



LIGUE DES AS DE SAINT-LEONARD

League Rules & Regulations

LIGUE DES AS DE SAINT-LEONARD MISSION STATEMENT

Provide a leisure and recreational hockey venue that is both Safe and fun.

RULES AND REGULATIONS

The current Hockey Canada/USA Hockey rules (where applicable), will govern all games, with the exception of a number of rules specific to the LIGUE DES AS DE SAINT-LEONARD. The addition, deletion, and modification of the LIGUE DES AS DE SAINT-LEONARD rules will be made at the start of the season.

No allowances will be made for ignorance of the rules.

TEAM REPRESENTATIVE MEETING

Attendance by the designated team captain (or alternate) is mandatory. Prior to each season, League board will facilitate one (or more) Team Representative meeting(s) to discuss expectations, review rule or policy changes, introduce staff members and field questions.

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SECTION ONE: THE ARENA

1.1 ARENA PROPERTY

Any damage to the Arena Sports property rented by the LIGUE DES AS DE SAINT-LEONARD will be paid by the individual(s) responsible, prior to participation in any further League games. Non-compliance constitutes automatic indefinite suspension from the League and possible legal action. If the individual(s) responsible for the damage cannot be identified, the Team will be removed from the League until the damages are paid in full.

1.2 ALCOHOL, CONTAINERS & SMOKING POLICIES

The City of Montreal has adopted a ZERO tolerance policy on Alcohol consumption as well as Smoking in unlicensed areas of their facilities. This includes, but not limited to, lobbies, parking lots, arena playing surfaces, surrounding areas, and dressing rooms.

We remind all members that the consumption of alcohol in unlicensed locations and smoking indoors is against the law and that serious liability issues may arise from this action. Teams are to be out of the dressing rooms after their games in the specified time outlined by the facility.

Players will be asked to withdraw from any League game if any League member or on ice –official suspects that a Player or Team is participating under the influence of alcohol or drugs (before or during a game). If a Player refuses to leave the playing surface, the game will be temporarily stopped until the Player in question withdraws from the game. Failure to comply may result in the offending Team forfeiting the game. Supplementary discipline may be levied against the Team and/or Player(s) involved.

1.3 ILLICIT DRUG USE

Illicit drug use in recreational facilities is strictly prohibited. Teams or individuals found in violation of this policy will be expelled from the League. No refund will be issued.

1.4 PERSONAL PROPERTY

The League and its acting members accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the Arena.

1.5 NOTICES

All league publication material such the official league rulebook, season schedule, contact information and notices can be found on the league public site page located at

<http://www.ligue-des-as.com/teams/default.asp?u=LIGUEDESAS&s=hockey&p=home>

1.6 ACCIDENTS

The League and its acting board members accept no responsibility for any type of injury incurred during or following a hockey game.

SECTION TWO: LEAGUE ADMINISTRATION

2.0 BOARD MEMBERS RIGHTS

The League board members reserves the right to suspend or remove Players or Teams that are not displaying the appropriate behavior and/or sportsmanship conducive to the LIGUE DES AS DE SAINT-LEONARD mission statement and established league rules governed by its elected board members

The League board members have the authority to make decisions in the best interest of the league, sportsmanship, and safety. This type of decision may be appealed to the LIGUE DES AS DE SAINT-LEONARD office using the steps outlined in Rule 2.7b.

2.1 PLAYER REGISTRATION

Only players who have paid the established hockey season registration fee as indicated below and who have signed the League "Hockey Season Agreement" and have been approved by the LIGUE DES AS DE SAINT-LEONARD may participate. Registration Fee Payment Cycle

All cheque payments are to be dated as indicated below. . Postdated payments are not excepted.

- ½ (half) the season registration fee due prior to the 1st (first) season game of play.
- ½ (half)- remainder of season registration fee will be due October 15 of the current year

Players will not be permitted to embark on the ice surface if they have not paid their registration fees as stipulated in section 2.1. Non-payment may result in an immediate expulsion from the league.

The LIGUE DES AS DE SAINT-LEONARD is an age-restrictive league requiring all players to be of the minimum allowable age of 30 years old or older as of December 31st of the year in which the season began.

Any player under the age of majority must acquire the League approval prior to participation in any League game.

2.2 PLAYER INABILITY TO PLAY HOCKEY

- A 48-hour notice must be supplied to the league member responsible for spares in order to ensure an appropriate replacement be found.
- Text messages received after 6pm on the Thursday of a game week will result in a \$20.00 fee attributed to the player (*if deemed by the league as being a non-emergency absence*). In addition, the team risks being a player short for that game.
- Failure to notify the absence will result in a \$20.00 fee attributable to the player.
- Failure to pay any attributed fees by the player is subject to a suspension and/or expulsion from the league.
- Players will not receive any credits or reimbursements for games missed or as a result of an injury or expulsion from the league.

Replacements players must also contact the league member responsible for spares in the event they cannot play following being called upon to replace a player. Should they fail to do so the league will no longer call upon them.

2.2a Attendance

If a player is absent **8** games during the season, the league reserves the right to replace the player without notice and with no refund of remaining unplayed games. In addition, a review from the league board will occur in order to determine if the re-entry of the player may occur for the following season.

2.3 TEAM JERSEYS

All Players must wear matching jerseys provided by the LIGUE DES AS DE SAINT-LEONARD.

2.4 COMMUNICATING WITH THE ON-ICE OFFICIALS

Any and all communication with the on-ice Officials is strictly assigned to the captain of the team or alternate assigned captain in the event of a captain absence. The above applies during and after the hockey game. Any abusive language or misconduct towards an official will result in a suspension and/or expulsion from the league.

2.5 ROSTER LIMIT

Suspended players are not permitted on/or behind the bench while under suspension. Failure to comply will may result to an additional suspension and/or expulsion from the league.

2.6a SUSPENSIONS

All infractions occurring before, during and after any scheduled game are subject to review by League Board Members. The board has the authority to levy suspensions in accordance with the minimum standards and, at their discretion, increase or decrease suspensions due to extenuating circumstances.

A player receiving a suspension is suspended from any and all games until their suspension is completed.

2.6b EXPULSION – APPEALS

A player may appeal a league expulsion by submitting a written appeal letter to the league board. The appeal letter must be submitted to the League Board within five (5) days of the expulsion notification before any appeal will be considered. An expulsion appeal must outline the basis for the appeal. Upon receipt of the appeal letter, the League board members will determine if a review is warranted. Should the league board except, a board interview with the player will be established. Following the board interview the player will be notified of the board decision related to the appeal.

SECTION THREE: PROTECTIVE EQUIPMENT

3.0 PROTECTIVE EQUIPMENT

All protective equipment shall be worn in accordance with the manufacturer's original design and in a manner to ensure player safety.

- A mandatory full facial visor or cage is required by all players.
- Players Helmets must be CSA approved with properly fastened chinstraps.
- Neck guards are mandatory for all Players. Goaltenders are strongly encouraged to wear a CSA approved neck guard in all League games

Any player not wearing the appropriate protective equipment will be asked to leave the ice surface immediately and will not be permitted to return until they have the proper protection in place. Failure to correct the equipment deficiency, a misconduct penalty will be assessed to the offending player.

If a player loses their protective equipment during the course of the play, they must return to their bench immediately for their safety. Should the player intentionally participate in the play, the official will immediately stop play and assess a minor penalty to the offending player for delay of game/ineligible player.

This rule will be enforced by the Referees and Captains for all games and during warm-ups.

SECTION FOUR: PLAYING RULES

4.0 PROCEDURE FOR START OF GAMES

At the start of the scheduled ice time or once the ice resurfacer doors close (whichever comes last), the warm-up time will start running down. The buzzer will sound (or the Referee will blow their whistle) indicating the end of the warm up period. Teams must then send their starting lineup onto the ice and prepare for the opening face-off.

4.1 LENGTH OF GAME

Each game is allocated with 1H30 minutes as described below (without any ice resurfacing between periods)

Warm up: 10 minutes

1st Period Play 20 minutes (no stoppage of time)

2nd Period Play 20 minutes (no stoppage of time)

3rd period Play 20 minutes (stoppage of time last 2 minutes of period)

2 games are scheduled to be played. The 1st game is set to occur at 21:00 & and the 2nd game at 22:30. Notwithstanding the allotted time the games must end on time.

Ice resurfacing occurs once per game.

4.2. Game Point Allocation

The game point allocation is strictly assessed via the game scoresheet signed by the on-ice official. Points will be awarded as follows:

Game win:	4 points	Period Win:	2 points
Tie Game:	2 points	Tie Period:	1 point

In the event of a season tie "goals for" followed by "goals against" will be utilized to break the tie. Should the tie remain following the above completed exercise a draw will be held to break the tie.

4.3 TEAM COMPOSITION

The LIGUE DES AS DE SAINT-LEONARD consists of 4 teams of 11 players (44 players in total) the teams are identified as follows:

Hearts – Diamonds – Spades - Clubs

4.4 TEAM ROSTER SETUP

Prior to the start of the hockey season the league board will evaluate each player based on the players game position and on a scale from 1 to 10 (1 being a lower skill level and 10 being the highest skill level)

Following the player ranking the team rosters will be established based on the below formula:

Goalie Defense Forward PTS

1 4-6-11-15 3-6-10-13-18-24 =111

2 3-7-9-16 2-7-12-15-17-22 =112

3 2-5-12-14 1-8-11-16-19-21 =112

4 1-8-10-13 4-5-9-14-20-23 = 111

4.4a TEAM ROSTER CALIBRATION

A calibration period will be performed following 6 games played at which time the board will meet to assess the team's roster configuration. This will be done to ensure a level playing field.

4.5 OVERTIME – REGULAR SEASON

No overtime is permitted during the regular season.

4.6 PLAYOFFS

At the end of the regular season playoffs a “round –robin” will take place

Round-Robin

Series A 1st place vs 4th place team

Series B 2nd place vs 3rd place team

Series C 1st place vs 3rd place team

Series D 2nd place vs 4th place team

Series E 1st place vs 2nd place team

Series F 3rd place vs 4th place team

Final

The 2 team that accumulate the most amount of points will face each other for the cup final. The remainder of the teams will play for the consolation ranking.

OVERTIME /CUP FINAL

In the event of a tie following 3 regulation periods of play an overtime - sudden victory of five (5) minute stop time period will take place. In the event of a prolonged tie a shootout to determine a winner will occur.

SECTION FIVE: PENALTIES

In the Adult Safe Hockey League, the following infractions are assessed as Double Minor penalties (i.e. four minutes).

- Boarding • Butt-Ending • Cross-Checking • Slashing • Body Checking
- Charging • High Sticking • Spearing

In the event the non-offending Team scores with the man advantage during the first two minutes of the above infractions, the original penalty will be reduced on the penalty time clock to two minutes (2:00).

5.1 BOARDING/BODY CHECKING/CHARGING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who boards/body checks/charges or attempts to board/body check/ charge an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed. Any incidental collisions or accidental contact will be judged by a Referee based on the Hockey Canada/USA Hockey definition of checking.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by boarding/body checking/charging. Deliberate boarding/body checking/charging is not permitted anywhere on the ice.

Any Player receiving a 2nd Major Penalty for boarding/body checking/ charging in one season may receive an automatic two (2) game suspension and be required to attend an interview with the board League before returning to play.

Head Shots: If the official deems that the "Body Check" involved a "Head Shot" they are permitted to call a "Major" or "Match" penalty.

5.2 BUTT-ENDING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who butt-ends or attempts to butt-end an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by butt-ending.

5.3 CHECKING FROM BEHIND, CHECKING TO THE HEAD & SLEW-FOOTING

A Major penalty and a Game Misconduct penalty or, at the discretion of the Referee, a Match penalty shall be assessed to any Player who checks from behind, checks to the head or slew-foots an opponent. Any Player that persists in committing these infractions will be removed from the League.

5.4 CROSS-CHECKING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who cross-checks an opponent.

Any Player who strikes an opponent above the normal height of his/her shoulders with a cross-check shall be assessed a Major penalty and a Game Misconduct penalty, whether or not injury results.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent with a cross-check.

5.5 DELAY OF GAME

A Minor penalty shall be assessed to a Team which, in the opinion of the Referee, is deliberately delaying the game in any manner.

If any Player(s) enters the ice surface before the resurfacer doors are closed, their Team will be issued a Minor penalty for Delay of Game.

5.6 ELBOWING & KNEEING

A Minor penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct penalty shall be assessed to any Player who fouls an opponent in any manner with his her elbow or knee.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by elbowing or kneeing.

5.7 HIGH STICKING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who contacts an opponent above the normal height of his/her shoulders with a high stick.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending Player. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by high sticking.

It is the responsibility of all players to be in care and control of their stick at all times during the game.

5.8 HOLDING/HOLDING THE STICK

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who holds an opponent or the opponent's stick with his/her hands, stick or any other manner.

5.9 HOOKING

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who impedes or seeks to impede the progress of an opponent by "hooking" or "butt-end hooking" with his/her stick.

5.10 INTERFERENCE

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who;

- Interferes with or impedes the progress of an opponent who is not in possession of the puck, or
- Deliberately knocks the stick out of an opponent's hand, or prevents an opponent who has lost or dropped his/her stick from regaining possession of it.

5.11(A) ROUGHING

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who is guilty of unnecessary rough play.

If injury results, a Major penalty and Game Misconduct penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by roughing.

Any Player with cumulative rough play penalties will be reviewed by League and may be suspended.

5.11(B) ROUGHING – AFTER THE WHISTLE

The Player first identified of engaging in rough play after the whistle shall be penalized. If retaliation occurs, then the Player first identified as causing the unnecessary rough play after the whistle may be assessed four minutes (two for roughing and two for unsportsmanlike conduct) while the retaliator is assessed a Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty.

If injury results, a Major penalty and Game Misconduct penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by roughing after the whistle.

5.11(C) ROUGHING – HEAD CONTACT

Any player who makes intentional contact with the head of an opponent shall receive an automatic misconduct in addition to any other penalties being assessed by an official. Any subsequent offense of this nature thereafter will carry an automatic indefinite suspension that will be reviewed by the League Board Members .

NOTE 1: The application of the misconduct is automatic and non-discretionary when officials are assessing this penalty.

NOTE 2: The assessment of the misconduct is not a discretionary rule in application by the official, this is an automatic call.

5.12 SLASHING

A Double Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who swings their stick at an opponent (whether out of range or not, whether actually striking him/her or not) or who, on the pretext of playing the puck, makes a wild swing at the puck with the aim of intimidating their opponent.

A Double Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who impedes or seeks to impede the progress of an opponent by slashing with his/her stick. If injury results, a Major penalty and Game Misconduct penalty shall be assessed, depending on the intent of the offending

Player. If the infraction is deemed accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by slashing.

5.13 SPEARING

A Double Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who pokes or jabs (or attempts to jab) an opposing Player with the toe of the blade of the stick.

A Match penalty shall be assessed to any Player who deliberately spears or deliberately attempts to spear by jabbing forcefully with the toe of the stick blade, or who injures an opponent by any spearing action.

5.14 TRIPPING

A minor penalty shall be assessed to any Player who trips an opponent. If injury results, a Major penalty and Game Misconduct shall be assessed at the discretion of the referee.

5.15 UNSPORTSMANLIKE CONDUCT

A minor penalty shall be assessed to any Player or Team Official who challenges or disputes the rulings of any Official during the game or who displays unsportsmanlike conduct. If a Player persists, he shall be assessed a Misconduct penalty and any further disputes will result in a Game Misconduct penalty being assessed to the offending Player.

5.16(A) FIGHTING

Fighting is not permitted under any circumstances.

All first offence Fighting Majors will result in a minimum 3 to 5 game suspension. The league Board reserves the right as indicated in section 2.0 to suspend or remove Players or Teams that are not displaying the appropriate behavior and/or sportsmanship conducive to the LIGUE DES AS DE SAINT-LEONARD mission statement and established league rules governed by its elected board members

5.16(B) FIGHTING – OFF THE PLAYING SURFACE

A Major penalty plus Game Misconduct penalty shall be assessed to any Player who is involved in a fight with another Player off the playing surface. The League will not tolerate this behavior and an indefinite suspension of all Players involved may occur, pending a review by the League.

5.17 GAME EJECTION

A Player incurring a Game Ejection penalty in accordance with the rules shall be ordered to the dressing room and leave the arena premises immediately.

Any Player receiving three (3) Minor penalties in one game will receive an automatic Game Ejection penalty.

Any player who in the opinion of an official engages in conduct that is deliberately reckless or endangers player safety, may be assessed a Game Ejection penalty and may incur further disciplinary actions from the league.

5.19 GAME MISCONDUCTS

Any Player incurring a Game Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reviewed by the League for further action. If this penalty is assessed in the last ten (10) minutes of regulation time, an automatic (minimum) one (1) game suspension will be assessed. All Game Misconduct penalties are subject to review (and possibly further suspension) by the League. Please note that an official reserves the right to issue a Game Misconduct or Game Ejection for ANY action that causes injury whether intentional or not.

5.20 GROSS MISCONDUCTS

Any Player or Team Official incurring a Gross Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall incur a league review for further action. This penalty will be assessed to any Player, who conducts themselves in such a manner as to make a travesty of the game.

5.21(A) MATCH PENALTIES – INVOLVING A PLAYER

This penalty will be assessed when any Player physically abuses another Player with intent to injure (whether or not injury occurs). A Match penalty will result in an automatic indefinite suspension from the League. There is no minimum suspension.

An attempt to injure is an automatic Match penalty, regardless of whether it causes injury or not, may be reviewed by the League Board to assess further disciplinary actions.

5.21b MATCH PENALTIES – INVOLVING A LEAGUE OFFICIAL

This penalty will be assessed when a Player verbally or physically threatens or abuses any League Official. A Match penalty will result in an automatic indefinite suspension from the League. There is no minimum suspension. Any Player(s) that strikes, trips, pushes or body-checks a Referee, Linesman or off-ice Official before, during or after a game will result in an automatic indefinite suspension from the League.

5.22 DISQUALIFIED/EJECTED PLAYERS

Any Player that receives a Game Ejection, Game Misconduct, Gross Misconduct or Match penalty shall be ordered to the dressing room and asked to leave the arena premises immediately. Team Captains are responsible for ensuring that the Player(s) who are disqualified or ejected from any game, for any reason are notified of the above mentioned instructions

Ejected Players who remain at rink side or who refuse to retire to the dressing room or leave the arena premises may be subject to further suspension and/or possible expulsion from the League.

Any Player who has been ejected from a game that returns to the ice surface will face an automatic indefinite suspension pending review by League.