



# CAPITALHOCKEY.CA RULES AND REGULATIONS

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Subject to change without notice.

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QR Code - CH Rules and Regulations: Rev Oct 2014 pdf



Preamble: Always consult the following for the most current revision of the capitalhockey.ca rules and regulations:

<http://www.capitalhockey.ca/events/rules.php>

<http://www.myrechokey.com/team-sites/capitalhockey/ch-rules-regulations-1/>



## Rules and Regulations:

### Section 1: ON ICE DEMEANOR/ Personal Conduct

#### 1.0: PERSONAL INJURY WAIVER

It is mandatory that every player understands and accepts the terms of the personal injury waiver (whether by signature, verbal agreement or electronically responding to) prior to stepping onto the playing surface.

*WAIVER/ROSTER: The person whom responds in the affirmative to this form (by electronically or verbally confirming their attendance), hereby request permission to participate in or on the facilities operated by the City of Ottawa. In executing this unconditional waiver, I state that my attendance and participation in the stated activity is voluntary. I assume all risk of injury to my person and property that may be sustained in connection with any activity including leagues, tournament, and pick up games. I hereby, for myself, my heirs, administrators and assignors, release, waive, and discharge Peter Walsworth (the organizer), the City of Ottawa, its sponsors, agents, representatives, or officials from all claims, demands and actions and causes of action of any sort for injury sustained to my person and/or property during my participation in the activities including tournaments due to negligence or any other fault. In addition, I have read and accept the specific rules and regulations (posted on the sporting website) that govern each event to which I am participating in. I further agree to display good sportsmanship at all times. I have read this waiver and fully understand its terms, conditions and meaning.*

This waiver is electronically signed each time the player records their attendance on the sporting website (mandatory for participation). However, in the event of a system malfunction each player acknowledges that by consenting to the waiver once, the player accepts that its coverage is in effect for the remaining games within that season/ session.

#### Players without Internet service:



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Will be required to complete a paper version of the personal injury waiver. This waiver will cover their participation until the end of the existing season/ session.

### 1.1: NON CONTACT RECREATIONAL HOCKEY

There is to be **NO intentional contact or aggression made during the game at any time**. All players should be prepared for "incidental" contact and/or collisions - but this should be only a result of the flow of the game and not done to impede or interfere with any other player (including the goaltender).



**Failure to abide by this rule may result in a suspension or expulsion from the group (at the discretion of the convener only).**

Please respect that players are joining our programs for enjoyment and though the games are competitive, "there are no cups to be won!". Fair play and respect are expected by each member of capitalhockey.ca at all times.

### 1.2: SLAP SHOTS (our standard rule in effect)

Slap shots are permitted **ONLY** if the player has a clear line to the net (**NO ONE ELSE IS IN OR NEAR THE PATH OF THE PUCK**). This rule may be rescinded at any time by the convener should the group not abide by this basic safety regulation.



If a player takes a slap shot (or an abnormally careless or hard shot) into another person or crowd they may be subject to discipline (suspension and or expulsion from the group). **DON'T DO IT!**

Slap shots are considered any shot where the player lifts his stick higher than his waist to produce more power behind the shot.

### 1.3: NO SLAP SHOT AGREEMENT (an enforcement tool only)

A "No Slap Shot Agreement" is made with a specific group when all efforts to stop dangerous shots from happening, fails. This is a step made by the convener to gain control over the group. **The agreement stipulates that EVERY player agrees that if they take a slap shot during the game they will be suspended for the next.** This is done in a group forum so that every player witnesses the others in agreement. The rule is then enforced via peer pressure and is an effective way to stop the issue from escalating. If a **NO SLAPSHOT AGREEMENT IS ENFORCED** - ALL players **MUST** keep their sticks below their waists when shooting at all times (no exceptions). Only the convener of the group may levee a suspension onto a player.



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#### 1.4a: **FIGHTING** (verbal or physical)



**We have a "Zero Tolerance" fighting rule. If you get into a physical altercation with another player, both players will be dropped from the program.**

**ANY minor incidents of fighting (being verbal or physical & either on or off of the playing surface) may result in suspension or immediate expulsion from the group.** The convener reserves the right to solely assess the incident and levee a punishment ranging from a reprimand, a game suspension(s) or for more severe infractions, expulsion from the program. Any lost ice time caused due to a fighting infraction (of any sort) is non refundable.

#### 1.4b: **RETALIATION**

In on ice situations where a player has been interfered with (in any way) by another. The player **MUST** not take it upon themselves to retaliate in efforts to exact payback or revenge. Instead, that player should approach one of the team captains and/ or the on ice convenors **and CALMLY explain the situation**. If the player feels they may be too excited to calmly discuss the problem, they should wait until after the game (or later on via email) to raise their concern.



**IF the player decides to retaliate against another player (being it a right or wrong circumstance) they will be considered in violation of rule 1.4a "Fighting" and may be subject to further discipline.**

Footnote: We want everyone to enjoy themselves and have our programs run as smoothly as possible. However, occasionally something will happen on ice that will get people upset. We will not tolerate in any way vigilante attitudes of payback and will deal with those offenders as harshly as the initial infraction (if not more so). Simply put, don't do it!

#### 1.5: **ALCOHOL/ DRUGS**



**Prior to the game:** Players who arrive to a game intoxicated and/or who have their motor skill impeded by drugs or alcohol will not be permitted to participate in that game (no exceptions). Any arguments that ensue as a result of enforcing this rule will fall strictly under section 1.4 regarding fighting. **DON'T DO IT!**



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No alcohol or drugs are to be brought into the dressing rooms or onto the players benches at any time. First warning is a reprimand, second is a suspension. Leave it in your car!

**After the game:** Players who choose to consume alcohol after the game do so at their own responsibility and risk. It will be understood that in no way is Capitalhockey.ca or its conveners/ administrators to be held responsible for a person's actions following an event. **PLEASE DO NOT AT ANY TIME CONSUME ALCOHOL ON CITY PROPERTY** and always leave the city owned property if you intend on having any intoxicants after the game (this includes tailgating parties).



## Section 2: Player/ Administration Requirements

### Weekly Administration:

**There are no exceptions to the game status protocol. Each participant MUST follow these simple steps or risk not being permitted to participate in the event (liability reasons).**

TWO business days before each game, rostered members of a program will receive an automated email (from the CH website) each containing a hyperlink. The players are to follow that hyperlink to the CH website where they will be **asked to electronically accept the terms and conditions of the personal injury waiver and record their attendance "yes or no" for that particular game (this is mandatory for all players to be allowed to participate).**

A new game request email will be issued for each game. The hyperlink contained in those emails is unique (to that game date only) and can be revisited at any time to adjust your playing status. HINT: Do not delete the game status emails until the game has been played. This way a player will be able to keep their playing status current and up to date (right up to game time).

By keeping accurate attendance, the convenors can then use the CH website to fill any roster vacancies, ensuring the games are fully populated and always at a superior level to other organizations!



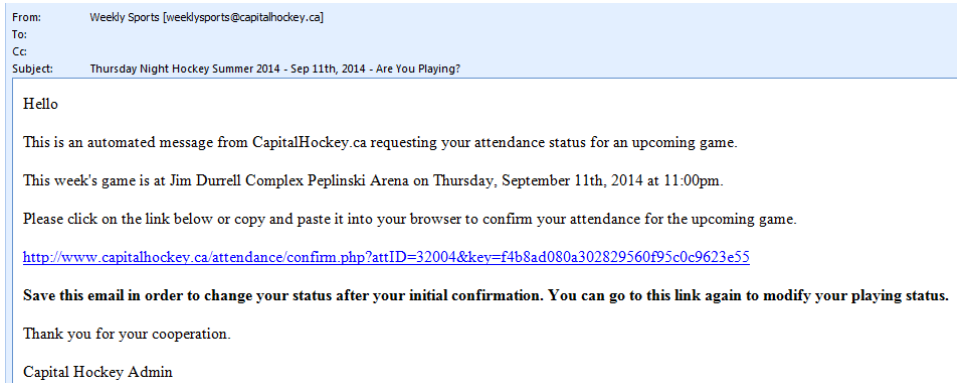
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Players who continually fail to accurately report their playing status may face game suspensions and or expulsion from the group. We've made this super easy for you, please do your part to keep our programs strong!

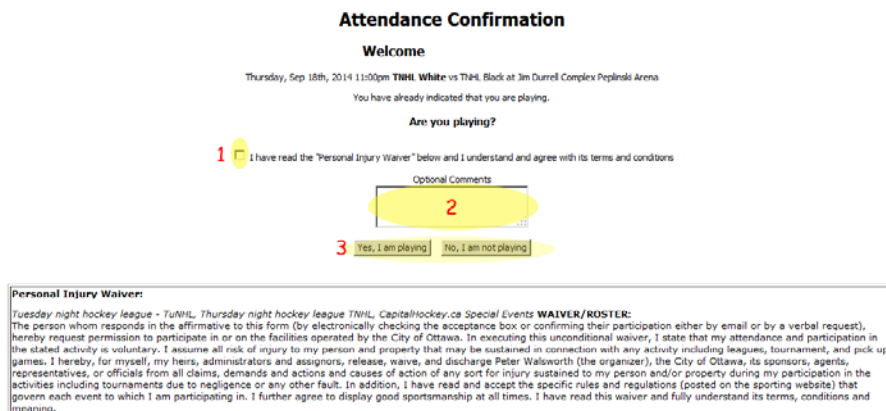
### Automated Emails

From the automated emails follow the hyperlink back to the CapitalHockey.ca website



### Attendance Confirmation (3 Steps)

- 1.) Read the waiver, then check the agree box.
- 2.) Leave a comment if you want to communicate something (game related) to the convener.
- 3.) Are you playing? "Yes or No"





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## Game Status

Return to the CH website to see your playing status

**Game Status**  
for Tuesday Night Hockey Summer 2014  
Tuesday, May 6th, 2014

Show All Players

11:00pm TuNHL White vs TuNHL Black at Jim Durrell Complex Peplinski Arena	
<b>TuNHL White - <i>Away</i></b>	<b>TuNHL Black - <i>Home</i></b>
<b>Status</b> <b>Goalie Name</b>	<b>Status</b> <b>Goalie Name</b>
✓ Patrick Labelle	✓ Paul Legault
<b>Status</b> <b>Player Name</b>	<b>Status</b> <b>Player Name</b>
✗ Jeff Cutler	✓ Alain Boudon
⚠ Marc Artbrell	⚠ Choun E
✓ Martin Sevigny	✓ David Korpi
✓ Maureen Rose	✓ Dwight Hodge
✓ Michael Kaduck	✗ Jonathan Matthews
✓ Morgan Bello	✓ Peter Kelly
✓ Nathan Woodcock	✓ Robert Barbe
✓ Peter Walsworth	✓ Roberto Zanchetta
✓ rob wong	✓ Seen Hopkin
✗ Robert Way	✓ Steve Horricks
⚠ Ron Ethier	
✓ Scott Head	
✗ Shane McLean	
<b>Status</b> <b>Spares</b>	<b>Status</b> <b>Spares</b>
✓ Jacob Head	✓ Ryan O'Donnell
✓ Peter Reid	

### 2.1: FAILURE TO REPORT - Removal of a participant

Should a player fail to report their game playing status (electronically or verbally) **over three consecutive weeks**, they will be considered ineligible for participation and dropped from their team roster. Without proper communication about their playing status, they will forfeit any remaining games within that session.

If you are going to be away for an extended period, please let us know.



### 2.1b: FAILURE TO COMMUNICATE - Misreporting of Attendance

A player who reports on the CH attendance web system "as playing" and does not show up for that game will be issued a warning should there be no courtesy follow up from the player as to why they were absent without adjusting their attendance online (or through an email, text or call).



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After the first warning, should the player have further incidents of misreporting their attendance (without any explanation provided) - the player will be suspended from playing the next game after the incident.

CapitalHockey offers some of the best recreational hockey programs in the city. The two teams are typically fully populated at 10 players each which is a direct result of how we use the web attendance system to communicate. We've made it super simple for our players to report in (and adjust their playing status). In return we expect that they do their small part to keep our programs well populated and strong. It makes a better hockey experience for everyone involved - and only takes about 20 seconds to complete.



## 2.2: REPORTING DEADLINES

**For all evening games the reporting deadline is 4:00 p.m. This gives the conveners time to contact spares during the work day (when they are more likely to see the notices).**

**After the 4 p.m. deadline, the convener will open up any roster spots to available spares. The full time player will have forfeited their roster position.**

**So what if I'm too late?** After the 4 p.m. deadline, should the full time player then contact the convener by phone or email (or update their playing status on the CH website) the player may be asked to not participate should a spare have already been added to the roster. It is your responsibility to keep the conveners informed of your playing status (on time). Note: the game status emails are sent out 2 business days prior to each game - there really aren't any excuses for not informing us of your intentions on time.

## 2.3: ROSTER LIMIT OF 20 SKATERS

The maximum number of players for any game is 20 skaters and 2 goalies. After the 4 p.m. reporting deadline a full time player who has failed to convey their playing status **MUST** have the conveners confirmation that their roster position is available before being allowed to participate in the event. Should the position already be filled by a spare player, the full time player will forfeit their position in that game.



## 2.4 REPORTING TECHNICAL ISSUES



Should a technical issue be the cause of the full time player not being able to adequately communicate their playing status - **it is the full time players responsibility to advise the administrator (by phone or email) of their playing status prior to the game day reporting deadline. (4 p.m.)**

Should the CH website or reporting tool not be functioning properly - the administrator (only) will advise the participating members. If the problem is globally affecting the entire network, they will temporarily relax the game day reporting deadline restrictions.

## 2.5 Unblocking Email Addresses/ SAFE SENDERS LISTS

[Hotmail users](#)

[Outlook.com users](#)

[Gmail users](#)

[Ymail users](#)

## 3.0 PRIVACY


By registering on <http://www.capitalhockey.ca/register/index.php> you have provided capitalhockey.ca with personal information (name, email addresses, phone numbers etc). This information will be kept private and will not be issued to anyone (including other players in the network) without your consent.

**Any person requesting another member's personal co ordinates will be refused.** If you want this information, you must ask that individual on your own. Please do not ask the administrators for another member's personal information.



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#### 4.0 NETWORKING AND PLAYER RECRUITMENT

 Capitalhockey.ca has spent many years developing their members network and will look unfavorably on anyone who makes attempts to recruit players for another team or league while participating in any of our programs. If you are caught doing this, you risk being expelled from all future CH programs. **DON'T DO IT!**



#### 5.0 SEASONS

Unless previously indicated the Capitalhockey.ca seasons will run as follows:

\* Fall/ Winter programs: 3rd week of September thru to the end of April

Payment due date for the upcoming Summer program will be the first week of March.

\* Summer programs: First week of May thru to the 2nd week of September.

Payment due date for the upcoming Fall/ Winter program will be the first week of August.

\* 2 Hour Annual Christmas Week Game: Will be held on one of the following - Dec 27, 28, 29 or 30th (always on a week day).



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## 6.0 PAYMENT INFORMATION

Due dates: Payment for all programs are always due 3 weeks prior to the start of the session. The actual due dates will always be posted on the CH website (see the master schedule for your current event).

**Seasonal Fluctuations:** The city of Ottawa charges a premium for summer ice rentals and as such our summer programs are typically more costly than games run in the fall/ winter.

**Session costs may fluctuate without notice.** Capitalhockey.ca rents their ice from the city of Ottawa. Should there be an increase to our rental or user fees, the additional costs will be passed onto the players.

Capitalhockey does not charge tax and/or issue receipts for any of their programs.



**Maintenance Fee:** in circumstances where a player's communication (back to the administrator) is poor, a \$50.00 maintenance fee may be applied to their session fees. The player will receive the \$50.00 fee back at the end of the session should they utilize properly the CH website, keeping their attendance up to date and current (and without having to be chased). Failure to properly communicate with the league will result in the forfeiture of the player's maintenance fee. The addition of this fee is at the discretion of the administrator and may be applied to a player's registration costs with minimal notice.

**Jersey Fee:** If players are provided a Capitalhockey.ca owned jersey to wear during a game, session or tournament, a jersey fee (TBA) will be charged to the player. That fee will be fully reimbursed when the jersey is returned (cleaned and in good condition). If the jersey is not returned, or returned in poor (or unclean) condition - the player will forfeit the return of the jersey fee.



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## 6.1 PAYMENT METHODS

Program payment can be made in one of the following methods:

- **Electronic Bank Transfer** (our preferred method as it provides the most security): make your payment online using the following email address: capitalhockey@rogers.com You will be asked to provide a password. PLEASE keep this as simple as possible ie: what night is this for? or "what sport do we play?". If you want something more complex, please send us an email with the exact password.
- **In person, by cash or cheque\***: contact the administrator by email to co ordinate a time to meet. Typically we are at our weekly game locations 1/2 hour prior to the start of the game.
- **By mail (cheques\* only s.v.p.)**: contact the administrator by email to obtain a mailing address to send your payment. Please follow up with a second email to let us know that payment is on its way (so we look for its arrival).

**\* All cheques should be made payable to Peter Walsworth**

## 6.2 OVERDUE PAYMENTS



Payment due dates have been added to the schedule of each program posted on the CH website. They are also attached to every session notice sent by email and on social media. Three weeks prior to a registration date, the convener will send out a reminder notice to the network. **LATE PAYMENTS (without prior approval from the administrator) are subject to a \$25.00 late payment fee.** Please make your payments in full and on time.

## 6.3 DEFERRED/ SPLIT PAYMENTS

Deferred or split payments are available to members who request a little more time to pay for their program. **The player MUST make a request (by email) to the administrator prior to the payment due date to be considered for this benefit.** In that email the player must outline what their payment intentions are (ie: when will payment(s) be made and for how much). This information (if approved) will be kept as a form of contract between the player and the administrator. Deferred payments MUST BE APPROVED BY THE ADMINISTRATOR TO BE APPLICABLE.



Note: A late payment fee of \$25.00 may apply to this transaction if the player fails to properly communicate their intentions to about payment.



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## Authorized Split or Deferred Payments - how they will be handled:

### ENROLLING FOR A SINGLE NIGHT

- On payment due date: **2/3 of the full registration fee**
- 1st day of the following month: the remaining amount

### ENROLLING IN MORE THAN ONE PROGRAM (ie: Tuesday and Thursday Nights)

- On payment due date: **1/2 of the total registration fee**
- **1st day** of the following month: 1/4 of the remaining amount
- **1st day** of the second month: the remaining balance

## 7.0 REFUNDS, REIMBURSEMENTS and COMPENSATION

**Once a session has begun, NO refunds or compensation will be issued.** The programs are NON REFUNDABLE. There will be no compensation made for any missed games (unless caused by a city arena closure).

A player's "paid" **session fees are not transferrable to another person or program in any way.** Each paid registration is considered unique for purposes of payment.

A more comprehensive explanation: All CapitalHockey.ca programs run in conjunction through a rental agreement with the city. We are obligated to pay in advance for the ice time we reserve and as a result any player who joins as a full time member - those fees go directly to the city payment. The arrangement that CapitalHockey provides to its members is that we will host a pre determined number of games to which the player is free to participate, or decline. Our obligation as your host ends there.



**Faulty Equipment: The convener of the program reserves the right to refuse any player who they feel is playing with unsafe gear.** The player in this case will forfeit the game without any expectations of a refund or compensation.



**Suspended and Expelled Players:** Any player who has been issued by a convener, a suspension and or has been expelled from a Capitalhockey.ca program will not be compensated or reimbursed in any manor for the missed/ lost ice time.



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## 7.1 SESSION STARTS AND CONCLUSIONS

Prior to the start of any program – the administrator will provide each capitalhockey.ca member a seasonal update. This document lists the session game dates (start and finishing dates), game times and participation costs.

All other information (ie: arena locations, maps, rosters etc) can be found on the website at [www.capitalhockey.ca](http://www.capitalhockey.ca)

### Each Member's Session is Unique

A member's session may not always fall in line with the programs officially stated start and end dates.

There may be circumstances where players begin their session early or later than the group. Example: Joining at the end of a concluding program with the intention of carrying on through into the new upcoming session.

OR/

A member may join a group after a program has begun with the expectation of playing through to the conclusion of the scheduled program. Example: joining a program mid season.

In all situations, a member's session has officially begun with the participation of the first game they attend.

## 7.2 MISSED GAMES



It is the players responsibility to stay informed of where each game will be played. All arena locations, maps and game times are posted at <http://www.capitalhockey.ca/arenas/index.php> and [www.capitalhockey.ca](http://www.capitalhockey.ca)

A Good Idea: Our game schedules can be printed. Store a copy in your car for quick reference.

If a player misses a game due to their own negligence, no refunds or compensation will be issued for lost ice time.

## 7.3 GAME STARTING TIME



Players must be on the ice (and ready to play) no later than 5 minutes after the contracted start time of any game (ie: 11:05 p.m.). **Repeated failure to abide by this regulation may result in the player NOT being permitted to play.**



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## 7.4 PERSONAL CONDUCT:



Players who struggle to maintain their game time composure (yelling, swearing, arguing etc), will be warned by the conveners about their demeanor. If corrective action isn't made and the player continues to play in an anti social way, the player may be suspended and/ or expelled from the group.

Note: EVERYONE joining a CH program is doing so to have fun (including the conveners). They do not expect to be berated, criticized or yelled at for the way they play or respond to a situation. This is a recreational hockey program. There are no cups to be handed out at the end of the game and we all work in the morning... PLEASE keep this in mind if you find yourself upset and ready to vent.

## 7.5 SUSPENSIONS



A player placed under suspension by the league administrator will not be compensated for any lost ice time as a result of the suspension.

Suspensions are levied to a member only by the administrator. This is a measured response taken by the administrator in context to the initial infraction of the leagues governing rules and regulations. The interpretation and enforcement of the leagues governing rules and regulations is at the sole discretion of the administrator.

If a suspension is deemed necessary – the member will be advised by the administrator of how many games will be forfeited. The member is NOT permitted to come to the arena or city facility during the time of their suspension (unless previously authorized to do so by the administrator). Failure to abide to these conditions will result in the immediate expulsion of the member from the group.

Members can only be suspended once during a session. Any subsequent action required may result in the member being expelled from the program.

There is no appeal process available to suspended members.



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## 7.6 EXPULSIONS FROM THE PROGRAM



A player expelled by the league administrator will not be compensated for any lost ice time as a result of the expulsion.

League expulsions are levied to a member only by the administrator. This is in response to a major infraction of the leagues governing rules and regulations (ie: fighting, playing intoxicated, unsportsmanlike conduct, repeated suspensions etc)

The interpretation and enforcement of the leagues governing rules and regulations is at the sole discretion of the administrator.

There is no appeal process available to expelled members.

## 8.0 EQUIPMENT

All players **must have a CSA approved hockey helmet and well maintained gear on at all times during the game.** Your gear must be in good shape (no visible damage that can cause a hazard for you or someone else).

The convener of the program reserves the right to refuse any player who they feel is playing with unsafe gear. The player will forfeit the event without any expectation of compensation or refund.

**Helmets and face protection:** Players **MUST have some sort of eye protection attached to their helmets (cages - preferred, but visors are also accepted).**

Players with helmets without eye protection will not be allowed to participate.

**Shoulder Pads:** Its is advisable to all players to wear shoulder/ chest protection (period). Even experienced hockey players cannot see or control how the puck will react to a tip or deflection and not having chest protection can cause serious injury or even death.

Some players complain about the heat that wearing chest protection creates. A helpful remedy to this is to cut off the shoulder caps of your chest protector (since this is a non contact group, there is limited risk of you being hit). However, CapitalHockey.ca recommends that all players wear their chest protectors as established by the manufacturer.

**Jerseys:** Players are responsible to provide their own jerseys for each game. Each player should come prepared with both a WHITE (only) and a dark jersey to each game





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(even though you will be on an established team). We ask that you pack both colours so that in the event that we have to do some team balancing (not very often, but it happens) each player is prepared to make the switch.



**DO NOT WEAR yellow, grey or to some degree red jerseys.** The yellow and grey jerseys create confusion between the two teams as most players are in WHITE and the dark players may see the off colour as being part of their team. Red for some reason is just hard to see on the ice and often those players won't see as much action via their teammates.

The only issue with dark jerseys is if they have too much white on them. This is rarely an issue, but should be observed when choosing what you wear.



**Broken/ cracked gear:** If your protective gear or skates have a visible crack or are broken, you may (at the discretion of the convenor) not be permitted to participate in the game. It is for your safety and others on the ice that you come prepared with the safe equipment. You may NOT play with a broken stick at any time.

## 9.0 ON ICE GOVERNANCE

Scheduling and Team Colours: [A printable](#) schedule of games, arena locations, start times and team colours (WHITE & DARK) will be posted on the [www.capitalhockey.ca](http://www.capitalhockey.ca) website. It is the players responsibility to know where they are playing and what colour to wear.

Occasionally the convenor may ask the player to wear a different colour (for team balancing) however this is rare as all participants will be assigned (at the start of a session) a team to which they will play on for the entire season.

Captains & On Ice Conveners: Each team will have one or two captains assigned who will be responsible to ensure the flow of the game remains at a high standard. They will help the conveners control the atmosphere and demeanour of the games, will handle any administrative duties, deal with minor on ice occurrences and will report any major incidents back to the administrator (for further action). The Captains will not issue policy and cannot suspend a player. HOWEVER, they can remove a player for infringement of any of our personal conduct policies, rules and regulations.

## 9.1 PERSONAL DEMEANOR:

We do not utilize referees to govern the game and use modified rules to officiate the games. This creates a faster paced game, more ice time for everyone with far less



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stoppages or delays. Please do your part to help out! Our programs run successfully when everyone makes a positive effort to play fair, respect others and communicate in a socially acceptable manor. We appreciate those who positively engage in the game but do not look favourably on those that yell and scream at others. Please keep it friendly at all times!



**Players who continually struggle to maintain their game time composure, will be warned by the conveners about their demeanor. If corrective action isn't made and the player continues to play in an anti social way, the player may be suspended and/ or expelled from the group.** Please remember - "EVERYONE" is playing to have fun!

After the game please help the conveners by picking up the pucks, water bottles and dressing room keys (placing them into the puck carriers). While in the dressing room, make an effort to put your garbage in the bins provided. Thank you to those that make an effort in these areas (it's all part of the game)!

## 9.2 WARM UP and TEAM PREPARATION

Warm Up: During the first 7-10 minutes of any program, players and goaltenders will have a brief warm up period with pucks provided. At this time players are asked to RESPECT their goaltender and place shots that are useful in warming up their netminder.



\* This is NOT the time to practise a deek

\* This is NOT the time to take slap shots (unless specifically requested by the goaltender)



\* You are NOT trying to hit the top corners of the net

Goalies use this time to get a feeling for the puck (how it reacts on the ice and how it feels hitting different areas of their pads/ body).

**Players who do not respect what the warm up period is for, will not be permitted to shoot against the goaltenders until the game starts.**

**9.3 SETTING OF THE LINES:** The team captains will call the players over after the 7-10 warm up. At this time they will either assign the players to a specific position, or have



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a dialogue with the players to determine where everyone is going to play. Each captain is different, so help out by communicating well with them.

**Please STAY in the position you are assigned to, unless moved (during the game) by the team captain.** If you switch positions on your own, you may adversely affect the team chemistry or cause confusion with the other players on your team.

**SHIFT DURATION:** The CH programs are high tempo'd games and as such both teams need their players to play with as much energy as possible. **Please keep your shifts short (approx 1min to 1:20) and stay with your line mates.** In doing so, you'll find the games significantly quicker and more skilled. Don't be "that guy" who has to be yelled at to get off of the ice. Also, if you are finding that you aren't tired at the end of the shift, it probably means you could be working much harder! Please be respectful of other player's ice time!

#### **9.4 ENTERING/ EXITING THE BENCH AREA:**

The exiting player in a change should be NO MORE THAN 8 feet from the bench before the fresh player enters the game.

Any player who enters the game while the retiring line mate is still on the ice, and attempts to play the puck or engage a player from the opposing team will be called for delay of game and possession of the puck will be immediately passed over to the other team (tossed into their defensive end).

When full lines change, the FRESH LINE should enter the game first (before the retiring line comes off). If you are coming off from your shift, WAIT along the boards until your replacement has entered the game

**When coming off of the ice, be aware if you are the last person to enter the bench AND CLOSE THE DOOR!**

#### **9.5 WATER BOTTLES**

Due to previous concerns about air borne illnesses, Capitalhockey.ca no longer offers community water bottles at their games. Please bring your own water or sports drink to every game. Do not share your water with others as there is a significant risk of passing on an illness (especially during flu season).

#### **9.6 DRESSING ROOM SECURITY**

Please do not bring valuables into the dressing rooms. Though the doors are usually locked, there have been incidents of theft (even while the rooms have been locked). It is

best to leave your valuables at home, however if this is not possible they should be hidden in your car.

**Dressing room keys:** It is whoever is the last person in the dressing room's responsibility to ensure the door to the room is securely locked and the key is brought to one of the arena benches. If the key is not already in the room (or in the door) the last person **MUST** locate an arena staff member to retrieve the key. **DO NOT LEAVE THE DOORS OPEN OR UNLOCKED UNDER ANY CIRCUMSTANCES.**

Reminder, some dressing rooms have a shared shower area. Don't forget to lock that door as well.

Capitalhockey and its administrators are not responsible for any articles lost, stolen or damaged while attending one of our events. This includes items stored in your vehicle while parked.

[Click here:](#) An article by Carha Hockey regarding dressing room security.

## **10.0 ON ICE GAME RULES/ CH Protocols** (Adapted Rules For Rec Hockey)



CapitalHockey for the most part follows the same basic ice hockey rules as outlined by Hockey Canada and the [NHL](#). Because we do not facilitate referees, we have a few modified rules to keep the game flowing with minimal stoppages or delays. Please familiarize yourself with these adaptations prior to playing your first game.

**RESOLUTIONS:** In times of on ice disputes, the convener will ask his team captains for their input, followed by the two goaltenders (should more detail be required). **HOWEVER**, the convener will **ALWAYS HAVE THE LAST SAY ABOUT ALL ON ICE ACTIVITY**. They will always try and remain impartial and fair in their judgement. **PLEASE** do not argue with them about a call where replay is impossible - doing so just slows everything down.



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## 10.1 CH Protocols - Off Side Calls

Off side calls are always governed by the opposing team. Should an attacking player cross the blue line prior to the puck, an off side call will be issued from the opposing bench and/or on ice players. The attacking player (without delay) must relent the puck to the opposing team.

\* The attacking player MAY enter the oppositions zone prior to the puck - **ONLY if they have full control and possession of the puck** (ie: skating in backwards, dragging the puck with them).

\* *If an off side call is made, the attacking player should toss the puck into one of the oppositions corners.* It is not a good idea to simply leave the puck at the blue line as it creates an opportunity for the opposing team to quickly move past your teammates (also at or around the blue line). Tossing the puck into a corner gives your team an opportunity to get into a defensive position.

\* Anyone calling an off side must do so in a loud, clear voice. They must get the attention of the players on the ice to adequately stop the play. **"IF" a disputed goal ensues as a result of an ill attempt to call an off side, the convener will evaluate the validity of the call and the effort made to stop the play. If its deemed as "not effective, or unclear", the goal will stand.**

RESOLUTIONS: In times of on ice disputes, the convener will ask his team captains for their input, followed by the two goaltenders (should more detail be required). HOWEVER, the convener will ALWAYS have the last say about ALL on ice activity. They will always try and remain impartial and fair in their judgement. PLEASE do not argue with them about a call where replay is impossible - doing so just slows everything down.

\* When an offside is called the play must stop and the puck is then tossed into the opposing teams defensive zone. The team called for being offside MUST be allowed an opportunity to establish a defensive position before play resumes. Should the team now in possession of the puck "hurry up the play" or not give their opponents an opportunity to set up - the play is once again stopped and possession is forfeited back to the defensive team. Any goals scored in this scenario will not be allowed. The point here is to allow both teams time to set up after a stoppage of play is called.

### 10.1a CH Protocols - Delayed Offside Calls

A delayed offside call is pending when members of the attacking team enter the oppositions zone prior to the puck crossing the blue line. Should any player from the attacking team (in this circumstance) touch the puck while still in the oppositions zone,



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an offside call is to be made, the play is stopped and the possession of the puck should be given to the other team. Should the puck exit the oppositions zone (without any member of the attacking team touching it) the delayed offside is no longer in effect.

**Tagging up:** Players caught in a delayed offside can clear the offside call by tagging up or crossing back over the blue line (prior to the puck being touched). Should the puck be in the oppositions zone - once the delayed offside is cleared, the attacking team may re enter the zone and pursue the puck. The attacking team may NOT re enter the oppositions zone until ALL members of that line are onside. Once each offside player has tagged up, they may then pursue the puck back into the oppositions zone.

### 10.1b CH Protocols - PHANTOM Off Side Calls

If the opposing team purposefully calls an off side specifically to stop the play or create unnecessary confusion on the ice, a phantom off side call will be made by the convener of the game.

**ONLY the convener can call a phantom off side.**

\* In these situations a penalty shot will be made by the last attacking player to have possession of the puck. When the goaltender is prepared, the player will start at the opposing blue line and attempt to score in any legal method. Play is stopped when a shot is made, the player loses control or scores, or the puck is played by the goaltender. Rebounds are not allowed on penalty shots.



\* Typically its the team captians that will call an off side, though - other players may also make this call. **HOWEVER, if multiple phantom off sides are called, those responsible may face discipline - including suspension and or expulsion from the group. Please play fairly.**

### 10.1c Icing Calls

We do not stop the play for icing infractions. The puck remains playable by either team.

### 10.1d Illegal Player Substitution: Delay of Game

**A player MAY NOT leave the bench and engage in the on ice play UNTIL his player match (from the other line) is on the bench or at standing by the door of the bench area (waiting to get in).** If the player does prematurely engage in the play and touches the puck, the play will immediately be stopped and possession of the puck will go to the opposing team (the call on the ice being "delay of game").



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## 10.2 CH Protocols - GOALTENDER STOPPAGES, & RESPECT

If a goaltender stops the play, he is to be given the opportunity to freely move the puck (a distance of up to 3 feet) "by hand or stick" to a player on his own team.

The receiving skater should then be **allowed to move the puck without opposition directly behind their own net**. Note: Once the puck has been moved behind the goal, **fore checking by the opposing team is permitted after a 3 second grace period**.

At any stoppage of play, **all opposing players must remain a minimum of 2 feet above the goaltenders crease for the duration of the 3 second grace period, or until the puck has been moved past the goal line**.

The fore checking player **MAY** traverse from right to left on the ice surface, but cannot proceed forward until the 3 second grace period has expired.

If the play (at any time) proceeds any distance ahead of the goal line (whether via a goaltender's pass and/or any skater) the opposing team may immediately commence their attempts to retrieve the puck.

### 10.2b IN THE SCRAMBLE - DON'T WHACK AND HACK AT THE PUCK!

If a goaltender is down and reaching for a puck, please do not hack and jab at them to create havoc in the crease. The net minders are never to be pushed or driven into their nets at any time. Remember its rec hockey and we don't want anyone getting hurt through reckless behaviour.

However, if the goaltender does not have control of the puck - it should still be considered in play. The point here is to be in control of your stick and actions at all times.

### 10.2c RUNNING THE GOALTENDER

Though incidental contact between a player and goaltender sometimes is unavoidable, any player who purposefully runs into (or through) a goaltender may be subject to discipline (including suspension and or expulsion from the group).



\* Players **ARE NOT PERMITTED** to use the momentum of their bodies to carry the puck into the net. Not only will this always be considered a no goal situation, the play may be scrutinized by the convener as a goalie run (a suspend able action). Don't do it!



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\* Defending players ARE NOT TO PUSH OR CHECK ANYONE INTO THEIR GOALIE - EVER!

\*Sportsmanship! If a collision happens between you and the goaltender, it is ALWAYS looked more favorably upon if the player stops to determine if the goalie is "ok", followed by an apology and tap on the pads. The optics of this will substantiate the players intent and concern for person's well being.

## **GAME FLOW:**

### **10.3 CH Protocols - After a goal/ setup/ rushes**

#### **Setup protocol (after a goal)**

When a goal has been scored ALL players must be allowed adequate time to exit the zone and to re establish their defensive/ offensive structure within their end of the ice.

#### **Hurry up rushes:**

**The play will be stopped dead should a team "hurry up the rush" in attempts to gain an speed advantage over a team that is in the process of re establishing their defensive posture.** The defensive team in this situation must be given 2-3 seconds to set up each players position. ONLY the team conveners or captains can make this call.

If substitutions are underway, **the attacking team is only required to wait 2-3 seconds from the time the last player has crossed over the red line back into their zone.** In such situations, after a 2-3 second wait, the attacking team is NOT required to wait for the defending team to set up.

#### **Giving the red line to the attacking team**

After a goal has been scored the defending team must give the red line to their opposition.

**At no time is the defending team ALLOWED to cross over the center line until either the puck or a member of the rushing team has crossed the line first.**





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#### **10.4 CH Protocols - Stoppages in play (Puck over the glass/ hitting safety net)**

If the play is stopped due to a puck travelling over the glass:

**A puck shot over the glass or into either of the players benches (not deflected): The team whose player made the initial shot will lose possession of the puck to the opposing team.** The play is to commence from behind the center line of the team now in possession.

The opposing team must assemble "up ice" of the line in play. Fore checking players must be at least 15 feet away from the puck when restarting the play.

The team given possession of the puck is to have a 2-3 second grace period to resume the play. Opposing teams are permitted to pursue the puck carrier after the 2-3 second grace period.

NOTE: this rule does not apply to pucks shot out of bounds behind either goaltender. Please see "*A puck striking the safety netting behind either goaltender*" below for more details.

**A puck deflected over the glass or into the players bench: Possession of the puck will be given to the team whose goal is closest to where the puck initially went out of bounds (regardless of the team who last touched the puck).** The play is to commence from behind the goal.

The opposing team must assemble "up ice" of the line in play.

The player given possession of the puck is to have a 2-3 second grace period to resume the play. Opposing teams are permitted to pursue the puck carrier after the 2-3 second grace period.

**A puck striking the safety netting behind either goaltender:** Any puck striking the safety netting behind a goaltender will result in a stoppage of play. **The possession of the puck is given to the team whose goal is closest to where the puck initially went out of bounds** (regardless of who's team shot or deflected the puck).

The receiving team should then be allowed to move the puck without opposition directly behind their own net. Note: Once the puck has been moved behind the goal, fore checking by the opposing team is permitted after a 2-3 second grace period.

At any stoppage of play, all opposing players must remain a minimum of 2 feet above the goaltenders crease for the duration of the 2-3 second grace period, or until the puck has been moved past the goal line.



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The fore checking player MAY traverse from right to left on the ice surface, but can not proceed forward until the 2-3 second grace period has expired.

If the play (at any time) proceeds any distance ahead of the goal line the opposing team may immediately commence their attempts to retrieve the puck.

## 10.5 HIGH STICK

Any stick that is raised higher than a players chest is considered a "high stick".

If a puck is contacted by a high stick, **the play is immediately stopped** and the possession of the puck is given to the opposing team. The puck should be tossed into the opposing teams corner where play will resume.

Any goals that are scored as a result (directly or indirectly) of a high stick will be disallowed.

## 10.6 HOCKEY INFRACTIONS

**Our programs are all NON CONTACT.** The following are considered major infractions and may result in further discipline of the player(s) involved. Each will be scrutinized in the same manor as our "fighting rules" and can result in the player being suspended and or expelled from the group. **Simply put - DON'T DO IT!**



### MAJOR INFRACTIONS

- \* Cross Checking
- \* Charging
- \* Roughing (major)
- \* Slashing/ Axe Chops
- \* Clipping
- \* Elbowing
- \* Kneeing
- \* Spearing

### MINOR INFRACTIONS

Minor infractions - **will cause an immediate loss of possession of the puck.** Should a goal be score while one of these infractions is in play - it will be disallowed (regardless if it directly or indirectly is involved in the goal).

- \* Checking



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- \* Tripping
- \* Hooking
- \* Holding/ Holding the stick
- \* Roughing (minor)
- \* Interference (checking or impeding a player without the puck, including obstructing the path of the skater (picks)
- \* Delay of game
- \* Goaltender interference

We encourage fair play and sportsmanship and should a player continually commit the same infraction, they may be subject to reprimand via a suspension. Please keep it clean!

If you have any questions about our on ice game rules, please [contact the administrator](#)