posted on [www.emhl.ca](http://www.emhl.ca). Team registrations include 21 player memberships.
- b) New subs must submit an online waiver and be cleared with league 24hrs prior to game.
- c) No Substitute player may be eligible to shoot in a shootout
- d) The cost to sub is \$25/ game to the league after the membership fee has been paid. This is paid to the timekeeper. **Only Teams created by league are subjected to this rule.**
- e) Depending on the program, all players must play a minimum of:
  - 15 regular season + 2 playoff games = 5 regular season games to qualify for playoffs (summer)
  - 28 regular season + 2 guaranteed playoff games = 10 regular season games to qualify for playoffs (winter)
  - 32 regular season games = 11 regular season games to qualify for playoffs (winter premier)

### 2.2 - Protective Equipment

- a) Full hockey equipment and CSA approved helmets are mandatory.
- b) Facial visors, mouth guards, neck protectors, and shoulder pads are highly recommended.
- c) Goaltenders must wear CSA approved helmet with face and protection at the back of the head.
- d) All equipment must be safe and in adequate condition. Players must wear hockey skates, shin pads, protective pants or girdle system, protective jock, elbow pads, hockey gloves, and helmet. All equipment at any time is subject to change or alteration at the discrepancy of the on ice official. If a player does not have the required equipment, they must leave the ice and put on the missing/replacement piece in order to continue. If a player cannot do so, they must sit out the remainder of the game.
- e) If a team calls a player on the opposing team for illegal equipment and the players equipment meets the required guidelines the team is assessed a 3 minute delay of game penalty per offence.

## 3 - Game

### 3.1 - Game Format

- a) Teams must be in the correct players bench. Player benches are determined by the gamesheet. If you are unsure ask the timekeeper.
- b) Maximum game time including warm-up is 75 minutes or 90 minutes (summer) and not when the game is over.
  - Warm-up 4 minutes
  - 1st period 22 minute running clock format.
  - 2nd period 22 minute running clock format.
  - 3rd period 22 minute running clock format. Last 2 minutes stop clock format if score is tied or within 2 goals.
  - Overtime – 2 minute run clock format. Regular season OT will be 3 on 3, Playoff OT will be 5 on 5.
  - 10 minute scrape after every 2 periods (summer only).
- c) If the game ends in a tie after regulation, and time allows, an overtime (OT) period will be used to determine the winner. If tied after the OT period a shootout is used to determine the winner. OT will be skipped if no time allows. 3 players from each team will be chosen by the team rep followed by new players in a sudden death format to declare winner. **Subs are not allowed to participate in the shootout.**

If a player is serving a penalty that does not expire during regulation time, that player will not be eligible to participate in the shootout.

### 3.2 - General Playing Rules

- a) All games are non-hitting, full slapshot.
- b) Teams must change on the fly when shorthanded. No changes during play stoppage for teams shorthanded except between periods or after a goal has been scored.**
- c) 15 second face off Rule
  - From the end of the play the players will have 15 seconds to line up.
  - If offensive team takes too long two things will happen
    - i. Center man kicked out for time violations
    - ii. Face off moved outside of the zone
- d) Offsides and Icing:
  - The red line will not be used when considering two line passes. It will only be used as a location to begin play to start a period or following a goal. Red line is not used in icing.
  - Automatic icing will be in effect. The determining line for an icing call will be a team's defensive blue line. An icing call will be waived off if a goaltender leaves the crease to play the puck.
  - Delayed offside rule will be used. All players must clear the zone or be in contact with the blue line for the delay call to be cancelled.
- e) One 30-second timeout per team per game is allowed.
- f) No players is allowed in the crease. The only way you are allowed in the crease is following the puck otherwise play will be whistled down and face off moved outside. Note: The defending team may exit crease with puck but if a turnover occurs and the offensive player remains in crease from earlier scrum, it will be blown down and face off outside.
- g) If the goalie is hit in the helmet from an opponent's shot the play will only be whistled down at the referees discretion if the goalies safety is at risk and a faceoff will be at the closest faceoff dot. If the puck goes off the helmet and goes into the net, the goal counts.

### 3.3 - Regular season schedule

- a) Depending on the program, teams will play 15 (summer), 28 (winter), or 32 (winter premier) regular season games.
- b) Teams will be designated into various divisions based on skill (including previous year's finish) during round one play of 4 games.
- c) At the end of round one (4 games), teams may be re-designated into set divisions for round two play.
- d) Division sizes will be based on total number of teams and ability levels.
- e) Games will be played (all week)
- f) Tiebreakers: The following tiebreakers will be used if teams are tied in points at the end of the regular season (in this order):
  - Most wins
  - Goal differential (goals for minus goals against)
  - Fewest goals allowed
  - Head to head match-ups
  - Fewest penalty minutes

#### **4 - Penalties and Suspensions**

The Edmonton Municipal Hockey League (EMHL) adheres to all Canadian Hockey Association (CHA) rules unless specified below.

Penalties are broken down into 6 different classes. They are the following:

- **Class 1** - Minor penalty: 2 many men, aggressor, bench minor, boarding, body contact, delay of game, holding, hooking, illegal equipment, instigator, interference, playing with broken stick, roughing, slashing, tripping, and unsportsmanlike
- **Class 2** - Double minor: Body check, cross check, high stick without blood, and roughing after the whistle.
- **Class 3** - Major penalty: Abuse of official, butt end, charging, ejection, high stick with blood, hitting from behind, intent to injure, and spearing.
- **Class 4** - Game misconduct, and intentional body check.
- **Class 5** - Gross misconduct, and match penalty.
- **Class 6** - Fighting

Penalties and suspensions are the following:

<b>Penalty</b>	<b>1st Offence</b>	<b>2nd Offence</b>	<b>3rd Offence</b>
Class 1	3 Minutes	3 Minutes	Remainder of the game
Class 2	6 Minutes	6 Minutes	Remainder of the game
Class 3	7 Minutes and remainder of the game and review by league with possible suspension	7 Minutes and the remainder of the game and the following 2 games	League Review for further suspension
Class 4	Game ejection and review by league with possible suspension	Game ejection and review by league with possibility of suspension.	N/A
Class 5	Minimum 2 game suspension and review by the league	Season Suspension	N/A
Class 6	3 Game suspension	Season Suspension	N/A

##### **4.1 - Game Misconducts:**

- a) Any player who receives a game misconduct or ejection, must leave the ice surface immediately and go straight to the dressing room. After changing, the player must leave the arena or remain in the dressing room.
- b) If a player receives a 10 minute misconduct in the last 10 minutes of the game his game misconduct will be served the following scheduled game (1 game suspension).
- c) Verbal abuse of an league official will be an automatic game misconduct and a (1) game suspension, as well as further review by the board (on or off ice)
- d) Any Player who engages in verbal or non-verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) may at the referee's discretion be assessed a gross misconduct and will be reviewed by the organizer(s).

#### 4.2 - Joining altercation from bench

Any player joining an altercation from off the players or penalty bench may be assessed a \$200 fine plus an indefinite suspension

#### 4.3 - Off ice altercations

Any player involved in an off ice altercation will be suspended indefinitely.

#### 4.4 - Penalty Limits

- a) 3 penalties in a game results in a game ejection. If the player receives a 3<sup>rd</sup> penalty, regardless of if it is a coincidental penalty, the player is receives a game ejection and removed from the game. A player from the team must be put in the penalty box to serve the penalty.
- b) Class 2 penalties count as 1 x class 1 penalties when dealing with class 1 limits as well as class 2 limits.
- c) Depending on the program, If a player exceeds 36 pim (summer), 68 pim (28+2 winter) or 77 pim (32 game premier season) website stats (1 penalty is tracked as 2 minutes and not 3 minutes as in game) in the regular season they will be then assessed a (2) game suspension. All suspensions carry into the playoffs as well as next season. Once player returns they will be on probation for the remainder of the season.
- d) If a player exceeds 22 pim during playoffs, they will be then suspended for the remainder of the playoffs. That player will also be put on probation for the following season. Any suspensions not carried out in playoffs will carry over to the next season.

#### 5 - Spectators

Spectators are the responsibility of their respective teams. Any spectator(s) found disobeying arena rules or disrupting the hockey game will be asked to leave the premises. Any issue with a team's spectator will be dealt with through the team representative and could result in fine/suspension.

#### 6 - Flood Process

- No player is allowed on the ice until the ice resurfacer is off the ice

#### 7 - Dressing Rooms

- a) Alcohol, drugs, and tobacco are prohibited in arena facilities. City of Edmonton arena staff will be enforcing this by spot check when the team has left the dressing room. Any team offending will result in a team suspension/expulsion. Teams are responsible for inspecting dressing room prior to game and any prohibited items must be reported to arena staff to ensure they are not held accountable.
- b) Teams are required to sign out dressing room keys from the rink attendant. Any key not returned will result in a \$100 fine.
- c) All teams are responsible for leaving the dressing room in an agreeable condition. **Failure to do so may result in a team fine charged for additional janitorial services rendered by Edmonton bylaw officers**

**8 - Arena Damage**

Any player, coach, manager, or team official abusing or causing damage to any of the facilities used for league play will receive an indefinite suspension from the league and the team will be accountable for any repair cost.

**9 - Game Changes - Time or Dates**

- The only way a game will be rescheduled is if the league feels it has not taken into consideration the teams needs.

EMHL reserves the right to change/add rules at any time deemed necessary.