



2017/18 Winter Hockey League Rules

General Information

- No Games on Thanksgiving Sunday, December 24th, 25th, 26th, & 31st. January 1st and Superbowl Sunday or Grey Cup Sunday.

League Payments

- *A non refundable deposit of \$1000 is due with registration.
- *Payments are due September 1st, October 1st, November 1st, December 1st, and on January 15TH, 2018.
- The team contact or person registering the team is **completely responsible** for full payment of the team account.
- If the team account is not kept up to date, the team will be suspended from playing in the league.
- Team insurance can be purchased at the time of registration and is an addition \$100.

How to Contact the League Co-ordinator

- Delta - Chris Herie - (604) 604-930-8727 Ext 328, e-mail - ChrisH@planetice.ca
- Coquitlam - David Kilduff - 604-941-9911 Ext 310, email - dkilduff@planetice.ca
- Maple Ridge – Mike Duddy - 604-467-2883 - Ext 224, e-mail – mduddy@planetice.ca

Statistics

- The league standings and stats will be posted on our website at www.planetice.ca or on the league standing board located in the rink lobby.

Equipment / Insurance Claims

- Full equipment is mandatory, including CSA approved helmets (no Gretzky Jofa helmets) Facemasks and visors are optional. **To be eligible for dental claims, your team must have opted in for the insurance coverage and player must be wearing a mouth guard.**
- Injuries requiring an insurance claim must be filed with the League Co-ordinator within 24 hours after the game the injury took place.

First Aid Kits / Emergency Situations

- The league recommends and encourages all teams to **bring their own first aid kit to games.**
- Payphones are located in the hallway by the dressing rooms, in case of an emergency call 911.
- Planet Ice does have Automated External Defibrillator (AED)

Movement of Teams

- The league reserves the right to move teams up or down divisions in order to maintain league and divisional parity.

“NEW” Pucks for the Game & Warm ups

- PAHL will now supply pucks for warm up & games.
- Teams must pick up the pucks and put them in the bucket after warm-up and bring them to the scorekeeper.

Ice Cleans & Procedures

1. Players **are not** permitted on the ice until the Zamboni gates are closed and until the scorekeeper has buzzed the horn to indicate the start of the five (5) minute warm-up.
1.1. Offending teams will receive a two (2) minute minor penalty for delay of game.
2. Players are **not allowed** to stay on the ice and stretch after the games, players must leave the ice after player of the games presentations.

Jersey Rules

1. All players must be wearing the same jersey or a plain jersey that matches the same color, including spares.
2. All Jerseys must have a number on the back

- 2.1. Taped on numbers will not be accepted
3. Goalies must also be wearing a matching team jersey.
 - 3.1. Dark or light can be accepted based on your team's color
 - 3.2. **Goalies who refuse to change will receive a 2:00 penalty, served by the team captain.**
4. **Players who do not have a matching jersey will not be permitted to play in the game.**
5. **Jersey Color Conflicts:**
 - 5.1.1. Each team must declare their primary jersey color to the league co-ordinator at the start of the season. And let him know immediately of any changes during the season.
 - 5.1.2. In the case of a jersey color conflict the **visiting team** is responsible to change their jerseys.
 - 5.1.3. Planet Ice has sets of conflict jerseys available for teams of the Pacific Adult Hockey League at no charge. However you will need to leave a Drivers License as collateral for the jerseys.
 - 5.1.4. Jerseys will be on hangers and must be returned back on hangers.
 - 5.1.5. Jerseys must be brought back no later then 10 min. after the game.
 - 5.1.6. **If these rules are not followed, the team will receive a \$25 Fine.**

Players Registration Forms & Process

1. Online Registration

- 1.1. All players must fill out the online registration form prior to playing their first game. Any player playing without a completed registration will be considered an illegal player and will cause his team to forfeit any games played in.
- 1.2. Any games played while not fully registered will not count towards the number of games to qualify for play-offs.

2. Helmet ID Stickers

- 2.1. All registered players must have a helmet ID sticker confirming they are fully registered.
- 2.2. Any player without a helmet ID sticker will not be permitted to play in the game.
 - 2.2.1. Exception to rule 2.2 is if the league office is closed and the player has the confirmation e-mail showing they are fully registered and hand it in to the scorekeeper.

Game Format

1. Game Length:

- 1.1. Each game will be 1 hour and 15 min in length consisting of :
- 1.2. 5 minute warm up
- 1.3. 20 minute running time 1st & 2nd periods with last minute of each stop time.
- 1.4. 15 minute stop time third period.
- 1.5. All penalties will be stop time including during the 1st & 2nd periods
- 1.6. **Overtime during regular season is played three on three, 5 minutes running time. Last minute stop time. No player changes during stoppage of play. Sudden death**

2. Play-offs:

- 2.1. Overtime for play-offs will be played three on three, 5 minutes stop time. Sudden death
- 2.2. During Play-offs, players will be allowed to change lines on a stoppage of play.
- 2.3. If still tied...a 3 player shoot-out.
- 2.4. If still tied...Sudden death shoot-out will take place with every player shooting before a player can shoot twice. Based on team with shortest bench.

3. League Standings:

- 3.1. Standing will be based on winning percentage based on the teams you have played within your current division.
- 3.2. If teams winning percentages are equal in the league standings at the end of the season, the following tie breaking procedure will be used...
 - 3.2.1. Most Points
 - 3.2.2. Most Wins
 - 3.2.3. Plus / Minus (difference between goals for and against)
 - 3.2.4. Least penalty minutes
 - 3.2.5. Most goals

4. Mercy Rule:

- 4.1. Mercy rule will go into effect if there is a score differential of five (5) goals with 5 minutes remaining in the game. However if the score differential becomes less than five (5) goals, stop time will resume.

5. Number of Players Required to Start the Game

- 5.1. A team must dress five (5) skaters and one (1) goaltender for a game to start.
- 5.2. The maximum players allowed to dress are 17 skaters and 2 goaltenders.
- 5.3. If at anytime during the game, a team can not put enough players on the ice as required, the team will automatically forfeit that game.
- 5.4. Any team no ready to start at the end of the warm-up with appropriate number of players, including a goaltender, will be assessed a **minor penalty for delay of game**.
 - 5.4.1. The time on the clock will start to run down, but the penalty will not be started until the team is ready to play.
- 5.5. If a team is still unable to ice the appropriate number of players and goalie by the 10 minute mark of the first period, the team will automatically forfeit the game.
- 5.6. In the event that both teams have not been able to ice enough players, the game will be called with neither team receiving points.
- 5.7. Forfeited games **will not** be rescheduled or refunded.
- 5.8. In the event that a game is a forfeit and the players on the ice wish to play a scrimmage, at the team's request, the referees will stay and call the scrimmage game.
 - 5.8.1. If the referees are requested to stay, any infractions or suspensions will be dealt with under regular league rules.

Player Eligibility Rules

1. Players currently playing Jr. "A", "B", College / University, Minor pro or pro hockey are not eligible to play in the league.
2. All players must be 19 years of age.
3. If a team is caught using an illegal player, the team will forfeit the game.

4. 30 and Over League

- 4.1. Teams in the 30 and over league may have up to four (4) players under 30 years old, but three (3) of which cannot be younger than 29 years of age. And must be 29 by December 31st in the current playing year.
- 4.2. An additional player can be between 25-29 years of age as long as they are 25 years of age by December 31st in the current playing year.
- 4.3. All four (4) players under 30 years of age must be full time players on the team roster (a full time player is a player who plays no less than 20 games during the season).
- 4.4. All under age players must get written permission from the league co-ordinator to be eligible to play in the league.
- 4.5. All under aged players must be noted on the game sheet.

5. Players Playing for More Than One Team

- 5.1. Player wishing to play for more than one (1) team in any league, must receive written permission from the league co-ordinator.
- 5.2. Players may only play for a maximum of 2 teams in the league.
- 5.3. A player cannot play for two (2) teams in the same division unless league approval is made.
- 5.4. A player may only play on two teams when they are a maximum of 2 divisions unless they meet the new franchise player rule.
 1. An exception may be approved by the league co-ordinator if a player is committed to two teams and due to mid-season tiering the teams become more than two divisions apart.

2. Franchise Player Rule

3. A player playing on a higher division team may qualify for play-offs for a team in a lower division that is more than 2 divisions apart if they play 65% of the league games with the lower division team. Meaning in a 32 game season a player wanting to qualify to play play-offs with a team lower than 2 divisions apart team would have to play 20 games.
4. If a player plays 20 games, then that team is being tiered based on the franchise player in the lineup and is now part of the makeup of the team.
5. Anything lower than the 65% mark the player will not qualify for play-offs with the lower division team and still play on the higher division team.
6. A player who qualifies for both a higher divisions team (a team more than 2 divisions apart) and a lower division team but does not get in the 65% franchise player status may choose to play play-off with the lower division team but cannot play any play-off games with the higher division team at any time during the play-offs
7. If the league moves both teams into the same division, the player can only play for one (1) team. The player will have to write a letter to the league co-ordinator declaring which team they will be choosing to play for.
8. When a player spares for 2 teams more then 2 divisions apart and does not meet the Franchise player eligibility, the player **MUST** play for the higher tiered team.

6. Play-off Eligibility

- 6.1. Players and goalies must play ...
 - 6.1.1. Delta, 19+. 30+ & Coquitlam Premier in ten (10) regular season games to be eligible to play in any play-off games.
 - 6.1.2. Coquitlam Women's and Weekend League in eight (8) regular season games to be eligible to play in any play-off games.
 - 6.1.3. Maple Ridge Women's, & Men's in eight (8) regular season games to be eligible to play in any play-off games.
 - 6.1.4. Delta Coed in (5) regular season games to be eligible to play in any play-off games
 - 6.1.5. Exception will be made for goalies in the case of an emergency or injury, but the goalie must be of equal caliber and approved by the league co-ordinator.
 - 6.1.6. Any team playing an ineligible player will forfeit that game.
- 6.2. If teams wish to protest a play-off game, they must do so before the end of the game.
 - 6.2.1. You must report your protest of an illegible player to the referee and or to the league co-ordinator, who will deal with the protest at the end of the game.
- 6.3. Games in which a player is not playing due to suspension **do not** qualify towards their total number of games needed to qualify for play-offs.

Game Sheets & Rosters

1. Game sheets will now be at the Scorekeepers box at the start of warm up, all players must go to the box and sign the game sheet during the designated warm up time.
2. Players must only sign themselves on the game sheet. (no signing in other players)
3. All players must be registered and have a helmet ID sticker to be eligible to play in the game.
4. If a player is not on the game sheet, they must provide a verification slip of being newly registered from the office or the confirmation e-mail of their registration.
 - 4.1. A player may only use the confirmation e-mail once; they must get a helmet ID sticker before their next game.
5. Players arriving late from both teams must report their name and number to the scorekeeper and sign the game sheet.
6. No player can be added after the start of the 3rd period. Player must be dressed and on the bench.
7. Team rosters including spares and goaltenders may be a **maximum of twenty five (25)**
8. The league reserves the right to ID players any time during the season or play-offs.
 - 8.1. Players are required to bring picture ID to every game.
 - 8.2. Failure to produce ID upon request from the league will result in forfeiting the game.

Forfeits

1. If a team forfeits a game and they inform the league 48hrs before the game they will be charged a **\$50.00 fine**. That fine will be added on to their league fees.
2. Teams who forfeit a game with less than 48hrs notice will be subject to a **\$75.00 fine**.
3. Teams who forfeit without any notice will be subject to a **\$100.00 fine**.
4. Each time the same team forfeits the fines will increase by \$50.00
5. A \$50.00, \$75.00 or \$100.00 Boomers gift certificate will be awarded to the team forfeited against.
6. No fines or compensation will be given out in the event of Play-off forfeits.

Playing Rules

1. Automatic Icing

1.1. Automatic icing will be in effect; this includes puck crossing through the crease.

2. Red Line Rule

2.1. The red line will not be effect for two line passes.

2.2. The red line will be used as an icing marker.

3. Power play Face-off

3.1. Any initial power play face-off will take place in the offensive zone.

4. Slap Shots

4.1. Slap shots are permitted in all leagues except Delta Coed.

5. Body Checking

5.1. Body checking will not be permitted.

Special Rules for Women's League

1. Gretzky Rule

1.1. Rule is applicable in Coquitlam Division 2 and lower & Maple Ridge.

1.2. Gretzky rule means that a player may not score more then 3 goals in 1 game.

1.3. If a player scores a goal after 3, the goal will not stand.

1.4. An unsportsmanlike penalty can be called if the player is scoring on purpose after their 3.

Special Rules Coed League

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1.2. If a player scores a goal after 3, the goal will not stand.

1.3. An unsportsmanlike penalty can be called if the player is scoring on purpose after their 3.

2. Slap Shot Rule in Coed

2.1. Slap shots will not be permitted by any players. A 2 min. penalty will be assessed.

3. Game Outline in Coed

3.1. Game will consist of a 5 min. warm up, plus two, 25 min. periods.

4. Fighting Rule

4.1. Any body suspended for fighting will be suspended for the remainder of the season without a refund.

4.2. Anybody suspended for fighting during the play-offs will be suspended for the rest of the play-offs plus the next season.

5. Play-offs

5.1. Play-offs will be a double round knock out.

5.2. All players must have 5 regular season games played to be eligible for play-offs.

Penalty Rules

1. Coincidental Penalties

1.1. Team will play even strength in the event of coincidental penalties.

2. Receiving Penalties

2.1. A player receiving **three (3) penalties in a game** will be ejected upon receiving their third penalty. This covers all penalties including minors and misconducts.

2.1.1. Note*: The High Sticking double minor counts as only one (1) penalty

2.1.2. All other double minor penalties will count as two (2) penalties

2.1.3. Note*: Excludes bench minors served.

2.2. A goaltender receiving 5 penalties will receive a game misconduct. He/she will remain in the game and will serve the suspension the following game at the referees discretion.

3. High Sticking

3.1. All high sticking penalties will be an automatic four (4) minute penalty unless a major or match is called.

3.1.1. This penalty will be served as two (2) penalties

4. Checking From Behind

4.1. A player receiving a minor penalty for a hit from behind will be ejected from that game.

4.2. A player receiving a major penalty for checking from behind will result in an automatic one (1) game suspension and will be reviewed by the league co-ordinator.

4.3. If a player receives a match penalty for a hit from behind an automatic four (4) game suspension will result. And will be reviewed by the league co-ordinator.

4.4. A player receiving a second major penalty for checking from behind will be suspended indefinitely and will be under review by the league co-ordinator to determine suspension length.

5. Major Penalties

5.1. Players receiving a major penalty will be ejected from the game and suspended for one (1) additional game.

5.1.1. A player receiving a major penalty for accidental high sticking will be ejected from that game but eligible for the next game.

5.1.1.1. The referee must indicate accidental high stick on the game sheet.

5.1.2. Any high sticking penalty that results in injury will be assessed an automatic major penalty.

5.2. Any player receiving their second major penalty (not including checking from behind) will receive a two (2) game suspension.

5.3. A third major penalty will result in an indefinite suspension until reviewed.

6. Fighting Penalties

- 6.1. Fighting is not permitted!
- 6.2. A player receiving their first fighting major will be ejected from that game and suspended for the following two (2) games.
 - 6.2.1. Any fighting penalty will be reviewed by the league co-ordinator and will be assessed accordingly and may result in further action.
- 6.3. If a player receives the instigator for the fight, that player will receive an additional game suspension.
- 6.4. A player receiving their second fighting major will receive a five (5) game suspension.
- 6.5. A player receiving their third fighting major will be suspended for the remainder of the season including play-offs and will be under review regarding future league eligibility

7. 10 Minute Penalties

- 7.1. A player receiving a ten (10) minute misconduct will serve the ten (10) minute penalty if time permits.

8. Game Ejections

- 8.1. A player receiving a game ejection will be ejected from that game only. This player will be eligible for the next game if no further penalties follow from their ejection.

9. Game Misconducts

- 9.1. A player receiving a game misconduct will be ejected from that game and receive an additional one (1) game suspension.
- 9.2. A player receiving their second game misconduct will receive a two (2) game suspension.
- 9.3. Any further game misconducts will be reviewed by the league co-ordinator and assessed accordingly.

10. Match & Gross Misconducts

- 10.1. A player receiving a match penalty or gross misconduct will result in a two (2) or three (3) game suspension. The penalty will be reviewed by the league co-ordinator.
- 10.2. A player receiving a second match or gross misconduct will be suspended indefinitely and reviewed by the league co-ordinator.

11. Goaltenders

- 11.1. If a goalie is assessed a major or match penalty, they will be ejected from the game and suspended accordingly.
 - 11.1.1. If the penalty is assessed in the 1st or 2nd period, the team will be allowed ten (10) minutes to dress a player from that games roster to replace him. (clock will run)
 - 11.1.2. If the penalty is in the 3rd period, the team will be allowed 5 minutes to dress a player from that games roster to replace him. (clock will stop)

11.2. If the Major penalty is deemed accidental by the referee, the goalie may remain in the game. The team will play short handed for five (5) minutes.

11.3. If a goalie is hurt during a game, the team is allowed ten (10) minutes to dress a player from the roster to replace him/her.

12. Suspensions

12.1. The League co-ordinator will handle all league suspensions.

12.2. It's the responsibility of the team rep to contact the league co-ordinator if clarification is required. Teams will not be contacted regarding suspensions.

12.3. All suspensions will be available through the stats page on the league website at www.planetice.ca, and will be posted on the league standings board in the main lobby.

13. Suspended Players

13.1. A suspended player that plays while under suspension will cause the team using the suspended player to forfeit that game.

13.1.1. The suspended player will also be suspended indefinitely.

13.1.2. The team rep will also receive a one (1) game suspension.

14. If a player is suspended and plays for two teams, the player is not allowed to play with the second team until the suspension from the first team is expired.

14.1.1. Games missed from the second team do not count towards the suspension as games missed.

14.2. If a player is registered in 19 and over and the 30 and over leagues and receives a **match penalty or gross misconduct**, he/she will be deemed ineligible in both leagues for the duration of the suspension

15. "New" Referee Abuse Misconduct

15.1. A player receiving a "Referee Abuse Misconduct, will be subject to a minimum 2 game suspension.

15.2. Protocol for this will be suspension will be...

15.2.1. 2 min. minor penalty.

15.2.2. 10 misconduct

15.2.3. Then Referee Abuse Misconduct, ejected from the game.

16. "New" After game procedure

1. After each game players will shake hands then line up on the their Blue line for the new Player of the Game presentations.
2. Teams who do not line up will not receive their award or points towards the season end prizeing.

Canadian Amateur Hockey Rules

1. Canadian Amateur Hockey Rules will apply to all other rules not covered under the Pacific Adult Hockey League Rules with the exception of the head shot rules, PAHL will remain to call penalties to indicate what penalty occurred pertaining to any head shot.

Appeals & Complaints

1. All one (1) game suspensions are final and cannot be appealed.
2. All appeals must be submitted in writing, typed or e-mailed to the league co-ordinator within 48 hours of the games completion.
3. Complaints regarding the officials must be submitted in writing to the league co-ordinator within the designated time frame: 245 hours after the game, but no later then 72 hours after the game in question.
4. All appeals and complaints must be signed by the team rep and complains submitted without the authorization of the team rep will not be accepted or responded to. **NO EXCEPTIONS**
5. Appeals will not be accepted unless the team's league fees are up to date.

Altercations off the Ice

1. Any players taking part in an altercation off the ice, such as in the dressing room area, concourse, Boomers Sports Grill and parking lot, will be subject to an indefinite suspension.
 - 1.1. Player will also be suspended from the arena by the owners and management.

Drinking of Alcohol & Smoking legal & Illegal Substances on Arena Property

1. All teams & patrons are **prohibited** from drinking **alcoholic beverages** and the use of **illegal substances** in the arena building, dressing rooms, and parking lot. Alcohol may only be consumed in Boomers Sports Grill.
2. Any team caught will be suspended until further notice.
3. There is **NO SMOKING** in the arena including the dressing room. Teams caught smoking will be subject to a minimum **\$100 fine and possible league expulsion.**
4. Teams must vacate the dressing room no later then **45 minutes** after the game. failing to leave in set time will result in a \$100 fine and if repeated can result in expulsion from the league.