



OFFICIAL LEAGUE RULES (Rookie Division)

***THE FOLLOWING RULES AND REGULATIONS ARE FOR THE BENEFIT OF ALL PLAYERS. THE ABHL 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) All players must be in full hockey gear with a full face mask / cage during practice and games.
- 2) On game weeks, the games will consist of two 20 minute periods with a three minute warmup.
- 3) In games under a three goal differential, the clock will be stopped in the final minute. Any games over a four goal differential will continue with the run clock during the final minute of play.
- 4) Players will receive a three minute run-time penalty for all minor infractions (ie: hooking, tripping, etc)
- 5) Officials are to strictly enforce stick violations regardless of whether they are accidental or not. Possible suspension may result from any stick infraction. It is the players responsibility to have control of their stick.
- 6) This is a “NON-CONTACT” league, although a friendly reminder - players are still learning in this division. Referees will use their discretion in regards to calling penalties, but please understand that there may be some incidental contact beyond a player’s control. Be safe and keep you stick on the ice!
- 7) Slapshots ARE NOT permitted in the Rookie division.
- 8) Inappropriate behaviour towards players, coaches, conveners and referees - will not be tolerated. Cases involving these issues will result in removal from the league.
- 9) Games that are tied after regulation will go to a sudden-death shootout. (one shooter for each team). Should both shooters miss, or both shooters score, the game continues until one team scores and the other doesn’t.
- 10) Playoffs will change in each session depending on how many teams are registered. When two teams are in the rookie division the season ends with a fun final game.