



OFFICIAL LEAGUE RULES & PROCEDURES (Winter 2024 - Sophomore 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!**

PLAYERS:

Players not registered with Inside Edge Hockey and not listed on the team's roster are NOT permitted on the ice. If a registered Inside Edge Hockey player brings out a **non-registered player** to participate, an automatic one game suspension will take place to the player who brought out the illegal player.

*If a team does not have enough players to play a game (6 skaters and a goaltender), it is at the sole discretion of league management to choose additional players to play in that game so a forfeit doesn't take place.

JERSEYS:

All players must wear a league approved Inside Edge Hockey jersey in order to participate.

EQUIPMENT:

Players must wear CSA approved helmets with full-face protection. 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 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

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 be stopped for the final minute of play in a game that is within two goals or less.
- 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.
- 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:

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:

****NEW THIS SEASON: ANY PLAYER EJECTED FROM A GAME WILL BE SUSPENDED FOR THE REMAINDER OF THE SEASON!****

MINOR PENALTIES:

All minor penalties will result in a 3-minute run-time penalty.

MAJOR PENALTIES:

Any player receiving a major penalty will be removed from the game and suspended for the remainder of the season and possible future seasons after being reviewed by League Management.

Gross Misconduct – Any act that may have been viewed as a travesty to the game, that player 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 (intent to injure) 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 League Management.

Fighting – Fighting is prohibited! Attempting to fight (including dropping the gloves with no punches thrown, as well as throwing punches with gloves on) will result in a game ejection, and removal from the

league for the remainder of the season.

Arguing with officials, abusive/obscene/vulgar language, taunting or ridiculing players or officials – any player caught doing these acts will receive a game ejection, and be removed 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. Stick penalties may result in a game misconduct depending on the severity of the offence. 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.