



ADULT RECREATIONAL ICE HOCKEY LEAGUE

OFFICIAL LEAGUE RULE BOOK



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A MESSAGE FROM THE DIRECTOR

The Coast Hockey League has been around in one form or another since the early 1990's. We began as a six team league in Surrey called the Night Owl Hockey League. Our ice times at that point were well past midnight. We have come a long way since those days and are proud that you have chosen to play your hockey with us this season. We realize that there are many options in the lower mainland where you can get your weekly hockey fix.

It is our goal to make your hockey experience the best that it can be. Through your continued feedback, we can continue to make improvements that directly affect the product we offer both on and off the ice.

This Constitution is an evolution of years of experience and it is a continually evolving entity. We strive to be a democratic league where you, the player, have an impact on the game. We meet at the beginning of every season to discuss and debate any rule changes that are proposed. It is through this process that the game on the ice is the game you want to play. This ties in well with our Mission Statement:

To provide you with a safe and enjoyable league where you can improve your hockey skills and experience healthy competition among friends.

Greg Sproule
Coast Hockey League Director



CHL RULES AND REGULATIONS

The current Canadian Hockey Association rules will govern all games, with the exception of a number of rules specific to the Coast Hockey League. These rules may be modified by league management. League management assumes no responsibility for any claims arising through operation of the league. No allowances will be made for ignorance of the rules.



SECTION ONE: THE RINK

1.1 ARENA PROPERTY

Any damage to the arena property will be paid for by the team responsible, prior to participation in any further league games and/or playoff games. Non-compliance constitutes automatic suspension from the league and possible legal action under the discretion of league officials and arena management.

1.2 ALCOHOL AND CONTAINERS / SMOKING

Alcoholic beverages and/or glass containers are prohibited in the arena. Failure to comply will result in disciplinary action against the offending individuals, including possible suspension from the league. This rule applies to the dressing rooms, playing area, parking lot, grounds, and restaurant/bar area (alcoholic beverages are not allowed to be brought into the restaurant/bar area). Smoking is also not permitted inside the arena facility. Please adhere to the bylaws that prohibit smoking in specified areas. Teams that do not abide by these bylaws will face possible suspension and expulsion from the league.

1.3 ACCIDENTS

All accidents must be reported to the league office and to the arena management immediately after the accident has occurred. Referees must report and document any and all accidents to the league office.



SECTION TWO: THE GAME

2.1 GAME OFFICIALS

Two (2) referees will be provided for each game. Referees will work together as part of a two-man system where both are responsible for calling penalties as well as all game infractions (i.e. icing, offsides, etc.). One scorekeeper will be provided for each game and is considered part of the officiating team. The scorekeeper will work with the two referees at all times during the game. The on-ice officials will make the final decision on all discrepancies occurring during a game (i.e. length of time of the third period).

2.2 ICE TIME AND GAME FORMAT

(A) REGULAR SEASON

(1) MEN'S LEAGUE

Each game has an allotted ice slot of 1 hour and 15 minutes.

Warm-up:	5 minutes
Period 1:	10 minutes stop time
Intermission:	1 minute
Period 2:	15 minutes stop time
Intermission:	1 minute
Period 3:	Divide remaining ice time in half and play stop time (ie. 36 minutes remaining in the ice slot – play 18 minutes stop time).

(2) WOMEN'S LEAGUE

Each game has an allotted ice slot of 1 hour and 15 minutes.

Warm-up:	5 minutes
Period 1:	10 minutes stop time
Intermission:	1 minute
Period 2:	15 minutes stop time
Intermission:	1 minute
Period 3:	Take remaining ice time, subtract 4 minutes, and play running time with the last 2 minutes stop time (i.e. 32 minutes remaining in the ice slot – play 28 minutes running time and 2 minutes stop time).



(3) OVERTIME PERIOD

There will be no timeouts allowed in any overtime period.

Regular Season: Time permitting – take remaining time in ice slot and play a maximum of 5 minutes of running time, sudden death, 5-on-5. If there are no goals in overtime, or if there is not sufficient time to allow for overtime, the game ends in a tie. **If there is insufficient time remaining in the available ice time, overtime will not be played and the game will end at the conclusion of regulation.**

(B) PLAYOFFS

(1) MEN'S LEAGUE

Each playoff game has an allotted ice slot of 1 hour and 15 minutes.

Warm-up: 5 minutes
Period 1: 10 minutes stop time
Intermission: 1 minute
Period 2: 15 minutes stop time
Intermission: 1 minute
Period 3: 15 minutes stop time or divide remaining ice time in half and play stop time (ie. 26 minutes remaining in the ice slot – play 13 minutes stop time).

(2) WOMEN'S LEAGUE

Each playoff game has an allotted ice slot of 1 hour and 15 minutes.

Warm-up: 5 minutes
Period 1: 10 minutes stop time
Intermission: 1 minute
Period 2: 15 minutes stop time
Intermission: 1 minute
Period 3: Take remaining ice time, subtract 4 minutes, and play running time with the last 2 minutes stop time (i.e. 32 minutes remaining in the ice slot – play 28 minutes running time and 2 minutes stop time).



(3) OVERTIME PERIOD

Playoffs: Maximum 5 minutes of running time, sudden death (played 5-on-5). If still tied at the conclusion of OT, then teams will proceed to a shootout.

Shootout: Teams must select five (5) players from the game roster and determine shooting order prior to the start of the shootout and inform referees. Once the five (5) players and shooting order are submitted, the teams may not change the shooting order. In the event that the game is still tied after five (5) shooters, then teams will alternate shooters until a winner is determined. Each team must go through the entire game roster before going back to any of the original five shooters. Once a team has gone through its entire roster, the other team may start with the original five (5) shooters. Teams must go through the entire roster again (and so on) until the shootout is completed. Home team has the choice of the team that shoots first. Any penalized player with penalty time left after the conclusion of the overtime period cannot take part in the shootout.

2.3 POINTS

A team will receive points as follows:

WIN:	2 points
TIE:	1 point
OVERTIME LOSS:	1 point
REGULATION LOSS:	0 points

2.4 BREAKING A TIE AT THE END OF THE SEASON

If teams are tied in points at the end of the regular season, the following will determine the order in which the teams will finish:

1. Team with the most wins at the end of the regular season.
2. Head to head wins.
3. Total goals for.
4. Total goals against.
5. Goal differential between the two teams in their head to head games.
6. Least penalized team.



2.5 MERCY RULE

If the spread of the score becomes five (5) goals or greater with ten (10) minutes or less remaining in the third period in the game, the clock will revert to running time. If at any time, the score becomes less than a five goal spread, the clock will go back to stop time. Note: if the spread is five goals at any time in the game other than the last ten minutes of the third period, the clock will remain on stop time.

2.6 GAME APPEALS

The purpose of a game appeal is to attempt to reverse the outcome of a game when you feel there has been an injustice of the rules and regulations.

In situations where by it is not proven that there has been an injustice to the appealing party, the decision will side with the Referee's report and the Suspensions Coordinator.

Appeals must follow the following process or they will be void:

- Please deliver appeal to the CHL locker mail slot located on the South wall inside the Forum rink at the Richmond Ice Centre within 24 hours of the conclusion of the game.
- Please notify the Suspensions Coordinator (Rob Stewart- robstewart@coasthockey.com) that your team is appealing a game. Include the date of the game in question and the teams involved in the game.
- All appeals must be submitted in writing. The CHL will **not** receive appeals in verbal form via phone or in person.
- All appeals must be addressed to the:
Coast Hockey League Suspensions Coordinator (Attention: Rob Stewart) within twenty-four (24) hours of the end of the game in question.
- \$100.00 cheque or cash must also accompany the appeal. An appeal not accompanied with \$100.00 cheque or cash will not be reviewed. Cheques are to be made payable to the "Coast Hockey League" and must be dated the day of the submission.
- Appeals are to be submitted in writing (preferably typed). Please outline the details of the game (i.e. date, time, and reason for game appeal). It is imperative that you include as many details as possible but to be specific, factual and to the point.
- Should your team win your appeal, you will have your \$100.00 returned to you immediately.
- If your team loses the appeal, you forfeit the \$100.00 and it will be forwarded to the Coast Hockey League to be used for future player development and/or donated to charity.



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- The Coast Hockey League Board of Appeal consists of the following:

Director of Hockey Operations
Suspensions Coordinator
Managing Partners of Coast Hockey Management

- This Committee will review the written appeal, vote and make a decision. The Suspensions Coordinator will inform the team manager or captain of the decision as soon as possible.
- The Suspensions Coordinator reserves the right to the final decision in all appeals.

All decisions are final. A team cannot appeal an appeals decision.

Coast Hockey League Representatives

Rob Stewart - Suspensions Coordinator
Dale Matsuda – Director of Hockey Operations
Steve Laing- Managing Partner of Coast Hockey Management
Chris McNally- Managing Partner of Coast Hockey Management



SECTION THREE: TEAMS

3.1 WAIVER FORMS

League waiver forms are available via download from the Coast Hockey League webpage (www.coasthockey.com), scroll down to the bottom of the home page and click on the waiver link). These forms are to be read completely and signed by each team member and submitted to Coast Hockey prior to the team's first game. They can be submitted together in a labelled envelope to the drop-slot in the league lockers located in the Forum rink at the Richmond Ice Centre. Any additional players that are added after the first game are not permitted to play until their waiver is submitted. No player can step on the ice without first signing a waiver form (including spares). No exceptions.

3.2 PLAYER REQUIREMENTS

To begin a game, a team must have a minimum of six (6) players in uniform. In the event that a team does not have a goaltender, they may play with six skaters on the ice.

3.3 RANDOM ID CHECK & PLAYER ELIGIBILITY

Teams are required to bring ID's (or legible photocopies) to the bench for each game. During warm-up, the on-ice officials will ask one (1) player at random from each team to check his/her ID. If that player does not have ID to show the official, he/she will be ineligible to play until he/she retrieves his/her ID and show it to the official. No penalty shall be assessed; the player will simply not be permitted to play until the ID is shown.

All players must arrive and make themselves known to the officials before the start of the second period of play in order to be eligible. The player can do this by showing his/her ID to the timekeeper. If the player fails to do so, they will not be eligible to play in the game. If the player plays prior to showing his/her ID to the timekeeper, then he/she will receive an unsportsmanlike conduct minor penalty (2 minutes) at the next stoppage in play.

3.4 SUBSTITUTE GOALTENDERS & GOALTENDER INJURY

If a goaltender goes to the players' bench due to an injury, they shall retire from the ice and in their place shall be taken by an alternate goaltender and no warm-up shall be permitted. However, this will only apply where an alternate goaltender is dressed. In the cases where an



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alternate goaltender is not dressed, the injured will be allowed five (5) minutes to recuperate. If a replacement is necessary for the injured goaltender, an additional five (5) minutes shall be allowed, or the team will continue with six (6) skaters, or default the game.

If a goaltender is kicked out of a game for a game misconduct, major penalty, gross misconduct, or match penalty, the team is allowed ten (10) minutes to replace the goaltender, the team can continue with six (6) skaters, or default the game. In the last ten (10) minutes of the game or overtime period, the team must play with six (6) skaters and the game will continue immediately.

3.5 UNIFORMS

All teams are required to supply like coloured uniforms. Each uniform must have a number which is different from the rest. Each team must designate one player as captain and must indicate this by wearing the letter "C" on their jersey. One or two other players may be designated as assistant captains and shall be recognized by wearing the letter "A" on their jersey. These are the only players who are permitted to communicate with the officials regarding the interpretation of rules which may arise during the game.

3.6 UNIFORM CONFLICT

In the event that both teams share similar uniform colours, it will be the responsibility of the VISITOR team to change its jerseys.

3.7 ROSTER

(A) WINTER SEASON

Team rosters must be submitted by the first game of the season. Teams are allowed to put a maximum of twenty-five (25) players, including goaltenders, on their roster. Any person who is not on a team roster is not eligible to play. Any team found to be using an ineligible player will forfeit that game. Any amendments to rosters may be done so by contacting the league office before the end of a team's **17th game**.

All players must have played in at least one (1) game before the end of a team's 17th game in order to be eligible to play in the remaining regular season games leading up to the playoffs. Players that have not played in at least one game are considered ineligible from the 18th game to the playoffs.

Team captains are responsible for all players and shall serve a one (1) game suspension if a player is found to be ineligible along with the team forfeiting the game and any points earned.



(B) SPRING SEASON

Team rosters must be submitted by the first game of the season. Teams are allowed to put a maximum of twenty-five (25) players, including goaltenders, on their roster. Any person who is not on a team roster is not eligible to play. Any team found to be using an ineligible player will forfeit that game. Any amendments to rosters may be done so by contacting the league office on or before the end of the **team's 9th game**.

All players must have played in at least one (1) game before the end of the team's 9th game in order to be eligible to play in the remaining regular season games leading up to the playoffs. Players that have not played in at least one game are considered ineligible from the 10th game to the playoffs.

Team captains are responsible for all players and shall serve a one (1) game suspension if a player is found to be ineligible along with the team forfeiting the game and any points earned.

3.8 AGE LIMIT

All players participating in the CHL must be 19 years of age or older. Any player under the age of 19 must have written parental consent (i.e. signed waiver) and approval by the league prior to participating in any Coast Hockey League game.

3.9 PLAYOFF ELIGIBILITY – PLAYERS

(A) WINTER SEASON

To be eligible to play in the playoffs, a player must have played a minimum of eight (8) regular season games for that team.

(B) SPRING SEASON

To be eligible to play in the playoffs, a player must have played a minimum of five (5) regular season games for that team.

3.10 PLAYOFF ELIGIBILITY – GOALTENDERS



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A goaltender must have played in a minimum of one (1) game during the regular season in order to be eligible to play in the playoffs. In the event that a team's regular goaltender is injured during the playoffs or just prior to the playoffs:

1. A team is allowed to pick up another goaltender as long as they have played in one (1) game for a CHL team during the regular season;
2. The goaltender cannot have played more than 7 games in a higher division during the course of the season than the team in question. In the case of the lowest division, a goaltender can play a maximum of one (1) division higher;
3. The team must clear the goaltender with the league office before playing.

3.11 REGULAR SEASON & PLAYOFF IDENTIFICATION

All players and goaltenders are required to bring with them to the players' bench picture identification (or legible photocopy) for all regular season and playoff games.

3.12 SUSPECT ILLEGAL PLAYER

Any questions regarding the eligibility of a player or goaltender during the regular season or playoffs must be addressed to the referees prior to the start of the **second period**. The referees can only check to see if that player is who he claims to be by viewing the player's identification. Referees cannot confirm if they have the minimum number of games to be eligible for the playoffs, this will be done by the league office. If a player is who they claim to be, the player's team will receive a penalty shot and the questioning team will receive a minor penalty for delay of game. If the player is not who they say they are or cannot produce identification verifying who they are, that player will be deemed ineligible to play and the team automatically forfeits the game. If the team continues to use the questioned player and is in fact found to be ineligible by means of not having enough games, or under suspension, or not having paid a fine for a previous suspension, then that team will forfeit the game whether they won or lost. League officials will do random checks throughout the playoffs.

3.13 PLAYERS IN MULTIPLE DIVISIONS

There is no specific rule regarding players playing on more than one team in the CHL. If a player from a stronger division plays for a team in a weaker division, the weaker division team runs the risk of being moved up to a stronger division due to the abilities of this one player.

A player can only play within a three (3) division variance in the CHL (2 Division variance in Spring League). For example, if a player plays in Division 7, he/she can play as high as Division 4, or as low as Division 10. If, in the event that a player is playing outside of the three (3) division variance, that player will be deemed ineligible and the team will automatically forfeit the game whether they won or lost.



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In the event that a player who receives a suspension, plays on more than one team in the CHL, the suspension shall be served on any and all teams that player plays for. For example, if a player plays on three teams in the CHL in multiple divisions and receives a suspension, that player is suspended from all CHL play and cannot play for any other team until the suspension is served with the team the infraction was committed.

3.14 BEHIND THE BENCH

A team is entitled to a maximum of two (2) non-dressed personnel (players or coaches) behind the bench during a game. Suspended players cannot be behind the bench while under suspension.

The referee's may use their discretion to ask these individuals to leave if they are not acting in a considerate manner and penalize the team accordingly.

3.15 CARDED PLAYERS

Carded players are discouraged from playing in the CHL due to their commitment to their junior/senior teams.

No Minor Hockey/Ringette Players who are currently playing are eligible to play in CHL Women's League.

3.16 GAME SHEETS

The Home Team is responsible for providing game sheets and completing game sheets first and must provide the game sheet to the Visitor Team in a sufficient amount of time before the start of the game. It is the team captain's responsibility to ensure that all players are listed on the game sheet and that the roster is accurate for every game. Failure to do so can result in a forfeiture of the game pending a review from the league office. If a player's name is not legible on the game sheet, that player will not be awarded for playing in the game. Extra game sheets are located in the bottom left CHL locker located in the Forum Rink at the Richmond Ice Centre.

3.17 PLAYERS INJURED AND BLOOD DRAWN

If a player is cut during a game and blood is drawn, the player must leave the ice to clean and bandage the wound, prior to being allowed to continue playing in the game. The CHL strongly recommends that all teams bring a first aid kit to the players' bench at the start of each game.



SECTION FOUR: PROTECTIVE EQUIPMENT

4.1 MANDATORY EQUIPMENT

All players are required to wear full equipment including a CSA approved helmet with a chin strap. If however, a player or goaltender chooses to use other than CSA approved equipment, a waiver must be signed by that player or goaltender prior to the first scheduled game, absolving the CHL of any responsibility for any injury incurred.

4.2 HELMETS

All players are required to wear a CSA approved helmet with a chin strap. All equipment, including helmets, must be worn at all times including while on the players' bench and while in the penalty box. Painting or applying stickers to a CSA approved helmet voids the CSA validation for this equipment. Players may be asked to leave the ice by the referees until an approved helmet is worn. Players using helmets without a proper chin strap will be asked to leave the ice until an approved chin strap is worn.

Helmets dislodged from a player's head must be replaced immediately (and chinstrap done up) or that player must leave the ice immediately. Failure to do so, will result in a two (2) minute minor penalty for improper equipment, no exceptions. In the event that a goaltenders helmet/mask is dislodged play will be stopped immediately.

4.3 FACIAL EQUIPMENT

Face shields are strongly recommended for all levels of hockey within the CHL. Players age 18 and under must wear full face shields regardless of whether they have a signed waiver form or not.

(A) WOMEN'S LEAGUE

Players in the Women's League **must** wear full face shields. Any players without a full face shield will be ineligible to play.

4.4 NECK GUARDS

Neck guards are advisable and strongly recommended.



SECTION FIVE: PLAYING RULES

5.1 NO TOUCH ICING

Icing will be automatically called by either referee as soon as the puck crosses the goal line of the non-offending team. All icing calls will be initiated by the offending team shooting the puck into the defending zone from behind their own blue line. The reason for this is to decrease the number of icing calls and stoppages in play. Icing will be enforced if the puck passes through the goal crease, unless played by the goaltender.

5.2 FAST FACE-OFF RULE

The CHL will be implementing a “fast face-off” rule whereby referees are striving to cut down on the time in between whistles. After a stoppage of play, a referee will go to the face-off dot and blow his whistle. From that whistle, the referee will wait five (5) seconds until they drop the puck. The puck will be dropped regardless if there are two (2) players ready for the face-off.

To combat teams that purposely hold a player ahead of the play (knowing the puck will be dropped) for the purposes of having a player in position for a “breakaway”, the following “tag up” rule shall be in effect:

“A player who comes off the bench and is ahead of the face-off (meaning in the offensive end and the player’s team is facing off in the defending end) must tag up to the face-off dot before they (the player) can play the puck. If the player plays the puck before “tagging up”, they shall be assessed a minor penalty for “delay of game.”

5.3 OFF SIDE

The CHL will not enforce the two-line pass rule.

If an opposing player is considered off side in the offensive zone when the defending team has control of the puck, all opposing players must leave the zone before attacking again. Once all players have left the zone, the off side is waived off.

5.4 STICK MEASUREMENTS AND EQUIPMENT MEASUREMENTS



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Stick and equipment measurements will not be permitted in the CHL. However, if in the opinion of an official, any stick or equipment that poses a threat to the safety of other players, the player will be required to remove it from the game when asked to by an official.

5.5 DEFAULTED GAMES

All teams must dress a minimum of six (6) players. In the event that a team does not have a goaltender, they may play with six skaters on the ice. Teams are expected to be ready to play at the scheduled start of their game. Any team unable to ice the proper number of players after the five (5) minute warm-up, will receive a two (2) minute minor penalty. If after ten (10) minutes, the team will receive an additional two (2) minute minor penalty. If after fifteen (15) minutes, the game will then be defaulted. In the event of a defaulted game, the team with the required number of players will receive points for a 1-0 win and those players will be awarded as being played in the game.

Default Policy

Due to the large number of defaults that occurred last season and the resulting participant feedback, the default policy has been modified for this upcoming season:

If a team gives at least 7 days notice that they are unable to play a game, then they will be subject to a \$150 default fee that must be paid prior to their next game.

If the league is able to reschedule the game to a future date, then this default fee will be waived/refunded.

If the league is unable to reschedule the game, then the team that is defaulted against will receive 1) a victory in the standings (and the defaulting team will receive a loss), 2) a \$150 gift certificate from the league, and 3) the use of the originally scheduled ice time for a team practice.

If a team gives less than 7 days notice that they are unable to play a game, or no-shows on the day of the game, then they will be subjected to a \$250 default fee that must be paid prior to their next game. The team defaulted against will receive 1) a victory in the standings (and the defaulting team will receive a loss), 2) a \$150 gift certificate from the league, and 3) the use of the originally scheduled ice time for a team practice. The remainder of the fee will go towards covering the costs of the referees and timekeeper, as well as league admin fees.

It is the responsibility of the team to ensure that any player, who has been ejected, suspended or expelled for any reason, leaves the ice immediately. Failure to do so will result in default.

The team with the required number of players (winning team) may use the game ice slot for their use for a scrimmage or practice. The game will NOT be rescheduled.



5.6 30 SECOND TIME OUT

Each team is entitled to one thirty (30) second time out per game. Time outs may not be used during sudden death overtime (regular season or playoffs). Teams **are** able to call a time out during a game where there is a 5 goal spread however, the clock will continue to run and the team will only get 30 seconds.

5.7 SLAP SHOTS

Slap shots are permitted in the CHL. However, discretion is highly stressed. In the event that there are players between the shooter and the goalie, the player is advised to keep all shots below the waist.

5.8 GOAL CREESE

Players in the offensive zone are not permitted to enter the crease area under any circumstances before the puck enters the crease area. If a player's skate(s) enters the crease voluntarily in any manner that interferes with the opposing goaltender, the referee has the discretion to blow down the play, call a penalty if necessary, and a face-off will take place at the nearest spot in the neutral zone.

5.9 OVERTIME

Please refer to **Section 2.2 Overtime Period** for complete overtime rules.

5.10 SKILL LEVEL / BALANCING OF TEAMS

At the start of the CHL season, the first few games will determine if and where teams will be reseeded from their original divisions. This may be done again as is necessary after the Christmas break. The CHL reserves the right to move a team(s) to a different division based on skill level.



5.11 MANAGEMENT RIGHT

The league office has the right to align teams, and/or players, change teams/players in any particular skill level, based on game performance, as well as suspend players that are not displaying the appropriate behaviour that reflects the image of the CHL.

SECTION SIX: SUSPENSIONS AND FINES

6.1 WINTER SEASON

All infractions occurring before, during and after any scheduled game are subject to review by league officials. League officials may assess suspensions at any time during the regular season and playoffs. Refer to **Section 7 Penalties** for penalty descriptions.

INFRACTION	CIRCUMSTANCE	MINIMUM PENALTY
GAME EJECTION		No Suspension
10 MINUTE MISCONDUCT	Last 5 Minutes	1 Game Suspension
	1 st Misconduct	No Suspension
	2 nd Misconduct	No Suspension
	3 rd Misconduct	1 Game Suspension
	4 th Misconduct	2 Game Suspension
	5 th Misconduct	1 Year Suspension
GAME MISCONDUCT	1 st Misconduct	1 Game Suspension
	2 nd Misconduct	3 Game Suspension
	3 rd Misconduct	5 Game Suspension
	4 th Misconduct	Player Eligibility Review
GROSS MISCONDUCT	1 st Misconduct	2 Game Suspension
	2 nd Misconduct	5 Game Suspension
	3 rd Misconduct	Player Eligibility Review
MATCH PENALTY	1 st Match Penalty	3 Game Suspension
	2 nd Match Penalty	Player Eligibility Review
FIGHTING	1 st Fight	3 Game Suspension
	2 nd Fight	5 Game Suspension
	3 rd Fight	Player Eligibility Review
INSTIGATOR		Extra/1 Game Suspension
AGGRESSOR		Extra/1 Game Suspension
ABUSE OF OFFICIAL		Min. 5 Game Suspension Pending League Review



6.2 SPRING SEASON

All infractions occurring before, during and after any scheduled game are subject to review by league officials. League officials may assess suspensions at any time during the regular season and playoffs. Refer to **Section 7 Penalties** for penalty descriptions.

INFRACTION	CIRCUMSTANCE	MINIMUM PENALTY
GAME EJECTION		No Suspension
10 MINUTE MISCONDUCT	Last 5 Minutes	1 Game Suspension
	1 st Misconduct	No Suspension
	2 nd Misconduct	1 Game Suspension
	3 rd Misconduct	2 Game Suspension
	4 th Misconduct	3 Game Suspension
	5 th Misconduct	1 Year Suspension
GAME MISCONDUCT	1 st Misconduct	1 Game Suspension
	2 nd Misconduct	3 Game Suspension
	3 rd Misconduct	5 Game Suspension
	4 th Misconduct	Player Eligibility Review
GROSS MISCONDUCT	1 st Misconduct	2 Game Suspension
	2 nd Misconduct	5 Game Suspension
	3 rd Misconduct	Player Eligibility Review
MATCH PENALTY	1 st Match Penalty	3 Game Suspension
	2 nd Match Penalty	Player Eligibility Review
FIGHTING	1 st Fight	3 Game Suspension
	2 nd Fight	5 Game Suspension
	3 rd Fight	Player Eligibility Review
INSTIGATOR		Extra/1 Game Suspension
AGGRESSOR		Extra/1 Game Suspension
ABUSE OF OFFICIAL		Min. 5 Game Suspension Pending League Review



6.3 FINES

For a one game suspension, there will be a \$10 fine. Players that receive multiple game suspensions will receive a fine equal to \$20 per game. For example, if a player receives a three (3) game suspension, they will also receive a \$60 fine. Any money collected for suspensions will be donated to the Canuck Place Charity on behalf of the league. Any fines owing must be paid before a suspended player is entitled to play.

Players who have been assessed a fine must pay that fine in addition to serving their suspension to be eligible to play again. The player will not be eligible to play until the fine is paid. If a player plays following a suspension without paying the associated fine, then the player will be considered to be Playing Under Suspension with the following consequences as listed in Section 6.4 below.

Methods for Paying Fines

Participants who are assessed a suspension and corresponding fine can pay their fine by one of the following methods:

- Payment can be made by credit card (Visa or Mastercard only) via phone or email to the Urban Rec Coast Hockey League office (604-879-9800 ext. 221 or robstewart@coasthockey.com)
- If paying by cash or cheque, payment can be dropped off at the Urban Rec Coast Hockey League office (located at 280 East 5th Ave Vancouver, BC, V5T 1H3)

In the past, participants who were assessed suspensions and corresponding fines had the option of dropping off their fines in the drop-slot of the CHL lockers located at the arena. However, due to problems verifying whether or not payments had been made in the past, this option is no longer viable.

Deadline for Paying Fines

When a player is assessed a suspension of two games or more, the fine must be paid 48-hours in advance of the first game that the player is eligible to be reinstated to play in.

6.4 PLAYING UNDER SUSPENSION

Any player found playing in a CHL game while under a CHL suspension, will receive double the suspension and double the fine. For example, if a player is suspended for three (3) games and received a \$60 fine and is found playing in the CHL during this time (under suspension), that player will be suspended for an additional three (3) games and receive an additional \$60 fine..

The team playing with a suspended player will automatically forfeit the game.



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The team Manager (contact person) is responsible for all players on the roster and will also receive a one (1) game suspension along with a \$10 fine for playing with an ineligible player. In the event the manager was not at the game or is not a player/manager then the Team Captain will receive the corresponding fine and suspension.

6.5 SUPPLEMENTARY DISCIPLINE

In addition to the suspensions imposed under regular play, league officials may investigate any incident which occurs in connection with any game and may assess additional suspensions for any offense committed before, during, or after the game regardless of whether such offense has been penalized by the referee.

In the event that a player who receives a suspension, plays on more than one team in the CHL, the suspension shall be served on any and all teams that player plays for. For example, if a player plays on three teams in the CHL in multiple divisions and receives a suspension, that player is suspended from all CHL play and cannot play for any other team until the suspension is served with the team the infraction was committed.

6.6 10 MINUTE MISCONDUCT IN THE LAST 5 MINUTES OF REGULATION TIME OR OVERTIME

Any player who receives a ten (10) minute misconduct penalty in the last five (5) minutes of regulation time or in overtime, will automatically be suspended from that player's next game on that team and is suspended from all CHL play until the suspension is served.

6.7 LEAVING PLAYER BENCH OR PENALTY BOX

If there is a fight on the ice, any player who is identified by an official as having left the players' bench or the penalty box, will also receive an automatic gross misconduct penalty and a minimum two (2) game suspension.

6.8 PENALTY / SUSPENSION APPEALS

The Coast Hockey League Suspensions Coordinator will rule on all suspensions. Refer to **Section 6 Suspensions and Fines** for suspension guidelines.

All one game suspensions are final and cannot be appealed.

The purpose of an appeal is to attempt to reverse or reduce a suspension term when you feel there has been an injustice.



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In situations where by it is not proven that there has been an injustice to the appealing party, the decision will side with the Referee's report and Suspension Coordinator's decision.

Please refer to **Section 2.6** for the process to use for an appeal.

- Suspended players cannot be present on or behind the bench at any games.
- A player who receives a suspension, cannot count suspended games towards playoff eligibility.
- Any team playing a game with a suspended player will automatically forfeit the game.
- Any player who plays in a game while under suspension will automatically receive double the suspension and double the fine with a minimum of three (3) games and \$30.00 fine (i.e. if a player receives a three (3) game suspension and \$30.00 fine and plays while suspended, that player will automatically receive a six (6) game suspension and a \$60.00 fine).
- All suspension fines **must** be paid before the suspended player is reinstated. Cheques can be made out to the "Coast Hockey League" and can be dropped off in the CHL locker mail slot located on the South wall inside the Forum rink at the Richmond Ice Centre. Any money collected for suspensions will be donated to the Canuck Place Charity on behalf of the League.

All decisions are final. A team/player cannot appeal an appeals decision.



SECTION SEVEN: PENALTIES

7.1 PENALTY BOX

When a penalty has expired, the penalized player **MUST** return to the playing ice in order to make a substitution. If a player fails to do so, and merely walks around to their appropriate players' bench, then a minor penalty shall be assessed for illegal substitution to that player.

7.2 PENALTY TIMES

Stop Time:	Minor Penalties will be 2:00 Major Penalties will be 5:00
Running Time:	Minor Penalties will be 3:00 Major Penalties will be 7:00
Overtime:	Minor Penalties will be 3:00 Major Penalties will be 7:00

7.3 PENALTY TIME REMAINING AFTER REGULATION

In the event that a game is going into overtime with penalty time remaining, the penalty received during regulation time (stop time) will be converted and the appropriate amount of time will be added to the penalty for the overtime period (running time). The conversion will be an addition 50% of the time remaining in the penalty.

7.4 MAJOR PENALTIES SERVED

When a Major penalty is assessed to a player and the player is ejected from the game, the penalized team must have a player in the penalty box at all times. Multiple players may serve the penalty but any changes must be made during a stoppage of play.

7.5 HIGH STICKING

Any time a player's stick comes in contact with an opposing player at shoulder height or higher, whether intentional or not, the offending player will receive a double minor penalty (four minutes). If the player's stick contacts the opposing player's head, helmet, or face, the referee may assess at their discretion, either a double minor penalty or a major penalty and a game misconduct depending on the severity of the infraction. If blood is present, any penalties assessed will be at the discretion of the referee. Major high sticking infractions may be assessed and further disciplinary action may result upon league review.



7.6 BODY CONTACT / BOARDING

The CHL is a **non-contact** league. Deliberate body contact is not permitted anywhere on the ice. Any collisions or contact will be strictly a referee judgement call based on the following definition of contact: “No player is entitled to use his body to intentionally bodycheck, bump, or hold an opponent”. A minor or major penalty, at the discretion of the referee, will be assessed based upon the degree of impact with the opposing player. Major body contact or boarding infractions may be assessed and further disciplinary action may result upon league review.

7.7 SLOUGH-FOOTING / CHECKING FROM BEHIND

A player will be penalized for slough-footing or checking from behind any opponent during a game. A minor penalty, major penalty or match penalty, at the discretion of the referee, shall be assessed to any player who slough-foots or checks from behind an opponent. Any player that persists in committing these infractions, will be further suspended from CHL play. All slough-footing and checking from behind penalties will be reviewed by the league and further disciplinary action may result.

7.8 BUTT-ENDING

A double minor penalty (four minutes) or Match penalty will be assessed to any player who butt-ends or attempts to butt-end an opponent. Intent will be the determining factor for which penalty call is made and will be made at the discretion of the referee.

7.9 SPEARING

A double minor penalty (four minutes) 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 blade of the stick or who injures an opponent by any spearing action.

7.10 DELAY OF GAME

- A) A team can be assessed a delay of game penalty in overtime if the referee feels that the team is deliberately stalling to run the clock out. In this occurrence, the clock will be stopped and the appropriate amount of time will be added back on to the clock.
- B) If a player shoots the puck over the glass from inside his/her own defensive zone without the puck touching anything else before leaving the playing surface, then he/she will be



assessed a delay of game penalty. If the puck leaves the ice in the area between the player's benches (including the timekeeper's bench), then no penalty shall be assessed.

7.11 KNOCKING NET OFF DURING PLAY

Any player or goaltender who deliberately knocks the defending net out of position will receive a two (2) minute minor penalty for delay of game, under the discretion of the referee. If the puck is moving towards an open goal and the net is knocked out of position by a defending player or goaltender, the referee can award a goal if, and only if, the referee has decided that the puck would have passed the goal line if the net were in the proper position. In the event that a player or goaltender is assessed a delay of game penalty for knocking the net off during play within the last two (2) minutes of regulation time or any time of overtime, the result will be a penalty shot by the opposing team. The opposing player who is elected to take the penalty shot must have been on the ice when the infraction occurred. No other penalty will be assessed.

7.12 ROUGHING / ROUGHING AFTER THE WHISTLE

A minor penalty or major penalty shall be assessed to any player who, in the referee's judgement, is guilty of unnecessary rough play. In the case of a major penalty, the player is immediately ejected from the balance of that game but will not serve any further suspension. Only when injury results from an infraction to this rule may a major penalty plus a possible suspension occur, pending review by league officials. Similarly, any player who proceeds with rough play during the stoppage of play after the whistle has blown, will be assessed a minor penalty, double minor penalty, ten minute misconduct or major penalty depending upon the severity of the infraction.

7.13 GAME EJECTION

Any player who receives four (4) penalties in one game will receive an automatic game ejection. Double minors will count as two (2) penalties. For example, on a player receiving his fourth penalty, he will be assessed a game ejection and a teammate will be required to serve the penalty.

Any player who receives a game ejection, is automatically ejected from the balance of that game and will not serve any further suspension.

7.14 FIGHTING

Fighting is not permitted in the CHL. Any player who receives a penalty for fighting will receive a major penalty, a game misconduct, and a three (3) game suspension and corresponding fine. If a player receives a fighting penalty for a second time, that player will receive a five (5) game suspension and corresponding fine. A third offense will see the player suspended indefinitely from the CHL.



7.15 FIGHTING OFF THE PLAYING SURFACE

Any player who is identified as fighting off the ice (dressing room hallway, dressing room, parking lot) before, during or after the game, will receive an indefinite suspension until the incident is reviewed by League Management. The CHL will not tolerate this type of behaviour and the player(s) involved may face expulsion from the league.

7.16 INSTIGATOR PENALTY

Any player who is identified by the referee as being the instigator, one who entices an opposing player to fight, shall be assessed a minor penalty in addition to any other penalties they may incur as well as an additional game suspension and corresponding fine.

7.17 AGGRESSOR PENALTY

Any player who is identified by the referee as being the aggressor, one who continues to fight after the referees have come between the two players, shall be assessed a minor penalty in addition to any other penalties they may incur as well as an additional game suspension and corresponding fine.

7.18 MISCONDUCTS

Any player, except a goaltender, incurring a “Misconduct Penalty”, shall be ruled off the ice for a period of ten (10) minutes of actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a misconduct penalty shall remain in the penalty box until the first stoppage of play following the expiry of the penalty.

Any player who receives a ten (10) minute misconduct penalty in the last five (5) minutes of regulation time or in overtime, will automatically be suspended from that player’s next game for that team.

Multiple offenses by a player will result in further suspensions and fines, refer to **Section 6 Suspensions and Fines**. All misconduct penalties are subject to review by league officials.

7.19 GAME MISCONDUCTS

Any player or coach that receives a game misconduct penalty will be ejected for the balance of the game and is subject to possible further suspension and corresponding fine pending review by league officials. Multiple offenses by a player will result in further suspensions and fines, refer to **Section 6 Suspensions and Fines**.



7.20 GROSS MISCONDUCTS

A gross misconduct penalty will be assessed to any player or coach who makes obscene gestures, excessively abuses other players, officials, or spectators, OR attempts to make a travesty of the game. The player will be immediately ejected from the balance of the game and will receive an automatic two (2) game suspension and corresponding fine. Further suspension and fine could result after review by league officials. A player's second gross misconduct will result in a five (5) game suspension and corresponding fine. A player's third offense will result in a player eligibility review by league officials.

7.21 MATCH PENALTY – INVOLVING A LEAGUE OFFICIAL / ABUSE OF OFFICIAL

This penalty will be assessed when a player, coach, or team official, verbally or physically threatens or abuses any league official (referees, scorekeepers, coordinators, etc.). A minimum five (5) game suspension and corresponding fine will be issued pending league review. A formal appeal may be submitted to the league office.

7.22 MATCH PENALTY – INVOLVING OTHER PLAYERS / INTENT TO INJURE

This penalty will be assessed when any player physically abuses another player with INTENT TO INJURE. The player will receive a three (3) game suspension and corresponding fine and possible further suspension and fine upon review by league officials. A player's second offense will result in a player eligibility review by league officials.

7.23 REMOVING EQUIPMENT

Any player who drops their stick, removes gloves, removes helmet, or removes any other piece of equipment with the intention of fighting, will be ejected for the balance of the game. Further suspension and fine could result upon review of the infraction by league officials. An instigator penalty, game misconduct, gross misconduct or match penalty may be assessed by the league for such actions.

7.24 TAUNTING

Any Player or Team Official who engages in **verbal or non-verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language)** shall be assessed a Gross Misconduct and be suspended according to the rules of the League.



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. There will be no tolerance for this type of behaviour and the league will be very harsh in its assessing of suspensions for this type of behaviour. Should the player committing the offense not be discovered, the TEAM will be automatically indefinitely suspended, pending review by league officials. Each team is accountable and responsible for the actions of its players, on and off the ice.

7.25 APPEAL PROCESS

Refer to Section **2.6 Game Appeals** and **6.8 Penalty/Suspension Appeals** for the complete appeal process.

