

Excellent Ice – 2016 Youth Pond Hockey League Rules & Regulations



SECTION 1 – THE RINK

Arena Property

Prior to the participation in league games, teams will be responsible for any damage to the arena property. Non-compliance constitutes automatic suspension from the league and possible legal action.

Personal Property

The league accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the arena. Locks are not provided for dressing rooms but are strongly recommended. It is the team's responsibility to lock their dressing rooms before going on the ice.

Team Communication

Team representatives are encouraged to check in with the front desk before each scheduled game to collect the scoresheet, as well as communicate any concerns to the league directors. Please direct all emails regarding to the league to Lyle (Lyle@excellence.com) and CC' Jackie (jackie@excellence.com)

SECTION 2 – TEAMS

Team Sweater Conflicts

All players must wear matching sweaters with numbers. In the event of a conflict of team colours it is the team designated as "Visitors" that are required to change their jerseys. Conflict jerseys are available at the front desk. The referee will make the ultimate decision on conflict jerseys.

Roster and Player Eligibility

Teams must submit a set roster before the first game of the season. Any **player must play at least four regular season games to be eligible for playoffs**. Any protest of an illegal player must be brought to the attention of the referee prior to the second period starting. The player will be immediately investigated by a League Official. If there is no league official present, the accused team will have the decision to dress the player and the protest will be noted on the game sheet by the referee. If the player is dressed and is found to be ineligible after the game is completed, the game will be considered forfeited by the offending team.

Coaches

Games will not start until an adult coach is behind the bench. Coaches must be over the age of 18 – no exceptions.

Spare

Spare are only eligible to play on teams in their age bracket or higher (Lower age players are available to play in higher divisions). Players may play for more than one team as long as they are not in the same tier. Asterisk (*) the spare on the score sheet so we know that it is a spare.

Example 1: A player in Peewee Tier 5 could only spare for a team that is in Peewee Tier 4 or higher.

Example 2: A Tier 1 player cannot spare for a Tier 7 team unless approved by league officials.

Game Scoresheets

Game scoresheets must be completed before entering onto the ice surface. In the event that scoresheets are filled out after the fact, the offending team may be inflicted with a minor penalty.

SECTION 3 – PLAYING RULES

Stick and Equipment Measurements

Stick and equipment measurements will not be permitted. However, in the opinion of an official, any stick or equipment that poses a threat to the safety of other players – the player will be asked to remove it from the game.

Defaulted Games

All teams must dress a minimum of 4 players (3 skaters and 1 goalie, or 4 skaters). If no goalie, all penalties will result in an automatic goal. In the event of a defaulted game, the team with the required number of players will receive points for a 1 – 0 win. In the playoffs, if a default occurs, a default will result in a 7 – 0 win.

It is the responsibility of the team to ensure that any player, who has been ejected/suspended/or expelled for any reason leaves the ice immediately – failure to do so may result in default.

Time Outs

Each team is permitted one 30-second time out per game.

Scorekeeper

It is the responsibility of the home team to provide a scorekeeper.

Players in Uniform

Each team shall be allowed to dress a maximum of **12 skaters and 2 goaltenders** per game. Only one goalie from each team will be permitted on the ice at a time with the exception of the warm-up. The goaltender may be removed and another 'player' substituted. Such a 'player' shall not be permitted the privileges of a goaltender. If a team is unable to dress a goalie before the start of the game, they may play with four skaters on the ice. No player in this situation will behave any further abilities to play the puck in the crease beyond what they are regularly entitled.

Please show respect to other players, coaches, spectators, and officials. Let the game be the show, don't be the side show.

Taunting or showboating will not be tolerated and will result in a penalty.

SECTION 4 – SUSPENSIONS

All infractions occurring before, during or after any scheduled games will be subjected to be reviewed by league officials. League officials may assess suspensions at any time during the regular season or playoffs.

Offense (Minimum Recommendation)

Game Misconduct → 1 Game

Game Ejection → Balance of Game

Fighting (1st Offence) → 3 Games

Fighting (Repeat Offence) Review by Officials

Major Penalty (1st Offence) → Review by Officials

Major Penalty (Repeat) → Review by Officials

Gross Misconduct → Review by Officials

Match Penalty → Review by Officials

All suspensions will be taken seriously and reviewed by league directors. Continuous infractions by the same player or team will result in a greater suspension or ejection from the league.

Any suspension or cumulative infraction not listed above must be discussed with the league directors. Team officials will be notified of any suspensions.

*Note: If a player is found to be playing in contradiction to a suspension, further action will be taken by the league – which could result in the suspension of the Team Official or the entire team.

Appeals

Any appeal must be received in writing within 48-hours following the game, and within 1-hour following a playoff game. All appeals are to be made by the team representative only.

SECTION 5 – 3ON3 SPECIFIC

Game Times

Each game receives:

- ★ One 3-minute warm-up
- ★ Three 20-minute periods (Run Time), with the last minute of the 3rd Period (Stop Time) if the goal differential is within 3 goals.
- ★ If necessary, a shoot-out requiring 3-shooters from each team.
- ★ If necessary, a sudden death shoot-out

Delaying the Start of Game

Any delay in the start of a game beyond 10-minutes shall result in a game forfeiture by the team responsible for the delay and will be treated as a default. Less than 10-minute delays may result in penalty shots.

Icing

Icing the puck is permitted and shall not be called.

Off-Sides

The attacking player must advance with the puck over the attacking blue line before any of the other attacking players.

After the puck has crossed the blue line in a legal manner, then the attacking area now includes all the ice from the centre red line forward. This opens up the offensive end for the attacking team once the blue line has been legally gained. The zone then becomes the centre red line so players can pass or skate all the way to the red line and maintain on-side positioning.

Delayed off-sides- an attacking player who advances before the pick crosses the blue line will have a chance to re-treat to put the play on-side.

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Shootouts

If the game is tied at the end of regulation time, a shoot-out consisting of three skaters (goalies are not eligible) will take place. The Visiting team will shoot first.

If the game is still tied after the first 3 shooters, a sudden death shoot-out shall take place.

* The teams are required to have all players shoot before any player shoot again.

* The team with the shorter roster will determine the number of players that must shoot before any player can take a second shot.

* The cycle must be completed again before any player takes a cumulative shot.

The final score recorded shall be the difference of only one-goal.

* Any player who receives a penalty in the last 2-minutes of the regulation time will not be available for the shoot-out. Exception is if the player was serving a bench minor or a penalty for another player.

Penalties

If a player or team commits a minor penalty, the opposing team is awarded a penalty shot and the offending player must sit 2 minutes in the penalty box.

The opposing infractioned player must take the penalty shot, unless they are they are physically unable to take the shot. If this occurs, then a player who was on the ice at the time of the infraction would take the shot.

When coincidental penalties are issued, the offensive players shall retire to their respective benches and no penalty shots will be awarded.

Penalty Shots

Both teams must withdraw to their respective benches. The puck shall be placed at the centre ice face off dot. The goaltenders may not leave the crease until the shooter makes initial contact with puck. If a team is playing 4 players and no goalie, and is assessed with a plenty an automatic goal will be awarded to the opposing team.

Player Changes

Player changes are not permitted after whistles with the exception of: goals, penalties, injuries, time-outs, change of period, or in the last minute of play (If the goal differential is 3 or less). If the clock is running and the play is stopped the goalie cannot be substituted until the referee has dropped the puck and play is resumed. The winning team cannot pull their goalie unless the +/- rule is in effect.

SECTION 6 – PENALTIES

If an injury occurs as a result, further action such as suspensions will be assessed.

Body Check

Deliberate body contact is not permitted anywhere on the ice. Any collisions or contact will be strictly a referee judgment call based on the following definition of contact “No player is entitled to use their body to intentionally body check, bump, or hold an opponent.” A minor, double minor, or major penalty shall be assessed to any player who body checks an opponent.

Boarding

A minor, double minor, or major penalty shall be assessed on any player who body checks, cross checks, elbows, charges, or trips an opponent in such a manner that causes them to be thrown violently into the boards.

Butt Ending or Headbutting

A minor, double minor, or major penalty (at the discretion of the referee) shall be assessed to any player who butt ends or headbutts an opponent.

Cross-checking

A minor, double minor, or major penalty (at the discretion of the referee) shall be assessed to any player who cross-checks an opponent.

High Sticking

A player who contacts an opponent above the normal height of their shoulders with a high stick shall be assessed a minor, double minor, or major penalty at the discretion of the referee.

Fighting

All fighting majors will result in a recommended 3-game minimum suspension with the possibility of expulsion for the remainder of the season or league. If a player or players drop their gloves and does not continue in an altercation – an automatic game misconduct will be assessed and is subject to further review and may result in suspension.

Fighting – Off the Playing Surface

A major penalty plus a recommended minimum of 3-game suspensions and possibly expulsion for the remainder of the season/league shall be assessed to any player who is involved in a fight on or off the playing surface.

Roughing

A minor, double minor, or major penalty shall be assessed on any player who in the referee’s judgment is guilty of unnecessary rough play.

**Any player with cumulative rough play penalties will be reviewed by the league coordinator and may face possible suspension.*

Slashing

A “Slashing” penalty shall be assessed to any player who swings their stick at an opponent (whether out of rage or not) without actually striking the opposing player, or who, on pre-text of playing the puck makes a wild swing at the puck with the object of intimidating his opponents. A minor, double minor, or major penalty shall be assessed on any player who in the referee’s judgment impedes or seeks to impede the progress of an opponent by “slashing” with their stick.

Clock Stoppage

The clock shall only be stopped when the referee instructs the timekeeper to do so. If for any reason the clock is stopped without being instructed by the referee, the team who provided the scorekeeper may be penalized with a minor penalty.

Misconduct

Any player, except a goaltender, incurring a “Misconduct Penalty” shall be ruled off the ice for a period of ten minutes of actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct penalty shall remain in the penalty box until the first stoppage of play following the expiry of their penalty.

Any player who is assessed a second Misconduct Penalty in the same game will automatically be assessed a Game Misconduct penalty.

**Any player or team official who is assessed a game misconduct penalty in the last 10-minutes of regular time or overtime, or at the conclusion of the game (and prior to entering their dressing room) could automatically be suspended for a minimum of one game.*

All major penalties will be reviewed by league officials and may result I suspensions, depending on the severity of the incident. Excellent Ice reserves the right to assess a lesser suspension if deemed necessary.

COACHES MEETING NOTES & RULES

H1/H2 do not have off-sides, Hockey 3 and above must following the offside rule.

H1 & H2 has a buzzer for changes with run time, Hockey 3 and above must make player changes on the fly (or following the rule otherwise stated).

If players are put down on the scoresheet that are not physically at the facility you risk being removed from the league!

All players HAVE to wear full cage masks & neck guards – this includes players returning from Junior play.

If a referee isn’t on the ice and Excellent Ice front desk admin has allowed it, the players can go on the ice to warm up if the ice has been cleaned.

Any coincidental penalties there will be no penalty shots.

No matter if there is a goal scored on a penalty shot, the player still serves the penalty. There are also **no short-handed benches** in 3on3.

Birth Certificates – Coaches responsibility to collect them and produce them if need be in playoffs.

Excellent Ice League Officials

General Manager: Scott Elliott (scott@excellenceice.com)

League Manager: Lyle Wingert (lyle@excellenceice.com)

Scheduler: Jackie Martic (jackie@excellenceice.com)

League Administrator: Darin Vetterl

