

WHITAGOW SUMMER 2024 RULES

The reason the WHITAGOW Summer League exists is so guys old and young, skilled and less-skilled can come together once a week to have a fun night of hockey without the bull-shit of a Men's League and without the disorganised chaos of regular Pick-up Hockey.

This is all for fun and these are supposed to be friendly games. We can't have anyone getting upset or getting hurt. ZERO TOLERANCE for bullshit!

Violate any of these rules and you will be removed for the rest of the season with no money back.

On Ice Conduct:

1. Ref calls are final. Calls may not always be perfect but they won't be changed.
2. No body contact or rough play allowed. (Gentle in the corners. Be easy on the old guys). Any; body checks, hip checks, punches, roughing, slew foots, take downs or boarding and you are out for the season with no refund.
3. KEEP YOUR STICKS DOWN!! No high sticking, slashing or hooking. This is for FUN...keep it fun.
4. Goalie Safety: (A) Stay out of the crease if no puck in crease. (B) Don't cut hard or crash to the net. This hockey only works if we have happy goalies that want to be here. (C) Try to keep your shots low (not head level).
5. No handshake line. There's a game on after you. Get off the ice.
6. *Slap-shots are allowed* but be mindful of who is in the way.
7. Have fun.

Game Format Rules:

1. *Penalties are penalty shots.* Take them right away & don't waste game time. (If it starts getting out of hand we will consider adding penalties).
2. If goalie is hit in helmet or helmet comes off whistle is blown.
3. If puck goes out of bounds and comes back in keep playing unless Ref blows whistle.
4. Blue Line Icing. Whistle is blown before puck reaches goal line.
5. Three 10 minute periods (change ends) with a 3 minute warm up. **Puck will be dropped right away after warm-up whether teams are lined up for face-off or not.** Don't waste game time. The buzzer rings at 50 minutes after the hour regardless if our clock has run out or not.
6. No tie breaker if game is tied at end of regulation time.
7. All team jerseys must be matching colours. (i.e. orange team can't have a player wearing a white jersey, blue team can't have a player wearing a yellow jersey)
8. Nobody steps on the ice until they have filled out & agree to this form.

NAME

SIGNATURE

DATE

TEAM