



OFFICIAL LEAGUE RULES & PROCEDURES (Sophomore Division)

***THE FOLLOWING RULES AND REGULATIONS ARE FOR THE BENEFIT OF ALL PLAYERS. INSIDE EDGE HOCKEY HAS BEEN BUILT ON SPORTSMANSHIP AND THE DEVELOPMENT OF PLAYERS LOOKING TO IMPROVE ON THEIR HOCKEY SKILLS. PLEASE KEEP THIS MIND WHEN STEPPING ON THE ICE EACH WEEK! SAFETY FIRST!**

PLAYERS:

Players not registered with Inside Edge Hockey and not listed on the team's roster are NOT permitted on the ice. If a registered Inside Edge Hockey player brings out a **non-registered player** to participate, an automatic one game suspension will take place to the player who brought out the illegal player.

*If a team does not have enough players to play a game (6 skaters and a goaltender), it is at the **sole discretion of league management** to choose additional players to play in that game so a forfeit doesn't take place.

JERSEYS:

All players must wear an official Inside Edge Hockey jersey in order to participate. (Some exceptions may apply due to size and availability).

EQUIPMENT:

Players must wear CSA approved helmets **with full-face protection**. If a goalie loses their helmet at any time during a game, play will be stopped by the official. If a player loses their helmet they must either put it back on immediately or go the bench for a change. Helmets must also have proper chin straps.

WAIVER FORMS:

When registering online, players will be responsible to sign the Inside Edge Hockey waiver forms before participating in league play. If a player registers in person, paper forms will be made available.

LEAGUE STANDINGS (Regular season):

In the regular season, standings will be ranked by team's total points. In the event of a tie between two or more teams, the following tie-breakers will take place to determine playoff seeding:

- 1) Head-to-Head
- 2) Most wins
- 3) Least penalized team
- 4) Least goals against

GENERAL RULES & REGULATIONS:

- Icing is automatic if a pass is initiated from the passer's **own** blue-line and completely crosses the opposing goal-line.
- There is no "two-line pass rule" as there is no centre red line; therefore 2-line passes ARE permitted.
- Line changes must be completed in a timely fashion. Any delays may result in a delay of game penalty to the offending team or the implementation of the "hurry-up face-off" procedure.
- The clock will be stopped for the final minute of play in a game that is within **two goals** or less.
- If a goalie is injured, that team is granted the option of dressing a skater (10 minutes grace period to get dressed) or using an available goalie from Inside Edge with the approval of league management. If there are no goalies available, that team will have the option to skate with six skaters.
- One 30-second timeout will be permitted to each team during the playoffs only.

PENALTIES & INFRACTIONS:

In an effort to maintain a safe and positive environment for all league players, the following rules have been set forth by Inside Edge Hockey in regards to penalties and/or other infractions:

****ANY PLAYER EJECTED FROM AN INSIDE EDGE HOCKEY LEAGUE GAME WILL BE REMOVED FOR THE REMAINDER OF THE SEASON AND POSSIBLE FUTURE SEASONS (INCLUDING LIFETIME BAN) DEPENDING ON THE SEVERITY OF THE INCIDENT****

MINOR PENALTIES:

All minor penalties will result in a 3-minute run-time penalty.

MAJOR PENALTIES: (AUTOMATIC EJECTION)

Fighting – Attempting to fight (including dropping the gloves with no punches thrown, as well as throwing punches with gloves on).

Gross Misconduct – Any act that is viewed as a travesty to the game including arguing with officials, abusive/obscene/vulgar language, taunting or ridiculing players or officials.

Match penalty – Intent to injure and/or a player committing a serious offense.

Body checking - This is a "NON-CONTACT" League. It is understood that some incidental contact may occur in a game, and that some is purely accidental. However, players must be responsible for their own

actions. Body checking is strictly prohibited, and players may receive a major penalty for body checking based on the referee's discretion.

Stick infractions – Stick work from players will be closely monitored by league officials. Stick penalties may result in a game misconduct depending on the severity of the offence (whether they are accidental or not). It is the player's responsibility to have full control of their stick.

NOTE: Any rules not stated in this Inside Edge Hockey Rules & Procedures Guide are to be referred to the Official CARHA Rulebook which you can find here:

<https://carhahockey.ca/resources/carha-hockey-rule-book/>

***LEAGUE MANAGEMENT RESERVES THE RIGHT TO REMOVE ANY PLAYER THAT DOES NOT ADHERE TO LEAGUE POLICIES OR PROCEDURES WITHOUT A REFUND. LEAGUE MANAGEMENT ALSO HAS THE RIGHT TO UPDATE ANY RULES AND PROCEDURES THROUGHOUT THE SEASON IN WHICH THE LEAGUE WILL BE INFORMED OF ANY CHANGES.**