

STRATHCONA COUNTY SUMMER HOCKEY LEAGUE

2018 Official Rules & Regulations

League Rules:

The Strathcona County Summer Hockey League will generally follow the latest Hockey Canada rules. [A copy is available here.](#) Hockey Canada has also produced [mobile applications](#). The following exceptions and specifications will also apply.

The League Coordinator & County Programmers have the responsibility to notify team representatives of any changes or adjustments to the rules and league format, in a written and timely fashion.

It is the responsibility of the team representative to ensure all players participating for their team in the Strathcona Summer Hockey League are made aware of and abide by these rules and regulations.

The Strathcona County Summer Hockey League strives to be an inclusive, enjoyable and above all, safe recreational environment for all participants and officials. With these rules, we are striving to achieve that goal together.

Registration and waiver forms:

- All players and team officials participating in games shall sign the hockey waiver and registration form prior to their first game to be approved to take part in the league. Anyone found to be in violation of this will be deemed ineligible to play indefinitely, subject to a review by the League Coordinator or designate.
- A skater new to the team can register at any point during the regular season.
- **It is the responsibility of the team rep to ensure that all players and substitutes on the team sign the league waiver and registration form. Failure to do so will result in the team rep being suspended for one game.**
- A player must produce valid picture identification within 24 hours if requested by a league official. Failure to do so will result in that player being declared ineligible.

Team rosters:

- There is no maximum number placed on the number of skaters a team may dress for any given game.
- All players must be 16 or older.
- **A minimum of one goaltender per team and five skaters per team are required for a game to commence and finish.**
- If a team has an insufficient number of players at any time or “no shows”, the game is forfeited and a fine of \$100 will be assigned. The other team will be awarded a 3-0 win. Ice time can then be used as practice or shinny by both teams.
- **Rosters must be adjusted on the game sheet by the team rep (or designate) before the game during warm up time. Mandatory roster edits include striking out players not participating, adjusting jersey numbers as required and requesting waiver forms or providing filled out forms to the timekeeper.**
- **A delay of game penalty will be issued for any team not complying with the above.**
- **A skater may enter the game as late as the start of the third period. The timekeeper must be notified.**
- Any registered player on a team roster is encouraged to spare or play on other teams within the league.

Uniforms:

- A team must wear hockey jerseys of the same base colour and markings and with permanently adhered numbers to the jersey. **Taped-on numbers are not acceptable.**
- One skater per team may dress in a jersey of similar base colour without any numbers.
- It is not a requirement for goalies to have jerseys matching their team.
- When two teams have jerseys that are very similar in colour, pinnies will be assigned by the timekeeper to the away team. The decision to do this will be at the discretion of the referees.
- Away team rep is responsible for adjusting the jersey number on the game sheet with the pinnies supplied. The away team is responsible for returning all pinnies before the team leaves the ice. A team will be issued a \$20 fine for each pinnie not returned.
- Designating a Captain and or Alternates is not a requirement. A player from each team must either be or act as their team rep each game.

Protective Equipment:

- **Full hockey equipment and CSA approved helmets are mandatory.**
- Facial visors/cages, mouth guards, shoulder pads and neck protectors are highly recommended. **Any player under the age of 18 must wear a full face shield** (CSA approved).
- Goaltenders must wear CSA approved helmet. The new modern cat eye mask will be allowed.

- Players not complying with equipment regulations will be asked to rectify the situation or leave the game. A minor penalty for delay of game will be assessed for any mandatory equipment not being worn.
- Any skater that loses their helmet during play must immediately stop and put the helmet back on or leave the playing surface. Officials may blow the play dead as a safety precaution for the individual, or assess a delay of game penalty to someone continuing to play without a helmet.
- All equipment policies apply to warm up time. Helmets are to be fastened at all times.

Game Format:

- Warm-up time is 4 minutes
- 1st period 15 minutes stopped time
- 2nd period 15 minutes stopped time
- 3rd period 15 minutes stopped time
- **Exception: If a team is leading by four or more goals with 5 minutes remaining in the third period, the clock shall switch to run time for the remainder of the game, unless the gap becomes less than four goals, in which the clock shall revert back to stopped time.**
- **Exception: If a regulation game is running considerably behind schedule, the officials may invoke the 5 and 2 rule. If there is only 5 minutes of real time remaining in an ice slot, the game clock will be dropped from wherever it is, to 2 minutes, stopped time. This will be at the discretion of the officials and arena staff. For example, if the league controls the remainder of the ice slots for the evening, this rule may not be invoked, and the following games may start slightly late.**
- If a game score is considerably out of range, both teams may agree to run the clock at any point.
- If a game is tied after regulation time, each team will be awarded one point.
- New to 2018, a 5 minute run time sudden death 3 on 3 OT will commence following a tie (time permitting). If there is less than 5 minutes remaining in the ice slot, the game will go straight to a best of three shootout.
- Should the game remain tied after OT, a best of three shootout will follow. If a winner has not been decided after the first three skaters from each team, a sudden death shootout will occur until there is a winner. After the first three shooters, any shooter (including one that has already shot) can attempt. There are no restrictions on how many times one player can attempt (after the first three shooters).
- A player still serving a penalty at the end of overtime will NOT be eligible to participate in the shootout.
- A second point will be awarded to the team that wins in either overtime or the shootout.

General Playing Rules:

- All games are non-contact, full slapshot.
- Offside 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.
 - Automatic icing is 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 his crease to play the puck, at the discretion of the officials.
 - 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.
- One 30-second timeout per team per game is allowed at any point during a stoppage in regulation play. (No timeouts in overtime).
- There is no limit to how many goals an individual player can score.
- High sticking the puck above the offenders shoulders will result in the play being blown dead and the ensuing faceoff will be in the offending teams defensive zone.

Goaltender Rules:

- If a team's goaltender is not present at the beginning of the game, that team will be assessed a delay of game penalty upon commencement of the game and must start with 6 skaters. If a team's goaltender is not present on the ice and ready to play after 8 minutes of game time (not including warm-up time) that team forfeits the game, and the opposing team will be awarded a 3-0 victory. As noted previously, teams may use the remaining time for shinny, practice, etc.
- **A goaltender losing their helmet will result in play being blown dead immediately.**
- If through ejection/suspension/injury, a goaltender is unable to complete the game, the team has the following options:
 - Borrow a goaltender from another team. 5 minutes will be allotted for a change. Play will resume with 6 skaters until the goaltender is prepared.
 - Dress a player in goaltender equipment. 5 minutes will be allotted for a change. Play will resume with 6 skaters until the goaltender is prepared.
 - Forfeit the game. All that team's goals will be nullified, but all other statistics will be maintained.

Regular season schedule:

- Teams will play 14 regular season games.
- Teams will be designated into various divisions based on skill, prior season results and in consultation with the League Coordinator.
- Division sizes will be based on total number of teams and ability levels.
- Cross divisional games may be played and will count towards final standings.
- Divisional realignment may occur at any point during the regular season. It will be based on team winning %, individual game results and feasibility for the League to facilitate movement. Consultation with team reps will occur, but movement is ultimately at the discretion of the League Coordinator and Programmers.
- **Divisional realignment formula:** When teams are moved up or down divisions, the following formulas will be applied to the total points of a moving team:
 - Moving up: Multiply point total by .7 and round.
 - Moving down: Multiply point total by 1.3 and round.
 - Examples:
 - 8 points - moving up: 6 points in new division.
 - 4 points - moving up: 3 points in new division.
 - 4 points - moving down: 5 points in new division.
 - 2 points - moving down: 3 points in new division.
- Games will be played primarily weekday evenings (Mondays to Thursdays) between 6:30pm and 10:00pm. Some weekend evening games may also be scheduled.
- Tiebreakers: The following tiebreakers will be used if teams are tied in points at the end of the regular season:
 - Most Wins
 - Goal Differential (goals for minus goals against)
 - Head to Head Match-ups
 - Fewest Goals Allowed
 - Fewest Penalty Minutes

Playoffs:

- Playoff structure will vary based on the total number of teams and the sizes of the divisions. All teams are guaranteed at least one playoff game. First round byes, "play-in games" may be used. Game format will remain the same as the regular season.
- **Each skater must play in five games for one team to qualify for playoffs.**

- League Officials may initiate random or mandatory ID checks during the playoffs. Players must have valid photo ID available. Each team is allowed to ask for one player ID check without penalty. However, if further requested checks are incorrect, the team that requested the check will be assessed a delay of game penalty.
- **A goalie must have played at least ONE game as a goaltender with a team during the regular season to qualify for playoffs.** Teams should be mindful of this and consider using more than one goaltender over the course of the regular season.
- If there is a tie in a playoff game, a five minute sudden victory overtime period will be played. If the game still results in a tie, there will be a three-player shootout. After the first three shooters, any shooter (including one that has already shot) can attempt. There are no restrictions on how many times one player can attempt (after the first three shooters).

Penalties & Ejections:

- Minor penalties: 2 minutes stopped time
- Major penalties: 5 minutes stopped time
- Penalty length will be determined at the time the penalty is called, regardless of when it ends.
- New to 2018, after a penalty is assessed, the ensuing faceoff will automatically be in the offending teams defensive zone.
- **Any player who receives 3 penalties during a game will be assessed a game ejection - no fine assigned. NOTE that a double minor is considered two penalties.**
- During coincidental penalties, both teams to play at full strength.
- Game misconduct in final 10 minutes of a game is a \$20 fine + automatic one-game suspension.
- A **Game Ejection** may be called on any player at any time during the game if, in the opinion of the referee, that player is behaving in a way that possess a potential hazard to other players or a referee. Note: there is no timed penalty to be served for this call.
- Individual players who have received multiple game ejections during the season will be subject to further investigation and supplemental discipline at the discretion of the league.
- **Any player ejected from the game must leave the playing surface and bench immediately and is not to return under any circumstances. Deviation from this will result in further supplemental discipline being enacted on the individual and or team.**

Abuse of SSSL Officials:

- The Strathcona Summer Hockey League will absolutely not tolerate verbal or physical abuse of any league official or representative. Reports of such abuse will result in an immediate indefinite suspension and potential league expulsion.

Head Contact/ High Sticking/ Contact from Behind:

- Checking/Sticks to the head: a two minute minor will be assessed for accidental head contact. A double minor will be assessed for non-accidental head contact including incidents after the whistle. A major/GM or a match penalty could also be accessed based on the degree of force used.
- Checking from behind penalties ALWAYS include a Game Misconduct. A minor or major or match will be called based on the degree of violence, whether an injury results and the victim's ability to protect themselves.
- High sticking will be based as anything above the shoulders of the player being high stuck. Players are to be in control of their stick at all times and high sticking will be strongly discouraged.

Major penalties, Supplemental Discipline & Fighting Majors:

- 1st offence: \$25 fine and game ejection + **minimum** one game suspension
- 2nd offence: \$50 fine and game ejection + **minimum** two game suspension
- 3rd offence: Indefinite suspension from the League

Gross misconduct:

- 1st offence: \$75 fine + minimum 5 game suspension
- 2nd offence: Indefinite suspension from the League

Match penalty:

- 1st offence: \$75 fine + minimum 5 suspension
- 2nd offence: Indefinite Suspension from the League

Fines & Suspensions:

- Players who are suspended with on one team who also play on another team in the league will not be eligible to play games on any team until the suspension is served in full with the team that they received the suspension.
- **Any players found to be in altercations off the ice will be suspended indefinitely.**
- The League Coordinator & County Programmers will review each individual situation prior to issuing a suspension. Once a suspension is issued, it will not be revoked.
- Fines will be collected through the \$100 team bond posted at the start of the year. If the bond runs below \$51 at any point, the team rep will be required to top up the amount back to \$100 prior to their next scheduled game.

Ice Resurfacing:

- Arena operations staff will flood the ice every second period. During this time, all players and pucks are required to remain off the ice until the facility staff have completed their duties and the machine gates have been closed. **Teams found to be in violation of this will be subject to a fine of \$50.**
- Due to the unpredictable nature of stopped time games, there may be delays in ice floods commencing. Given that a large part of SSHL games are played out of Millennium Place which has two sheets of ice, it cannot be guaranteed that a flood time on one surface may not conflict with the other. Every effort is made in scheduling to avoid these situations.
- A between period ice flood **may be waved off during the last game of an evening**, if both teams are in agreement and the arena staff feel the ice is in appropriate condition for continued play.
- The arena operations staff retains the final say on all matters relating to the facility and ice usage/resurfacing.

Referee responsibilities:

- Referees should be aware of all SSHL rules along with all Hockey Canada rules, which they will enforce.
- Report all incidents of player misconduct to hockey League Coordinator or designate. All reports of misconduct shall be fully investigated by the League Coordinator and Programmers.
- In the case of a dispute of player's eligibility, (especially during playoffs) the referee may require the player or players in question to provide ID.

- Provide feedback to players when required to do so and ensure to the best of their ability that all games are carried out in a safe and professional manner.

Timekeeper responsibilities:

- The timekeeper shall abide by all SSHL rules along with all Hockey Canada rules under the headings: game sheets; general playing rules; game format; and penalties.
- Ensure that all game sheets are completed including all time information, referees and timekeeper names.
- Hand out pinnies when needed and ensure all pinnies are returned at the end of the game.
- Report to referees any ineligible players or indicate when team rosters have not been edited.

Arena Dressing Rooms:

- All teams are responsible for leaving the dressing room in an agreeable condition. Tape balls and other trash is to be collected and put in the bins provided. Failure to do so may result in a team fine charged for additional janitorial services rendered.
- **Chewing tobacco and alcohol is prohibited in the dressing rooms, on the bench, and on the ice surface. Any team or individual found to be in violation of this will be subject to a \$100 fine for a first offence. Any further offences could result in league expulsion.**

Additional:

- Each team must provide their own pucks for warm up and game play, the league does not supply pucks.
- Any inquires in relation to league rules can be directed to the League Coordinator.