



ROOKIE

CO-ED ADULT ROOKIE HOCKEY LEAGUE

RULES AND REGULATIONS

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WAVE ADULT HOCKEY LEAGUE (WAHL) and Adult Rookie League (ARL) RULES AND REGULATIONS

The Wave Adult Hockey League (WAHL) and the Adult Rookie League (ARL) reserve the right to amend these rules and policies at any time in order to improve the quality and effectiveness of the league. Changes will be posted immediately to the website and announced to the league when appropriate. The Canadian Hockey Association (CHA) rules will govern all games, with the exception of a number of rules that are specific to the ARL. The league convenors assume no responsibility for any claims arising through operation of the league. No allowances will be made for ignorance of the rules.

SECTION ONE: THE RINK

1.1 ARENA PROPERTY

Any damage to the arena property by any player or team will result in a suspension from further league play. Any damage will be paid for by the player or team responsible. Noncompliance constitutes automatic suspension from the league and possible legal action.

Each team and player agrees to hold the arena owner, the league, and their respective affiliates, management, agents, and staff harmless from, and indemnify them against, all damage, claims, costs and liabilities arising in any way from their unlawful acts, deeds, activities or uses within any part of the arena premises.

1.2 ALCOHOL/DRUGS POLICY

Alcoholic beverages/drugs are prohibited in the arena. Failure to comply will result in disciplinary action against the offending individuals/team, including possible suspension from the league. Any players from any team caught drinking in the parking lot or dressing rooms will receive a warning (via email). The second time your team is caught, the player(s) will be dismissed from the league with no exceptions. Your league fees will be forfeited. If any player skates in a game under the influence of drugs or alcohol, that player and/or team is ejected from the game immediately and faces possible supplementary discipline including league expulsion.

1.3 SMOKING

Smoking is not permitted in the facility. Failure to comply will result in disciplinary action against the offending individuals/team, including possible fines, and/or suspension from the league. There will be a **\$100.00 fine** for any team caught smoking in the building. The fine is to be paid before the team's next scheduled game.

1.4 ACCIDENTS

All accidents must be reported to an arena employee, league convenor or arena management, immediately after the accident has occurred. There is a first aid kit located at the zamboni driver area and we have a defibrillator beside the entrance to the arena.

1.5 DRESSING ROOM SECURITY

Do not leave valuables in the dressing room. The ARL and Wave Hockey are not responsible for any theft, loss of money or valuables. Teams are advised to use a team valuables bag that you can bring to your bench during each game.

SECTION TWO: TEAMS

2.1 INELIGIBLE PLAYERS

All players participating in the league, must be 21 years of age or older.

2.2 PLAYER REGISTRATION

All players participating in the league are required to complete an online registration. No player is permitted to play in the league until they have successfully completed the registration and have approval to play directly from an ARL convenor. Teams caught using any player not registered will forfeit their game.

2.3 PLAYOFF ELIGIBILITY

For a player to be eligible for playoff competition, the player must have played in at least 5 regular season games and be part of the roster for their team.

2.4 SUBSTITUTE GOALTENDERS & GOALTENDER INJURIES

Substitute goaltenders may only play with the approval of the league convenor. Teams must contact the convenor to arrange for any substitute. The goaltender must be of the appropriate skill level for the team, and must be a registered ARL goalie. For the playoffs a team can only use a goaltender who has played in the SAME DIVISION OR LOWER and had met eligibility requirements. This must be approved by the league convenor. If a goaltender receives excessive penalty minutes during a game, at the discretion of the referees the goaltender may be removed from the game. If a goaltender receives a game misconduct, at the discretion of the referee the goalie can remain in the game, but will be suspended an additional game (or more) depending on the incident. If a goaltender is removed, the team will play with a sixth skater (with restrictions on their play).

2.5 TEAM ROSTER

Each team will have a maximum of 15 players, plus a goaltender. A player can play for more than one team but it must not be in the same division. Suspensions carry over to all teams that the player plays on (ie- 2 game suspension, the player cannot play for 2 games on both teams).

2.6 GAME SHEETS

Game sheets are completed by ARL scorekeepers. Information from the scoresheets are applied to the league stats. Any aggressive penalties result in an email or phone call from the league convenor and may result in disciplinary action. Any unsportsmanlike or aggressive penalties may result in a suspension

2.7 FIRST AID POLICY

If a player is injured or cut during a game and blood is drawn, the player must leave the ice to clean and bandage the wound, prior to being allowed to continue playing the game.

THE ARL AND WAVE HOCKEY , THE ARENA, THE SPONSORS, THE DIRECTORS, OFFICERS, AGENTS, REPRESENTATIVES AND ANY VOLUNTEERS IN ANY WAY ASSOCIATED WITH THE EVENT/ PROGRAM/ GAME HAVE BEEN INSTRUCTED NOT TO OFFER ANY FIRST AID ASSISTANCE OF ANY KIND OTHER THAN TO CALL 911. ALL TEAMS ARE ADVISED TO PROVIDE THEIR OWN FIRST AID KITS.

SECTION THREE: LEAGUE GAMES / PLAYOFFS

3.1 LENGTH OF GAME – REGULAR SEASON / PLAYOFFS

Each game will play 15x15x15 periods run time. At the start of a game, 2 minutes will be added to the clock for warm-up, the clock will then read 15 minutes and the clock will start immediately and not stop until the end of that period – except for penalty shots (if time permits). The final minute of play in the game is Stop-Time however, if there is a 5 goal spread / lead with 5 minutes to go in the third period, the clock will run. At certain rinks the game will end when the zamboni crew buzzes us off regardless of the time remaining in the game.

3.2 OVERTIME/SHOOTOUT – REGULAR SEASON

There is no overtime and/or shootouts during the regular season.

3.3 OVERTIME/SHOOTOUT – PLAYOFFS/FINALS

There will be a 3 player shootout to determine the winner in case of a tie game. Players will shoot at the same time. If it is still tied after 3 players, it will then go to a sudden death shootout. No player can shoot twice until all players have taken a shot. Captains decide who takes the shots.

SECTION FOUR: PROTECTIVE EQUIPMENT

4.1 MANDATORY EQUIPMENT

All CSA approved equipment must be worn at all times. The ARL and Wave Hockey will not be responsible for any injury that may occur.

4.2 HELMETS

Helmets must be worn by all players and referees. Helmets must be CSA approved helmets with the proper fastened chinstraps. This rule will be enforced by the referees and league convenor. No 'Gretzky' Jofa helmets will be allowed.

4.3 FACE SHIELDS

It is strongly recommended (but not mandatory) that you wear full face shields (Mask) for all levels of hockey. ARL requires a minimum half shield with mouth piece or cage w/o mouthpiece. **Safety is our #1 concern.** Teeth can be replaced but eyes can't! Players WILL NOT be allowed to play if he/she does not comply

4.4 NECK GUARDS

Neck guards are recommended but not mandatory.

SECTION FIVE: PLAYING RULES

5.1 ICING AND OFFSIDE PASSES

The ARL follows BLUE line icing which means when you gain the blue line you may ice the puck

5.2 DEFAULTED GAMES

All teams are expected to notify the convenors of expected player requirements the week prior to their next game. The pool convenor will arrange for players and/or goalie requirements. Games will result in a default if a team uses a player without convenor approval. Games may also result in a default if there is excessive unsportsmanlike play – at the discretion of the referees.

5.3 TIME-OUTS

The clock will run regardless of what is occurring on the ice, including injuries. There are no time-outs allowed. Captains may approach the refs at any time however the clock will run.

5.4 GOAL CREASE

A player is allowed to have a skate inside the crease as long as there is no aggressive intent, i.e. to bump or brush the goalie. If a player enters the opposing team's goal crease (blue area), and does not make an attempt to leave the crease, the referee has the right to blow the play down, and a face-off will take place outside the zone. **As long as a player is not obstructing the goalie when a goal is scored it is ok if their skate is in the crease. If the player makes contact with the goalie, the ref shall call a penalty on the player depending on the level of contact. Intentionally screening a goalie is not**

allowed. In plain English – this means that **it is OK for a player to have a skate in the crease as long as they are not being overly aggressive.** Players are not allowed to travel through the blue ice area or “buzz” the goalie. Skating fast too close to the goalie may result in an accident and/or injury. This would be considered unsportsmanlike in the ARL.

5.5 BALANCING OF TEAMS / DIVISIONS

The league convenors of the ARL have the right to move player(s) to a different team and/or division based on the skill level of the players at any time.

5.6 TIES IN STANDINGS: PLAYOFFS

In the event of a tie for points, final matchups will be decided by:

- a) Total Points
- b) Least penalty minutes
- c) Flipping an ARL coin

5.7 GAME SPREAD MAXIMUM

In the interest of fairness and sportsmanship, no team may score more than 5 goals more than their opponent at any time. Any goals scored after that maximum will not be counted. We ask that stronger teams try to help make the game even out as best they can or at least stop scoring.

5.8 SUSPENSIONS

Any incidents that occur before, during and after scheduled games are subject to review by the league convenors. The league convenors may issue suspensions at any time during the regular season or playoffs. See suspension chart below. All suspensions listed are minimum suspensions. Suspensions can be increased / decreased at anytime, at the league convenor’s discretion. Only the league convenor can alter, change, or adjust a suspension at anytime, depending on the circumstances. All Gross and Match penalties are indefinite suspensions upon further review by league convenor. When a player is suspended, he or she is suspended from ALL league play and may not play with any other team, on any other night until the suspension is completed. Regular season suspensions carry over into the playoffs.

IT IS THE TEAM CAPTAIN’S RESPONSIBILITY TO ENSURE THAT SUSPENDED PLAYERS DO NOT PLAY IN ACCORDANCE WITH THE LEAGUE RULES. SHOULD A TEAM PLAY A SUSPENDED PLAYER, THE GAME WILL BE FORFEITED AND THE PLAYER WILL BE REMOVED FROM THE LEAGUE WITHOUT REFUND. SUPPLEMENTARY DISCIPLINE MAY RESULT, INCLUDING PLAYER/TEAM EXPULSION.

SUSPENSION CHART - (NOTE MINIMUM SUSPENSIONS)

Game Ejection - Balance of Game

Game Misconduct First or Second Period - Balance of Game

Game Misconduct Third Period - Minimum 1 Game Suspension

Major Penalty First Offense - Minimum 2 Game Suspension & Reviewed by League Convenor

Major Penalty Second Offense – player is removed from the league without compensation

Gross Misconduct - Suspended indefinitely upon review by League Convenor

Match Penalty - Suspended indefinitely upon review by League Convenor

Fighting First Offense - Minimum 3 Game Suspension & Reviewed by League Convenor

Fighting Second Offense - Player is removed from the league without compensation

5.9 LEAGUE MANAGER’S RIGHTS

The league convenors have the right to re-align players, teams/divisions based on game performance. The league convenors have the right to suspend players that are not displaying sportsmanship within the league and its players.

SECTION SIX: PENALTIES

6.1 HIGH STICKING

A player who makes contact with another player/opponent above the normal height of his/her shoulders with the stick. A double minor, major, or match penalty shall be called at the discretion of the Referee. If injury results, a Major Penalty, or Match Penalty will be assessed depending on the intent of the offending player. If the high stick infraction, at the referee's discretion only, is deemed to be accidental, a Major and a game ejection will be assessed, no suspension will be handed out.

6.2 BODY CONTACT

All participants, attackers and defenders, **must actively avoid** potential collisions whenever possible, even if this means loss of advantage, puck possession, or scoring chance. Failure to do so will result in a minor penalty and/or a Game Misconduct at the discretion of the Referee. This means that all players must make every effort to avoid collisions with the opposing team, regardless of the situation on the ice or the calibre of player. You must be aware of players around you at all times. You are not allowed to 'play the man' and must at all times try to play the puck. If you see a collision about to occur, you must make every reasonable attempt to avoid it. If a player receives a second body contact penalty in the same game, he/she will receive a game misconduct. A major penalty can be called if required.

6.3 BUTT-ENDING

A Match / Major / or Game Misconduct penalty will be assessed to any player who butt-ends or attempts to butt-end an opponent.

6.4 ROUGHING

A major penalty shall be assessed to any player who is involved in any unnecessary rough play. If an injury results from rough play from a player, a suspension will be assessed. Excessive rough play from a player will be reviewed by the league convenor and will result in a suspension.

6.5 FIGHTING & INSTIGATOR

All fighting majors will result in a suspension. First fighting offense will be a minimum 3 game suspension. Second fighting offense will result in expulsion from the league. If a player drops his/her gloves, he/she will be assessed a game misconduct. Any players that fight off the ice will result in an indefinite suspension, and reviewed by the league convenor. Any fighting off the ice will not be tolerated. Any players involved will be suspended. The referees are to escort the players involved to their own dressing room. Any player assessed an instigator to a fight or altercation will be assessed an additional 1 game suspension.

6.6 SLASHING

A "slashing" penalty shall be assessed to any player who swings his/her stick at an opponent (whether out of range or not) without actually striking the player, or who, on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating his/her opponent. A double minor penalty or, at the discretion of the referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by "slashing" with his/her stick.

6.7 CROSS-CHECKING

A Major penalty and a Game Misconduct penalty shall be assessed to any player who cross-checks an opponent. A Match penalty shall be assessed to any player who deliberately injures an opponent with a cross-check.

6.8 SPEARING

A Gross Misconduct shall be assessed to any team official who pokes or jabs or attempts to jab an opposing player with the toe or the blade of the stick. A Match penalty shall be assessed to any player or team official who deliberately spears or attempts to spear an opponent by jabbing him/her forcefully with the toe or the blade of the stick, or who injures an opponent by any spearing action.

6.9 SLEW-FOOTING

An automatic game misconduct for any player penalized with a slough-footing penalty during a game. A

major penalty or match penalty at the discretion of the referee shall be assessed to any player who slough-foots from behind an opponent.

6.10 CHECKING FROM BEHIND

A Minor penalty and a Game Misconduct penalty or a Major penalty and a Game Misconduct at the discretion of the referee, based on the degree of violence of the impact; shall be assessed to any player who intentionally pushes, body checks, or hits an opposing player from behind, anywhere on the ice. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.

6.11 MISCONDUCTS

A Misconduct penalty shall be assessed to any player who:

- 1) Uses obscene, profane or abusive language or gestures to any person.
- 2) Persists in disputing or shows disrespect for the ruling of any official.
- 3) Intentionally knocks or shoots the puck out of reach of an official who is retrieving it. A player, except a goaltender, incurring a Misconduct penalty, shall be ruled off the ice for a period of ten minutes actual time.

6.12 GAME MISCONDUCTS

A player incurring a Game Misconduct penalty shall be ordered to the dressing room for the remainder of the game. If the Game Misconduct takes place in the second or third period, the player shall be assessed a "One" game suspension.

6.13 ATTEMPT TO INJURE & ABUSE (Player, Official, Spectator)

A Match penalty shall be assessed to any player or team official who deliberately attempts to or deliberately abuses or injures an opponent, official, team official or spectator in any manner.

6.14 STICK PENALTIES

Stick penalties are four minute penalties, or else otherwise stated by the referee if an infraction is determined to be more serious.

6.15 GAME EJECTIONS

A game ejection will be handed out to any player receiving (3) minor penalties or at the discretion of our referees at any time.

6.16 GROSS MISCONDUCTS

A gross misconduct penalty shall be assessed where a player conducts his/her self in such a manner as to make a travesty of the game. This penalty is assessed to anyone that makes obscene gestures, excessively abuses spectators, or league officials. Any player that enters the referee's room for any reason will be assessed a Gross Misconduct.

6.17 RACIAL SLURS

When a player utters a racial slur, the player identified by the referee will be assessed a gross misconduct and suspended indefinitely from the league upon review of the incident by the league manager. If the player is not identified by the referee, the team rep will be held responsible for his/hers team actions, and shall be suspended. There is no tolerance for such behaviour from anyone associated with the league.

6.18 UNSPORTSMANLIKE BEHAVIOUR

A Minor penalty and possibly a Game Misconduct penalty or a Major penalty and a Game Misconduct at the discretion of the referee, based on the degree of unwelcome behaviour; shall be assessed to any player who intentionally swears excessively, slams their stick against the boards or slams the gate. This applies to all players on the ice or on the bench and to any non-player near or on the bench as well. The ARL is a **co-ed non-competitive league** and there is no tolerance for such behaviour.