



OFFICIAL LEAGUE RULES & PROCEDURES (Elite Division Fall/Winter 2023-24 Season)

***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:

Players not registered on a team's roster (through the Team Snap app) are NOT permitted on the ice. Captains must make sure that any spare players, are added to the roster and have signed the online waiver form.

Teams are not permitted to borrow players who are already registered on another team in the same division. If a team is caught using a player from another team, a 3-0 forfeit win will be awarded to the opposing team.

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, just a reminder that it is still a developmental league.

Players must have played at least eight (8) games in order to be eligible for the playoffs.

*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 players if they are short unless extreme circumstances, and approved by league management.

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 player/goalie loses his helmet at any time, play will be stopped at the discretion of the official. 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.

WAIVER FORM:

All players must sign the online [Inside Edge Hockey waiver form](#) before participating this season. If a player registers in person, paper forms will be available with a staff member in the main office.

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

PLAYOFF FORMAT:

The playoff format will be posted at a later time based on the regular season standings.

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, two-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) or using a goalie from Inside Edge with the approval from the League Coordinator. 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. (None during the regular season)
- Any rules not stated in the Inside Edge Hockey Rules & Procedures are to be referred to the Official CARHA Rulebook which you can find here:

<https://www.carhahockey.ca/UserFiles/File/Insurance%20Forms/CARHA/RuleBk%202020%20interactive.pdf>

PENALTIES & INFRACTIONS:

Players will be removed from the game for the following infractions:

- 1) Any roughing penalty or misconduct
- 2) Any extra-curricular activities after a whistle including pushing, shoving, stick work, etc.
- 3) Any player caught swearing or being verbally abusive to another player, official, or coach.
- 4) Any major penalty

NOTE: If a player is removed from a game with under 10 minutes to play, that player will receive an automatic 1-game suspension. All incidents mentioned above are also subject to league review for possible further suspension and/or removal from the league.

MINOR PENALTIES:

Any player receiving three minor penalties will be removed from that game, and may receive an additional suspension after further review from the League Coordinator.

MAJOR PENALTIES:

Gross Misconduct – Any act that may have been viewed as a travesty to the game will be penalized with a gross misconduct. Players who receive a gross misconduct will automatically be removed from the game and suspended from the league for the remainder of the season.

Match penalty – Players who receive a match penalty will automatically be removed from the game and suspended from the league for the remainder of the season. This player will also be subject to a lifetime ban from Inside Edge Hockey after further review from the League Coordinators.

Fighting – Inside Edge Hockey is a ZERO tolerance league. Fighting is prohibited! Attempting to fight (including dropping the gloves with no punches thrown) will result in removal from the league for the remainder of the season.

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. Nevertheless, players must be responsible for their own actions. Body checking is strictly prohibited, and players will be penalized at the referee’s discretion.

STICK INFRACTIONS - stick infractions will be closely monitored by league officials. The following penalties may result in a game misconduct depending on the severity of the offence:

- slashing
- cross-checking
- high-sticking
- spearing

Officials are to strictly enforce all stick violations regardless of whether they are accidental or not. It is the player’s responsibility to have full control of their stick.

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.