

HOCKEY
Lac St-Louis



REGIONAL LEAGUES

2009-2010

ADMINISTRATIVE RULES

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J'évolue au hockey

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FOR EMERGENCY ONLY

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IMPORTANT: IN THE EVENT OF A DISPUTE, THE FRENCH VERSION OF THE REGIONAL LEAGUE RULE BOOK WILL BE THE OFFICIAL TEXT.

1. GENERAL RULES

PRINCIPLES

- 1.01** This rule book applies to the regional hockey leagues of the Lac St-Louis Region.

The following sections of the regional 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.

SWEATERS

- 1.02** a) 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 sweater so that the new goaltender wears the same color as the rest of the team.

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

- b) All teams must have two (2) sets of sweaters, (LOCAL AND VISITOR).

EQUIPMENT MODIFICATIONS

- 1.03** 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.

ZAMBONI

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

BANGING THE BOARDS BY THE PLAYER'S BENCH

1.05 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)

REFEREES NO SHOW – HOCKEY CANADA RULE

1.06 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.

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(514) 639-6286**

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.

REFEREES' ROOM

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

2. EXHIBITION GAMES

REGIONAL REFEREES

2.01 Lac St-Louis Region-Hockey league's referees 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.

OFFICIALS' FEES

2.02 It is mandatory to pay the referees before each exhibition game. Regular season official's fees are going to be used for exhibition games.

BOOKING OFFICIALS (Procedure)

2.03 To book officials, the organization 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.

3.	COACHS
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RESPONSIBILITY

3.01 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***

COACH IN CHIEF

3.02 A team may have only one assigned coach.

3.03 ACCREDITATION

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

	AA-BB		A-B	
	Head Coach	Assistant Coach	Head Coach	Assistant Coach
Pre-Novice	N/A	N/A	Ent. Init.	Ent. Init.
Novice	N/A	N/A	Ent. Init.	Ent. Init.
Atom	Ent. Récré.*	Ent. Récré.*	Ent. Récré.*	Ent. Récré.*
Peewee	Ent. Comp. 1	Ent. Comp. 1	Ent. Récré.	Ent. Récré.
Bantam	Ent. Comp. 1	Ent. Comp. 1	Ent. Récré.	Ent. Récré.
Midget	Ent. Comp. 1	Ent. Comp. 1	Ent. Récré.	Ent. Récré.
Junior	Ent. Comp. 1	Ent. Comp. 1	Ent. Récré.	Ent. Récré.

*PIJE program is mandatory for all atom coaches

N.B.: Here's the correspondence of the abbreviations:

- Ent. Init. = Niveau Entraîneur Initiation
- Ent. Récré. = Niveau Entraîneur Récréation
- Ent. Comp. 1 = Niveau Entraîneur Compétition 1

4. MEMBERS REGISTRATION

MEMBER OF A TEAM

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

RESPONSABILITY

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

PROCEDURE

4.03 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 1st	Ref. H.Q. 5.3.3 b)	Reduction for Junior
January 10th	Ref. H.Q. 5.8.3	Deadline for Release
January 15th	Ref. H.Q. 5.6.5	Deadline for affiliated player
February 10th	Ref. H.Q. 5.3.4	Deadline for new player

ELIGIBILITY OF MEMBERS

4.04 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.***

PLAYERS FROM U.S.A.

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

AFFILIATED PLAYER WITH PROVINCIAL LEAGUES

- 4.06** 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.

RESTRICTIONS FOR JUNIOR TEAMS

- 4.07** 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 **regular players**. (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.

- 4.08** **MINIMUM SIGNED PLAYERS AA-BB-CC** (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.

5. SCORE SHEET

GAME NUMBER, DATE AND TEAM

- 5.01** The game number, the date and team, must be entered at the appropriate place by both teams.

PLAYERS NAME AND NUMBER

- 5.02** All players present must have their first names, names and numbers fully written on the score sheet. The use of the computerized labels 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.

CAPTAIN AND ASSISTANTS

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

AFFILIATED PLAYER

- 5.04** 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.)

SUSPENDED MEMBER

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

COACH'S SIGNATURE

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

WHEN COMPLETING THE SCORE SHEET ?

- 5.07** The teams must present their score sheet (20) minutes before the game or at the end of the second period of the preceding game and give to the scorekeeper. The visiting team will fill in the official score sheet first.

SCOREKEEPER

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

ELIGIBILITY

- 5.09** 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.

PARTICIPATING IN A GAME

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

SWEATER NUMBER

- 5.11** 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.

AFFILIATED PLAYER NUMBER

- 5.12** All affiliated players will have a permanent number from 501 to 519. The team who use an affiliated player must indicate both numbers of the player on the score sheet in the following manner:

ENTER: 24 (501) John Doe P.E.

6. LENGTH OF GAMES

6.01 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 +.

ATOME BB-CC and GIRLS HOCKEY

1 hour
Two (2) minute warm-up.
2 periods with ten (10) minutes stop-time +.

+ + + + + + + + + + +

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.

WARM UP

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

HAND SHAKE

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

REST PERIOD

GAME OF 1 HOUR

- 6.04** 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.

GAME 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.

TWO HOURS OF ICE

- 6.05** When a team has two hours of ice for a game, time permitting, cleaning the ice will be approved between the second and third period. The referees and the opposing team must be advised of above prior to the start of the game.

END OF GAME

- 6.06** 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 a end to the game, when the time allowed for ice is completed. Arena staff and/or timekeeper can also end the game.

LEGAL GAME

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

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

ATOM BB-CC and GIRLS HOCKEY

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

NOTE: After investigation from the regional office, 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.

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.

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

END OF GAME (players at bench)

6.08

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).

6.09

GAME RESULT AND SCORESHEET

It is ***strongly recommend to use the email*** to send in the score to avoid any transmission problem by phone ***that can result in a fine***

At the end of each game, the referee or linesman depending on the situation must send the result, before the next morning 10h00, via email (resultat@hockeyclacst-louis.qc.ca), directly on the website or immediately phone the regional office (514-697-9273) with the final score.

Failing this, a 25.00 \$ fine will be imposed. **Only 10.00 \$ when calling within a maximum delay of 24 hours after the game.**

In addition, at the end of each game, the referee or linesman depending on the situation, must immediately mail the scoresheet to the regional office.

Failing this, a 25.00 \$ fine will be imposed. **Only 10.00 \$ when scoresheet is received at the regional office within a maximum of 10 days after date of the game.**

TIME OUT

- 6.09** No time-outs are permitted during the regular season.

SEVEN (7) GOAL SPREAD

- 6.11** 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.

NO SHOW TO A GAME

- 6.12** 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).

MINIMUM NUMBER OF PLAYERS

- 6.13** **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.

NOTE: If a team does not show with the proper number of players, rule 6.12 will be applied.

- 6.14** **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 6.01
- B) In addition, a two minute minor penalty for delaying the game will be assessed.

6.15 **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.

6.16 **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)

7. **GAME CANCELLATIONS**

GAME CANCELLATION

7.01 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.

REQUEST

- 7.02** 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 days to determine a new date or the game will be lost by default.

LEAGUE'S DECISION

- 7.03** 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.

DEADLINE TO RESCHEDULE

- 7.04** 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 2010. (February 21st for Junior teams).**

8. FINAL STANDINGS

POINTS TOTAL

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

8.02 TIE BREAKER (Hockey Québec 9.8)

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

- a) Most wins
- b) Less loses
- c) The games results between the teams involved
- 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

9. CHAMPIONSHIPS AND TOURNAMENTS

REGIONAL

9.01 See Regional Championships Rule Book.

9.02 PROVINCIAL

«Atom to Midget BB-CC, Junior AA and **Feminine A** »

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

«Pee Wee and Bantam AA»

The Lac St. Louis Region will be represented by two (2) teams at the Provincial Championships, one per structure. In 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 by four (4) teams at the Provincial Championships, two per structure.

Lac St-Louis #1 = The team that will finish on top of the standing (1st place) of the **Lions** division.

Lac St-Louis #2 = The team that will finish on top of the standing (1st place) of the **Patriotes** division.

Lac St-Louis #3 = The team that will win the **Lions** division final of the regional championship*

Lac St-Louis #4 = The team that will win the **Patriotes** division final of the regional championship*

**If this team is the same as the 1st place of the same division, then the finalist of that division in the regional championship will go to the provincials.*

«Feminine AA»

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

The AA feminine team (Selects or Elites) who will win the best of three mini series, between the two teams.

TOURNAMENTS PERMITTED

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

DEADLINE TO PARTICIPATE IN A TOURNAMENT

- 9.04** No double letter teams can participate in a tournament during Regional Championships.(March 13th to April 5th 2009)
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 regional single letter teams (Midget A, Junior A-B and girls hockey), no game changes will be allowed during the regional championship.*

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| 10. DISCIPLINE |
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SANCTIONS CHART

- 10.01** 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 PENALTY MINUTES

- 10.02** **PEEWEE, BANTAM, MIDGET AA-BB-CC and JUNIOR AA-A-B**
28 minutes per game

ATOM BB-CC and GIRLS HOCKEY
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.

3 STICK PENALTIES (Ref. 4.2 f H.C.)

- 10.03** 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.

GOALTENDER (Expulsion)

- 10.04** 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.

SUSPENSION (COACH)

- 10.05** 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).

DISCIPLINE REPORT

- 10.06** 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.

DISCIPLINE (DISCIPLINE COMMITTEE)

- 10.07** Any player called to a discipline committee meeting must be accompanied by one of the following people:

- Coach
- Assistant coach
- Manager
- Organization or association officer.

10.08 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.