



## OFFICIAL LEAGUE RULES & PROCEDURES Elite Division (Teams)

**\*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!**

### **PLAYERS:**

All players playing in the **Inside Edge Hockey League** must be registered on their team's roster (through the Team Snap application) before stepping on the ice this season. Captains will receive a waiver link that they must send to their teammates (including any spares) to sign.

Teams are not permitted to borrow players who are registered on another team in the Elite Division. If a team is caught using a player from another team, a 3-0 forfeit win will be awarded to the opposing team. If a team does not have enough players prior to the start of a game (6 skaters and a goaltender), it is at the discretion of league management to confirm additional players to play in that game. For playoffs, teams are not permitted to borrow any players if they are short unless *extreme circumstances*, and approved by league management.

Players must have played at least six (6) games in order to be eligible for the playoffs.

In an effort to maintain equal parity in our league, please be mindful of the caliber of players that you have on your roster, and/or spares that you bring out. Although this is the highest division of Inside Edge Hockey, the league is still designed for player development.

### **JERSEYS:**

All players must be wearing matching coloured jerseys in order to participate. If both teams have the same coloured jerseys, it is up to the "AWAY" team to change their jerseys. It is a good idea for teams to keep a dark and light shirt in their bags.

### **EQUIPMENT:**

Players must wear CSA approved helmets with face protection (minimum visor). It is recommended that players wear FULL face protection to avoid any potential injuries. If a goalie loses his helmet at any time,

play will be stopped. If a player loses his helmet he must either put it back on immediately or go to the bench for a change. Helmets must also have proper chin straps.

#### **LEAGUE STANDINGS (Regular season):**

In the regular season, standings will be ranked by team's total points. In the event of a tie between two or more teams, the following tie-breakers will take place to determine playoff seeding:

- 1) Head-to-Head
- 2) Most wins
- 3) Least penalized team
- 4) Least goals against

#### **GENERAL RULES & REGULATIONS:**

- Icing is automatic if a pass is initiated from the passer's **own** blue-line and completely crosses the opposing goal-line.
- There is no "two-line pass rule" as there is no centre red line; therefore 2-line passes ARE permitted.
- Line changes must be completed in a timely fashion. Any delays may result in a delay of game penalty to the offending team or the implementation of the "hurry-up face-off" procedure.
- The clock will change to a run-time format if there is a 5-goal lead with under 5 minutes left of play.
- If a goalie is injured, that team is granted the option of dressing a skater (10 minutes grace period to get dressed) or using an available goalie from Inside Edge with the approval of league management. If there are no goalies available, that team will have the option to skate with six skaters.
- One 30-second timeout will be permitted to each team during the playoffs only.

## **PENALTIES & INFRACTIONS:**

In an effort to maintain a safe and positive environment for all league players, the following rules have been set forth by Inside Edge Hockey in regards to penalties and/or other infractions:

**\*\*ANY PLAYER EJECTED FROM AN INSIDE EDGE HOCKEY LEAGUE GAME WILL BE REMOVED FOR THE REMAINDER OF THE SEASON AND POSSIBLE FUTURE SEASONS (INCLUDING LIFETIME BAN) DEPENDING ON THE SEVERITY OF THE INCIDENT\*\***

#### **MINOR PENALTIES:**

All minor infractions will result in a 2-minute penalty.

#### **MAJOR PENALTIES: (AUTOMATIC EJECTION)**

**Fighting** – Attempting to fight (including dropping the gloves with no punches thrown, as well as throwing punches with gloves on).

**Gross Misconduct** – Any act that is viewed as a travesty to the game including arguing with officials, abusive/obscene/vulgar language, taunting or ridiculing players or officials.

**Match penalty** – Intent to injure and/or a player committing a serious offense.

**Body checking** - This is a “NON-CONTACT” League. It is understood that some incidental contact may occur in a game, and that some is purely accidental. However, players must be responsible for their own actions. Body checking is strictly prohibited, and players may receive a major penalty for body checking based on the referee’s discretion.

**Stick infractions** – Stick work from players will be closely monitored by league officials. Stick penalties may result in a game misconduct depending on the severity of the offence (whether they are accidental or not). It is the player’s responsibility to have full control of their stick.

**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.**