

# GAHL COED LEAGUE RULES

The GAHL Coed League Rules have been adjusted from other recreational leagues to accommodate the vast mixture of player types and skill levels. Please be INCLUSIVE to everyone and remember to have fun and keep safety in mind. It is just a game.

All players pay the same amount to play. Team Captains and teammates cannot remove a player from the ice based on skill level (eg. for a power play, penalty kill, shootout, last minutes of a game, etc.). Efforts should be made by everyone to ensure equal ice time for all.

The GAHL Coed League and Gateway Ice Centre reserve the right to expel any player who does not abide by the rules. Any player expelled from the league will not receive a refund. All players are responsible for any damage they cause to Gateway Ice Centre.

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**Game Format** - All games will consist of two periods, with a run-time clock.

- **1st Period:** The clock will be set at 25 minutes and will start to run as soon as the Zamboni door is closed and the Referees are on the ice. The clock will run for 3 minutes for team warmups, and then the Referees will blow their whistle to start the game.
- **2nd Period:** The clock will be set at 22 minutes and will start to run at the drop of the puck. The last 3 minutes of the period will be stoppage-time if the game is within 2 goals or tied.
- **Regular Season Tie** - The game will be decided by a shootout. Each team will submit 3 different players to shoot. In the event the shootout is tied after 3 shooters, the shootout will enter sudden death, where team's will submit individual shooters, who have not already shot, until a winner is determined.
- **Playoff Tie** - The game will be decided in 3-on-3 sudden death overtime.

**Clock Stoppages** - The only time the clock will stop, other than what has been outlined in the period format, is if a player is injured or at the request of the Referee. Each team will also be allowed to stop the clock to take one 30-second timeout per game.

**Handshakes** - All players will shake hands with the opposing team at the end of the game unless the Referee says otherwise (ie. in the event of a previous altercation).

- Any incident where a player engages or initiates in any type of altercation during the handshake will be reviewed by the Disciplinary Committee for possible suspension.

**Substitutes** - Teams Captains may request a substitute player(s) in the event their game attendance falls below 10 skaters and 1 goalie. Substitutes must be approved by a League Executive.

**Uniform** - Every player will be supplied a team jersey. At the conclusion of the season, your jersey must be returned to your Team Captain or a League Executive.

**Equipment** - For the safety of all players, a helmet must be worn at all times both on the ice (including during the postgame handshake) and on the player's bench. During game play, if a player on the ice surface loses their helmet, the Referees will immediately stop the play.

- If you intentionally remove your helmet or another player's helmet while you are on the ice, you will receive a Game Misconduct.

**Goalie Hit in the Mask** - If the goalie is directly struck in the mask by a shot or deflection, the play will be whistled dead, regardless of whether the goalie requires the stoppage or not.

- If the puck hits the goalie's mask and immediately crosses the goal line, a goal will still be awarded.
- If the puck hits the goalie's mask, deflects off another player, and then crosses the goal line, a goal will NOT be awarded.
- If the puck hits the goalie's mask and the goalie then knocks the puck into their own net, a goal will NOT be awarded.

**Hot Dog Rule** - Exiting the defensive zone (ie. crossing your own team's blue line), player's must make at least one pass before they can shoot on the other team's goalie.

- This rule does not apply if you get a clear-cut breakaway that starts from your own zone (ie. stealing a pass between the opposing defense).
- A player's 2nd offense in the same game will result in a minor penalty for unsportsmanlike conduct.

**3 Goals Maximum** - Each player is allowed a maximum of 3 goals per game. If you are deemed to have deliberately shot on net after your 3rd goal, you will receive a minor penalty for unsportsmanlike conduct.

- If you are credited for a goal that gets deflected off a defender and into the net, the goal will be called back, but a penalty will not be assessed.
- After each game, every player's goal count resets to zero.

**Slap Shots** - No slap shots of any kind are allowed, whether you are taking a shot on goal, attempting to make a pass, or trying to clear your own zone. A slap shot is defined as any play where your stick rises above your knee before immediate contact with the puck.

- If a slap shot occurs in the offensive zone, play will be stopped and a faceoff will occur in the neutral zone.
- If a slap shot occurs in the defensive zone, the faceoff remains in the defensive zone.
- A player's 2nd offense in the same game will result in a minor penalty for unsportsmanlike conduct.

**Diving Plays** - Blocking the puck by diving, lying down, or going down on one or both knees is prohibited and will result in a minor penalty for unsportsmanlike conduct. This includes diving to reach for the puck, whether to receive a pass, score a goal, or keep the puck away from an opponent.

- Accidentally falling will not be penalized at the referee's discretion.

**Penalties** - Due to the league's run-time format, penalty length has been increased to compensate for any lost time. The penalty clock will not begin until the puck is dropped.

- **Minor Penalty:** 3-minutes in length
  - Body Contact, Tripping, Hooking, Holding, Interference, Too Many Players on the Ice, Unsportsmanlike Conduct
- **Double-Minor Penalty:** 6-minutes in length
  - Cross-checking, High-Sticking, Slashing
- **Major Penalty:** 7-minutes in length and automatic Game Misconduct
  - Fighting, Throwing Equipment, Abuse of Officials
  - At the referee's discretion, all minor penalties can be upgraded to major penalties depending on intent or severity (ie. injuring, drawing blood, etc.).
- **Any player who receives 9-minutes or more in penalties in any single game will receive a Game Misconduct.**

**Game Misconducts (Ejections)** - All players who receive a Game Misconduct penalty will also automatically receive a 1-game suspension, and the incident will be reviewed by the League Disciplinary Committee. Depending on the incident and severity, the Disciplinary Committee has the ability to remove the suspension, keep it at 1-game, or increase the number of games

- Players who are ejected from the game must go directly to their dressing rooms and must leave the arena without engaging with the Referees or anyone on the opposing teams. Any players who do not follow these rules could have their suspension increased and forfeit their ability to appeal.
- A teammate will need to serve all minor or major penalty minutes for the player who is ejected from the game.

**Leaving the Bench / Engaging in Altercations** - During an altercation, only the players that are on the ice from the beginning are allowed to be on the ice. All other players must remain on the bench until the altercation is over.

- Anyone leaving the bench during an altercation, for any reason, will automatically receive a Game Misconduct.
- Anyone leaving the bench and starting an altercation or engaging in an ongoing altercation will receive a Game Misconduct and an automatic 5-game suspension.
- Players who are already on the ice, but not involved in the altercation, must go to their benches. Engaging with an ongoing altercation will also result in a Game Misconduct.

**Goalie's Crease** - Any contact with an opposing goalie in the crease is a minor penalty. Depending on severity or intent, this can be upgraded to a major penalty. If contact is outside the crease, it is at the Referee's discretion whether a penalty will be called.

- If contact with the goalie is directly caused by a defensive player, the defensive player will receive a minor penalty, however, it is at the referee's discretion whether the opposing player also receives a minor penalty (eg. crashing the net, reckless plays through the crease, etc.).

**Body Contact** - At the discretion of the referee, all body contact, incidental or deliberate, may be penalized. Depending on the intent or severity, body contact will result in a minor penalty or major penalty. If contact could have been avoided, then the aggressor shall be penalized.

- If both players are guilty of initiating the contact, then both players will be penalized.
- Players cannot aggressively move opposing players from in front of the net.

**Fighting** - Instances of fighting will be reviewed by the Disciplinary Committee and may result in a severe suspension or immediate expulsion from the league. Fighting includes any type of punch thrown with or without gloves on, grabbing a player and wrestling them to ice, or any physical contact to a player's head during an altercation.

- Egging an opponent on or dropping your gloves, even if a punch was not thrown, will still be reviewed by the league.

**Chirping** - Friendly chirping (banter) is allowed, but be mindful of the reactions you receive when doing so. It will not be tolerated when chirping becomes too aggressive or rude towards other players, and may result in a minor penalty for unsportsmanlike conduct. This includes remarks made during play, between whistles, and/or from the bench.

**Abuse of Officials** - Abuse of the Referees and/or Timekeeper is strictly prohibited and may result in a Game Misconduct. You may approach the officials if you are in a calm and respectful state of mind, however, it is highly recommended that you ask your Team Captain to speak on your behalf regarding any disagreements.

**Suspensions** - Players that are suspended will not be allowed to play or be on any team bench during any league game, for the duration of their suspension. If a suspended player breaks these rules, they will be subject to possible expulsion from the League.

- Games suspended will be served consecutively.
- If a player receives their 3rd suspension, they will be automatically expelled from the league.

**Appeals** - The Disciplinary Committee will set up a meeting with any player regarding their concern or dispute of any suspension handed out. During this process, at all times, the player must remain respectful. If the player loses control, the meeting will end and the suspension will remain the same, or potentially be increased.

- Suspensions will be reviewed by two random Team Captains, both of whom were not involved in the game where the suspendable offense occurred. These Captains will be provided with all evidence that lead to the decision to suspend, and the player will be given the opportunity to explain themselves. Both Captains will privately discuss the matter and must agree to reverse or decrease the suspension, otherwise the decision will stand as it was handed out by the Disciplinary Committee.

**Executive Decisions** - All calls made by the Referees during a game will not be overturned by League Executives throughout the duration of the game. League Executives have the authority to call any game at any time if they feel the safety of any player involved is at risk.