

# Hockey Edmonton Recreational League General Rules

## Coaches Duties

- 2 Officials will be assigned and each team is responsible to pay one of the Officials with the exact change before the game. The Official will provide a receipt which the coach can submit to Loree at Hockey Edmonton with an expense form for reimbursement.

### 2015-16 Referee Rates

Bantam rate - 2 official fee is \$76.00 (splits are 38/38) each Coach is responsible for one split

Midget rate - 2 official fee is \$90.00 (splits are 45/45) each Coach is responsible for one split

- Please ensure receipts are kept safe. Reimbursement will not be given for missing receipts.
- Fill in line-up (coach of home team is responsible for filling in line-up card first and passing to visiting team coach)
- Remind officials at the start of the game of the unique rules for the league (No Body Checking rule, maximum 3 goal rule, maximum 3 penalties, and the no slap shots rule). You can talk to them in the Officials dressing room before the game.
- Home team is responsible for finding a timekeeper.
- Pay the officials exact change before the game so it starts on time.
  - Reimbursements for the referee fees can be done by either:
    - By Mail:
      - Mail the original receipts and expense form into the office and a cheque will be mailed back to you.
        - Mailing address is 10618-124 St Edmonton AB T5N 1S3
        - It is a wise practise to scan your originals as they could get lost in the mail.
    - In Person:
      - Office hours are 8:30 to 4:30 pm Monday to Friday
  - Fax or Email 780-440-6475 or
  - **ALL** receipts **MUST** be in no later than March 31, 2016. There will be **no** reimbursement after this date.
- Maintain discipline on the team.
- Stop any verbal abuse by your players of officials, other players or coaches.
- Insure players receive fair ice time.
  - If two goaltenders are dressed then they are to split even time each game. To make it easy the game midway point will be the official switchover.
- Insure you have a goaltender for your team. Use a player on your team or you can contact other Hockey Edmonton Recreational League teams and borrow a goaltender if necessary (make sure they are marked as "AP" on your game sheet).

## Timekeepers Duties

- Should be knowledgeable about running the time clock.
- Be aware the 3 goal rule and the 3 penalty rule
- Keep track of the number of goals a player has scored and the number of penalties. Inform the referee.
- The game is 3-20 minute stop time periods.
- When there is 5 minutes left in the game slot notify the referee. He will reset the clock to 2 minutes so the game finishes on time.
- When there is more than a 5 goal spread stop posting the additional goals on the scoreboard.

## Overmatched Teams:

Since there is no tiering of players, occasionally you will encounter situations where one team is significantly overmatched. Here are some options:

- The teams can volunteer to swap 1 or 2 players or an entire line of 3 players to try and even the teams up.

- In cases where there is a 5 goal differential at the end of either the first or second period, if the coaches agree, a 2 player swap could be implemented. This is intended to reduce aggressive or retaliatory behaviour.
- Swap Goaltenders for part of the game or the entire game.
- If a player scores the maximum 3 goals, offer the player to the other team and let him know he can score 3 more.
- Remember that competition is what makes this game fun and if it is not competitive, they are not having fun. We are working as a league on other solutions to minimize this problem.

#### **Coach Expectations:**

- You are a leader on the team and have the obligation to lead by example.
- Provide positive encouragement to the players and be respectful of officials and players on the other team.
- The coach is not expected to develop game strategy. The focus will just be on insuring the team is organized, lines are set, goaltender is in place and all players get fair ice time.
- The league is designed for the players. Players have joined because there is less structure, no body checking, less time commitment.
- Get agreement from the players on any issues such as if they want additional practices, how long before a game they should be there, how we should select a goaltender for each game. Have a discussion and get input then reach agreement in the dressing room.
- Supervise the players at all times. Players are never to be left alone in the dressing room without at least one registered Coach or Manager present.
- Remember, supervise but don't over-supervise. The players are here because they expect less structure than they had in the mainstream hockey.
- If you have a discipline issue, you can send players off the bench however please inform the Discipline Director and provide the details of the incident.
- If you are having problems (discipline) and would like some advice, contact the Discipline Director.

#### **Player Expectations:**

- Respect the Coach and Officials. They are all volunteering their time for you to play this game.
- Show up for the game at least ½ hour before so that the rest of the team knows what the line-up will be. If you can't be on time, let the coach know. It is very discourteous to the rest of the team when you show up late.
- Enjoy your game and be flexible when it comes to playing other positions or on other teams. Who knows you may enjoy another position. View it as an opportunity to try it out.
- Excessive penalties, fighting, verbal abuse and stick infractions will be dealt with severely by the league. Infractions like this interfere with the other player's enjoyment of the game and players who cannot control themselves will not be tolerated.

#### **Penalties:**

- Minor penalties are 2 minutes
- Major penalties are automatic game suspension
- Misconducts are 10 minutes
- Any Major penalty in the last 10 minutes of the game are automatic 2 game suspension
- Second suspension for a Major penalty is indefinite and the player & coach must apply to reinstate the player

Players receiving three (3) penalties of any type in any game will be immediately ejected from the game. The game sheet will note the player and this event as a "GAME EJECTION."

Players receiving misconduct penalties in the final minutes of a game and who are unable to serve their full time, will have the time carried over to the next game that the player participates in.

We expect coaches and parents to monitor the play of their teams, and to be proactive at curbing aggressive play and curtailing inappropriate behavior. Directors and the Board also have the right to issue suspensions or remove players or spectators based on an unusually high amount of total penalties or exceptional deviation from the spirit of Recreational Hockey.