

Laid Back Summer Hockey 2026

RULES

Background info everyone must know;

Pick-up hockey sucks. Men's League is too competitive for some people. This Summer Hockey is intended to be the in-between. All ages/skills with balanced teams and strong goalies.

Running a laid back 4 Team Summer Hockey League like this takes a lot of effort.

For this hockey to work I need everyone to be on the same page. You must understand that this is purely for fun. Sure; winning is always preferred but it's not the end of the world.

This is happy and friendly hockey. Share a laugh with the other teams instead of an insult.

Keep the sticks down and don't play too hard on guys in the corner!

Keep the physical contact to a minimum!

Don't crash the goalies!!

If you feel the Refs miss a call just go with it and move on.

Some players that have played in previous Summer Skates that I have organised have not been invited back; don't be one of them!

If you can't mentally handle that or have some sort of anger disorder; please don't sign up!

Concerns, complaints, compliments or terms of endearment can be sent to pjgowan@hotmail.com or you can reach me by phone 705-241-5671.

-PJ

Game Format

1. 2 Periods with end change.
1st period: 23 minutes including warm-up.
2nd period: 20 minutes (last 3 minutes stop time).
2. **Blue-line icing**
3. **Slap shots**
 - Waist height maximum
 - Any slap shot taken too high results in a whistle and a face-off in offending player's zone.
4. **Out-of-bounds puck**
 - Whistle and face-off
5. **14-game season**
 - Includes 1 **Final playoff game**
6. **Crease Rule & Goalie Safety**

Goalie Safety is our #1 Concern. If a goalie feels the need to remove you from their space they can do that physically with no penalty to them.

- Players must stay out of the crease
 - If a player touches the blue paint without the puck, play is whistled dead and a face-off takes place outside the zone
7. **Penalties:**

2 minutes for tripping, holding, hooking, interference, delay of game, roughing, high sticking to face.

4 minutes; for slashing, spearing, slew-footing, elbowing, body contact, high stick causing blood.

Game Misconducts/Ejections w/4 minute penalty to a non-ejected player from same team for fighting, intent to injure, head punches.

8. **High stick** on puck whether you miss or make contact with puck is whistle and face-off in your zone.

9. **Points:** Win = 2 Points

Tie = 1 Point

No Regular Season Tie-Breakers.

If Finals end in a tie it will go to Total Season Head-to-Head least penalty minutes

- **Player Conduct & Eligibility**

- 1. **Liability Waiver**

- All players must sign the liability waiver before being permitted to participate in any game.

- 2. **League Standard of Play**

- This is a **happy, friendly, and safe recreational hockey league.**
 - Do not be a jerk.
 - No hitting.
 - No slew-footing.
 - No stick infractions against other players.
 - Do not argue with or insult the referees.
 - **We do not have games without the referees — respect them at all times.**

3. Zero-Tolerance Policy

- This league operates under a **zero-tolerance policy for nonsense or misconduct**.
- If the league manager raises **any issue** regarding you or your team, you are required to **comply immediately and 100%**.
- Failure to comply will result in **forfeiture of your privilege to play in the league**.
- There will be **no rebuttals, arguments, or discussions**.
- Statements such as *“well this player did this,” “that guy did that,”* or *“I didn’t even do anything”* will not be entertained.
- You will listen and comply — **or you will not play**.
- Any player under the **influence of alcohol or drugs will not be allowed on the ice**. It is Team Captain’s responsibility to not let an under the influence player take to the ice.

4. Player & Team Eligibility

- All players **MUST BE REGISTERED ON LEAGUE WEBSITE AND HAVE AGREED TO LIABILITY WAIVER**
- All players must wear Numbered Team Jersey.
- Team Rosters will consist of 13-16 full time players plus a goalie
- Full time Roster must consist of at least **FOUR** players over the age off 50.
- No substitute players who are not registered with the league will be permitted to play. League Manager must consent in writing to sub players being brought in.
- Roster Sheets to be filled out and handed in to Time Keeper before every game starts
- Play-Off Eligibility; All players must have played a minimum of 7 regular season games to be allowed to play in Finals

Playoffs

- A Championship Game: 1st place vs 2nd place team. \$200 Prize for Winner.
- B Championship Game: 3rd place vs 4th place team. \$100 Prize for Winner.

LIABILITY & PLAYER CONDUCT WAIVER

1. Assumption of Risk & Release of Liability

By participating in this league, I voluntarily assume all risks associated with playing hockey and hereby release and hold harmless all players, facilities, city employees, league officials, and league managers from any and all responsibility or liability for injury, loss, or death. This release applies regardless of cause, including but not limited to accidental injury, self-inflicted injury, intentional acts, facility or maintenance issues, or aggressive play by myself or any other participant.

2. Player Conduct & League Expectations

I acknowledge that this league is intended to be a SAFE, FRIENDLY, and NON-AGGRESSIVE recreational hockey league. If a League Manager raises a concern regarding my conduct or that of my team, I agree to listen, comply fully, and immediately correct the issue. Failure to do so will result in the forfeiture of my privilege to participate in the league with no refund. There will be no rebuttals, arguments, protests, or discussions regarding such decisions.

3. Respect for Officials

I agree to respect all referee decisions, including missed or incorrect calls. Referees are human, and this league exists strictly for fun, sportsmanship, and enjoyment.

Name _____ Signature _____

Team _____ Date _____

Number _____