



Hockey Edmonton Recreational League (HERL) Game Rules

1. Games are 1 hour in length.
 - a. A two minute warmup will be provided prior to the beginning of the game.
 - b. Periods will be 15 minute-20 minute-20 minute stop time.
2. Crease Rule
 - a. If an attacking player enters the crease before the puck arrives, the play will be blown dead and a face-off at the offside dot (outside the offensive zone) will ensue.
3. Body Checking – This league does not permit body checking. **Body Checking** is not the same as **body contact**. A penalty will be assessed any player who intentionally body checks, bumps, shoves, or pushes any opposing player. When the attacking (offensive) player is skating toward the defending player, the defending player may not hit the attacking player by going in the opposite direction to that player. There must be no action where the attacking player is pushed, checked, or shoved into the boards. It is permissible if body contact is caused as a result of the movement of the attacking player into the defending player. A defending player is permitted to **close off the gap** between the attacking player and the boards. A defending player does not have to move so as to get out of the path of the attacking player. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.
4. Players shall be removed from the game any combination of 3 minor penalties or a 10 minute misconduct.
5. All match penalties will result in a minimum 1 game suspension for the next game. All match penalties will be:
 - a. investigated by Hockey Edmonton, to determine if additional suspension is warranted
 - b. are forwarded to Hockey Alberta Discipline
6. No slap-shots or fake slap-shots (no sticks above the knee).
 - a. If there is a slap-shot or fake slap-shot, the face off will be taken in the offending team's zone.



- b. If there are any injuries caused as part of a slap-shot, the offending player will be assessed a 5 minute major plus an automatic game misconduct or a match penalty at the discretion of the referee.
7. If a team shows up to a game short of players – players from the other team maybe used with the approval of the other team coach.
8. If a player scores more than 3 goals, any further goals he scores for the team will not be counted, however the player can be offered to the opposing team for the remainder of the game and he is entitled to score up to 3 more goals.
9. Goalies time should be even. To do this, remind the referee to whistle the play once he is available so that the goalies can switch to avoid uneven playing time.

NOTE – If a goaltender does not show for a game they are still only entitled to play the next ½ game.