



RULES AND REGULATIONS

Updated for Winter 2023

A MESSAGE TO ALL PLAYERS

Welcome to the Adult Recreational League (“ARL”), a co-ed, adult, social, and beginner-friendly ice hockey league.

Our vision is to create an inclusive environment where helping all players of varying skill levels should be more important than winning. We want to be the place where adults who have never played organized hockey can begin their journey. Where families, siblings, couples and friends can all play together. We believe that fostering camaraderie, sportsmanship, and personal growth are the cornerstones of a fulfilling hockey experience.

The ARL rule book is designed to reflect our vision. It contains a set of unique rules that aim to create a level playing field for all participants. These rules encourage fair play, teamwork, and respect for fellow players. By adhering to these guidelines, we can ensure that everyone has an enjoyable and rewarding time on the ice.

Whether you’re a seasoned player or new to the sport, the ARL offers an opportunity to develop your skills, make new friends, and be part of a vibrant community. We invite you to embrace the spirit of the ARL and join us in celebrating the joy of hockey.

Thank you for being a part of the ARL family. Let’s lace up our skates, hit the ice, and have a fantastic season!



Cody Lusk

League Co-Convenor, 2023

WAVE ADULT HOCKEY LEAGUE (WAHL) and Adult Recreational League (ARL) RIGHTS

The Wave Adult Hockey League (WAHL) and the Adult Recreational 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](#)
- 1.2 [Alcohol/Drugs](#)
- 1.3 [Smoking/Vaping](#)
- 1.4 [Accidents](#)
- 1.5 [Dressing Room Security](#)

SECTION TWO: TEAMS

- 2.1 [Ineligible Players](#)
- 2.2 [Player Registration](#)
- 2.3 [Balancing of Teams/Divisions](#)
- 2.4 [Playoff Eligibility](#)
- 2.5 [Substitute Goaltenders & Goaltender Injuries/Playoffs](#)
- 2.6 [Illegal Substitution](#)
- 2.7 [Team Roster](#)
- 2.8 [Legal Game](#)
- 2.9 [Game Sheets](#)
- 2.10 [Team Captains](#)
- 2.11 [Team Names](#)
- 2.12 [First Aid Policy](#)

SECTION THREE: LEAGUE GAMES/PLAYOFFS

- 3.1 [Length of Game – Regular Season / Playoffs](#)
- 3.2 [Time Clock /Games](#)
- 3.3 [Overtime/Shootout – Regular Season](#)
- 3.4 [Overtime/Shootout – Playoffs](#)
- 3.5 [5-Goal Differential](#)

SECTION FOUR: PROTECTIVE EQUIPMENT

- 4.1 [Mandatory equipment](#)
- 4.2 [Helmets](#)
- 4.3 [Face Shields/Masks](#)
- 4.4 [Neck Guards](#)

SECTION FIVE: PLAYING RULES

- 5.1 [Icing/Offside Passes](#)
- 5.2 [Defaulted Games](#)

- 5.3 [Female Requirement](#)

- 5.4 [Pool Players](#)

- 5.5 [Time-Outs](#)

- 5.6 [Referee Communications](#)

- 5.7 [Goal Crease and Screening](#)

- 5.8 [Ties in Standings – Playoffs](#)

- 5.9 [Game Spread Maximum](#)

- 5.10 [Suspensions](#)

- 5.11 [Lone Female Ejection](#)

- 5.12 [League Manager's Rights](#)

SECTION SIX: PENALTIES

- 6.1 [High-Sticking](#)

- 6.2 [Body Contact](#)

- 6.3 [Butt-Ending](#)

- 6.4 [Roughing](#)

- 6.5 [Fighting & Instigating](#)

- 6.6 [Slashing](#)

- 6.7 [Cross-Checking](#)

- 6.8 [Spearing](#)

- 6.9 [Slew-Footing](#)

- 6.10 [Checking From Behind](#)

- 6.11 [Game Misconducts](#)

- 6.12 [Attempt to Injure & Abuse](#)

- 6.13 [Game Ejections](#)

- 6.14 [Gross Misconducts](#)

- 6.15 [Racial & Homophobic Slurs](#)

- 6.16 [Unsporting](#)

- 6.17 [Slap Shots](#)

- 6.18 [Diving](#)

- 6.19 [Hot Dogging](#)

- 6.20 [Head Contact](#)

- 6.21 [Retaliation](#)

- 6.22 [Third Person In](#)

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 agree 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 / VAPING

Smoking and vaping are 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 league-imposed fine** for any team caught smoking or vaping 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. Any player can be deemed ineligible at the discretion of the ARL Convenors.

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 BALANCING OF TEAMS/DIVISIONS

The league convenors of the ARL reserve the right to move player(s) to a different team and/or division based on the skill level of the players at any time. They reserve the right to expand or shrink the number of divisions based on team performance. As a courtesy, the convenors may reach out to Team Captains prior to a trade being made and accept their input, but their acceptance is not required.

2.4 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.

2.5 SUBSTITUTE GOALTENDERS & GOALTENDER INJURIES

Substitute goaltenders may only play with the approval of a 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. When a goalie is not in the net, the opposing team is not allowed to raise the puck

2.6 ILLEGAL SUBSTITUTION

If you arrive late for your game and play is underway do not open the door entering the ice. Wait for the next whistle to occur and enter the playing surface properly and safely. Players will receive a 2-minute penalty for "Illegal substitution".

2.7 TEAM ROSTER

There is no maximum number of players which can be placed on a team roster; however, the approval of the team captain is required when a roster will exceed 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).

2.8 LEGAL GAME

Each team needs to have a minimum of 6 players and a goalie, or 7 players without a goalie, to be considered eligible to play a game. Of those 6-7 players, 5 must be from the regular roster. If a team has less than 5 roster players or the minimum 6-7, they will forfeit the game and the score will be recorded

as 2-0. The teams can play out the game with approved pool players and the rostered players will still have their stats recorded. Also see [“Defaulted Games”](#), [“Female Requirement”](#), and [“Lone Female Ejection”](#).

2.9 GAME SHEETS

Game sheets are completed by ARL scorekeepers. Information from the scoresheets is 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 unsporting or aggressive penalties may result in a suspension. The jersey numbers of all players on the ice must be recorded on the game sheets. Pool players, or regular roster players wearing a temporary jersey, are required to identify themselves to the scorekeeper at the beginning of the game and provide them with the jersey number they will be wearing. Failure to submit accurate jersey numbers may result in a player being deemed ineligible and a game forfeit.

2.10 TEAM CAPTAINS

Each team may have 1 (one) assigned captain and up to 2 (two) alternate captains. The alternate captain will only be recognized when the captain is unavailable. Only a team captain may address a referee and only in-between periods (see: [“Referee Communications”](#)).

The team captain is responsible for the behaviour of their team as a whole and ensuring they play in a manner becoming of the ARL and the goal of a social, beginner-friendly league.

The team captain is responsible for providing the ARL with jersey numbers associated with player names. They are to ensure all players are wearing a jersey number that aligns with the game scoresheet. If a player is wearing a temporary number, that number must be recorded with their name on the scoresheet.

Due to the need to continuously communicate with players on the bench, a goaltender will not be recognized as a team captain (without an exception granted by the ARL convenors. Generally, these are goal tenders who were captains prior to the implementation of this rule.). In the event a goaltender is the team captain, they are required to have an alternate captain on the bench for all games.

If it is determined an of the aforementioned captain responsibilities are not being met, the convenors or referees, at their discretion, may issue a bench penalty to be served by the captain.

2.11 TEAM NAMES, LOGOS AND CUSTOM JERSEYS

Team names are issued by the ARL convenors. Prior to the beginning of the season, a team captain may request a team name change. Teams with their own jerseys (“Sponsored Teams”) will be given priority in the event there are multiple requests for the same name. Teams can provide their own logo for the website or one will be created for them. Names, Logos, and Jersey designs should be positive in nature and contain no offensive/controversial material. Custom jerseys must be approved by the ARL convenors prior to being worn. The ARL convenors reserve the right to reject any team name or logo for any reason with or without explanation.

2.12 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. The final one minute of play in the game is Stop-Time. However, if there is a 4-goal spread / lead, 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 CLOCK/GAME MANAGEMENT

Regarding the stoppage of time for ARL games

1. **We do stop time for the final one minute of each game** – if there is a 5-goal difference then we do NOT stop the clock.
2. **We do not stop time for penalties** – we ask that everyone move the process along as fast as they can and get lined up for the next faceoff as soon as possible.
3. **We try to stop time for player injuries** - It doesn't happen often thank goodness – we usually stop the clock and look after things then get the game going and it ends up running late – if it's a longer time then the refs take a few min off the next period. We try to catch up times in each game going forward.
4. **There are no time outs** – Captains can talk to the refs in between periods if needed.

Our refs manage our timekeepers so any concerns about the clock need to be **directed to our refs** and not directly to our scorekeepers.

3.3 OVERTIME/SHOOTOUT – REGULAR SEASON

During the regular season, if a game is tied at the end of regulation play, the game will end in a tie.

3.4 OVERTIME/SHOOTOUT – PLAYOFFS/FINALS

During playoff games, referred to as the Round-Robin games, if there is a tie at the end of regulation play, the game will end in a tie. There is no extra time or shootout.

During a Championship game (the “finals”), if there is a tie at the end of regulation play, there will be a 4-minute, 4-on-4, sudden-death overtime. If the game is still tied, there will be simultaneous best-of-three shootout. 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. Puck needs to be in a continuous forward motion for each shot – no stopping or backwards movement. Players that have scored 2 goals during the game cannot score during overtime and are ineligible to participate in shootouts. Any remaining penalty minutes from regulation time will continue into overtime. A player currently serving a penalty at the end of overtime will be ineligible to participate in the shootout.

3.5 FIVE-GOAL DIFFERENTIAL

At any time during the game, if one team is ahead by 5 goals they are required to **LIGHTEN UP** until the other team scores one making it a 4-goal difference. If the team with a 5-goal advantage scores a sixth goal it will not count or be recorded. Also see “[Game Spread Maximum](#)”.

SECTION FOUR: PROTECTIVE EQUIPMENT

4.1 MANDATORY EQUIPMENT

The following list of equipment is required to be worn by all players in order to participate in an ARL game. All items must be specifically designed and marketed for use in ice hockey.

- Helmet
- Shoulder Pads
- Elbow Pads
- Gloves
- Pants
- Shin Guards
- Jock/Jill
- Skates

Players who are found not to be wearing a piece of mandatory equipment listed above will be directed to the dressing room. They are allowed to return to the game if equipment requirements become met. A delay of game penalty may be issued at the referees' discretion.

This is a reminder that wearing all mandatory equipment still cannot prevent all injuries. 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 convenors. 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. A half shield must correctly cover the eyes in a way that a puck, or stick, cannot make direct contact. **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 unsporting play – at the discretion of the referees. A team must have a minimum of 5 of their own roster players. Each team also needs to have at least one female player in the line-up (see: “[Female Requirement](#)”). If not then they lose the game 2-0 by default. The game will be played and all stats recorded, but the game results will be recorded as a 2-0 loss. If the lack of players is due to inclement weather and driving conditions then the game will be considered a 1-1 draw unless both teams have the minimum 6 players and goalie (or 7 players without a goalie). Also see “[Legal Game](#)”.

5.3 FEMALE REQUIREMENT

To be considered a legal game, a team must have a female player for at least 2 of the 3 periods in regulation time. A female goaltender does not meet this requirement. If a lone female player is injured during the game, this requirement will be met, provided they were present for either the beginning of the 1st or 2nd period. For lone female ejections, see “[Lone Female Ejection](#)”.

5.4 POOL PLAYERS

During the regular season, Pool Players (“spare players” or “substitute players”) may only be used if one of the following conditions are met:

- The team will not have a female player for at least 2 periods
- The team will be without a goalie
- The team will have less than 10 skaters

All pool players requests must go through the ARL pool convenor (poolie@rookiehockey.ca unless otherwise specified). Only the team captain (*or alternate captain, if the primary captain is unavailable*) may request a pool player. The only time it's acceptable to add a player to a game without prior authorization is when your team has less than 10 players minutes before the game is to begin. The captain may canvas players from the game prior. This must be a general appeal for players. They may not selectively choose players (aka “stack” their roster).

Pool Players are to wear their own ARL team jersey or a generic jersey where colour conflicts exist. They are not to wear the jersey of the team they are playing for. The player must be easily identifiable as a pool player in part to avoid accusations of using ineligible players.

Pool players are required to have their name and number on the game tracking sheet. Captains are responsible for ensuring the Pool player appears on the list.

During the playoffs, only a female player and/or a goalie may be requested and only if the team would otherwise be without one/both.

If a pool player was requested and a roster player unexpectedly shows up, the pool player may still play, provided the opposing team captain is notified of the situation.

5.5 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 referee(s) in-between periods; however, the clock will run.

5.6 REFEREE COMMUNICATIONS

The referees are not required to respond to individual player inquiries. Only the Team Captain (or alternate captain, where applicable) may address the referees and only in-between periods. The referees are allowed to start a communication with captains or players at any time.

While the above are the official guidelines, we do encourage our officiating team to interact with all players. We truly believe the best experience is when everyone on the ice is involved participating in (*positive*) exchanges. At all times, communications from all parties (including referees) should be respectful. Also see "[Unsporting Behaviour](#)".

5.7 GOAL CREASE & SCREENING

Stay out of the blue area completely. There must be no aggressive intent, i.e. to bump or brush the goalie or other players around the crease. 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. **If a player makes contact with the goalie, or is jumping/pushing players in front of the net, 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 **we are a social fun league and will not tolerate aggressive play in front of the net.** 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 unsporting.

5.8 TIES IN STANDINGS: PLAYOFFS

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

- a) Total Points
- b) Head-to-Head (Playoffs)
- c) Least penalty minutes (Regular Season and Playoffs combined)
- d) Flipping a coin

5.9 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. While a team will not be penalized for specifically for scoring after the maximum, a referee, may, at their discretion, call an [unsporting](#) penalty or [Hotdogging](#).

5.10 SUSPENSIONS

Any incidents that occur before, during and after scheduled games are subject to review by the league convenors (or appointed representatives). The league convenors may issue suspensions at any time during the regular season or playoffs. See suspension chart below. All suspensions listed are general guidelines. Suspensions can be increased / decreased at any time, at the league convenor's discretion. Only the league convenor can alter, change, or adjust a suspension at any time, 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 Period	Balance of Game & Reviewed by League Convenor
Game Misconduct Second or 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

Note: Reviews may also be carried out by league-appointed representatives.

5.11 LONE FEMALE EJECTION

If the situation should occur that the only female player on a team gets ejected from a game and has played for less than 2 full periods then that team will forfeit to their opponent. If the female player did play for at least 2 full periods, the game will continue as normal. While some may feel this is a harsh punishment for the team as a whole, we need to understand three things:

- This is a social, Co-Ed league.
- The situation where a player (male or female) needs to be ejected is rare.
- The situation where a team has only one female player on their roster is relatively rare. A typical ARL team has at least 2-3 female players.

As a league we are ultimately most concerned for the safety and fairness of all players involved. The enforcement of the rules will come down in favour of the majority of the league and our primary objective is to support the Co-Ed vision of the ARL.

5.12 LEAGUE MANAGER'S RIGHTS

The league convenors have the right to re-align players, teams, and 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. The league convenors have the right to remove any player on the ice.

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. An accidental high-sticking penalty will result in a minor penalty. An accidental high-stick that results in a player injury will result in a double-minor penalty. A Major Penalty, or Match Penalty, will be assessed at the discretion of the referees. If the high stick infraction is deemed to be non-accidental, it will be considered "[Head Contact](#)".

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 body'** 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.

Players DO NOT cut to the net in an aggressive manner - it almost always results in a collision. The player with the puck **MUST** actively avoid contact.

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. Also see "[Fighting](#)", "[Retaliation](#)" and "[Third Person In](#)".

6.5 FIGHTING & INSTIGATING

Any player who removes their gloves for the purpose of fighting will be assessed a game misconduct. Any player who fights, on or off the ice, will receive an indefinite suspension from the ARL pending a review by the league convenors (or appointed representatives). Any fighting will not be tolerated. Any players involved will be suspended. The referees will 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. Instigating can be considered verbal and/or physical. Also see "[Retaliation](#)" and "[Third Person In](#)".

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

A major penalty, or match penalty at the discretion of the referee, shall be assessed to any player who slew-foots 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 GAME MISCONDUCTS

A game 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.
4. Intentionally knocks a stick out of reach of a player who is retrieving it.

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 an automatic 1 (one) game suspension. The suspension length may be increased at the discretion of the ARL convenors.

6.12 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. Also see [“Retaliation”](#).

6.13 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. A game ejection may also be used as a control or prevention tool at the discretion of the referees. An ejection, by itself, is different from a game / match / gross misconduct and not subject to additional disciplinary action.

6.14 GROSS MISCONDUCTS

A gross misconduct penalty shall be assessed where a player conducts themselves 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. A Gross Misconduct will result in expulsion from the ARL.

6.15 RACIAL AND HOMOPHOBIC SLURS

When a player utters a racial or homophobic 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 convenors. If the player is not identified by the referee, the team captain will be held responsible for their team’s actions, and shall be suspended. There is no tolerance for such behaviour from anyone associated with the league.

6.16 UNSPORTING 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, verbally instigates (aka “chirping”) (see: “[Fighting and Instigating](#)”), 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.

6.17 NO SLAP SHOTS

A slap shot is considered a very hard shot where the stick blade begins positioned higher than 30 cm (1 ft) off the ice surface. A slap shot, and even a fake slap shot, will result in a 2-minute penalty so please don't even try or test us, we will call it if even remotely close. No high, hard shots are allowed from the point when traffic is in front. Please – no slap shots even in the warm-up skate.

6.18 NO DIVING

Diving is defined as deliberately leaving your feet during the play. When a player intentionally leaves their feet to block shots on defense or when they dive in order to try to stop a break-away, that player will be assessed a minor penalty. If the incident is considered dangerous, the player may be assessed a gross misconduct. A player may go down on one knee, provided they maintain control of their body at all times. This is, first and foremost, a safety rule – all players must be in control. If a player does choose to go down on one knee and trips an opponent, they may receive both a diving and tripping penalty (4-minutes). This call is made at the discretion of the referees based on what they consider to be in control or unsafe.

6.19 HOT DOGGING

Hot dogging (alt. hotdogging) is a discretionary penalty that can be called when a skilled player goes end-to-end and scores a goal. A hotdog call could also apply to an overly aggressive defender. This is a discretionary call. This penalty may be called if a skilled player takes advantage of a weaker player on the opposing team in such a manner that the referee deems it unbecoming of an ARL player.

Generally, the referees will look at any of three criteria for making this call. 1 – player skates from one end to the other / 2 – Player has the opportunity to pass the puck but does not / 3 – Player skates around a number of players.

In all divisions including our Advanced division, we don't want players that score their two goals every game - we expect those better players to support the rest of their team and not try to control the game results. We know this isn't black and white. The hotdog rule is something the refs can use to game manage. It is called more often in our Beginner divisions but CAN be called in our Advanced divisions as well. If a team is winning 4-0 and someone from that team runs blue line to blue with the puck and scores, they'll call that hotdogging. That's just one example. The thing about the ARL is that not all rules can be written in stone. The refs have to use their discretion keeping in mind that games are supposed to be fun. We will back them on whatever they feel is necessary. So, people - PASS the puck and be helpful!

6.20 HEAD CONTACT

A player who makes non-incidental contact with an opponent's head and/or neck will be issued a match misconduct and receive an immediate indefinite suspension from the ARL. The incident will receive an automatic review from the ARL convenors (or assigned representatives). After review, the suspension will be updated to a set length or expulsion from the ARL. The minimum suspension length is 3 games plus probation for the remainder of the season.

6.21 RETALIATION

A player who commits an offense that is deemed to be in retaliation for a prior event (either during that same game or a game prior) will receive an automatic 3-game suspension with further review by the ARL Convenors (or appointed representatives). This is regardless to the severity of the initial event. Retaliation only makes things worse and often drags in more players or results in increased disciplinary actions when a simple penalty may have sufficed.

6.22 THIRD PERSON IN

The Third Person In (“third man in”) refers to any player who deliberately interacts with an on-going altercation. This interaction can be the act of joining the altercation, trying to separate players, or verbally engaging. Instigating comments (aka. “chirping”) and leaving the player bench also fall under this category. If an altercation does break out, we expect all players back up, and let the referees handle the situation. More often than not, players who think they are helping by separating players are making it harder on the referees to control the situation. The concepts of “sticking up for a teammate” or “protecting the goalie” have no place in the ARL. Players who violate this rule will receive an automatic 3-game suspension.

DEFINITIONS

The ARL is an inclusive league and is open to all persons of different race, religion, creed, ethnicity, gender identity and sexual orientation. No statements or definitions in this rule book are intended to be read as political, misogynistic, dismissive, degrading, or otherwise hurtful.

Female

For the context of this rule book, the use of the word “Female” refers to the biological, assigned at birth sex.

Male

For the context of this rule book, the use of the word “Male” refers to the biological, assigned at birth sex.

CHANGELOG

Revision 20231001

Modification to Changelog	Correction of dates. Expanded the change summary for many of the noted changes.
Addition of Referee Communications	Referees are not required to respond to players, may be addressed by captains (in-between periods). They are encouraged to interact with everyone.
Modification to Unsporting Behaviour	Addition of verbally instigating (“chirping”)
Move Division Balancing	Moved Division/Team Balancing under Teams, previously it was under Playing Rules.
Fix table of contents	Fix missing entries, added hyperlinks.
Fix Roughing, Fighting & Instigating	Roughing and fighting somehow got joined in a previous version. Separated again. Clarify instigating can be both verbal and physical.
Addition of Definitions section	
Combination of Misconduct and Game Misconduct	Previously, a misconduct was served by spending 10 minutes off the ice. Now, it results in an ejection and suspension.
Modified Gross Misconduct	Added consequence (expulsion)
Modified Team Names	Addition of Logo and Jerseys. Names, Logos and Jersey design must all be inoffensive/non-negative and approved by league convenors.
Modification to Smoking	Addition of Vaping.
Modification to No Diving	Fix broken sentence
Addition of Pool Players	Addresses when pool players are allowed. This is not a new rule, but is new to the rule book.
Formatting Changes	Misc. changes to indents, paragraph spacing

Revision 20230928

Addition of Team Name	
Modification of Team Captain	Added potential repercussions, such as a 2-minute bench penalty for failure to provide league with jersey numbers.
Increase gender-neutral wording	eg. Unsportsman to Unsporting
Modification of High-Sticking	Align closer to Hockey Canada (previously, accidental high-sticking was set at 4-minutes)
Removal of Stick Penalties	too vague and covered by more specific rules
Modification of No Diving	Clarify what is and what is not allowed (player can go on one knee, must maintain control)
Addition of Changelog	

Revision 20230923

Addition of Team Captain	
Addition of Head Contact	
Addition of Retaliation	

Revision 20231001

Slight modification to Ineligible Players	Convenors can also deem a player ineligible
Modification to Team Roster	Remove limit to number of players, but captains must accept if more than 15 + goalie.
Slight modification to Five-Goal Differential / Game Spread Maximum	Unsporting and Hotdogging may now be called
Modify Overtime/Shootout	Clarify only Finals get overtime and shootout
Modification of Legal Game	Teams must have 6 players+goalie or 7 players+no goalie (previously, this number was 5 players and lacked clarity if a goaltender was required)
Modification to Time-Outs	Clarify there are no time-outs, but Captains may talk to referees between periods
Addition/Modification of Female Requirement	A female player is required for 2 of 3 periods (Previously, this rule insinuated a female player was only needed for periods 2-3. This change allows periods 1-2 or 2-3.)
Modification to Ties in Standings: Playoffs	Add head-to-head, clarify which penalty minutes affect tie-breaker (both regular season and play-off penalty minutes combined)
Modification of Slap-Shot	Set height of greater than 30 cm (1 ft), instead of the arbitrary value of ankle/mid-shin height.
Modification to Racial Slurs	Addition of homophobic – basically: just be respectful to everyone
Modification to Mandatory equipment	Clarify which pieces must be worn and must be made for hockey specifically
Modification to Face Shields	Half visors must cover the eyes
Modification to Hot Dogging	Rule now applies to all divisions (previously, D1 was excluded)

Revision DRAFT2

- Based on the 2017 rule book
- Mass review of wording used throughout
- Addition of convenor introduction
- Styling conformity and edits
- Update Rookie to Recreational (where appropriate)
- Addition of title page
- Table of contents layout