



## 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 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. No exceptions!
- 2) All players must sign the online waiver form or a printed version *before* their first game/practice of the season. For a hard copy of the form, you can pick one up from the League Office.
- 3) On game weeks, the games will consist of two 20-minute periods with a three-minute warmup.
- 4) 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.
- 5) 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 any player receives 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 will result in automatic removal from the league.

8) This is a non-contact league, although a friendly reminder that players are still learning in this division. 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 you 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) Games tied at the end of regulation are final.

12) 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:

<http://www.carhahockey.ca/UserFiles/File/RuleBook/RuleBk%20small17c.pdf>