



Rulebook

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ISLAND HOCKEY 101 FACILITY LOCATIONS

- **Bear Mountain Arena (BEAR)**
 - 1767 Island Highway (behind recreation centre) 250-474-8621
- **Juan De Fuca (JUAN)**
 - 1767 Island Highway 250-474-8621
- **CFB Esquimalt - Wurtele Arena (CFBE)**
 - Woodway Road, off of Admirals 250-363-4297
- **City Centre Park (CCP)**
 - 1089 Langford Parkway 250-474-4644
- **Esquimalt Arena - Archie Browning (ESQT)**
 - 1151 Esquimalt Road – 250-412-8510
- **Panorama Recreation Centre (PANA)**
 - 1885 Forest Park Drive 250-652-7271
- **Oak Bay Recreation Centre (OAKBA)**
 - 1975 Bee Street 250-595-7946
- **Pearkes Recreation Centre – GOLD RINK (PKS-GLD)**
 - 3100 Tillicum Road 250-475-5400
- **Pearkes Recreation Center – GREEN RINK (PKS-GRN)**
 - 3100 Tillicum Road 250-475-5400
- **Save-On-Foods Memorial Centre (SOFA)**
 - 1925 Blanshard Street 250-220-2600
- **Sooke Seaparc Arena (SEA)**
 - 2168 Philips Road 250-642-8000

ISLAND HOCKEY 101 LEAGUE COMMITTEE

The league committee will consist of the following:

- Eric Yue (Commissioner) – scheduling, insurance, book keeping, website (logos, rosters)
- Chris Yue (Commissioner) – discipline, facilities
- Adam Richards (Commissioner) – ref allocator, day-to-day
- Tier Representative(s)
 - Dwayne Robinson - T2 dwayner101@shaw.ca
 - Jon Borgens - T3 jonb101@shaw.ca
 - Steve Wan - T4 steve101@shaw.ca
 - Dan Henderson - T5 danh101@shaw.ca
 - Dave Stewart - T6 daves101@shaw.ca
- League Official

The League Committee is to review formal disputes on issues that may arise during the Island Hockey 101 season. The Discipline Committee will be a commissioner, the tier representative (league rep.) and a league official (head referee or referee). In the event a formal dispute needs further investigation, the League Committee may contact all the captains of another tier to review the issue in addition to the league committee listed above.

‘SPIRIT OF THE LEAGUE’

The ‘spirit of the league’ is what we, the commissioners, term the attitude and atmosphere we desire at each and every game through all seasons and through all tiers. It is our desire that all players play fairly, with good attitudes and good sportsmanship, creating an atmosphere of camaraderie and fun in winning and in losing. Teams/players playing outside of the ‘spirit of the league’ may be removed indefinitely as per rule 2.13 Commissioner Rights (page 9).

SECTION ONE - THE RINK

1.1(A) ARENA PROPERTY

Teams will be charged \$75 per game up to TWO games for change rooms that are not sufficiently clean after use. Every instance after 2 games will result in fines of \$150 and/or cancellation of games without refund. This includes, tape, garbage, and any empties left in the rink, and in the changing room. ABSOLUTELY no smoking is allowed in the change rooms or otherwise. Any team found in violation of this may be expelled from the league without refund or warning. Unpaid fines result in forfeiture of games leading to expulsion from the league until the fine is paid. Maintaining a positive relationship with our rinks allows us to improve our ice bookings in the future which is better for everyone.

1.1(B) ARENA ETIQUETTE

Teams must regulate the behaviour of their own fans and scorekeepers to a reasonable level in accordance with public law and the rules established for each arena. This includes alcohol consumption, noisy or loud behaviour, garbage, and any actions that affect the effectiveness of the on ice officials, arena staff, and players. If a team's fans or scorekeepers are not civil to the satisfaction of the league or the arena staff, and a complaint is filed by league or arena staff, the team is subject to a fine, and/or team suspension, and/or expulsion from the league with no refund.

1.1(C) ARENA ALCOHOL POLICY

There is no consumption of alcohol at all arenas both inside and on arena property with the exception of licensed events. Any complaint from an arena against a team for alcohol possession or consumption on arena property is subject to a \$500 first time fine, and \$1000 fine for following offences within a 2-year period. Any offence beyond the first is also subject to league discipline which may involve suspension of players, forfeiture of games, and/or expulsion from the league indefinitely. Unpaid fines result in forfeiture of games leading to expulsion from the league until the fine is paid.

1.2 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 room doors so it is the Team's responsibility to lock their dressing room before going on the ice.

1.3 NOTICES

All Players should check the League bulletin board, internet and website for any postings concerning game changes, standings and League news. Team Representatives are encouraged to check in with the League office before each scheduled game and communicate all concerns to the League Commissioner.

1.4 ACCIDENTS

All accidents requiring medical attention must be reported to the League Officials and to the Arena Management, immediately after the accident has occurred and where applicable, referees and/or captains must submit an incident report to the league officials. Where possible, referees are to enter the ice first to check that the ice is properly set before the game.

SECTION TWO - LEAGUE ADMINISTRATION

2.1 LEAGUE REPRESENTATIVES (REPS)

League reps (5) are captains and players volunteering in the league to ensure consistency, quality, and advocate on behalf of the players in the league. Each league rep is assigned one tier to oversee. It is their responsibility to view every team at least once through the first half of the regular season to ensure tier parity and encourage playing in the spirit of the league. League reps do not overturn referee calls,

issue on the spot suspensions or sit through player abuse. They are there to assist with issues like booking conflicts, no show refs, and will help relay messages to league commissioners if teams are unevenly balanced, games are excessively rough, or there are referee concerns. They are a valuable asset to the league and your voice for league related issues.

2.2 INELIGIBLE PLAYERS

Players must be on the team's roster or else that player is considered an illegal sub. ALL SUBS are approved by the league commissioners only. SUBS (players and goalies) must be:

- ✓ requested 24 hours prior to the scheduled game
- ✓ players/goalies already registered within the league
- ✓ a player/goalies 1 tier above or below the team's registered tier
- ✓ a player averaging less than 1 point per game and 3 penalty minutes per game
- ✓ only approved for games where the team can field 9 players or less

The cut-off date for roster changes/submissions is December 31st. After that date, there are no additions/changes to your team whatsoever. (Please email a commissioner for any changes to rosters during Spring/Summer League.)

Having a player play that is NOT on the roster OR an illegal sub (player disallowed or unapproved) will result in a forfeit of the game and 6 pts in the regular season standing or forfeit of the playoff series. Not approved or not on roster = NO play, period. Please don't cheat. All teams have registered for fun. Any approved change to the roster during the season is a \$25 administration and insurance charge, so make sure your roster is accurate.

2.3 PLAYOFF ELIGIBILITY

The player must be on the roster and must have played in at least 10 games (including pre-season) in order to qualify for the playoffs. If a player is added halfway through the season, they must play half of the remaining regular season games (not to be less than 5 games) in order to qualify for playoffs. If the player has not played at least 10 games, they are not allowed to play in the playoffs and your team is not allowed to make a roster change or addition to the roster. Our refs/officials reserve the right to ID players before/during/after any game to make sure there are no ringers/unauthorized/ineligible players. We will not hesitate to make your team forfeit the game if you use an illegal player. (Spring League eligibility for playoffs is 50% of regular season games.)

10 game eligibility for playoffs does not include games played as a goalie. The player must have played 10+ games as forward/defensemen for playoff eligibility.

2.4 TEAM JERSEYS

All Players must wear team colored jerseys, and be numbered differently. In the event of a conflict with Team colors, the VISITING TEAM will wear alternate jerseys. Ideally, the Captains of each team will ensure that there will not be a conflict before the start of their game. Each team is strongly encouraged to assign one Captain and up to two (2) Alternate Captains. The Captain's "C" and Alternate "A" must be clearly identified on the sweater. The numbers must be 10 inches in height. Goalies must wear light/dark jerseys to correspond with their team colors as well.

2.5 ROSTER LIMIT

Each Team is permitted to carry a maximum of 20 Players, including a spare Goaltender, on their roster. If a Team chooses to register more than the allowable 20 Players, there will be an additional fee of \$25.00 (twenty-five dollars) for each additional Player, *payable at time of registration*. This will cover the costs of the additional insurance for the Player(s), and all other associated costs with playing in the League. Any approved change to the roster *during the season*, or after September 1st, is a \$25 administration and insurance charge.

NOTE: For the purpose of regular season or playoff awards, the League will recognize 16 Players and 1 Goalie per team.

2.6 SUBSTITUTIONS

A "substitution" is any player that is NOT on the official submitted roster (and not on the website).

If they are on the roster, it is fine (even if they haven't played before) as long as it isn't the playoffs (see playoff eligibility). Please adhere to the following guidelines on using a substitute player:

- a) any sub must have prior league approval by a commissioner.
- b) all subs must have a waiver signed and given to the referee prior to a game.
- c) subs must have a number and be indicated on the score sheet.
- d) subs can never be a captain or alternate.
- e) any penalty by a substitute player may result in an automatic ejection.

Universal Subs

League representatives are approved subs for all teams without commissioner approval under the following conditions:

- a) They may only sub in a tier that is equal or above the tier they normally play in
- b) It is not a play-off game
- c) The team follows rules for substitutions listed above (less than 10 players)

Any suspension that is handed out to a substitute player will be served by a team captain that is on the roster for that game or, in some situations, another player that is approved by the commissioners.

2.7 SIGNING OF GAME SHEETS / GAME ROSTERS / SCOREKEEPERS

Signing of game sheets/rosters will be signed by either the Captain or Alternate of each team. It is up to the signee to ensure that the roster is accurate. The Refs will ensure that the game sheet rosters match up to the number of players on each team and if necessary, check identification to ensure roster accuracy.

The game officials can disqualify a team and forfeit a game if an unauthorized player is used. For insurance reasons, under no situations are unauthorized players allowed to be on the ice. Scoresheet rosters are to be made up of the players on the ice and the bench AT THE POINT THE OPENING PUCK IS DROPPED. Late players cannot play until their names are added to the scoresheet at the next whistle by the captain.

Winning captains are to take a copy of the scoresheets and input them following a game. The game official will keep the other copy and any falsified or changed scoresheets (in any way) will result in a penalty up to a game default and 6 points in the standings. **Repetitive inaccurate entry of scoresheets (or unreasonable delay of entry) like rosters, penalties, times will receive one warning and then penalized \$100/incident for every incident after the warning. Unpaid fines result in forfeiture of games leading to expulsion from the league until the fine is paid.**

The away team is required to supply a scorekeeper for the game. In the event that a scorekeeper is not present, the away team will either:

- play short-handed until a scorekeeper is present
- place a player to scorekeeper box for the duration of the game

This will be enforced by the official, not the home team captain.

2.8 SKILL LEVEL – BALANCING OF TEAMS

The League Committee reserves the right to move a Team(s) to a different Tier based on team or individual player skill level. This rule may apply at any time during the season.

There will be six (6) tiers in the Island Hockey 101 League.

Tier 1 – N/A

Tier 2 – Competitive/Intermediate

Tier 3 – Intermediate

Tier 4 – Intermediate

Tier 5 – Intermediate/beginner

Tier 6 – Beginner (no players with high level of organized hockey will be permitted. This includes any midget AAA and greater experience).

Tier 7 – NEW Beginner (no players with more than 5 years or more of hockey / skating experience)

Inter-tier games may be planned during the pre or regular season.

Spring League will be 2 tiers in the Island Hockey 101 League.

Tier 1 – Intermediate (Tier 4-6 players and/or teams only)

Tier 2 – Intermediate/Beginner (Tier 6-7 players and/or teams only)

2.9 TIEBREAKERS

In the event of a tie in the standings after the regular season, and after realignment, final results will be decided by:

- a) Record against the Team(s) you are tied with
- b) Most Wins
- c) Goal Differential (Goal For minus Goals Against)
- d) Least Goals Against
- e) Least Penalty Minutes (Average per Game and include inter-tier games)
- f) Most Goals For
- g) Coin Toss

Each time one Team has been advanced using this method, revert back to the start of 2.7 to break the remaining tie(s).

2.10 SUSPENSIONS

All infractions occurring before, during and after any scheduled game are subject to review by League Officials. League Officials may assess suspensions at any time during the regular season or playoffs.

Any of the following action(s) will constitute instant season long suspension (without refund) and possible lifetime banishment from the league:

- 3 majors in a season or 3 suspensions of any kind in a season.
- Serious intent to injure including swinging of a stick or bodychecking from behind.
- Physical abuse or serious verbal threat of a ref(s) or player(s) on or off the ice
- Third man in or jumping off the bench during an altercation;
- Property damage of the rink facilities or other players' belongings
- Suspended player playing or player that is not on the team's roster. These rules are for the safety of the players

In the event the perpetrator of the above violation cannot be found, an active captain or alternate must serve the suspension until the perpetrator is found. In severe cases, an entire team may be deemed ineligible to play until such time the suspension can be levied.

Any suspension or cumulative infractions not listed above must be discussed with the League Committee. The League has the authority to levy at his / her discretion, minimum suspensions due to extenuating circumstances. Any intent to injure may result in ejection from the League, at the League's discretion. Any penalties involving a Gross Misconduct or Match penalty, the Player will automatically be indefinitely suspended pending a review by the League Commissioner. The above listed infractions are minimums, and the League Commissioners have the ability to increase the suspension for any infraction, but not reduce the above listed standards.

2.11 NO REFEREE

In the event that no referee is at your game, the captain can contact the league coordinator or a league rep. If there will still be no referee at the game, both teams must play the game without a referee to the

best of their ability calling their own infractions. A make-up game will be at the discretion of the league. In the situation of a playoff game, the game may stand as it is played due to the time constraints of the playoffs and inability to reschedule the game for a later date.

2.12 DONATING ICE/JOINING THE LEAGUE

If a new team wishes to join Island Hockey 101 and has a dedicated ice slot, the ice slot will be reviewed to see if it is beneficial to the league before allowing the team to join. If the ice slot is accepted, the new team bypasses any waitlist and is accepted. The new team will play all of their games in that slot (unless they decline) for the first 3 years in the league. If a team continues to play in Island Hockey 101 AFTER the 3 year period, the contract for that ice slot will be resigned to Island Hockey 101 in alignment with the recreational facility policies. If the team declines to relinquish use of that slot after the 3 year period, the team will be considered a new team joining the league losing returning team registration priority. All other details regarding the use of ice to join the league will be discussed in detail.

2.13 COMMISSIONER RIGHTS

League Commissioners have the right to align teams, and / or players, change teams / players in any particular skill level, based on game performance.

However, in this case, the official must still officiate the game and any severe violation of the rules will still result in suspensions being handed out.

The Commissioners also reserve the right to indefinitely suspend and/or remove players from the league at any time that are not displaying the appropriate behavior that reflects the image of the Island Hockey 101 League. Island Hockey 101 is targeted for players who wish to play hockey in safe organized manner while maintaining a sportsmanlike attitude and expanding the game of hockey to beginner players.

SECTION THREE - PROTECTIVE EQUIPMENT

3.1 GOALIE MASKS

Goaltenders may not wear homemade masks. Island Hockey 101 strongly recommends the use of CSA approved helmets and masks. If a Goaltender chooses to use non-CSA approved equipment, a waiver will have to be signed by that Player, prior to the rest scheduled game, absolving Island Hockey 101 of any responsibility for any injury incurred.

3.2 HELMETS

Helmets are mandatory and must be worn by all Players and Referees. They must be worn at all times while on the playing surface (including being on the bench and during handshakes following the game).

Helmets must be CSA approved (no Gretzky / Jofa shell helmets) with properly fastened chinstraps. New model European helmets (JOFA or similar) must be approved on an individual basis. Facial protection in the Island Hockey 101 League requires a minimum of a half shield, but strongly recommends full face protection.

For players with half visors/cages, it is strongly recommended that mouth guards be worn. A Minor penalty will be called should any Player not have his / her helmet chin strap fastened properly. This rule will be enforced by the Referees and League Officials for all games. Players that do not have any facial equipment will not be allowed to play.

3.3 FULL EQUIPMENT

Full equipment including shoulder pads and eye protection must be worn at all times. If a player is not wearing full equipment, then they do not play. A minor penalty for delay of game may be called if a player is not wearing the proper gear. The player must get their equipment on before returning to the ice.

A player that does not have full equipment cannot sit on the bench during the game and swap gear with another player prior to their shift. For example, a player who has forgotten to bring their gloves may NOT sit on the bench and borrow another player's gloves before stepping on the ice.

SECTION FOUR - PLAYING RULES

4.1 GAMEPLAY

All Island Hockey 101 Games will consist of the following formats:

- 5 minute warm ups
- 3 x 20 minute running periods
- 30 second break each period (teams switch ends after each period)
- If tied, OT – Running time four (4) minutes sudden death, 4 vs. 4.
- Final 2 minutes of regulation is stop time if the score is within 2 goals. If a scorekeeper is unavailable, it is the responsibility of the away team to operate the clock. Officials are responsible for managing the ice clock and if necessary, games may need to be cut short due to time constraints.

4.2 ICING

All stoppages for icing will be initiated when the puck crosses the goal line of the non-offending Team. All icing calls will be initiated by the offending Team shooting the puck into the defending zone from behind the defensive side of the red line. If a Goaltender leaves the crease area to play the puck, the icing will be waived off.

4.3 OFFSIDE PASSES

The center red line is not in play for offside passes.

4.4 STICK & EQUIPMENT MEASUREMENTS

Stick and equipment measurements will NOT be permitted. However, if in the opinion of an Official, any stick or equipment poses a threat to the safety of other Players, the Player will be asked to remove it from the game.

4.5 DEFAULTED GAMES

The following situations will result in a defaulted game:

- If either Team does not have a minimum of 6 skaters and 1 Goaltender on the ice by ten (10) minutes after the scheduled start of the game.
- If a Player who has been ejected from the game for any reason does not leave the ice in a timely manner (discretion of Referee). It is the Team's responsibility to ensure an ejected Player leaves the ice surface.
- If a Goaltender is ejected from the game and is not replaced within the ten (10) minutes. In this event, the team may choose to dress 6 skaters for the remainder of the game.
- If a Team chooses not to continue the game after an injury to their Goaltender.
- If either Team cannot hold 5 skaters at any point during the game due to players being ejected.
- If either Team refuses to continue the game for any reason other than safety concerns agreed to by the Referees and/or League Official.

Any team that fails to field less than 6 players and a goalie for a game is subject to a \$500 fine, the cost for replacement of ice and 2 referees (regardless of whether or not 2 referees were scheduled). Any game that is officiated as complete by the referee due to unwanted player or spectator behavior is NOT

replayed. If one team is found as the offenders, it is the commissioner's discretion on whether or not a \$500 fine will be applied and the game scheduled to be replayed.

If a team cannot field enough players, the score will be recorded as 1-0 against the defaulted team (with the goal being given unassisted to the captain) but if the officials and/or staff agree, the game can still be played as an exhibition game without scorekeeping.

The Team that the default was committed against will get the game ice slot for their use for a scrimmage or practice. In a situation where both Teams default, the game will be cancelled and both Teams will receive a loss.

The Team sanctions for defaulted games will be handled on a case by case basis. These sanctions will be reviewed and may be changed during the season at the discretion of the League Committee.

4.6 TIME OUTS

Each Team is permitted one thirty (30) second time out per game. Both Teams are not permitted to take their time out during the same stoppage in play unless the team notifies the referee they would like to call a timeout when the opposition team timeout ends. Timeouts stop the clock in all instances.

4.7 GOAL CREASE

If a Player's skate(s) enters the crease voluntarily in any manner, the Referee has the discretion to blow down the play, and a face-off will take place at the nearest spot in the neutral zone. Only if, in the opinion of the Referee, the defending Team has clear possession and control of the puck, with a clear path to moving out of the zone, the Referee shall allow play to continue.

There will be no tolerance for "running the goalie". Any deliberate contact with a goalie will be called as interference and in severe cases, the player may be ejected for intent to injure. This includes slashing for loose pucks after the whistle, shooting on the goalie after a whistle and standing for a prolonged period in the crease after a whistle. Any ejection is subject to league review and possible further suspension. It is the responsibility of the OFFENSIVE player to avoid contact with the goaltenders at all cost.

4.8 OVERTIME

REGULAR SEASON

The format for overtime will be a 4 on 4, sudden victory, four (4) minute running time period. If at the end of the four (4) minutes the game is still tied, the game score will be recorded as a tie in the standings. Player changes will be done "on the fly," and will also be allowed during any stoppage of play. The 15 second face off rule will be used, and the Referee may resume play if a team is not ready.

The losing team in overtime will receive one (1) point for the tie from the regulation time game.

PLAYOFF GAMES

The format for overtime will be on a 4 on 4, sudden victory, four (4) minute running time period. If at the end of the four (4) minutes the game is still tied, then a shootout will decide the game.

Shootout Procedure:

Home Team will choose which team shoots first, Referees use CHA procedures for penalty shots.

Following the first three shooters, sudden victory will decide the game winner. All Players must shoot before any player takes a second shot. The deciding factor will be the smaller bench strength, before a player takes a second shot.

4.9 15-SECOND FACE-OFF RULE

After each stoppage in play, the 15-second face-off rule will be used. The Referee will use the following procedure: ten (10) seconds following any stoppage in play, the Referee administering the faceoff will blow his / her whistle to indicate that in five (5) seconds the puck will be dropped. Teams should line up at the face-off location accordingly.

4.10 PLAYER INJURY

All injuries during games are RUNNING TIME. If there is an injury to a goalie, and a substitute goaltender is available, they must be brought into the game without delay or warm up. Teams will play with 6 players and no goalie if a goalie is not suitably dressed at the time of the whistle. Referees however will judge each situation individually and can start or stop clocks as they see fit.

4.11 PLAYER INJURY – BLOOD DRAWN

All injuries during games are RUNNING TIME. If a Player is 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 in the game. **If there is any blood on the jersey, they must return in a jersey that does not have blood on it before returning to play.**

4.12 SLAPSHOTS

Rules for slapshots will be defined differently based on the Tier levels.

Tier 2 – 5: Slapshots are open as long as it not ENDANGERING other players.

Tier 6 – 7: The players stick can come up to a waist high position. If the stick goes beyond that position, play will be stopped by the referee, and the face off will be brought out of the offensive zone. No penalty is assessed unless it is deemed to endanger others as a high stick.

4.13 MERCY RULE

Game scores will only be recorded with no more than a 10 point difference. For instance if a team wins by a score of 15-0, goals 11-15 will not be recorded on the official boxscore or tallied towards any player/team stats. The score will be entered 10-0. However, if a team wins 15-4, goals 1-14 will be recorded on the official boxscore and tallied towards player/team stats but goal 15 will not. The score will be entered 14-4. Scorekeepers should record all goals on NCR forms regardless of score and the winning captain will input the goals that count in succession up to the 10 point spread.

SECTION FIVE - PENALTIES

5.1 HIGH STICKING

A Player who contacts an opponent above the normal height of his shoulders with a high stick shall be assessed a Minor, Major, or Match penalty 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 is deemed to be accidental, a Major and Game Ejection will be assessed (game time served with no suspension). Again, this decision will be made by the Referee.

IT IS THE RESPONSIBILITY OF ALL PLAYERS TO BE IN CARE AND CONTROL OF THEIR STICK AT ALL TIMES DURING THE GAME.

5.2 BODY CHECKING / BOARDING

Deliberate body checking / boarding is not permitted anywhere on the ice. Any incidental collisions or accidental contact will be judged by a Referee, and penalties may be assessed. This also includes pinning players against the board so that they cannot move. Island Hockey 101 is a non-contact league, and any form of body contact, at the discretion of the referee may be deemed a minor penalty.

Body Checking penalties shall be cumulative: ANY TEAM RECEIVING 3 BODY CHECKING AND / OR BOARDING PENALTIES IN ONE GAME WILL SERVE THE THIRD AND ANY SUBSEQUENT PENALTIES AS SEVEN (7) MINUTE MAJORS.

Any Player receiving a 2nd Major penalty for Body Checking or Boarding in one season will be

suspended indefinitely and may face banishment from the league. The player must attend an interview with the League Committee before returning to play.

There must be a clear intention to be playing the puck at all times and not the opposing player (ie. via pinning them against the boards or knocking them off-stride).

5.3 BUTT-ENDING

A Double Minor or Match penalty will be assessed to any Player who butt-ends or attempts to butt-end an opponent. Intent will be the determining factor in which penalty is assessed, and will be at the discretion of the Referee.

5.4 ROUGHING / ROUGHING AFTER THE WHISTLE

A Minor penalty shall be assessed to any Player who, in the Referee's judgment, is guilty of unnecessary rough play. When an injury results from an infraction to this rule, a Major penalty plus a Game Misconduct may be assessed.

Any Player with cumulative rough play penalties will be reviewed by the League Committee and may be suspended.

5.5 (A) FIGHTING

All 1st offence Fighting Majors will result in a minimum 3 to 5 game suspension. Repeat offenders will be suspended for the Balance of the season (regular season plus playoffs) and may be permanently suspended from the league.

If a Player or Players drop their glove(s) and do NOT continue an altercation they will receive an automatic Game Ejection and will result in an automatic suspension" of no less than two games. Players are to leave the ice and go directly to their respective dressing rooms. Players that do not go directly to the dressing room may face further disciplinary actions.

5.5 (B) FIGHTING – OFF THE PLAYING SURFACE

Any players found fighting off the playing surface (change room, hallway, parking lot, etc.) will be suspended for the remainder of the season and may be banished from the league. Island Hockey 101 will not tolerate this behavior and an indefinite suspension of all Players INVOLVED will occur, pending review by the League Committee.

5.6 SPEARING

A Double Minor penalty shall be assessed to any Player who pokes or jabs (or attempts to jab) an opposing player with the toe of the blade of the stick. A Match penalty shall be assessed to any Player who deliberately spears or deliberately attempts to spear by jabbing forcefully with the toe of the stick blade, or who injures an opponent by any spearing action.

5.7 SLASHING

A Minor, Major, or Match penalty, at the discretion of the Referee, shall be assessed to any Player who swings his stick at an opponent (whether out of range or not, whether actually striking him or not), or who, on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating his opponent.

A Minor, Major, or Match penalty, at the discretion of the Referee, shall be assessed to any Player who impedes or seeks to impede the progress of an opponent by slashing with his / her stick.

5.8 CROSS-CHECKING

A Minor, Major, or Match penalty at the discretion of the Referee, shall be assessed to any Player who cross-checks an opponent. A Major penalty and a Game Misconduct penalty shall be assessed to any Player who injures an opponent as a result of a crosscheck.

5.9 SLOUGH-FOOTING & CHECKING FROM BEHIND

A Major or Match penalty, at the discretion of the Referee, shall be assessed to any Player who slough-foots or checks an opponent from behind.

There will be an automatic Game Misconduct assessed to any Player penalized with a Slough-footing or Checking From Behind penalty during a game. Any Player that persists in committing these infractions will be suspended from the League.

5.10 MISCONDUCTS

Any Player, except a Goaltender, incurring a Misconduct penalty, shall be ruled off the ice for a period of ten (12) minutes running time. A substitute for the penalized Player shall be permitted.

A Player serving a Misconduct penalty shall remain on the penalty bench until the rest stoppage of play following the expiry of his penalty.

Any Player who is assessed a second Misconduct penalty in the same game shall automatically be assessed a third Misconduct penalty and assessed a Game Misconduct penalty. If this penalty is assessed in the last ten (10) minutes of regulation time, an automatic one (1) game suspension will be assessed.

All Misconduct penalties are subject to review by the League Committee. No Player shall be required to serve a Misconduct penalty for another Player. Suspensions are given out by the league upon receiving a scoresheet. Suspensions will be posted on the website and if possible, notification will be sent via email to the league representatives, team captain and player(s) involved.

5.11 GAME MISCONDUCTS

Any Player or Coach that receives a Game Misconduct penalty will be ejected for the balance of the game. If this penalty is assessed in the last ten (10) minutes of regulation time, an automatic one (1) game suspension will be assessed. All Game Misconduct penalties are subject to review (and possibly further suspension) by the League Committee.

5.12 STICK INFRACTIONS

Stick infractions include the following:

- High Sticking (section 5.1)
- Cross-Checking (section 5.8)
- Slashing (section 5.7)
- Butt-Ending (section 5.3)
- Spearing (section 5.6)

All stick infractions result in a Minor (3 minutes), Double Minor (6 minutes), or Major penalty (7 minutes). In the case of Butt-Ending and Spearing, a MINIMUM Double-Minor penalty will be called.

5.13 ADDITIONAL PENALTIES (added May/11)

- Abuse of official – arguing with, insulting, using obscene gestures or language directed at or in reference to, or deliberately making violent contact with any on or off-ice official.
- Attempt to injure – deliberately trying to harm an opponent (successful or not). Elbowing – hitting an opponent with the elbow
- Diving – falling to the ice in an attempt to draw a penalty
- Holding – grabbing an opponent's body, equipment or clothing with the hands or stick.
- Holding the stick – grabbing and holding an opponent's stick, also called when a player deliberately wrenches a stick from the hands of an opposing player or forces the opponent to drop it by any means that is not any other penalty such as slashing.
- Interference – impeding an opponent who does not have the puck or impeding any player from

- the bench
- Kneeing – hitting an opponent with the knee
- Too many men – having more than six players (including the goalie) on the ice involved in the play at any given time.

All additional penalties listed may be classified as minor/major/misconduct/match/gross penalties and are subject to league review, suspension, and/or banishment from the league as is consistent with the other penalties.

5.14 GAME EJECTIONS

Any Player receiving three (3) Minor penalties or three (3) stick infractions in one game will receive a Game Ejection penalty. If the third Minor penalty is co-incidental, that Player will not be ejected until a fourth Minor is incurred. In addition, if a player is assessed a double minor for a stick infraction, that will count as one (1) minor penalties. If a Goaltender receives a Game Ejection for penalties, the Goaltender will be allowed to stay in the game, and will be suspended for the next scheduled game. A repetition in Game Ejections for any Player or Team can result in suspension.

5.15 GROSS MISCONDUCTS

The Player is immediately ejected from the game, and the incident will be reviewed by the League Committee. This penalty will be assessed to any Player, Coach, or Team Official who makes obscene gestures, excessively abuses spectators, other Players or League Officials OR attempts to make a travesty of the game.

5.16 RACIAL SLURS – TEAM GROSS MISCONDUCT

If any Player on a Team utters a racial slur before, during, or after an Island Hockey 101 game, the TEAM and / or PLAYER will automatically receive a Gross Misconduct and be subject to the rules of the League. There will be no tolerance for this type of behavior and the League will be very harsh with it's assessment of suspensions. Should the Player committing the offense not be discovered, the TEAM will be automatically suspended until a captain or other team representative serves the suspension. Each Team is accountable and responsible for the words and actions of its Players, both on and off the ice.

5.17 (A) MATCH PENALTIES – INVOLVING A LEAGUE OFFICIAL

Automatic indefinite suspension from the League. There is no minimum suspension. A formal appeal may be submitted to the League Manager. This penalty will be assessed when a Player, Coach, or Team Official, verbally, physically threatens or abuses any League Official (Commissioner, Volunteers, Referees, Timekeepers, etc.). In the event those responsible are not discovered, the team will forfeit their remaining games until responsibility can be accepted by those involved. Island Hockey 101 Ltd. has NO TOLERANCE for any ref abuse of any kind - regardless the circumstances.

5.17 (B) MATCH PENALTIES – INVOLVING A PLAYER

Automatic indefinite suspension from the League. There is no minimum suspension. This penalty will be assessed when any Player physically abuses another Player with INTENT TO INJURE.

An attempt to injure is, in the opinion of the Referee an automatic Match penalty, regardless of whether it causes injury or not, and will be reviewed by the League Manager. The pending results of the injury will be considered by the League Manager when determining if additional penalties are to be handed out.

5.18 TOTAL PLAYER PENALTY MINUTES

All total player penalty minute infractions will first be reviewed by commissioners before the automatic 1+ game suspension is to be served. Any player that has accumulated:

- more than 30+ penalty minutes in the first 10 regular season games is subject to a minimum 1 game suspension to be served immediately.
- more than 60+ penalty minutes in the first 10 regular season games is subject to a minimum 3 game suspension to be served immediately

- more than 60+ penalty minutes (at any point in the season) is subject to league review and indefinite suspension from the league with no refund.

5.19 TOTAL TEAM PENALTY MINUTES

All total team penalty minute infractions will first be reviewed by commissioners before the automatic 1+ game suspension is to be served. Any team that has accumulated:

- 100+ penalty minutes in the first 10 regular season games is subject to a minimum 1 game suspension to be served immediately by the captain or 1 of the 2 top team penalty minute players
- 200+ penalty minutes (at any point in the season) is subject to league review and/or indefinite suspension from the league with no refund

5.20 PROTESTS / APPEALS

A Team may protest a game or appeal a League decision / ruling (e.g. a suspension or Player eligibility) by requesting an appeal hearing. A fifty dollar (\$50.00) fee must be paid to the League before an appeal will be heard. Note that game calls such as a missed penalty, off-side, icing, or a disallowed goal, are not eligible grounds for a protest / appeal. An appeal may only be made by the Team Representative. The fee is paid prior to any hearing being convened, and the appeal must be led in writing with the League Manager within 24 hours of the conclusion of the scheduled regular season game, and within one hour after the conclusion of the scheduled playoff game, in which the infraction took place. The League Committee will convene a hearing with the Team Representative and the Referee involved in the game. Attendance by the opposing Team Representative is optional. If the ruling is reversed, the \$50.00 fee will be refunded. If however, the ruling is upheld, the \$50.00 fee will be donated to the recognized charity of the appealing Team's choice on behalf of the league. Note that a Team's right to appeal any Player's / Team Official's suspension expires within 10 days of the suspension's issue, and no appeal hearing will be considered after that time period.

5.21 SUSPENSIONS GRID

This is a summary of the suspensions that are listed throughout the rulebook for a quick reference at the type of penalties and MINIMUM suspension length. All suspensions except the game misconduct in the last 10 minutes of the game are reviewed by the league commissioner(s) and/or league discipline committee. In all instances "to be reviewed" is defined as any suspension to be reviewed by the league commissioners and league committee. Any suspension issued not listed or included in this grid or the rulebook will be based on commissioner and league committee decision and precedent set by past suspensions both in the current and previous seasons.

PENALTY	TYPE	MIN. SUSPENSION LENGTH	APPEALABLE
3 minors in a game	Minors	Game ejection - No games	NO
Game misconduct in the last 10 minutes	Game misconduct	1 game automatic	NO
30+ individual PIMS in the first 10 regular season games	All	1+ game if PIMS are the rough/unsportsmanlike type. To be reviewed by commissioner.	NO
100+ team PIMS in the first 10 regular season games	All	1+ game to captain or one of the top 2 PIM players on team if team PIMS are the rough/unsportsmanlike type. To be reviewed by commissioner.	NO
Major penalty	Majors	1+ game. To be reviewed.	N/A
Major penalty causing injury	Majors	1+ game. Major penalty and game misconduct if the player is injured. To be reviewed.	YES
3 Major penalties in a season (including pre-season and playoffs)	Majors	Remainder of season. May be banished from league. To be reviewed.	YES

2 majors for body checking/boarding in same season	Body contact majors	Remainder of season. May be banished from league. To be reviewed.	YES
3 suspensions in a season (any kind)	Suspensions	Remainder of season. May be banished from league. To be reviewed.	YES
Intent to injure	All	Remainder of season. May be banished from league. To be reviewed.	YES
Intentional bodycheck from behind	All	Remainder of season. May be banished from league. To be reviewed.	YES
Physical contact or verbal threat to official	All	Remainder of season. May be banished from league. To be reviewed.	YES
3 rd man in or jumping off the bench during altercation	All	Remainder of season. May be banished from league. To be reviewed.	YES
Suspended player playing or player not on team roster	All	Remainder of season. May be banished from league. To be reviewed.	NO
Body Checking	Body contact	Any team receiving 3 body checking and/or boarding penalties in one game serve the third and any subsequent penalties as 7 minute majors. All majors reviewed.	NO
Fighting – 1 st offence	Fighting	3+ games and suspended until reviewed by commissioner and league committee.	YES
Fighting – 2 nd offence	Fighting	Remainder of season. May be banished from league. To be reviewed.	YES
Fighting – off-ice	Fighting	Remainder of season. May be banished from league. To be reviewed.	YES
Gross misconduct	Gross	Remainder of season. May be banished from league. To be reviewed.	YES
Match penalty – official	Match	Remainder of season. May be banished from league. To be reviewed.	YES
Match penalty – player	Match	Remainder of season. May be banished from league. To be reviewed.	YES

SECTION SIX – REFEREE & PLAYER CONDUCT

6.1 OFFICIALS EXPECTATION OF PLAYERS/LEAGUE

- treated with dignity and respect by the players
- open dialogues with team captains or alternates
- work in a safe environment and be able to do his/her best
- be supported by league administration
- involved with fun, recreational hockey

6.2 PLAYERS EXPECTATION OF OFFICIALS

- treated with dignity and respect by officials
- fair and consistent officiating
- control of the game from beginning to end
- rules or calls explained to captains in a respectful manner whenever asked in a calm manner
- penalized for verbal/physical abuse to officials or other players
- play in a fun/safe recreational hockey league

6.3 LEAGUE EXPECTATION OF OFFICIALS

- show up on time (before the warm-up begins and on ice for the warm-up)
- know the rules specific to Island Hockey 101 prior to officiating a game
- enforcement of the rules (ie. No scorekeeper, switching sides, running clock, etc.)
- involvement in the game – skating the length, speaking to captains, maintaining control
- maintain a professional attitude regardless of the situation or circumstance.
- receive game reports immediately after a game anytime a suspension or further investigation is required
- work with captains/alternates before and during a game to maintain control or work out any questions or inconsistencies

6.4 LEAGUE EXPECTATION OF PLAYERS

- treat all officials with dignity and respect
- work through the team captain/alternate to have concerns or questions heard in an appropriate manner, at the appropriate time
- play in a fun/safe recreational hockey league encouraging fair and safe play with the opponents and with the officials

Our officials do their best to maintain control of a game and ensure players are playing safe and within the guidelines set in this rulebook. That is jeopardized by unruly behavior, abusive language, intentional contact and refusal to acknowledge the spirit of the league. Yelling at opponents and/or officials has never improved the experience for anyone. We are founded on being fun, social, and safe and our goal is to provide that for every hockey player from brand new to lifelong player.

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