



OFFICIAL RULE BOOK

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SHHL Rules and Regulations

The titles of play governing competition, tournament, and regular league and playoff games, under the jurisdiction of the SUPERHERO HOCKEY LEAGUE INC (SHHL) shall be the current posted publication of the rules and regulations in the Official Rule Book. The SHHL is governed by the rules and regulations that are outlined in the Hockey Canada Rulebook unless otherwise noted. The SHHL reserves the right to change any rule as deemed fit to protect its players, officials, or product. Notice will be emailed to the designated Team Official to relay all changes to their players until such time an amendment can be made to this rule book.

Official Rule Book V.2019.01

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TEAMS/REGISTRATION

Rule 1.1 Team Registration

- (a) The SHHL reserves the right to refuse any team registration.
- (b) The SHHL reserves the right to place a team in any division OR reject/cancel a team's entry at any time when it is considered to be in the best interest of the league.
- (c) Team deposit will reserve a team's position within the league, pending full payment.
- (d) Deposits will be non-refundable.
- (e) Teams that have an outstanding balance with the SHHL and have passed the scheduled payment deadline will be:
 - Expelled from the league and no refund issued for payments made, or
 - At the discretion of the Directors, teams will be reduced regular season games (minimum one game pending amount owing) and will not be permitted entry into the playoffs.

Rule 1.2 Player Registration

- (a) The SHHL reserves the right to refuse any player registration into the league.
- (b) The online player roster will use the following terminology:
 - Captain will have a (C),
 - Alternate Captains will have an (A),
 - Injured players will have (INJURED),
 - Suspended players will have (SUSP),
 - Players who have not submitted a waiver will have (NW).
- (c) All players must be at least 18 years of age.
- (d) Any registered player on a team may play (subject to league approval) on another team in the league.
- (e) In the case the player receives a suspension, they will be suspended from all SHHL games until the suspension date has passed.
- (f) All players must have played a minimum of 1/3 of games to be eligible for playoffs (goalies exempt).

Rule 1.3 Waiver and Release of Liability

- (a) All players participating in the SHHL must have read and registered online with the "PLAYER REGISTRATION, WAIVER OF LIABILITY, RELEASE, ASSUMPTION OF RISK & INDEMNITY AGREEMENT" before competing in their first game.
- (b) A player playing without signing the waiver will result in a defaulted game for their team and suspension to the team GM.



- (c) Spare players must fill out the "PLAYER REGISTRATION, WAIVER OF LIABILITY, RELEASE, ASSUMPTION OF RISK & INDEMNITY AGREEMENT" before competing in their first game.

Rule 1.4 Ineligible Players

- (a) An ineligible player is:
- Any player who has NOT completed the "PLAYER REGISTRATION, WAIVER OF LIABILITY, RELEASE, ASSUMPTION OF RISK & INDEMNITY AGREEMENT",
 - Any player who is currently suspended or expelled from the SHHL,
 - Any player that is not able to provide photo identification when requested by an SHHL Official,
 - Any player playing in the playoffs who has played less than 1/3 games throughout the winter regular season (generally 10 games unless otherwise specified) or 1/3 through the summer regular season (generally 5 games unless otherwise specified).
- (b) A team playing with an ineligible player will automatically forfeit that game and
- Scoring statistics will only be counted for the winning team,
 - Penalty minutes will be counted for both teams.
- (c) If the team GM, Captain or Alternate Captain is aware of a player's ineligibility and allows that player to participate in a game, the team GM is subject to suspension upon review and discretion of the Discipline Manager.

Rule 1.5 Player Conduct

- (a) All players participating in the SHHL must adhere to the following expectations:
- Respect the SHHL, its designates and participants, the arenas and their staff members, and any persons observing gameplay,
 - Refrain from the use of foul, aggressive, or racist comments,
 - Abstain from body contact and rough play,
 - Obey and follow all rules as listed in the Official Rule Book of the SHHL.
- (b) A player who fails to adhere to the expectations listed above may be suspended from play until further notice. No refunds will be provided.

Rule 1.6 Team Official/General Manager

- (a) Team officials will be named on the official players list submitted at the beginning of the season.
- (b) Team officials will ensure all players have read, understood and completed the "PLAYER REGISTRATION, WAIVER OF LIABILITY, RELEASE, ASSUMPTION OF RISK & INDEMNITY AGREEMENT" before competing in their first game.



- (c) Team officials will report any game that involves a player receiving a major, match or gross penalty to the SHHL immediately. Failure to do so may result in an extended suspension to the player.
- (d) Team officials will ensure all players are updated on decisions, rule changes and other information pertinent to the team and players' continued participation in the SHHL.
- (e) Team officials will enforce all disciplinary actions passed onto the team by the Discipline Manager.
- (f) When requested by the Discipline Manager or the Appeal Committee, the team official shall provide all statements within two (2) days from players who witnessed or were involved in an incident under review. All statements received after two days may not be accepted for use in an incident review, appeal process, or investigation.
- (g) SHHL personnel will only accept emails/phone calls from designated team Officials.

Rule 1.7 Team Captains

- (a) Each team may appoint a Captain (C) and not more than three (3) Alternate Captains (A).
- (b) Only a Captain or Alternate Captain who is on the ice shall have the privilege of asking the Referee for an explanation of any rule during the progress of the game.
- (c) Prior to the start of the game, the team official/GM shall have names and numbers of the on-ice Captains listed on the roster.
- (d) If the Captain or Alternate Captains' letters are not worn, their privileges will not be permitted.
- (e) When the Captain or Alternate Captain receives a penalty, they shall lose all their privileges for the duration of the penalty and must proceed directly to the penalty box. Players failing to do so will be assessed a misconduct penalty.
- (f) If a team has more than three (3) Captains in attendance, the game sheet must reflect which three players will have Captain privileges during that game.

Rule 1.8 Players in Uniform

- (a) All players must bring photo identification (ID) to every game. Any SHHL Official can request player ID at any point during a game.
- *new** (b) A team shall not have more than sixteen (16) players in uniform and listed on the team roster of the Official Game Report for any one game. This includes the goaltender.
- (c) A team shall not have more than six (6) players on the ice (one of which can be the goaltender) at any one point while the play is in progress.



- (d) Before the start of each game, the team GM or on-ice Captain for each team must review the team roster, update player numbers, add players not listed, and cross off any players not in attendance.
- (e) The team representative must sign the game sheet, including their jersey number, before the game can commence.
- (f) Any team who gives a false statement on the Official Game Report shall be dealt with by the SHHL and may be expelled from the league.
- (g) Each team will be allowed one opportunity to ask an opposing player for ID during a game if they suspect they are an ineligible player. This must be done during the first intermission only to minimize disruption of the game. If the player is deemed eligible to play, a delay of game minor will be given to the on-ice Captain of the requesting team.
- (h) Each team will be allowed one goaltender on the ice at one time. The goaltender may be removed and another skater substituted. No player, other than the goaltender or a replacement for the goaltender shall be permitted to wear the equipment of the goaltender.
- (i) If both teams are on the ice during the pre-game warm-up, players shall be restricted to their own half of the ice. Where a team violates this regulation, the Referee shall report the violation to the Discipline Manager.
- (j) No player under suspension may participate in the pre-game warm-up or occupy the players' bench during the game.
- (k) In games where teams have only one goaltender dressed and a penalty is assessed to the goaltender which causes ejection from the game, at the discretion of the Referee, the goaltender may be allowed to remain in the game and the time penalty will be served by a team member who was on the ice at the time of the infraction.

Rule 1.9 Starting Line-up

new

- (a) Teams must have a minimum roster of six (6) skaters and one (1) goaltender to play a game, OR seven (7) total skaters.
- (b) Teams may have a maximum of sixteen (16) total players in any one game, including the goaltender.
- (c) Teams must be prepared to commence play at the request of the Referee.
- (d) If, at the beginning of the game, the goaltender is late, the game will start at the scheduled time and the team will be allowed to play with six (6) skaters on the ice until the goaltender arrives.



EQUIPMENT

Rule 2.1 Jerseys

- (a) All players of the same team must wear jerseys of the same base color.
- (b) All jerseys must be numbered and no two jerseys may have the same number.
- (c) All team crests and sponsor logos must have SHHL approval prior to use.
- (d) All teams should have two sets of jerseys: one dark "home" set and one "away" light set of jerseys. Teams should also have matching socks whenever possible.
- (e) The Captain shall wear the letter "C" and the Alternate Captain(s) the letter "A" in a conspicuous position on the front of their jerseys.
- (f) If the letters are not worn, the Captain and Alternate Captain(s) privileges shall not be permitted.
- (g) Registered players not having the appropriate team base color for that game will not be allowed to play until the player conforms to the team colors.
- (h) Exceptions can be made for unique single color jerseys pending SHHL approval as long as they do not conflict with an already existing team.
- *new** (i) Goaltenders are required to have separate color jerseys than the opposing team. Logo and number for goaltender's jerseys are not required.

Rule 2.2 Sticks

- (a) All sticks (including the goaltender's sticks) may be made of wood, fiberglass, composite, or aluminum and/or any other material approved by the SHHL. They must not have any projections, pockets, netting, or other similar contrivances designed to give the player or goaltender undue assistance in the playing of the game. The end of the shaft of all sticks must be covered to protect against injury. In the case of hollowed shaft sticks, the end of the shaft must have a protective cap as well as being covered to protect against injury. A player may carry only one stick while participating in the play.
- (b) A minor penalty shall be assessed to any player, including the goaltender, for any violation of this rule.

Rule 2.3 Goaltender's Equipment

- (a) With the exception of skates and stick, all the equipment worn by the goaltender must be constructed solely for the protection of the head and body and must not include any garment or contrivance which would give the goaltender undue assistance in keeping goal. Abdominal aprons extending down the thighs on the outside of the pants are prohibited.
- (b) A minor penalty shall be assessed to any goaltender guilty of using or wearing illegal equipment.



- (c) A goaltender shall remove their face protector for the purpose of identification if so asked by the Referee. A goaltender who refuses this request shall be assessed a gross misconduct penalty.
- (d) Goaltenders shall be required to wear a CSA approved hockey helmet to which a CSA approved facial protector has been securely attached and not altered in any way.
- (e) It is recommended that all goaltenders wear a throat protector.
- (f) When a goaltender starts the game wearing an illegal face mask, the Referee is directed to use the following procedure:
 - The offending goaltender will be allowed to immediately replace the illegal equipment and resume play.
 - In the event that the goaltender is not ready to resume play immediately, play will resume with the offending team using an additional skater until such time that the goaltender returns.
 - If the goaltender returns wearing the approved equipment, they shall be allowed to enter the game at the first stoppage of play.
- (g) When a goaltender loses their helmet, play shall be stopped immediately.
- (h) If a goaltender deliberately removes their helmet for the purpose of stopping the play, the Referee shall assess a minor penalty for delay of game.
- (i) If a goaltender is struck in the mask or facial area by a direct shot from the opposing team, the play will be blown dead immediately for the safety of the goaltender. If this deliberate action occurs when an opponent is on a breakaway in the neutral or attacking zone, or occurs in the last two minutes of regular playing time, or any time in overtime, a penalty shot shall be awarded to the non-offending team.
- (j) If a puck strikes the goaltender's mask from their own teammate's shot or from a deflection, the play may resume upon discretion of the Referee.
- (k) If a puck strikes the goaltender's mask and travels over the goal line before landing on the ice, this will be considered a goal.

Rule 2.4 Player's Equipment

- (a) All protective equipment except gloves, head gear, or goaltender's leg pads must be entirely worn under the uniform. Leather elbow patches on the outside of the sweater and palm-less gloves are prohibited. After one warning by the Referee, a minor penalty shall be imposed on the offending player for any violation of this rule.
- (b) While on the ice, including pre-game warm-ups and post-game handshake, all players must wear a CSA approved helmet with the chin strap properly fastened under the chin.



- (c) Players informed by the Referee of an illegal helmet (not CSA approved) may not participate in the balance of the game unless satisfactory measures are taken.
- *edit** (d) To protect against possible serious facial injury, the SHHL strongly recommends that all players wear full CSA approved facial protection equipment. These are no longer required and players choosing not to wear facial protection do so at their own risk. The SHHL will not be held liable for face or eye injuries sustained as a result of not wearing facial protection.
- (e) Any player who has only the sight of one eye must wear a CSA approved face protector if they choose to play. The player and their team must be aware that the SHHL will not be held liable for further eye injuries.
- (f) Should the helmet of a player come off while play is in progress, such player may replace the helmet immediately, properly fastened, and continue in the play or may proceed directly to the players' bench for substitution. If such player participates in play in any manner without their helmet, play shall be stopped immediately and the offending player assessed a minor penalty. The penalty shall be assessed for participation in the play without the proper protective equipment.
- (g) All players, while on the players' bench and/or penalty bench, must wear their approved helmet. Any goaltender on the bench, as a minimum, is required to wear the same protective head equipment as the players. For a violation of this rule, a warning shall be issued to the team. The second and subsequent violations by the same team will result in a bench minor penalty being assessed to the offending team.



REGULAR SEASON FORMAT

Rule 3.1 Number of Games

- (a) In the winter season, there will be thirty (30) regular season games. League games will typically begin the Tuesday after Labor Day. This may include seeding round games.
- (b) In the summer season, there will be fifteen (15) regular season games. This may include seeding round games.

Rule 3.2 Start of Game & Periods

- (a) The game shall commence at the time scheduled by a face-off in the center of the rink. It shall be renewed promptly at the conclusion of each intermission in the same manner.
- (b) At the beginning of each period, only the players taking part in the actual face-off shall be allowed on the ice prior to the face-off. All other players not taking part in the face-off shall go directly to their benches. For an infraction of this rule, a bench minor penalty for delay of game shall be assessed to the offending team.
- (c) At the end of each period, where teams cross paths or use a common exit, the visiting team shall leave the ice first, unless otherwise directed by the Referee. Failure to comply shall result in a bench minor penalty. Any unusual circumstances shall be reported to the Discipline Manager.

Rule 3.3 Time of Match

- (a) SHHL games shall be timed as follows:
 - Warm-up – 3 minutes run time
 - 1st Period – 15 minutes stop time
 - 2nd Period – 15 minutes stop time
 - 3rd Period – 15 minutes stop time
- (b) In circumstances where there is a timekeeper no show and only one Referee:
 - The game format will consist of three (3) twenty (20) minute run time periods.
 - The home team Captain will direct responsibilities to record game statistics as per the direction of the Referee.
- (c) Maximum game permit time seventy-five (75) minutes including warm-up.
- (d) The team scoring the greatest number of goals during the three periods shall be the winner.
- (e) No game will exceed the permit time. If undue delays occur for any reason and the game cannot be completed within the permit time, the following procedure shall be followed:



- At the first stoppage of play with five (5) minutes left in permit time, the timekeeper will notify the referee (generally with a buzzer),
 - At this stoppage of play, the playing time clock will be dropped to two (2) minutes stop time,
 - In the event of any dispute regarding time, the matter shall be referred to the Referee in charge and their decision shall be final.
- (f) Intermission will be thirty (30) seconds long. If any unusual delay occurs within the periods, the Referee may order the next regular intermission be taken immediately.

Rule 3.4 Overtime

- (a) If, at the end of three periods, the score of both teams shall be equal and there is eight (8) or more minutes left in the permit ice time, five (5) minutes stop time will be put on the clock and both teams will play a four on four sudden death overtime period.
- (b) Line changes during the overtime period are to be done "on the fly" only.

Rule 3.5 Shootouts

- (a) If, at the end of the overtime period, the game is still tied and there is five (5) minutes or more left in the permit time, the Referee may hold a five-person (5) shootout. If there is less than five minutes but three (3) or more minutes left in the permit time, the game will then go to a three-player shootout. No shootouts will begin with one (1) minute or less permit time left.
- (b) If, at the end of the five/three player shootout, the game is still even, the Referee can go to a one vs one sudden death shootout up to one (1) minute left in the permit ice time.
- (c) If no winner is decided after sudden death shootout, the game will be considered a tie and both teams will receive one point.
- (d) No player serving a penalty at the end of the regulation or overtime can participate in the shootout.

Rule 3.6 Divisions

- (a) The SHHL will attempt to place teams where they are best suited and therefore division numbers and sizes may vary.
- (b) The number of divisions will depend on how many teams register, their ability levels and available ice slots.
- (c) The SHHL reserves the right to move a team at any time during the regular season to a different division.



Rule 3.7 Schedule

- (a) All scheduled games will take place at the time and place stated in the official league schedule. This official schedule will be approved by the league and is not normally changeable.
- (b) Teams must advise of any date conflicts, blackout periods, or arena preferences when registering their team to the league scheduler. The league will attempt to accommodate the requirements for game dates, times or locations in the schedule for the team prior to it being published.
- (c) Following publishing of the schedule, no changes will be considered at the request of a team.
- (d) Teams should normally arrive at the arena at least one half (1/2) hour before the scheduled start time.
- (e) Should a game not proceed due to lack of officials, arena problems, or any other issue resulting from actions of the league, the game will be cancelled and rescheduled as soon as possible.
- (f) If both teams default, the game will be recorded as 0-0 and no replacement game scheduled.
- *new* (g) If a single team defaults (forfeits) a game, they will:
 - Forfeit their next scheduled game and the opposing team from the original defaulted game will play in their place, or
 - Pay a \$250 fine to the league which will be forwarded to the opposing team and must be paid within 48 hours.
- (h) In all cases of a default, officials are not required to remain.
- (i) If a game is called by an official due to the actions of a team or player, the team at fault shall be awarded a loss. All penalties and points will be recorded for both teams.

Rule 3.8 Liability

The SHHL and/or its agents, Directors, and employees assume no responsibility for players, coaches, managers, officials and/or spectators' injuries or other liability incurred before, during, or after any SHHL activity.

Rule 3.9 Additions/Modifications

Administration reserves the right to change, add or modify any part of these regulations at any time. Team officials will be notified by email of any changes.



PLAYOFF FORMAT & RULES

Rule 4.1 Playoff Eligibility

- (a) All players must have met the minimum 1/3 regular season game requirement to be eligible for playoffs (goalies exempt).
- *new** (b) If a team requires use of a spare goaltender in the playoffs, the team GM must confirm the goaltender's eligibility with the league prior to the beginning of the playoff game. Requests for approval of spare goaltenders must be received no later than 6 hours prior to puck drop.
- (c) All players are required to bring photo identification to all playoff games. Please show your photo ID to the timekeeper at the beginning of warm-up. If you do not have photo ID, you will not be permitted to play. There will be absolutely no exceptions to this rule.

Rule 4.2 Number of Games

- (a) In the winter season, playoff format will be single elimination with a best of three final series.
- (b) In the summer season, playoff format will be single elimination.

Rule 4.3 Permit Time

- (a) The permit time for playoff games remains to be seventy five (75) minutes.
- (b) If the game is tied with seven (7) minutes permit time left, the game clock will be dropped to two (2) minutes stop time.
- (c) If the game becomes tied any time later than the seven (7) minute permit time remaining, the clock will be immediately dropped to two (2) minutes stop time.
- (d) If the game is still tied with three (3) minutes left in the permit ice time, at the first whistle the game will go to an automatic shootout.

Rule 4.4 Shootouts

- (a) Each team will designate three (3) players for the shootout.
- (b) These three players will have to be submitted to the timekeeper and shoot in the order submitted.
- (c) The home team will select whether they would like to shoot first or last.
- (d) The designated players from each team will alternate until all players have shot.
- (e) If the score remains tied after the initial six players have shot, the winner will be decided by a sudden death shootout (permit ice time allowing).
- (f) The original three designated shooters from each team will alternate, in reverse order, until a winner has been decided.
- (g) No player serving a penalty at the end of regulation time will be permitted to participate in the shootout.



- (h) The officials can use the full allotted permit ice time for shootouts if a winner has not been decided after the three (3) player shootout.
- (i) If a winner cannot be decided at the end of the allotted permit time, the team with the most regular season wins, followed by goals for, and finally goals against will be declared the winner.



SHHL LEAGUE SPECIFIC RULES

Rule 5.1 Hockey Clubs

- (a) Any GM that has two or more teams in the league may register their teams as a hockey club (HC).
- (b) Any club team can substitute players in between club teams, up or down, during the regular season.
- *edit** (c) Playoff eligibility for club players will be as follows:
 - Minimum of 1/3 regular season games with any one club team, as per league requirements, to be eligible to play in the playoffs.
 - The player's primary roster and division standing will be the team for which that player has played the most regular season games.
- *edit** (d) Playoff sparing between club teams will be as follows:
 - All players sparing on club teams in the playoffs must be playoff eligible with at least one club team.
 - The player's primary roster team as determined in rule 5.1 (c) will be used to determine if a player is sparing up or down.
 - Any team other than the player's primary roster will be referred to as the "spare team".
 - Any club team may use a club spare player from a division below their own, their own division, or one division above them in the playoffs without that player being subject to minimum games played with the spare team.
 - A club team seeking to use a club spare player who is primary rostered to a team **two divisions above** the spare team may do so however this player must have played at least 1/3 games with the spare team.
 - Club teams will be limited to the use of two (2) club spares from teams above their division per game in the playoffs. There is no limit to number of spares used from the same division or below. Players who have met the 1/3 minimum regular season games with the spare team will not be counted towards the two-player maximum.
 - Club goaltenders do not require a minimum number of games to spare for a club team in the playoffs, however, if they are dropping divisions in the playoffs, approval from the league will be required.
- (e) Club players will be subject to any league fair play or ringer rules being enforced in the division they are playing or sparing in.
- (f) Club teams do not have to carry the same team name but do have to be registered prior to the season start as a club affiliate and have the same GM who will be the direct league contact for their club.



- (g) Club fees will be based on how many teams are in the club and will be added together and payable to the league as one fee. Any outstanding fees can result in a forfeiting of games for all teams in the club (at the discretion of the league Directors).

Rule 5.2 Fair Play Rule

new

- (a) If a player is deemed by the officials to be playing outside the skill level and spirit of the division (at the discretion of the on-ice Referee), both Captains shall be informed by the officials and the player will be issued a warning and reminded to play within the spirit of the division.
- *new** (b) If a warning has been issued to the player and they continue to play outside the spirit of the division, a two (2) minute minor for unsportsmanlike conduct shall be assessed.
- *new** (c) If, after receiving the two minute unsportsmanlike penalty, the player continues to play outside the spirit of the division, the on-ice Referee shall assess a gross misconduct to the player. This player will be ejected from the game and reported to the Discipline Manager.
- *new** (d) **This rule will be applied to divisions based on a vote by team GMs at the beginning of the season, and anytime during the season when there are divisional changes requiring re-visitation of this rule.**

Rule 5.3 Ringer Rule

new

- (a) Any player scoring three (3) goals in one game will no longer be able to score goals in that game. If the player does score a fourth goal, that goal will be disallowed and a face-off will take place at center ice.
- *new** (b) Penalty shots will not be allowed by any players who have recorded three (3) goals and a replacement skater, who was on the ice at the time of the penalty shot call, must be selected by the team official.
- *new** (c) Players will still be available to take part in a shootout as long as they were not in the penalty box at the end of regulation time.
- *new** (d) **This rule will be applied to divisions based on a vote by team GMs at the beginning of the season, and anytime during the season when there are divisional changes requiring re-visitation of this rule.**
- *new** (e) The three (3) goal ringer rule will automatically apply in divisions subject to the *Rule 5.2 Fair Play Rule*.

Rule 5.4 Player Cameras

new

- *new** (a) Player cameras are permitted to be worn in the SHHL.
- (b) Teams are limited to two (2) player cameras per game at a maximum and must be securely fastened to the player's helmet or body so as not to fall off during gameplay.



- *new*** (c) Any footage obtained from player cameras is for personal use only and will not be considered for review of any league disciplinary action or on-ice calls under any circumstances.

Rule 5.5 Arena Rules

- *new*** (a) Locker rooms should have garbage picked up when finished. It is the team's responsibility to make sure the room is clean and has no damage. Please advise the Venues Director and/or arena staff of any unkept dressing rooms or noted damage prior to being occupied by your team.
- *new*** (b) Arenas may charge for lost locker room keys, plumbing and broken fixtures. It is the team/players responsibility to ensure the arena's property is not lost or damaged.
- *new*** (c) If a player steps onto the ice prior to the Zamboni doors closing, that team will be fined \$50 per incident.
- *new*** (d) Locker room assignments should be posted on the facility display board near the entrance. Please report to the league if your team names are not posted on the display board during the regular season.
- *new*** (e) In accordance with venue rules and city bylaws, the SHHL has a no alcohol policy unless otherwise stated. This includes inside the dressing rooms and all public areas of the venues used. Any penalties imposed on the league for breach of this rule (fines, loss of use of a venue, etc.) may result in monetary fines to the offending team to recover any losses incurred.

Rule 5.6 Accumulated Team Penalty Minutes

- (a) Team accumulated penalty minutes will be as follows for the SHHL:
- Three hundred (300) minutes during the winter season,
 - One hundred and fifty (150) minutes during the summer season.
- (b) Teams that reach the accumulated penalty minutes will result in an SHHL Directors meeting and could carry a maximum penalty of the offending team having to forfeit the rest of their regular season and be denied entry into the playoffs.



PLAYING RULES

THE SHHL'S PLAYING RULES WILL FOLLOW THE HOCKEY CANADA RULES AND REGULATIONS, WITH ATTENTION TO THE FOLLOWING PLAYING RULES:

Rule 6.1 Change Of Players

- (a) When play is in progress, not more than six (6) players are permitted on the ice at any one time. During line changes, players leaving the ice shall be at the players' bench and out of play before any change is made.
- (b) A player on the penalty bench who is to be changed after their penalty has been served must proceed by way of the ice and be at the players' bench before any change is made.
- (c) A team shall be required to place the correct number of players on the ice when requested by the Referee.
- (d) A bench minor penalty shall be served by a player committing the infraction.
- (e) If, in the last two minutes of regular playing time, a bench minor penalty is imposed for a DELIBERATE illegal substitution, a penalty shot will be awarded against the offending team and the bench minor penalty will not be served.
- (f) If, in the course of a substitution, either the player entering the play or the player retiring is struck by the puck accidentally, the play should not be stopped and no penalty shall be called.
- (g) When a goaltender leaves their goal area and proceeds to the players' bench for the purpose of substituting for another player, they must be within 3.05m (10 ft.) of the bench before the substitute player may enter the game. If the substitute is made prematurely, the Referee shall stop the play when the offending team gains possession and control of the puck. The resulting face-off will take place at the center ice face-off circle unless the offending team loses territorial advantage, then the face-off shall take place where the stoppage occurred unless otherwise stated in the rules. There shall be no time penalty to the team making the premature substitution.
- (h) For player changes taking place during a stoppage of play, the Referee will assume the normal position for the ensuing face-off. The Referee will allow for ten (10) seconds during which the teams may make player changes. After this ten second period has elapsed, the Referee will raise an arm to indicate that no further changes may be made by either team.
- (i) Where a team attempts to make a player change after their allotted period of time, the Referee shall send the player(s) back to their bench. Any subsequent infractions to this procedure at any time during the course of the game shall incur a bench minor penalty.



Rule 6.2 Injured Players

- (a) When a player, other than a goaltender, is injured or compelled to leave the ice during a game, they may be replaced by a substitute, but play must continue without the teams leaving the ice.
- (b) A penalized player who has to serve a time penalty and who has been injured may proceed to the dressing room, provided they are replaced on the penalty bench by a substitute who was on the ice at the time of the infraction. A penalized player who does not have to serve a time penalty and who has been injured may proceed to the dressing room without having to be replaced by a substitute on the penalty bench. For a violation of this rule, a bench minor penalty shall be assessed. If the injured player returns to the players' bench before their penalty has expired, they shall take their place on the penalty bench or replace the player substituting them on the penalty bench during the first stoppage of play. If they take part in play before their penalty has expired, they shall be assessed an additional minor penalty.
- (c) When a player is injured so that they cannot continue play or go to their bench, the play shall be stopped when the injured player's team has possession and control of the puck.
- (d) When there is suspicion that a player has sustained an injury, the Referee may stop the play immediately without waiting for the injured player's team to gain possession and control of the puck if they feel stoppage of play is necessary for immediate evaluation of the injured player.
- (e) Where the play has been stopped due to an injured player, excluding the goaltender, the injured player shall leave the ice and may not return to the ice until play has been resumed. If the player refuses to leave the ice, a delay of game penalty shall be assessed.
- (f) When the Referee has stopped the play due to an injury to a player and the Referee then confirms that the injured player was faking an injury so as to cause the stoppage of play, they may assess a delay of game penalty to the player involved.
- *new* (g) Due to player safety, if a player suffers the same injury three (3) times in a single game, the Referee will instruct the player to leave the game. The team official must submit a report at the end of the game to the league.

Rule 6.3 Icing the Puck

- (a) "Icing the puck" is completed the instant the puck crosses the goal line. The Referee shall immediately blow their whistle, stopping play. If the puck should have entered the goal, the icing shall not be called and a goal shall be allowed.
- (b) For the purpose of this rule, the offending team's blue line will be the icing line.



- (c) Should any player of a team, equal or superior in numerical strength to the opposing team, shoot, "bat" or deflect the puck from their own half of the ice beyond the goal line of the opposing team, play shall be stopped and the puck faced-off at the end face-off circle of the offending team. If during the play the puck shall have entered the net of the opposing team, the goal shall be allowed, except if the puck has been batted with the hand into the opposing net.
- (d) Any contact with the puck over the offending team's blue line with the puck continuing down over the goal line nullifies icing the puck.
- (e) If, during the period of a delayed whistle due to a foul by a player of the side not in possession, the side in possession ices the puck, the face-off following the stoppage of play shall take place in the neutral zone near the defending blue line of the team icing the puck.
- (f) A team shall not be considered below the numerical strength of its opponent by reason of a penalized player remaining in the penalty box after their penalty has expired.
- (g) When the puck is shot and rebounds from the body or stick of an opponent in their own half of the ice and crosses the goal line of the player shooting, it shall not be considered as icing.
- (h) Icing shall not be called if a team is below the numerical strength of the opposing team at the time the puck is shot.
- (i) Play shall continue and the icing the puck infraction shall not be called if it is caused directly from either player taking the face-off.
- (j) If, in the opinion of the Referee, a player of the opposing team, except the goaltender, is able to play the puck before it crosses the goal line but has not done so, the play shall continue and the icing the puck rule shall not apply.
- (k) The icing the puck infraction shall not be called and play shall be allowed to continue when:
 - The puck has touched any part of an opposing player, their stick or skaters.
 - The puck has touched the goaltender, their stick or skates at any time before crossing the goal line.
 - The goaltender has left the goal crease to play the puck.
- (l) If the Referee shall have erred in calling an icing the puck infraction under any conditions, the face-off shall take place at the center ice face-off circle.
- (m) Icing may be called or waived off based upon the discretion of the Referee.

Rule 6.4 Fighting and Roughing

- (a) A fighting major and a game misconduct shall be assessed to any player who is identified by the Referee as involved in a fight. The opposing player may then



be assessed a fighting major and a game misconduct if the opposing player fights back or continues the altercation, a minor penalty for roughing, or no penalty at all, depending on the circumstances.

- (b) A match penalty shall be assessed to any player who is identified by the Referee as the instigator or aggressor in a fight.
- (c) If two players throw the first punch simultaneously, then both players will receive a fighting major and a game misconduct.
- (d) Any player wearing ring(s), tape, or any other material on their hands and who becomes involved in a fight or altercation and who uses such to gain an advantage to inflict punishment and/or injury shall be assessed a match penalty in addition to any other penalty they may incur.
- (e) When a fight occurs, all other players except the goaltender shall immediately retire to the front of their respective benches or to a neutral zone designated by a Referee and remain there until the Referee calls them back to resume play. The goaltenders must stay in their goal creases or proceed to a neutral zone designated by the Referee. Any player(s) refusing to do so after being instructed by the Referee shall be assessed a game misconduct penalty. All other penalties incurred by the player(s) would apply.
- (f) Any player joining in a fight, acting as a peacemaker or taking part in another fight during the same stoppage of play will be assessed a game misconduct penalty plus any other penalty the offender incurs under the rules.
- (g) A minor penalty shall be assessed to any player(s) who, in the Referee's judgement, is (are) guilty of unnecessary rough play.
- (h) A player who is assessed a fighting penalty shall be automatically suspended a minimum of five (5) games and the remainder of the season, if:
 - It is the player's second fighting penalty.
 - It occurs in the last five (5) games of the regular season.
 - It occurs in the playoffs.
 - The player is listed as a spare.

Rule 6.5 Physical Abuse of Officials

- (a) Any player or team official who intentionally touches, holds, or pushes a Referee or off-ice official before, during, or after a game shall be assessed a match penalty and shall be reported to the Discipline Manager by the Referee.
- (b) Any player or team official who deliberately strikes, trips or body checks a Referee or off-ice official before, during or after a game shall be assessed a match penalty and shall be reported to the Discipline Manager by the Referee.
- (c) Any player or team official who threatens or attempts to strike a Referee or any off-ice official before, during or after a game shall be assessed a match penalty and shall be reported to the Discipline Manager by the Referee.



Rule 6.6 Puck Striking Goaltender's Mask

- (a) If a goaltender is struck in the mask or facial area by a direct shot from the opposing team, the play will be blown dead immediately for the safety of the goaltender. If this deliberate action occurs when an opponent is on a breakaway in the neutral or attacking zone, or occurs in the last two minutes of regular playing time, or any time in overtime, a penalty shot shall be awarded to the non-offending team.
- (b) If a puck strikes the goaltender's mask from his own teammate's shot or from a deflection, the play may resume upon discretion of the Referee.
- (c) If a puck strikes the goaltender's mask and travels over the goal line before landing on the ice, this will be considered a goal.

Rule 6.7 Puck Striking Official

Play shall not be stopped if the puck touches an official anywhere on the rink, except when the puck is deflected directly off an official into the goal or out of the playing area.

Rule 6.8 Refusing to Start Play

- (a) If a team has withdrawn from the ice and fails to return and start play, or if being on the ice, fails to start play within two minutes after being ordered to do so by the Referee, the game shall be defaulted. The Referee shall report full details of the incident to the Operations Manager.
- (b) If a team, after being ordered to return, does not return to start play, then a major penalty shall be assessed under delay of game. If this infraction occurs in the last two minutes of regular playing time, a penalty shot will be awarded against the offending team in addition to the major penalty.
- (c) If a team has withdrawn from the ice and fails to go on the ice, or being on the ice fails to start play a second time within the same game after being ordered to do so by the Referee, the two minute allowance shall not be granted and the game shall be defaulted. The Referee shall report full details of the incident to the Operations Manager.
- (d) A player or team official who refuses to leave the bench or playing area after they have been assessed a game ejection, game misconduct, gross misconduct or match penalty will be suspended until review.

Rule 6.9 Slap Shots

new

- (a) Slap shots are currently allowed in all divisions.
- (b) This rule may be vetoed, and slap shots barred in a specific division by **unanimous** vote of all team GMs in the affected division at any time in the season.



Rule 6.10 Slashing

- (a) A minor or major 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 their stick.
- (b) Injury to an opponent by slashing shall incur a major penalty.
- (c) A slashing penalty shall be assessed to any player who swings their stick at an opponent (whether in or out of range) without actually striking them or when on the pretext of playing the puck, makes a wild swing at the puck with the objective of intimidating their opponent.
- (d) A match penalty shall be assessed to any player who deliberately attempts to or deliberately injures an opponent with a slash.

Rule 6.11 Spitting

- (a) A match penalty shall be assessed to any player or team official who deliberately spits on or at an opponent, Official, team official or spectator. The Referee shall report full details of the incident to the Discipline Manager.

Rule 6.12 Attempt to Injure or Deliberate Injury

- (a) A match penalty shall be assessed to any player or team official who deliberately attempts to or deliberately injures an opponent, Official, team official or spectator in any manner.
- (b) Players who engage in head-butting shall be assessed a match penalty.
- (c) A player who attempts to kick or deliberately kicks an opposing player shall be assessed a match penalty.
- (d) A player who grabs an opponent's hair, facial protector, helmet or chin strap and uses this as an advantage or to inflict punishment or injury shall be assessed a match penalty.
- (e) A player who grabs an opponent's hair, facial protector, helmet or chin strap but does not use this as an advantage or to inflict punishment or injury shall be assessed a minor penalty.
- (f) A match penalty shall be assessed to any player who uses his facial protector as a weapon.
- (g) A match penalty shall be assessed to any player or team official who deliberately butt-ends or deliberately attempts to butt-end an opponent by jabbing them forcefully with the butt-end of their stick, or who injures an opponent by any butt-ending action.
- (h) A double minor penalty shall be assessed to any player or team official who uses the shaft of the stick above the upper hand, to hold or hook an opponent, or who attempts to butt-end an opponent.



- (i) A match penalty shall be assessed to any player or team official who deliberately spears or deliberately attempts to spear an opponent by jabbing them forcefully with the toe of the blade of the stick, or who injures an opponent by any spearing action. 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 double minor and a gross misconduct shall be assessed to any team official who pokes or jabs or attempts to jab an opposing player with the toe of the blade of the stick.



PENALTIES

THE SHHL'S PLAYING RULES WILL FOLLOW THE HOCKEY CANADA RULES AND REGULATIONS, WITH ATTENTION TO THE FOLLOWING PLAYING RULES:

Rule 7.1 Penalties

All penalty times noted in the Official Rule Book are referred to in stop time minutes. Penalties are divided into the following classes:

- Minor Penalties – 2 minutes
 - Bench Minor Penalties – 2 minutes
 - Major Penalties – 4 minutes
 - Misconduct Penalties – 10 minutes
 - Match Penalties – 5 minutes
- (a) Penalties may be assessed at any time before, during or after a game when an offence is committed, regardless of whether or not play is in progress.
- (b) Penalties may be assessed for infractions of the rules committed during the pre-game warm-up when observed by the Referee.
- (c) Any player(s) who is/are assessed any penalty(ies) in the pre-game warm-up shall automatically have their name(s) placed on the Official Game Report.
- (d) Any unnecessary contact between opposing players after the whistle shall result in penalties being assessed as prescribed by the rules.
- (e) If an offence occurs after the conclusion of a game on the ice or off the ice before entering the dressing room, a penalty shall be assessed.
- (f) Such a penalty shall be reported to the Discipline Manager by the Referee in the Official Game Report.
- (g) Where the rules state that the Captain, Alternate Captain or team official shall designate a player to serve a penalty and they refuse to name a player, the Referee shall name any player of the offending team to serve the penalty.

Rule 7.2 Bench Minor Penalties

- (a) A bench minor penalty requires the team against which the penalty is being assessed to play a man short for a period of two (2) minutes of actual playing time.
- (b) Whenever a bench minor penalty is to be assessed according to the rules, if the player guilty of the actual infraction is identified by the Referee, that player shall serve the penalty, except when such player is already on the penalty bench serving a penalty. However, if the player is not identified, the on-ice Captain or Alternate Captain shall designate any player of their team on the ice at the time of the infraction to serve the penalty.



- (c) In the case where the Referee is unable to identify the actual offender, the bench minor shall not count in the three penalty rule against the player who is designated to serve the bench minor penalty.

Rule 7.3 Minor Penalties

- (a) For a minor penalty, any player, except a goaltender, shall be ruled off the ice for two (2) minutes actual playing time, during which time no substitution shall be permitted.
- (b) If, while a team is short-handed because of one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.
- (c) Coincidental minor penalties to both teams do not cause either team to be short-handed.
- (d) When a goal is scored on a penalty shot against a team that is short-handed by reason of a minor or bench minor penalty, no player of the short-handed team shall return to the ice with the scoring of that goal.
- (e) When a player is assessed both a minor penalty and a major penalty at the same time, the major penalty shall be served first. The same principle will apply when a player is assessed a minor penalty and a match penalty at the same time. The five (5) minute time penalty which accompanies the match penalty is to be served first.
- (f) If a goal is scored against a team that is short-handed because of one or more minor penalties, the player serving the first minor penalty shall return to the ice. In the case of a player who has received a double minor penalty, their first minor penalty shall terminate.
- (g) When coincidental minor or coincidental minors of equal duration are imposed against players on each team during the same stoppage of play, immediate substitution shall be made for those penalties and such penalties shall not be taken into account for the purpose of the delayed penalty. Any differences in time or total penalty shall be served by one or more players on the ice at the time of the infraction.
- (h) Unless they have been ejected from the game, such penalized players shall take their place on the penalty bench and remain there until the first stoppage of play following the expiry of their respective penalties.
- (i) Where at least one major and/or match penalty is assessed to each team during the same stoppage of play, the coincidental major/match penalty shall take precedent over the coincidental minor penalty rule.
- (j) Any player who is assessed three (3) penalties in one game shall be ruled off the ice for the remainder of the game (game ejection).



- It shall be necessary to place a substitute on the penalty bench immediately to serve the third penalty.
- Any combination of minor, bench minor, or major penalties shall apply to the personal total of the individual in the game.
- Double minor penalties will count as two (2) infractions towards the three (3) penalty maximum.

Rule 7.4 Major Penalties

- (a) A player, including a goaltender, assessed a major penalty shall be ruled off the ice for the remainder of the game (major penalty plus game misconduct). The penalized team shall place a substitute player on the penalty bench to serve five (5) minutes actual playing time during which time no on ice substitutions shall be permitted.
- (b) The only exception to this rule is when a major penalty has been assessed for an accidental high stick, in which case the game misconduct shall not apply.
- (c) When coincidental majors and/or match penalties or coincidental penalties of equal duration including a major or a match penalty are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties and such penalties shall not be taken into account for the purpose of the delayed penalty. In the case where the penalized players remain in the game, they shall take their place on the penalty bench and shall not leave until the first stoppage of play following the expiry of their respective penalties.
- (d) When the coincidental major/match penalty rule is applied and there is a differential in the total time penalties, those penalties causing the differential shall be served first in the normal manner. Any time difference or differential in the total time penalties must be served by a player (or players) on the ice at the time of the infraction.

Rule 7.5 Game Ejection/Game Misconduct Penalties

- (a) A player incurring a game ejection penalty shall be ordered to the dressing room for the remainder of the game.
- (b) A player or playing Captain incurring a game misconduct penalty shall be ordered to the dressing room for the remainder of the game.
- (c) A substitute for the penalized player shall be permitted immediately.
- (d) A game misconduct penalty assessed will incur an automatic suspension, in which case the penalized player shall be suspended for a minimum of the next regular season or playoff game.
- (e) A total of ten (10) minutes shall be charged in the records against the penalized player for a game misconduct penalty.
- (f) The offender may be subject to further disciplinary action.



Rule 7.6 Misconduct Penalties

- (a) A player, except a goaltender, incurring a misconduct penalty shall be ruled off the ice for a period of ten (10) minutes actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiry of their penalty.
- (b) When a player is assessed a minor and a misconduct penalty or a major and a misconduct penalty at the same time, the penalized team shall immediately place a substitute player on the penalty bench to serve the minor or major penalty.
- (c) The misconduct penalty will commence on the termination of the minor or major penalty.
- (d) Any player who is assessed a second misconduct penalty in the same game shall automatically be assessed a game misconduct penalty.
- (e) If any player receives a misconduct penalty with under ten (10) minutes left in the game, the player will be subject to review for suspension by the Discipline Manager.

Rule 7.7 Gross Misconduct Penalties

- (a) Any player or team official incurring a gross misconduct penalty shall be ejected from the game.
- (b) A substitute for the penalized player shall be permitted immediately.
- (c) Gross misconduct penalties shall be assessed where a person conducts themselves in such a manner as to make a travesty of the game.
- (d) A total of ten (10) minutes shall be charged in the records against a penalized player for a gross misconduct penalty.
- (e) The Referee shall report the offender and the full details surrounding the violation to the Discipline Manager who may assess further penalties.
- (f) Any player or playing Captain who is assessed a gross misconduct penalty shall automatically be suspended for a minimum of the next regular season or playoff game.
- (g) Any player or team official who engages in verbal taunts, insults or indemnification based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language, etc.) will be assessed a gross misconduct penalty and the official shall report full details to the Discipline Manager.

Rule 7.8 Match Penalties

- (a) Any player or team official incurring a match penalty shall be ordered to the dressing room immediately for the balance of the game and will not be permitted to take part in any further games until their case has reviewed by the Discipline Manager.



- (b) In every instance where a match penalty is assessed, the offending player's team shall be required to send a player to the penalty bench for five (5) minutes. The player who serves the five (5) minutes shall be one of the players on the ice at the time of the infraction.
- (c) Where an offending player has been assessed penalties in addition to the match penalty, those penalties will be served by the same player who serves the first (5) minute time penalty.

Rule 7.9 Probation

- (a) A full time player who receives a major, match or gross penalty will be placed on probation for a length of time determined by the Discipline Manager.
- (b) A player who is on probation and incurs a major, match or gross penalty will receive double the suspension.

Rule 7.10 Penalty Shot

Any infraction of the rules which calls for a penalty shot will result in the following:

- (a) The Referee shall place the puck on the center ice face-off circle.
- (b) The player taking the penalty shot will, on the instruction of the Referee, play the puck from there and shall attempt to score on the goaltender.
- (c) The puck must be kept in motion towards the opponents' goal line and once it is shot the play shall be considered complete.
- (d) No goal can be scored on a rebound of any kind.
- (e) The goaltender must remain in their goal crease until the designated player touches the puck at center ice. In the event of a violation of this rule, the player designated or selected to take the penalty shot shall be entitled to take the penalty shot over again. The goaltender may attempt to stop the penalty shot in any manner except throwing their stick or any other object, or deliberately dislodging the goal, in which case a goal shall be awarded.
- (f) No player other than a goaltender is permitted to tend goal during a penalty shot.
- (g) In cases where a penalty shot has been awarded, the Referee shall designate the player who has been fouled as the player who shall take the penalty shot.
- (h) If, by reason of injury, the player designated to take the penalty shot is unable to do so, or if the player fouled is not readily identifiable, the penalty shot shall then be taken by a player who was on the ice at the time of the infraction and is selected by the Captain of the non-offending team and their selection reported to the Referee.



- (i) In cases where a penalty shot has been awarded and there was no player who was directly fouled, the penalty shot may be taken by a player selected by the Captain of the non-offending team who was on the ice at the time of the incident and their selection reported to the Referee.
- (j) Should the player in respect to whom a penalty shot has been awarded, themselves commit a foul in connection with the same play or circumstances after the penalty shot has been awarded, they shall first be permitted to take the penalty shot before being sent to the penalty bench to serve the penalty, provided the penalty assessed was not a game misconduct, gross misconduct, match penalty, or their third penalty of the game.
- (k) If, at the time a penalty shot is awarded, the goaltender of the penalized team has been removed from the ice to substitute another player, the goaltender shall be permitted to return to the ice before the penalty shot is taken.
- (l) The goaltender on the ice may be replaced by the substitute goaltender for the purpose of defending against the penalty shot. The replacement goaltender shall not be allowed a warm-up.
- (m) While the penalty shot is being taken, players of both teams shall withdraw to the sides of the rink and beyond the center line.
- (n) If, while the penalty shot is being taken, any player of the opposing team shall have by some action interfered with or distracted the player taking the penalty shot, and because of such action, the penalty shot should have failed, a second attempt shall be permitted and the Referee shall assess a misconduct to the offending player.
- (o) If the interference is from a team official, a game misconduct penalty shall be assessed.
- (p) If a goal is scored from a penalty shot, the puck shall be faced-off at center ice in the usual way. If a goal is not scored, the puck shall be faced-off at either of the end face-off circles in the zone in which the penalty shot was attempted.
- (q) Should a goal be scored from a penalty shot, a further penalty to the offending player shall not be applied unless the offence for which the penalty shot was awarded was such as to incur a major or match penalty, in which case the penalty prescribed for the particular offence shall be assessed.
- (r) If the offence for which the penalty shot was awarded was such as would normally incur a minor penalty, then regardless of the outcome of the penalty shot, no further penalty shall be served.
- (s) If the foul upon which the penalty shot is based occurs during actual playing time, the penalty shot shall be awarded and taken immediately in the usual manner notwithstanding any delay occasioned by a slow whistle by the Referee to permit the play to be completed, which delay results in the expiry of the regular playing time in any period.



- (t) The time required for the taking of a penalty shot shall not be included in the regular playing time.

Rule 7.11 Awarded Goals

- (a) A goal will be awarded to the attacking team when the opposing team has taken their goaltender off the ice and an attacking player has possession and control of the puck on a breakaway in the neutral or attack zone and:
- They are interfered with by an opposing player who has illegally entered the game.
 - A stick or any other object is thrown by a player on the defending team.
 - The puck carrier is fouled from behind and prevented from having a clear shot on the open goal.
 - Any member of the defending team, whether on the ice, players' or penalty bench, interferes by means of their body, stick or any other object with the puck or puck carrier.
- (b) A goal will be awarded to the attacking team when the opposing team has taken their goaltender off the ice, and when a shot has been taken (control no longer applies) and a defending player picks up the puck with their hand from the goal crease, or falls on, or covers the puck in the crease with their hand, thereby preventing an obvious and imminent goal.
- (c) A goal will also be awarded when the goaltender is removed from the ice and they, or any teammate, has deliberately piled snow or any other obstacle at or near their net, or has deliberately dislodged the net from its moorings, or when any such action has prevented a goal from being scored.

Rule 7.12 Goaltender Penalties

- (a) No goaltender shall be sent to the penalty bench for an infraction which incurs a minor, major or misconduct penalty. Instead, such a penalty shall be served by any player of the team who was on the ice when the infraction occurred. Such player shall be designated by the on-ice Captain.
- (b) An alternate goaltender may replace a regular goaltender who has been ejected from the game or has been assessed a game misconduct or a match penalty. In the event that there is no alternate goaltender recorded on the playing line-up, the regular goaltender's place may be taken by any player on the Official Game Report designated by the Captain. There will be no time allowance made and the team will continue to play with an additional player.
- (c) When a goaltender leaves the goal crease during a fight, they shall be assessed a minor penalty plus any other additional penalties they may receive.
- (d) When a goaltender leaves their goal crease to join in a fight, act as a peacemaker, or take part in another fight during the same stoppage of play,



they shall receive a game misconduct penalty plus any other penalties they incur.

- (e) If a goaltender intentionally participates in the play in any manner when they are beyond the center red line they shall be assessed a minor penalty.
- (f) A minor penalty shall be assessed to a goaltender who, after catching the puck, drop kicks the puck.
- (g) If injury results, a major penalty and a game misconduct penalty shall be assessed.

Rule 7.13 Delayed Penalties

- (a) If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two players already penalized has elapsed. Nevertheless, the third player penalized must at once proceed to the penalty bench, but shall be replaced on the ice by a substitute until such time as the penalty time of the penalized player shall commence.
- (b) When a team has three players serving penalties at the same time and while due to the delayed penalty rule a substitute for the third penalized player is on the ice, none of the three penalized players on the penalty bench may return to the ice until play has stopped. When the play has been stopped, the player whose full penalty has expired may return to the play.
- (c) When the penalties to the player or players has expired and the penalized team is entitled to more than four (4) players on the ice, the timekeeper shall permit the penalized players to return to the ice in the order of expiry of their penalties.
- (d) In cases where minor penalties are assessed at the same time to more than one player from the same team, those penalties should be served in order of occurrence without consulting the Captain.
- (e) When a major and a minor penalty are assessed at the same time against two different players of the same team, the timekeeper shall record the minor as being the first penalty assessed.



SUSPENSIONS/APPEALS

Rule 8.1 Suspensions/Expulsions

- (a) Any player playing while suspended will continue their full suspension in the next game and an additional game will be added to their suspension. The on-ice Captain or Alternate Captain at that game will also receive a suspension.
- (b) Suspended players are not allowed on the players' bench or around the player area during their team's scheduled ice times.
- (c) For players who play on multiple teams, the player must not return to any team game action until the number of games are served with the offending team.
- (d) Suspensions will be served over consecutive seasons and playoffs.
- (e) Any player receiving a season suspension may be allowed to return the following season by a majority vote of the SHHL Directors.
- (f) Players, Captains, teams etc. will be held accountable for their actions to the Referees, administration and other players. This pertains to actions on or off the ice, on any premises used by the SHHL or its administrators. Any objectionable conduct may result in suspension or expulsion by the administration.
- (g) Players involved in incidents that are investigated by the Calgary Police Service or RCMP will be suspended until such investigation is completed. If/when a charge is laid in relation to an incident that occurred in the league, that player is suspended from the league indefinitely.
- (h) No refunds will be issued to players or teams suspended or expelled for these reasons.

Rule 8.2 Individual Accumulated Penalties/Suspensions

- (a) If a player, in the duration of the winter regular season, receives fifty (50) penalty minutes, the player will be suspended for the current season for one (1) game.
- (b) If the player receives an additional twenty (20) penalty minutes, the player will be suspended for an additional two (2) games.
- (c) If the player receives an additional ten (10) penalty minutes, the player will be suspended for the remainder of the regular season.
- (d) Summer season accumulated player penalty minute totals for suspension will be cut in half but suspension length will remain the same as winter.
- (e) If a player acquires three (3) separate suspensions in one season, the player will be suspended from play for the remainder of the season.

Rule 8.3 Appeals

new

- (a) A team official may ask for an appeal regarding suspensions within forty-eight (48) hours from receiving a decision from the Discipline Manager.



- *new*** (b) There will be a fee of \$50 payable in the "Pay Fees" section of the league website that will be immediately due for a decision to be reviewed by the Operations Manager.
 - The appeal fee is non-refundable.
 - Failure to pay the fee will nullify the appeal process.
- *new*** (c) The Operations Manager will head the appeal.
- *new*** (d) The Operations Manager will conduct a review of an incident by analyzing Official Game Reports, player and referee statements.
- *new*** (e) In the event that a member of the Operation Manager's team is involved in an appeal, they will not be involved in the review process and the appeal will be defaulted to the Chairman.
- *new*** (f) Communication of the appeal process can be done by email, conference call or in person.
- *new*** (g) The Operations Manager will complete disciplinary reviews in a timely fashion as to not interfere with teams and players schedules.
- *new*** (h) The Operations Manager will decide on the disciplinary actions by:
 - Agreeing with and upholding the original disciplinary decision made by the Discipline Manager,
 - Lowering or eliminating the original disciplinary decision or,
 - Increasing the original disciplinary decision.
- *new*** (i) Upon completion of the review, the Operations Manager will notify the team official of the outcome.
- *new*** (j) In the best interest of the league and its players, the Operations Manager reserves the right to suspend a player or team for any number of games to a maximum of league expulsion.
- *new*** (k) The Operations Manager's decision will be the final decision and no further appeals will be honored.



PENALTY OPTIONS CHART (per Hockey Canada)

This chart does not cover all penalty rules, but it is designed to give the options available for the common penalty types. Please refer to the Hockey Canada Rulebook for full options.

Minor or Major + GM	Major + GM	Double Minor	Match	Minor + GM or Major + GM or Match	Minor + Misconduct or Major + GM or Match
Boarding		Butt-Ending	Butt-Ending	Checking from Behind	Head Contact (in Senior & Junior)
Body Checking					
Charging	Charging goaltender within goal crease	Head-Butting	Head-Butting		
Cross-Check					
Elbowing	Cross-Checking goaltender within goal crease	Spearing	Spearing		
High Stick					
Holding					
Hooking/Butt-End Hooking	Cross-Checking above normal height of opponent's shoulders	Leaving Player's Bench	Head Contact		
Interference					
Kneeling			Slew-Footing		
Pulling Hair/Grabbing Visor, Helmet, or Chinstrap					
Roughing / R.A.W.	Fighting	Head Contact			
Slashing	Head Contact	Slew-Footing			
Tripping					

Note 1 – A match penalty shall be assessed for any deliberate attempt to injure and for any infraction that results in a deliberate injury.

Note 2 – Throwing Stick: Misconduct penalty if thrown outside playing area. Penalty shot if thrown by the defending player at the puck or puck carrier in the defending zone.



GLOSSARY OF TERMS

- Aggressor:** Player attempting to continue a fight by throwing or attempting to throw punches or again by continuing the grappling action with his opponent with the intent of intimidation or punishment of that opponent. The aggressor may or may not be the instigator of the fight.
- Altercation:** Altercation is defined as any incident involving players leading to a penalty or penalties.
- Attempt to or Deliberate Injury:** An action by a player or team official who by the use of a stick, skate or other object, or by using her body, hits or attempts to hit an opposing player or team official, or game official with the intention of causing injury.
- Breakaway:** A player in full control of the puck in the neutral or attacking zone and having no opposing player between himself and the opposing goaltender (or goal, if the goaltender has been removed).
- Broken Stick:** A stick that in the opinion of the Referee is unfit for normal play.
- Butt-Ending:** The action whereby a player uses the shaft of the stick, above the upper hand, to check an opposing player in any manor or jabs or attempts to jab an opposing player with this part of his stick.
- Butt-Ending Hooking:** The action whereby a player uses the shaft of the stick above the upper hand to hold or hook an opponent.
- Captain:** A player, other than a goaltender, who is selected or named by the team, to represent the team with the officials. Wherever the word "Captain" appears in the Rule Book, it defines those players who have been designated as Captain or Alternate Captain on the Official Game Report.
- Charging:** The act of taking more than two steps or strides to contact an opposing player.
- Checking From Behind:** Any action where a player is intentionally pushed, body checked, high sticked, cross-checked or hit in any manner from behind.
- Control:** A player actually propelling the puck with her stick, skate(s) or glove(s).
- Creases:** Identifies enclosed space designated for the protection of the goaltender and the use of the Referee in the discharge of their respective duties. The lines which designate this space are to be considered part of the crease.
- Cross Checking:** The action of using the shaft of the stick between the two hands to check an opponent at any height.
- Delayed Off Side:** A situation where an attacking player (players) has(have) preceded the puck across the attacking blue line, but the defending team is in a position to bring the puck back out of its defending zone without any delay or contact with an attacking player.



- Encroachment:** This occurs when a player other than the center stands with a skate either inside the face-off circle, on the face-off circle or in the area between the hash marks prior to the dropping of the puck. It is acceptable for the player's stick to be inside the face-off circle but not in the area between the hash marks.
- Face-Off:** The action of the Referee or Linesman in dropping the puck between the sticks of two opposing players to start or resume play. A face-off begins when the Referee indicates the location of the face-off and the officials and players take their appropriate positions. It ends when the puck has been legally dropped.
- Game:** A meeting of two teams playing for a specific length of time, for the purpose of declaring a winner through the scoring of goals. The game consists of regular playing time and overtime, if such is required.
- Game Ejection:** When a player has been removed from the game, this player must leave the area of the players' bench and must in no way direct, coach or assist the team in any manner for the remainder of the game.
- Gathering:** When one or more players of one team come in close contact with one or more opposing players in such a manner as to create the possibility of a penalty or penalties against one or more of the players.
- Goaltender:** A person designated as such on the Official Game Report, who is identified by the use of special and legal equipment and privileges to prevent the puck from entering the net.
- Goaltender's Skates:** Skates specifically designated for use by goaltenders. The blade of the skate is closed at both ends and is specially constructed so as to prevent the puck from passing through the blade.
- Heel of the Stick:** The point where the shaft of the stick and the bottom of the blade meet.
- High Sticking:** The action of the player carrying the stick or any part of the stick above the normal height of the shoulder.
- Holding:** Any action by a player that retards the progress of an opposing player whether or not she is in possession of the puck.
- Hooking:** The action of using the blade of the stick in a "pulling or tugging" motion to impede the progress of an opponent. The hooking action may apply to any part of an opponent's body or stick.
- Instigator:** The player responsible for starting a fight by throwing or attempting to throw the first punch(es).
- Kicking:** The action of a player deliberately using his skate(s) with a kicking motion to contact an opponent, with no intent to play the puck.
- Kick Shot:** The action of placing the blade of the stick behind the puck and then propelling the puck by kicking the stick.



- Off-ice Officials:** Officials appointed to assist the On-Ice Officials in the conduct of the game. They are under the control of the Referee during the game, and may include: Official Scorer, Game Timekeeper, Penalty Timekeeper, and two Goal Judges.
- On-ice Officials:** The On-Ice Officials are the Referee and Linesmen.
- Penalty:** The result of an infraction to the rules.
- Players:** The members of the team physically participating in a game. Except where special rules apply to him, the goaltender is to be considered a player.
- Players in Uniform:** Players duly registered on the Official Game Report and attired in the appropriate protective equipment in order to participate in the game.
- Possession:** The state of a player other than a goaltender who is the last one to have come in contact with the puck.
- Protective Equipment:** The equipment worn by a player for the sole purpose of protecting against injury.
- Shorthanded:** Shorthanded means that a team is below the numerical strength of its opponent on the ice.
- Slashing:** The action of hitting an opponent with a stick while holding the stick with one or both hands. Tapping the stick of the puck carrier is not considered slashing if it is for the sole purpose of taking the puck. A player who swings his stick at an opponent and makes no contact shall still be guilty of slashing.
- Slew Footing:** The action of tripping a player by knocking a player's skates out from behind with a kicking or leg dragging motion.
- Spearing:** The action of poking or attempting to poke an opponent with the toe of the blade of the stick while holding the stick with one or both hands.
- Team Official:** The five people clearly identified on the Official Game Report which may include the Coach, Manager, Trainer, Stick Boy, Team Doctor, President and other members of the executive of the team.
- Time Penalty:** A penalty which at any time results in a team playing with less than six players on the ice. i.e., Minor, Bench Minor, Major or Match penalty.



NOTES

