

HOCKEY
Lac St-Louis

**ADMINISTRATIVE
RULES**



**REGIONAL LEAGUES
&
SINGLE LETTER LEAGUES**

2010-2011 Season

Growing through hockey

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1. WELCOME

We are pleased to submit the administrative rules of the Hockey Lac St-Louis Region for the season 2010/2011.

For the first time, it includes all those of the regional League and the four single letter leagues of the region.

As a representative of Hockey Quebec, we believe it is very important to consolidate all regulations governing minor hockey under one identity in order to promote one interpretation of the rules of the game of hockey in our region.

We count on your support and cooperation in the implementation of these regulations.

Thank you to everyone and have a great 2010/2011hockey season!



Jean-Pierre Fortier
President
Hockey Lac St-Louis

2. LEAGUES REPRESENTATIVES

Regional leagues representatives

Éric Tremblay : e.tremblay@hockeylacst-louis.qc.ca

Simon Joly : s.joly@hockeylacst-louis.qc.ca

Single letter leagues representatives

Ligue du Sud-Est : Mario Aitken marioaitken@videotron.ca 450-225-0981

Ligue de Hockey Vaudreuil-Soulanges : Patrice Castonguay patricecastonguay@videotron.ca

Ligue CHL : À déterminer

Ligue EHL :

Scheduler

Ligue du Sud-Est : Claude Guérard claudio.guerard@sympatico

Ligue de Hockey Vaudreuil-Soulanges : Claude Guérard claudio.guerard@sympatico

Ligue CHL : Butch Kennedy bkscheduling@bk-scheduling.com

Ligue EHL :

Leagues' Web sites

Ligues Régionales : www.hockeylacst-louis.qc.ca

Ligue du Sud-Est : <http://www.intervillesudest.com/>

Ligue de Hockey Vaudreuil-Soulanges : <http://www.lhvs.ca/>

Ligue CHL : <http://bk-scheduling.com/page04.html>

Ligue EHL : <http://bk-scheduling.com/page05.html>

IMPORTANT: In the event of a dispute, the French version of the rule book will be the official document.

3. GENERAL RULES

3.01 PRINCIPLES

This rule book applies to the regional hockey leagues and the single letter hockey leagues of the Lac St-Louis Region.

Except when indicated otherwise

The following sections of the regional and single letter hockey leagues of Lac St-Louis Region rules and regulations are an addition to or clarifications of Hockey Quebec and Hockey Canada rules and regulations.

All members must abide by them in the same manner that they must abide by Hockey Quebec and Hockey Canada rules and regulations.

3.02 SWEATERS

The home team will wear his light colored jersey. The visiting team will bring the dark sweater. Should both teams are on the ice with dark jerseys, the home team must change jersey for those pale in color.

All teams must have two (2) sets of sweaters, (LOCAL and VISITOR).

3.03 GOALTENDERS

In the event that one (1) of the two (2) goaltenders forgets his sweater, the substitute only will get permission to wear a different color of sweater. If the substitute has to replace the starting goaltender, they will have to exchange sweaters so that the new goaltender wears the same color as the rest of the team.

In addition, a two (2) minutes minor penalty for delaying the game will be assessed.

The protective flap is compulsory for goalkeepers.

3.04 EQUIPMENT MODIFICATIONS

Any player found to have modified originally designed equipment approved by "C.S.A.", and/or B.N.Q. may not play with said equipment.

3.05 ZAMBONI

No one, including referees, is permitted on the ice until the Zamboni has left the ice and the exit doors are closed.

3.06 BANGING THE BOARDS BY THE PLAYER'S BENCH

It is forbidden to bang the boards (both the inside and the outside with the stick)

A minor bench penalty will be assessed to the team at fault. (Ref. H.C. Article 4.3)

3.07 REFEREES NO SHOW – HOCKEY CANADA RULE

If through misadventure or sickness, the referee or linesmen appointed are prevented from appearing:

- A) The manager or coach of the receiving team should attempt to communicate with the regional scheduler or the organization referee in chief, in order to obtain officials for the game.
- B) The managers or coaches of the two competing clubs shall agree on a referee and one linesman.

If the regularly appointed officials appear during the progress of the game, they shall replace the temporary officials immediately.

- C) In the event that the managers or coaches of the two teams do not agree and the game is not played, the game will be re-scheduled.
- D) Considering A, B and C, if the coaches agree to play, the game will be considered legal.

3.08 REFEREES' ROOM

The referees' room is off limits to all team personnel, organization or association.

3.09 MINOR OFFICIALS ACCREDITATION

The associations have until December 31st of current year to accredit their minor officials (score keepers / timekeepers).

Failure to do so, the associations that use unlicensed minor official will receive a fine of \$ 10 per game.

Information about the courses offered will be sent in early season through the regional representative.

4. EXHIBITION GAMES

4.01 REGIONAL, ORGANIZATION AND ASSOCIATION'S OFFICIAL

The officials will be available at the start of training camps.

NOTE: It is mandatory to use regional referees for every exhibition game, for Bantam AA-BB-CC, Midget AA-BB-CC & Junior AA levels.

All other categories must be covered by organization or association's referees.

4.02 OFFICIALS' FEES

It is mandatory to pay the referees cash before each exhibition game. Regular season official's fees are in effect for exhibition games.

4.03 BOOKING OFFICIALS (Procedure)

To book officials, the organization's governor must complete the appropriate form and e-mail it to the regional office. A minimum of 4 days notice is required.

N.B.: The availability of the regional referees is limited during pre season. It is recommended to book early to get the services of the regional referees.

The single letter leagues representatives will advise their members of the procedures to follow when referees are requested.

5. COACHES

5.01 RESPONSIBILITY

The coach is responsible at all times for the action of his team on *and off the ice* and also for the applications of Hockey Canada and Hockey Québec rules

5.02 COACH

A team may have only one assigned head-coach.

5.03 ACCREDITATION

Minimum level of certification for a Head Coach and assistant coach (ref 3.2.1 and 3.2.2 H.Q)

	AA-BB-CC		A-B-C	
	Head Coach	Assistant Coach	Head Coach	Assistant Coach
Pre-Novice	N/A	N/A	EI	EI
Novice	N/A	N/A	EI	EI
Atom*	ER	ER	ER	ER
Pee wee	IC1Q	IC1Q	ER	ER
Bantam	IC1Q	IC1Q	ER	ER
Midget	IC1Q	IC1Q	ER	ER
Junior	IC1Q	IC1Q	ER	ER

*PIJE program is mandatory for all atom coaches

The correspondence between the codes shown above and appropriate levels is as follows:

- EI** = Entraîneur Initiation
- ER** = Entraîneur Récréation
- IC1Q** = Introduction à la compétition 1

6. MEMBERS REGISTRATION

6.01 TEAM MEMBER

Before being eligible to participate in a team's activities, each individual must be duly registered with said team.

6.02 RESPONSIBILITY

It is the responsibility of the organization registrar to register all members under his/her jurisdiction.

6.03 PROCEDURE

Prior to a team's first regular season game, the organization registrar must register the members for said team.

The database must be update at the following dates;

December 1 st	Ref. H.Q. 5.3.3 b)	Reduction for Junior
January 10 th	Ref. H.Q. 5.8.3	Deadline for Release
January 15 th	Ref. H.Q. 5.6.5	Deadline for affiliated player
February 10 th	Ref. H.Q. 5.3.4	Deadline for new player

6.04 ELIGIBILITY OF MEMBERS

Upon request, the organization registrar must produce for the regional office, all necessary documents to prove a member's eligibility, and this within 48 hours.

Failing this, the team at fault will lose the game and further sanctions could be imposed ***like rules regarding eligibility and tampering as they are explained in administrative regulations manual of Hockey Québec under 2.3 and 2.6 items.***

6.05 PLAYERS FROM U.S.A.

After January 10th of the current season, any player that participates with a United States school team will not be eligible to play with a Lac St-Louis team. (Ref. F-30 H.C.)

6.06 JOUEUR AFFILIÉ AVEC LES LIGUES PROVINCIALES

Any player signing as an affiliated player with a team from one of the three (3) Provincial leagues (Midget AAA, Junior AAA, and Junior major) will need an approval from the Regional Office before playing with such a team.

6.07 RESTRICTIONS FOR JUNIOR TEAMS

Junior teams may register **17 year olds** as regular players on the condition that these players were regular players with Midget AAA the previous season.

Junior teams may register a maximum of four (4) 21 year olds **as regular players only**. (Réf. 5.7.3 H.Q.)

At Junior AA, these players must have played at least the previous season in Junior AA or coming up from a junior single letter league.

At Junior A-B, These players must have played at least one (1) previous season in a junior single letter league.

The rules concerning player residency in Hockey Quebec's chapter 5 must be respected at all time.

No 21 year old affiliate player is allowed

6.07 MINIMUM SIGNED PLAYERS (Réf. 5.3.2 HQ)

For **AA** teams, a minimum of 15 players plus two goaltenders must be registered at all time on the team registration form with a said team.

For **BB-CC** teams, a minimum of 13 players plus one or two goaltender must be registered at all time on the team registration form with a said team. In order to count 13 players, a goaltender cannot be counted as part of the 13 players.

The minimum of regular players signed for single letter prior to the first game is nine (9) including the goaltender.

7. SCORE SHEET

7.01 GAME NUMBER, DATE AND TEAMS' NAME

The game number, the date and team's name, must be entered at the appropriate place by both teams.

7.02 PLAYER'S NAME AND NUMBER (Regional and single letter league)

All players present must have their first names, names and numbers **fully** written on the score sheet. The use of a white computerized label is **mandatory**. (Put one on each of the 5 score sheet copies)

A minor bench penalty (A-77) will be assessed to the team at fault at the beginning of the game.

7.03 CAPTAIN AND ASSISTANTS

The captain and assistants must be indicated in the appropriate place on the score sheet.

7.04 JOUEUR AFFILIÉ

When a team uses an affiliated player for a game, it shall designate such a player by the use of the letters J.A. in the appropriate place on the score sheet until such time as such player has graduated. (Réf. 5.6.4 H. Q.)

Write : 24 John Doe J.A.

****For the purpose of ligue Interville Sud Est only :
AFFILIATE PLAYER (ALSO APPLICABLE FOR THE PURPOSES OF PLAYOFFS)**

The coach of a team that wishes to use an affiliated player must notify the coach of the team for which the player evolves before contacting the player. A player can only be a single list of reserves.

The team that is complete cannot use an affiliate player during a game.

No affiliate player may participate in a game if the number of players is 11 + 1 (or 11 + 2 if the team has two guards). With the exception of the Midget B

7.05 SUSPENDED MEMBER

The name and number of the suspended member must appear at the appropriate place on the score sheet.

7.06 COACH'S SIGNATURE

Prior to each game, the head-coach for that game shall personally sign the league's official score sheet. (Réf. 7.2.3 H.Q.)

7.07 WHEN COMPLETING THE SCORE SHEET?

The teams must present their score sheet in a reasonable delay and give it to the scorekeeper.

The local team must supply the score sheet and the visiting team will fill in the official score sheet first.

7.08 SCOREKEEPER

The scorekeeper will bring the score sheets to the referees' room at least (5) minutes before the game

7.09 ELIGIBILITY

Any person acting in any capacity at the players' bench must be a member and his name and number shall appear on the score sheet prior to the beginning of the game. (Réf. 7.2.3 b H.Q.)

A maximum of five (5) members behind the bench is permitted, and one of them must have a valid security and safety card. (Réf. 3.5, H.Q.)

7.10 PARTICIPATING IN A GAME

A member is considered having taken part in a game when his name appears on the score sheet.

7.11 SWEATER NUMBER

A sweater number assigned to a player must remain with that player for the whole season.

If for some unforeseen reason a player must change his number for a game, the team must indicate on the score sheet both numbers of the player in the following manner:

EX: #10 John Doe will change to #15

Enter: 15 (10) John Doe

If the change becomes permanent the league must be advised.

7.12 SUSPENSION FOLLOW-UP

The coach is responsible for registering in the top of the score sheet the name of any player who has served a suspension.

When the suspension is served in a tournament, the team leader must provide the league a copy of the score sheet clearly indicating that the suspension has been served in it.

The league will follow all the suspensions. It will ensure that they have been served by the rules.

It will keep track of all suspensions not served and it will ensure that they are served the following season. (Carry over list)

8. GAME RUNNING

8.01 LENGTH OF GAMES

PEEWEE, BANTAM, MIDGET AA-BB-CC and JUNIOR AA-A-B

1 hour and 30 minutes

Five (5) minutes warm-up

2 periods of fifteen (15) minutes stop-time + 3rd period (see below).

ATOME BB-CC and GIRLS HOCKEY

1 hour

Two (2) minute warm-up.

2 periods with ten (10) minutes stop-time + 3rd period (see below).

3rd PERIOD

To determine the 3rd period length, the referee must take the available time, divide it by two (2), and add five (5) minutes to this time.

Ex: It is 20:00 hours, the rental period ends at 20:30 hours, ice time remaining is thirty (30) minutes.

(30 minutes divided by 2) = 15 minutes
(15 minutes plus 5 minutes) = 20 minutes
Length of 3rd period is 20 minutes.

Ex: It is 20:10 hours, the rental period ends at 20:30 hours, ice time remaining is twenty (20) minutes.

(20 minutes divided by 2) = 10 minutes
(10 minutes plus 5 minutes) = 15 minutes
Length of 3rd period is 15 minutes.

NOTE: If a team has two (2) hours to play the game then the 3rd period length will be twenty (20) minutes.

8.02 WARM-UP

The warm up period begins the moment the Zamboni doors are closed or at the appointed hour of the game.

8.03 HAND SHAKE

Immediately at the end of the game, after they received the official's signal, both teams must shake hand.

8.04 REST PERIOD

Games of 1 hour and 30 minutes

The referee must allow a rest period of two (2) minutes, between the second (2nd) and third (3rd) period if the remaining time allowed for the ice is thirty-five (35) minutes or more.

Games of 1 hour

The referee must allow a rest period of two (2) minutes, between the second (2nd) and third (3rd) period if the remaining time allowed for the ice is thirty (30) minutes or more.

8.05 TWO HOURS OF ICE

When a team has two hours of ice for a game, if time permitting, cleaning the ice will be approved between the second and third period.

Officials and visiting team must be advice of the above before the beginning of the game.

8.06 END OF GAME

Prior to the start of the game, the referee shall consult the local team in order to confirm the time at which the game must end.

He shall advise the opposing team and they must put an end to the game, when the time allowed for ice is completed.

Arena staff and/or timekeeper can also end the game.

8.07 LEGAL GAME

PEEWEE, BANTAM, MIDGET AA-BB-CC and JUNIOR AA-A-B

Two (2) periods of fifteen (15) minutes stop-time.

ATOM BB-CC, GIRLS HOCKEY and SINGLE LETTER LEAGUES

Two (2) periods of ten (10) minutes stop-time.

Note:

After investigation from the regional office or single letter leagues, for exceptional reasons a game can be declared legal and final even if two (2) periods weren't completed.

If the game is stopped before the end of the first period, the game will be entirely rescheduled, also after investigation from the leagues.

If the second period is not completed, only the remaining time of the second period will be played at another time, if possible before another game between the two teams involved, always after investigation from the leagues.

If there are no other games between the two teams, the regional office or the single letter leagues representative, depending on the standings impact, will decide if the game should be completed.

8.08 END OF GAME (players at bench)

At the end of the game, the players who are on the bench must remain there and the players on the ice must return immediately to their respective bench. If there is a failure to abide by this rule, the coach will be assessed the following sanctions:

- 1st offence: warning
- 2nd offence: warning
- 3rd offence: warning
- 4th & subsequent off.: 1 game suspension

The referee will consider the exits, and shall decide which of the two teams will leave the ice first.

Anti fair-play gestures will not be tolerated. (Bomb, show etc.)

If there is a failure to abide by this rule, the coach will be assessed a gross misconduct (D-66).

8.09 GAME RESULT AND SCORESHEET – Regional leagues (Atom to Midget AA-BB-CC, Junior AA-A-B and Hockey Féminin A-B)

At the end of each game, an official member of the local team must update the final score of the game, directly on the website and before 10:00 am the next day. Failing that, a fine of \$ 25.00 will be imposed on to the team. **Reduced to 10.00\$ when entered in a maximum of 24 hours after the time of the game.**

In addition, at the end of each game, the referee or linesman depending on the situation, must immediately mail the score sheet to the regional office. Failing this, a 25.00 \$ fine will be imposed. **Reduced to 10.00 \$ when score sheet is received at the regional office within a maximum of 10 days after date of the game.**

The single letter leagues representatives will inform their members of the procedures to follow.

8.10 TIME OUT

No time-outs are permitted during the regular season.

8.11 SEVEN (7) GOAL SPREAD (Regional leagues and single letter leagues)

During the season, once a goal spread of seven (7) goals is attained after the second period, the rest of the game will be played with running time only starting at the face off, following 7th goal.

Minor and major penalties will be stop time.

Also at any time during the game, if the gap is seven (7) goals, the official scorer keeper of the game will cease to include the goals on the board and that as long as the difference of seven goals persist.

****For ligue Interville Sud Est : If after two periods of play or during the third period, there is a difference of 7 or more goals, the score keeper will cease to indicate the goals. This regulation applies to all levels**

8.12 NO SHOW TO A GAME – Regional leagues (Atom to Midget AA-BB-CC, Junior AA-A-B and Hockey Féminin A-B)

If a team does not show up for any scheduled game with enough players, it loses the game by default.

When a team does not show up for any scheduled game, it loses the game by default and will be fine 200.00\$(payable to the organization when the referees are provided by the organization).

The single letter leagues representatives will inform their members of the procedures to follow.

8.13 MINIMUM NUMBER OF PLAYERS

Double letter (10 + 1) (ref. 7.2.1 b H.Q.)

In order to start the game, a team must have a minimum of eleven (11) players dressed, including the goalkeeper.

Single letter (8 + 1) Girls Hockey, Midget A and Junior A-B (ref. 7.2.1 a H.Q.)

In order to start the game, a team must have a minimum of nine (9) players dressed, including the goalkeeper.

8.14 LATE ARRIVAL FOR A GAME

- A) In the event that a team arrives late for a scheduled game, a delay of 10 minutes will be allowed to the team, after the warm up. As stated in rule 8.01
- B) In addition, a two minute minor penalty for delaying the game will be assessed.

8.15 DELIBERATELY DELAYING THE GAME (Ref. 10.1 e H.C.)

A penalty shot will be granted to the non-faulty team, if in the last two (2) minutes of ice time allowed (Ref. 6.06 Regional Leagues) a member deliberately delay the game in order to take advantage of this situation for his team.

In the event that a penalty shot is granted and the arena employee (Zamboni) refuse to give the necessary time for the penalty shot, the referee will have to report the incident to the President of the League.

8.16 MOUTH GUARD

The use of a mouth guard is mandatory for all double letter players, except for goaltenders. (Atom to Junior)

This is how the rule will be applied during a game, If the player is not wearing the mouth guard properly or not wearing it at all.

1ST infraction:

The player is not wearing the mouth guard: warning to the bench, applicable to all players.

The player is wearing the mouth guard incorrectly: Warning to the bench plus the player receives a minor penalty (A-74)

2nd infraction:

applicable the same way if the player wears it incorrectly or not at all:
The player at fault (even if it's a different player) receives a MISCONDUCT penalty (code C-74)

3rd infraction

applicable the same way if the player wears it incorrectly or not at all:
The player at fault (even if it's a different player) will be ejected from the game (code D-61)

The single letter leagues representatives will inform their members of the procedures to follow.

8.17 GAME TIME LIMITS – Regional leagues (Atom to Midget AA-BB-CC, Junior AA-A-B)

Regular season	Week hours		Week end hours	
	Minimum	Maximum	Minimum	Maximum
	Mon/Fri	Sun/Thur	Sat/Sun	Fri/Sat
Atom	18H00	20H00	8H00	20H00
Pee Wee	18H30	20H00	9H00	20H00
Bantam	18H30	20H30	10H00	21H00
Midget	19H00	21H30	12H00	21H30
Junior*	19H00	21H30	18H00	21H30

* No Junior games on Thursdays and Fridays

N.B. Any game outside these limits must be approved by both organizations involved.

9. GAME CHANGE

9.01 GAME CANCELLATION – Regional leagues (Atom to Midget AA-BB-CC, Junior AA-A-B and Hockey Féminin A-B)

No games will be cancelled for exhibition games or cultural exchanges. Only the request of a team in tournament will be receivable. The request must be sent to the ice scheduler of the opposing team at least 72 hours before the beginning of the tournament for local games (home) and one week for away games (visitor) .

The game will be lost by default if the delay is not respected. A date must be given to the other organization when making a game change request.

The single letter leagues representatives will inform their members of the procedures to follow.

9.02 GAME CHANGE REQUEST – Regional leagues (Atom to Midget AA-BB-CC, Junior AA-A-B and Hockey Féminin A-B)

Only the governor or ice scheduler may request the league to reschedule a game and this only due to uncontrollable circumstances. It shall be at the league's discretion to accept or reject this request. No game change coming directly from a team member will be accepted.

The organization request a game change must get the acceptance from the opposing organization and then inform the regional office with the new date. The reason of the change must be written in order to get the approval. The change will be in effect after the confirmation from the regional office.

If a game is not played because of an administrative error, the governor in fault has ten (10) business days to determine a new date or the game will be lost by default.

If a date cannot be found, the game will be put on the "to be reschedule list" (TBR). A game cannot remain on this list more than two weeks, failing which the offending team (local) will be given a fine of \$ 20 per day.

The single letter leagues representatives will inform their members of the procedures to follow.

9.03 LEAGUES' DECISION

The league's decision is final in the re-scheduling of games. All efforts should be made to find a convenient date for the rescheduling of cancelled games which will be acceptable to both teams.

9.04 DEADLINE TO RESCHEDULE

The team requesting the cancellation of the game runs the risk of forfeiture of that game, in the event the game cannot be rescheduled **before February 28th 2011. (February 21st for Junior teams).**

The single letter leagues representatives will inform their members of the procedures to follow.

9.05 TOURNAMENTS ON SAME DATES (réf. HQ 9.10.4)

A team cannot register for two tournaments that are held on the same dates without informing the concerned two tournaments at least thirty days before the start of these tournaments nor discontinue any of these tournaments, failing which, the team will lose one of the tournament permit when the situation has an impact in a tournament held on the territory of Hockey Lac St-Louis.

10. FINAL STANDING

10.01 TOTAL OF POINTS

The team with the most points will finish in first place followed in descending order of points by the other teams..

10.02 TIE BREAKER (ref H.Q. 9.8)

Should a tie occur between numbers of teams, the standings will be determined by the following criterias:

- A) Most wins
- B) Less loses
- C) The games results between the teams involved (wins)
- D) The best differential between the teams in question, of total goals for minus total goals against in all games played in the league.
- E) The team with most Franc Jeu points
- F) The fastest goal scored in all games played.
- G) Draw

11. CHAMPIONSHIPS AND TOURNAMENTS

11.01 THE REGIONALS

No game changes will be allowed during the Regional Championships. For all the regulations specific to the Regional Championships, see the Regional Championship rule book.

11.02 THE PROVINCIALS

Atom to Midget BB-CC, Junior AA and A-B Féminin

The winner of the Regional Championships will represent the Lac St-Louis region at the Provincial Championships.

Pee-Wee et Bantam AA

The Lac St. Louis Region will be represented by two (2) teams at the Provincial Championships, one per structure. (The two regional championship finalists:

- A) One team will be representing the **Lions** Integrated structure.
- B) One team will be representing the **Patriotes** Integrated structure.

Midget AA :

The Lac St-Louis region will be represented at the Provincial Championships in the Midget AA by the four (4) teams in the Region.

AA – Féminin

The Lac St. Louis Region will be represented by one (1) team at the Provincial Championships for feminine AA.

The AA feminine team (Selects or Elites) that will win the best of three serie.

11.03 NUMBER OF PERMITTED TOURNAMENTS :

A team can participate in a maximum of four (4) tournaments for Pee-Wee to Junior categories and a maximum of three (3) tournament for Pre-Novice, Novice and Atom categories.

11.04 DEADLINE TO PARTICIPATE IN A TOURNAMENT

No double letter teams can participate in a tournament during Regional Championships. (March 11th to April 3rd 2011)

Failing to this rule, the team will be automatically expelled from the Regional Championships.

N.B. *The games already played won't be affected by this rule*

For the single letter teams), no game changes will be allowed during the regional championships. (Single letter leagues, Junior A-B and girl's hockey).

12. DISCIPLINE

12.01 SANCTIONS CHART

The sanctions chart is a resume of Lac St-Louis Region discipline code. The discipline code will apply for all games.

All suspensions indicated on this chart are **automatic and without appeal**.

20/28 MINUTES OF PENALTIES AND MORE

Pee-wee, Bantam, Midget AA, BB, CC et Junior AA, A, B
28 minutes per game

Atom BB-CC and Hockey Féminin
20 minutes maximum per game

The 20/28 minutes rule is calculated in the following manner:

Minor Penalty	Code A-#	2 minutes
Major Penalty	Code B-#	5 minutes
Misconduct Penalty	Code C-#	0 minute
Game Misc. or Gross.	Code D-#	0 minute
Automatic Match Penalty	Code E-#	0 minute
Penalty shot	Code F-#	0 minute

An offence will be given to the head coach (unless he is absent) if his team receives 20/28 minutes or more of penalty during a game. In his absence, the official behind the bench shall be responsible and credited with the offence, he shall be subject to the appropriate discipline.

12.02 3 STICK PENALTIES (Réf. 4.2f H.C.)

Any player incurring a total of three (3) or more stick infraction penalties during the same game shall be ejected from the game. Stick infraction penalties are considered to be: high sticking, cross-checking, slashing, spearing and butt-ending.

12.03 GARDIEN DE BUT (Expulsion)

In the event there is no substitute goaltender to replace the regular goaltender who has been ejected from the game for a game misconduct, gross misconduct or (3) penalties **no delay will be allowed** to dress an alternate goaltender.

NOTE: Goaltender's minimum requirements for equipment are; an approved face mask, rigid throat protector (in addition to B.N.Q. neck protector) and a goalie stick.

12.04 COACH'S SUSPENSION

After inquiry, any coach under suspension or who has just been kept from a game tries to influence the game in any manner from the stands will receive an additional three (3) game suspension for doing so. Penalties may be assessed at any time before, during and after the game, when an offence is committed. (Rule 4.1,b) H.C).

12.05 DISCIPLINE REPORT

When a team plays a game outside of the region, it is obliged to submit to the league within 48 hours following the completion of the game, the "discipline report" form in all cases where:

- A) A team member serves a game suspension.
- B) A team member receives a suspension.

12.06 DISCIPLINE COMITEE

Reference - chapter 11 of Hockey Québec

Any person appearing before a Disciplinary Committee may be accompanied by someone of his choice; it has no right to speak. As for minor aged player, it must also be accompanied by a parent or legal guardian and will be entitled to speak.

12.07 SANCTION NOTICES

For any game with sanctions, the sanction notice will be sent, by email to the organization president, organization governor and the minor hockey association president. It is their responsibility to forward these notice to the teams and/or players. The date for the delay of appeal will be the date the email was sent.

For any sanction exceeding nine (9) games, the sanction notice will also be sent, by registered mail to the player address according to HCR data base. The date for the delay of appeal will be the date the registered mail was received.

Updated June 16th 2010