



ST LAURENT ADULT HOCKEY LEAGUE LEAGUE RULES

Effective: September 2001

Last Amended: August 2023

INTRODUCTION (1-3)

1. League rules shall govern the operation of the St. Laurent Adult Hockey League (SAHL) and apply to all regular season and play-off games. Their purpose is to promote an enjoyable environment for adult ice hockey by establishing standards of play and sportsmanship. They are intended to supplement Hockey Canada rules and where there is conflict, the more restrictive rules take precedence.
2. League rules are issued by the President of the SAHL upon approval given by the SAHL Management Team. The SAHL Management Team shall include the President, Divisional Convenors, Referee-in-Chief, up to three Directors-at-Large Banquet Organizer. Amendments may be recommended at any time by any member of the SAHL Management Team to the President and require the approval of the Management Team before implementation.
3. Recognizing that extraordinary situations may arise that cannot be foreseen by the SAHL during a season of play, the President reserves the right to recommend rule changes or grant exceptions on a case-by-case basis. Fairness and reasonableness shall be the criteria and such changes or exceptions shall normally be made in consultation and agreement with the Management Team.

REGISTRATION AND FEES (4-6)

4. The President shall determine the dates of league registration. Players may register after the official registration dates if space is available. Prior to participating in any SAHL game, each player must complete the official registration form on-line.
5. Players must provide proof of age when required to do so by a Management Team member. A birth certificate, baptismal certificate, or driver's license shall be acceptable forms of proof of age.
6. A player's registration fee, or portion thereof, may be refunded only with the approval of the President as specified by the terms of agreement set out within the registration form signed by the player.

PLAYER ELIGIBILITY (7)

7. All male and female hockey players are eligible to participate in the SAHL provided that the Registrar has accepted their registration form and they have paid their registration fee. Goalies shall be exempt from paying hockey fees in lieu of their additional costs for equipment; however, they are still required to complete and submit a registration form and pay any applicable jersey deposit.

LEAGUE AND TEAM COMPOSITION (8-12)

8. Subject to the approval of the player, the President, and the Division Convenor, a player may be assigned to a division as an underage player. Such assignments shall be approved only when it is clearly in the best interests of the player affected. It is the responsibility of Division Convenor to ensure parity within the division in order to promote fair and competitive play. Although Division Convenor tries to accommodate players' requests to play with other players, some players may be requested to move to other teams during the regular season in an effort to bring equity to all teams within a division.

9. League divisions shall be established as follows:
 - a. Recreational Division - Players 18 and older (not offered at the moment);
 - b. Old-timer Division - Players 40 and older.
10. Teams shall be composed of a maximum of **12** skaters and a minimum of **10** skaters (excluding goalies). The league reserves the right to change the maximum and minimum levels from time to time.
11. The Division Convenor shall assess the relative strengths of their respective teams and balance them as necessary. Changes to teams in the form of trades shall be made as necessary and in consultation with team captains after all teams have played each other once. Teams shall also be re-assessed at the mid-point of the season (usually prior to Christmas) and final adjustments (if necessary) may be considered at that time. Players' preferences to be teamed up with friends will be accommodated where practical and within reason. However, all players should be aware that these preferences could conflict with the objective of a fair and competitive balance and therefore cannot always be accommodated. Any player may be the subject of a trade at the discretion of the Division Convenor.
12. The addition of players after the start of the regular season is at the sole discretion of the President and Division Convenor. No players shall be added after December unless approved by the President and Division Convenor in consultation with Team Captains. Any team that plays with a non-registered player shall forfeit those games. For further clarification, a new player can be added to a team roster due to the withdrawal (injury) of another player by no later than the last game played in December. The League reserves the right to ensure that the skill level of a replacement player closely matches the skill level of the withdrawing player for parity purposes. The replacement player will immediately forfeit his/her roster spot if it is subsequently determined by the Division Convenor (in consultant with the President) that a skill level match has not been achieved, i.e. replacement > withdrawing.

PLAYING RULES (13-25)

13. All games are scheduled to be 50 minutes including a brief warm-up, a 23-minute first period of non-stop time, and a second period of non-stop time that runs the balance of the 50 minutes.
14. Ties in the standings at the conclusion of the regular season shall be broken by comparing the following regular season statistics for those teams involved:
 1. Most wins, and if still tied
 2. Head-to-head record, and if still tied
 3. Least penalized team, and if still tied
 4. Goal differential - goals scored minus goals allowed, and if still tied
 5. Coin toss.
15. Helmets

The Division Convenor and Referee-in-Chief (through the assigned referees) shall ensure that all players, including goalies, are wearing the proper CSA-approved headgear.

 - a. All players must wear a CSA-approved helmet fastened with a chinstrap.
 - b. All players must wear a CSA-approved facemask that is designed to protect the entire face from chin to forehead.
 - c. Facemasks must:
 - i. Have a current CSA approval and not have been tampered with in any way;
 - ii. Be recommended by the manufacturer for use in hockey;
 - iii. Be of a size and type intended for use by adults;
 - iv. Be properly matched to the player's helmet; and
 - v. Be properly attached to the player's helmet.
 - d. All goalies must wear a CSA-approved helmet and cage. "Cat eyes" are not permitted.
16. Penalty time begins with the commencement of play after the penalty has been assessed. All penalties are straight time: minor penalties are three minutes and major penalties include a seven-minute assessment. A major assessment must be served in its entirety regardless of a goal being scored against the offending team.

17. When offsetting coincidental minor, major and/or match penalties are imposed against players on each team, immediate substitution shall be made for the players. Such penalties shall not be taken into account for the purpose of a subsequent delayed penalty ruling. In those cases where the penalized players remain in the game, they shall take their place in the penalty box until the first stoppage of play following expiration of their respective penalties. In the interest of fairness, a player (teammate) is not required to serve a penalty for another player (teammate) and it will be up to the referee and/or timekeeper to ensure that a team plays with the appropriate number of players on the ice in those circumstances where a team is required to play short-handed.
18. Slap shots are defined as any motion to draw back the stick while raising the entire blade from the ice before shooting for the purpose of imparting greater force to the puck. Slap shots shall be permitted as follows: waist-high in the Old-Timer and Recreational Divisions. An illegal slap shot (above the waist) will result in play being stopped and a face-off in the defending zone of the team making the illegal slap shot. A deliberate illegal slap shot will result in a minor penalty after receiving one warning by the referee.
19. The 'offside pass' rules will not be enforced with respect to the red line.
20. Icings will only apply when the puck is cleared down the ice before the defensive zone blue line.
21. While minor penalties are being served, changing of players on the ice will only be permitted "on the fly" for both teams. Under this rule, players will only be permitted to change when a stoppage in play occurs as a result of a goal. This rule does not apply during stop-time nor does it take effect for coincidental minor penalties.
22. A minor or misconduct penalty (referee's discretion) will be assessed for intentional body checking.
23. Accidental body contact will be treated as follows:
 - a. If the contact is broken immediately with both players retaining their balance, play will continue;
 - b. If contact is not broken immediately or if one or more players lose their balance, play may be stopped at the referee's discretion and a face-off will take place at the point of collision.
24. Only registered players shall be permitted on the team bench during a game.
25. A team must have at least 5 skaters AND a goalie to avoid forfeiting a game. The Division Convenor shall make the necessary arrangements when borrowing a goalie and ensure a matching skill set when possible. If a team cannot ice a minimum of 3 skaters during a game due to penalties, then the team automatically forfeits the game regardless of the score or the time remaining in the game.

CODE OF DISCIPLINE (26)

26. Any player demonstrating a continuing pattern of dangerous or unsportsmanlike behaviour or who commits a single act of such magnitude that shows gross disrespect for the values of the SAHL (in the opinion of the Management Team), shall have his registration terminated and fees refunded on a pro-rated basis. Furthermore, that player may be refused future entry into the SAHL. Lesser transgressions may warrant a warning and/or conditional probation.

In any event, the SAHL prides itself on sportsmanship and it is expected that all players will line up at center ice after a game to shake hands with the opposing players as a sign of this sportsmanship. An exception is made for any player ejected from a game for whatever reason as that player will not be permitted back on the ice to shake hands. A report of any other player refusing to shake hands at the end of the game will be reviewed by the SAHL Management Team and could result in disciplinary action.

The table in 'Appendix A' should be read very carefully as it will be strictly enforced.

PROTESTS AND APPEALS (27)

27. The following procedures shall be followed in dealing with player/team protests and/or appeals:

- a. Protests/appeals must be submitted in writing to the President within 24 hours after the game being protested or the event being appealed. The player/team must state the specific issue on which the protest/appeal is based and should avoid a protest/appeal that contests a specific referee's call.
- b. The President may bring the matter before the SAHL Management Team in order to make a ruling on the matter. In any event, the President shall acknowledge receipt of the protest/appeal with the appellant(s) either by phone or by e-mail.
- c. A meeting of the Management Team and the appellant(s) may be called to address the situation. A final ruling will be delivered by the President or Division Convenor or designated member of the Management Team in writing prior to start of the next schedule divisional game.
- d. A player will not be permitted to play in the league until such time that his/her appeal/protest is heard and ruled upon.

PLAYOFFS (28-30)

28. Playing rules and disciplinary measures shall apply without modification to all playoff games.

29. When applicable, ties in the standings at the conclusion of the playoff round robin shall be broken by comparing the following playoff statistics for those teams involved:

1. Most wins, and if still tied
2. Head-to-head record, and if still tied
3. Least penalized team, and if still tied
4. Goal differential - goals scored minus goals allowed, and if still tied
5. Coin toss.

30. Any supplementary rules or formats for the playoffs shall be approved by the SAHL Management Team and distributed prior to the commencement of the playoffs.

**IT'S YOUR LEAGUE...
LET'S KEEP IT SAFE & ENJOYABLE!**

Appendix A – Code of Discipline is attached.

Appendix A – Code of Discipline

The following disciplinary actions apply to both the regular season and playoffs.

| | <u>Suspension for remainder of game</u> | <u>Suspension</u> | <u>League Expulsion</u> | |
|--|---|-------------------|-------------------------|--|
| MATCH PENALTY (intent to injure) | | X | X | ⇒ Review and assessment by the SAHL Management Team is conducted regarding the player's future status in the league ⇒ Expelled players will be refunded their fees based on the number of games remaining in the season |
| MATCH PENALTY (abuse of a referee) | | | X | ⇒ Expulsion and immediate suspension from all SAHL play for the remainder of the season including playoffs ⇒ Expelled players will be refunded their fees based on the number of games remaining in the season |
| GROSS MISCONDUCT | | 3 games | X | ⇒ Review and assessment by the SAHL Management Team is conducted regarding the player's future status in the league ⇒ Expelled players will be refunded their fees based on the number of games remaining in the season |
| MAJOR PENALTY FIRST GAME MISCONDUCT During the season | | 1 game | | ⇒ Playing time lost due to a game misconduct cannot be applied to the suspension resulting from the misconduct |
| MAJOR PENALTY SECOND GAME MISCONDUCT During the season | | 3 games | | ⇒ Review and assessment by the SAHL Management Team could result in additional sanctions. ⇒ Playing time lost due to a game misconduct cannot be applied to the suspension resulting from the misconduct |
| MAJOR PENALTY THIRD GAME MISCONDUCT during the season | | | X | ⇒ Expulsion and immediate suspension from all SAHL play for the remainder of the season including playoffs ⇒ Expelled players will be refunded their fees based on the number of games remaining in the season |
| GAME EJECTION | X | | | ⇒ Can be called at the referee's discretion ⇒ Counts as seven (7) penalty minutes and offending team is not required to serve the penalty |
| THREE MINOR PENALTIES OR AT LEAST 5 PIMs in one game | X | | | ⇒ This takes into account a double-minor penalty whereby six (6) minutes are factored into the determination of the game ejection |
| Accumulation of forty (40) penalty minutes during the season | | 1 game | | ⇒ The penalty minute accumulator is NOT set back to zero after the suspension ⇒ If the suspension applies to a playoff game, the player has the option of paying a \$30 fine in lieu of the suspension |
| Accumulation of fifty (50) penalty minutes during the season | | 2 games | | ⇒ If the suspension applies to a playoff game, the player has the option of paying a \$50 fine in lieu of the suspension |
| Accumulation of sixty (60) penalty minutes during the season | | 4 games | X | ⇒ Review and assessment by the SAHL Management Team is conducted regarding the player's future status in the league ⇒ Expelled players will be refunded their fees based on the number of games remaining in the season |

NOTE:
A suspension only applies within the Division that the infraction took place. If a player is registered to play in both the Over 40 Division and Recreational Division and is suspended from play in one of the Divisions, the player will not miss any games in the other Division, but will receive a warning that any further infractions in the other Division may be met with more severe disciplinary action including ejection from the SAHL. The exception to this occurs when a player is expelled from the league.