



OFFICIAL LEAGUE RULES & PROCEDURES (Rookie Division)

***THE FOLLOWING RULES AND REGULATIONS ARE FOR THE BENEFIT OF ALL PLAYERS. INSIDE EDGE HOCKEY HAS BEEN BUILT ON SPORTSMANSHIP AND THE DEVELOPMENT OF PLAYERS LOOKING TO IMPROVE ON THEIR HOCKEY SKILLS. PLEASE KEEP THIS MIND WHEN STEPPING ON THE ICE EACH WEEK! SAFETY FIRST!**

- 1) Players must wear CSA approved helmets with full-face protection. If a goalie loses their helmet at any time during a game, play will be stopped by the official. If a player loses their helmet they must either put it back on immediately or go the bench for a change. Helmets must also have proper chin straps.
- 2) Games will consist of two 20-minute periods with a three-minute warmup and a one-minute break in between
- 3) In games under a two-goal differential, the clock will be stopped in the final minute. Any games over a three-goal differential will continue with the run clock during the final minute of play.
- 6) Players will receive a three-minute run-time penalty for all minor infractions (ie: hooking, tripping, etc)
- 6) The following penalties are considered major penalties in the Inside Edge Rookie Division:
 - slashing
 - cross-checking
 - high-sticking
 - spearing
 - roughing

If a player receives any one of these penalties, they will be removed from the game and subject to further discipline including removal from the league.

7) Any major penalty including fighting, gross misconduct, or match penalty, will result in automatic removal from the league.

8) This is a non-contact league, although a friendly reminder that many players in the Rookies are division are new to the game and still learning how to skate. Referees will use their discretion in regards to calling penalties, but understand that there may be some incidental contact beyond a player's control. Again, we encourage safety first at all times, and remember to keep your stick on the ice!

9) Inappropriate behaviour towards players, coaches, conveners and referees will not be tolerated. Cases involving these issues will result in removal from the league.

10) Slapshots are NOT permitted in the Rookie Division.

11) A single-person shootout will take place for games tied after regulation.

NOTE: Any rules not stated in this Inside Edge Hockey Rules & Procedures Guide are to be referred to the Official CARHA Rulebook which you can find here:

<https://carhahockey.ca/resources/carha-hockey-rule-book/>

***LEAGUE MANAGEMENT RESERVES THE RIGHT TO REMOVE ANY PLAYER THAT DOES NOT ADHERE TO LEAGUE POLICIES OR PROCEDURES WITHOUT A REFUND. LEAGUE MANAGEMENT ALSO HAS THE RIGHT TO UPDATE ANY RULES AND PROCEDURES THROUGHOUT THE SEASON IN WHICH THE LEAGUE WILL BE INFORMED OF ANY CHANGES.**