

## WHITAGOW SUMMER 2024 RULES

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 bullshit of a Men's League and without the disorganised chaos of regular Pick-up Hockey. Player safety is #1 priority. 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!

***Anything stupid and you will be removed for the rest of the season with no money back.***

### **On Ice Conduct:**

1. Ref calls are final. Don't argue. You are just wasting ice time. 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 feet, 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.

### **Game Format:**

1. Format: 50 minute run time: Puck drops at 48 minutes.  
Puck will be dropped right away after warm-up whether teams are lined up for face-off or not. **DO NOT BRING TONS OF PUCKS FOR WARM-UP AND WASTE TIME!**
2. *Penalties are 2 minutes run time.* Take them right away & don't waste game time.
3. If goalie is hit in helmet or helmet comes off whistle is blown.
4. If puck goes out of bounds and comes back in keep playing.
5. There are **NO ICING Calls** in this league. Give the goalie space to play the puck.
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 signed & agree to this form.

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**NAME**

**NUMBER**

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**SIGNATURE**

**DATE**

**TEAM**