ALBERTA MEN'S HOCKEY LEAGUE

OFFICIAL RULES AND REGULATIONS

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RULES AND REGULATIONS INTERPRETATION

Teams and officials who require an official interpretation of any rules are requested to contact

Alberta Men's Hockey League
President – Reinier Groeneveld

amhl@shaw.ca
780-249-5665

The AMHL rules, which are contained in this book, together with **Hockey Canada Rules** http://cdn.agilitycms.com/hockey-canada/Hockey-Programs/Officiating/Downloads/official_rulebook_e.pdf are hereby adopted and incorporated by the Alberta Men's Hockey League (referred to as the "League").

It is the responsibility of the team representatives to ensure that all of their players understand and comply with the rules and regulations found in this book. It is also the responsibility of the team representatives to coordinate fine payments and communicate with the league about suspensions assessed to the players on his team.

The League has the right to refuse or expel any individual player and/or team, when the player and/or team are found to be abusing League Rules and Regulations or rules and regulations set by the individual arenas. No refunds will be issued, and the player and/or team will not be allowed to participate in any League play.

The League will have the right to change or adjust the rules in this book for the betterment of the league without prior notice to Teams. The League will have the final decision in all circumstances or instances not covered in this rulebook. The League's decision will be final.

CONTACT INFORMATION

League Office: 780-249-5665 or amhl@shaw.ca

League Administration:	**Reinier Groeneveld** **Tim Lancaster** **Jeremy Pope** **Melanie Groeneveld**
Administrator/Chief Timekeeper:	**Aidan Groeneveld**
Referee-in-Chief (winter):	**Darrell Saunders**
Referee-in-Chief (summer):	**Scott Parker**
AMHL Discipline Committee	**Reinier Groeneveld** **Tim Lancaster** **Jeremy Pope**
AMHL Website Address:	**http://www.albertamenshockeyleague.com**
AMHL Fax:	**1-866-763-5724**

ARENAS

Argyll Arena	9933 - 63 Ave.
Canadian Athletic Club Arena	14640 – 142 Street
KC Twin Arena	13160 - 140 Ave
U of A (Clare Drake) Arena	87 Ave & 116 Street

City of Edmonton Arenas

Bill Hunter	9200 - 163 St	Kenilworth	8313 - 68A St.
Callingwood	17740 - 69 Ave.	Kinsmen	1979 - 111 St.
Castledowns	11520 - 153 Ave.	Londonderry	14520 - 66 St.
Clareview	3804 - 139 Ave	Millwoods	7207 - 28 Ave.
Confederation	11204 - 43 Ave.	South Side (George Hughes)	10525 - 72 Ave.
Coronation	13500 - 112 Ave.	Kinsmen	1979 - 111 St.
Glengarry	13340 - 85 St.	Terwillegar	2051 Leger Road
Grand Trunk	13025 - 112 St.	The Meadows	2704 17 Street

SECTION ONE – THE RINK

The rink attendant is in charge of the facility. Any team or individual that disregards the rink attendant may be banned from the arena & the League. Please refer to the Arena Guidelines on the AMHL website.

Rule 1-1 Smoking

a. "No Smoking" signs are posted in ALL arenas. Teams caught smoking are subject to the following suspensions and fines:

1) First Violation - the team representative will provide the League with the name of any individual who was smoking. The player in question will be suspended for three games and will be placed on probation. Teams that do not provide the AMHL with the names of the offending players will have both team representatives suspended for three games - whether or not the representatives were at the game at which the infraction occurred.

2) Second Violation – the offending team or players will be assessed a fine of $100.00 that must be paid before the team's next game. The team representatives will also be suspended for five games.

3) Third Violation - the offending team or players will be expelled from the AMHL and the team roster will be provided to the City of Edmonton.

NOTE: Any team caught using illegal drugs in the dressing rooms will be expelled from the League!

Rule 1-2 Parking

a. Players are to refrain from parking in handicap parking stalls or directly in front of the doors. These areas must be kept clear for all emergency vehicles. Offenders risk having their vehicle tagged and towed away at their expense.

Rule 1-3 Dressing Rooms

a. Keys for the dressing room door locks will be supplied by the arena attendants. Please ensure that a designated team representative is available at least 30 minutes before game time to sign out a key. When leaving the dressing room ensure that the door to the shower area is also locked. The League and arena will not be responsible for any missing or stolen items. Teams will be responsible for any costs for lost keys or keys broken off in the door.

b. Dressing rooms are to be kept clean and free of tape and other debris. Arena management has set a 30-minute time limit after each game, especially the final game of the evening. Teams that exceed this time limit or leave the dressing room in an untidy state will be responsible for any additional cleanup or overtime costs charged by the arena.

c. All City and privately run facilities have posted rules for No Alcohol on the premises.

ALL rinks managed by the City of Edmonton have a ZERO TOLERANCE POLICY on alcohol. Teams that are caught violating this policy at City of Edmonton Arenas will be prohibited from playing at City of Edmonton Facilities.

Argyll, Knights of Columbus, CAC and Clare Drake (U of A) are privately run facilities and have their own policies for Alcohol consumption, enforcement of which will vary between the different arenas.

Rule 1-4 Zamboni Floods

a. No player is allowed on the ice until the Zamboni is off **and the gates are closed**. Players may not be on the bench during floods. These rules will be strictly enforced, which could result in a delay in starting or resuming a game. Players who disregard this rule will be assessed a 10-minute misconduct penalty at the discretion of the officials and may also be prohibited from playing at City of Edmonton facilities.

Rule 1-5 Arena Damage

a. Any player, coach, manager or team official abusing or causing damage to any of the facilities used for league play will be assessed a fine for the cost of the repairs. The entire team will be suspended from the League until the fine is paid in full.

   i. Any players involved will be subject to a three game suspension and a probation period to follow.

   ii. If glass is broken in the lobby area, any player involved will be suspended for five games and be responsible for all repair costs.

Rule 1-6 Spectators

a. Spectators are the responsibility of their respective teams. Any spectators who are observed disobeying arena rules, consuming alcohol, or disrupting a game will be asked to leave the building and the game will be suspended until the spectators are removed. Any issue with a team's fans will be dealt with through the team representative; including fines & suspensions.

b. Although all arenas have netting over the glass, the League strongly suggests that all spectators take appropriate precautions to minimize the risk of being hit by a flying puck.

Rule 1-7 Goaltenders Net and Crease

a. Teams are responsible for pegging down their own nets after every flood.

b. There will be no stoppage in play when the puck lands on the back of the net unless the puck is frozen or stuck in the mesh. (Players will be allowed to knock the puck off the net to avoid a whistle.)

c. Extended Goal Crease Rule:

The official crease used by the AMHL is the outermost edge of the semi-circle. The crease will include the space outlined by the semi-circle and will extend vertically to the top of the goal.

The crease will further be extended to include the space required by the goaltender, either standing or kneeling, as long as one of his skates is in, or touching the painted crease. The goaltender should be able to move from side to side without any interference from opposing players.

If an opposing player interferes with a goaltender's movement, he will be assessed a minor penalty for interference. Goaltenders that slash, contact or interfere with players outside the extended crease area will be assessed an appropriate penalty for their actions. The purpose of the extended crease is to

protect the goaltender from being injured but is not an opportunity for the goaltender to take advantage of the extended area.

Offensive players will be allowed to go after the puck in the extended crease area and may also enter the crease once the puck has entered. Penalties will be assessed against any player who is not attempting to play the puck and makes unnecessary contact with the goaltender.

Offensive players who are pushed into the crease will have to demonstrate a reasonable attempt to avoid the goaltender. Players who take advantage of a push to make unnecessary contact with the goaltender may cause injuries and altercations.

When an offensive player drives the net and makes contact with a goaltender who is in his crease, without any contact from a defending player, any resulting goal will be waved off, and the offending player will be assessed an appropriate penalty. If the contact is deemed to be intentional, the player will also be ejected from the game.

A player who drives the net and is pushed or checked into the crease by a defending player, must make a reasonable attempt to avoid contact with the goaltender or he will be assessed an appropriate penalty along with the defending player. Any player taking advantage of being pushed or checked into the crease to intentionally contact a goaltender will also be ejected. If the contact interferes with the goaltender and a goal is scored, the goal may be waved off at the discretion of the officials. If a goal is scored prior to the contact with the goaltender, the goal will stand.

d. If a player's stick or skate is in the crease when a goal is scored and there is no interference or any '3 in the key' violation, then the goal will stand. The AMHL interpretation of this rule supersedes the Hockey Canada rulebook.

e. 3 In the Key Rule - When an offensive player has one skate or any part of his body inside, or touching, the crease for 3 seconds or more, this will result in a whistle and the faceoff will be outside the zone. If this happens while a team is on a power play the faceoff will be taken inside the offending team's defensive zone. If an offensive player is in the crease but the defending team gains possession of the puck prior to the whistle being blown, the play will not be stopped.

Players who repeatedly step in and out in order to avoid this rule will cause the following to happen. The whistle will be blown on the first occurrence and the face off will be outside the zone. For a second occurrence with the same player, the player will be assessed a minor penalty for delay of game.

Rule 1-8 Players' Benches

a. Teams are to take the player's bench according to what is noted on the gamesheet. Most benches are clearly marked "Home" or "Visitors" but if this is not clearly indicated, teams are to ask the Timekeeper. In accordance with the gamesheet, the Home team will take the bench to the left of the timekeeper and the Visiting team will take the bench to the right of the timekeeper.

b. No suspended players or non-registered persons will be allowed on the player's bench. All players, coaches, managers, etc. MUST be registered before being allowed on the player's bench. Injured players who are already registered with the League will be allowed on the bench.

c. No person under the age of 18 will be allowed on the player's bench.

Rule 1-9 Penalty Bench

a. In situations where it is difficult for the Timekeeper to open and close gates, players are asked to assist in opening and closing gates.

SECTION TWO - TEAMS

Rule 2-1 Player Registration

a) Teams are allowed a maximum of **30 registered players**. If any registered players are not to be retained on the final roster, team representatives are asked to contact League Administration to remove the player from their active roster. Removed players who have any points or penalty minutes will still appear in the team stats on the website along with a code of 'UR' for 'unregistered'.

Roster changes may be made up until the player registration deadline - October 31st for the Winter season or May 31st for the Summer season. There will be NO roster freeze deadline for Division 1. The registration system will not accept registrations after this date. Any players who will not play their first game until after the player registration deadline must still register prior to the deadline.

b) The AMHL uses an online Player Registration system for players to easily and quickly complete the registration process prior to arriving at the arena for the first game of the season.

Players must register in order for their names to be added to the Team Roster on the AMHL website. If an unregistered player participates in a game prior to the player registration deadline, any points for that player will appear under a generic player record. **Players must register prior to playing in order to receive credit for games played, along with any points earned.** The registration process must be completed in its entirety for a player to be added to the team roster.

Paper forms for the Player Waiver, Argyll Arena Waiver and KC Twin Arena Waiver are available on the AMHL website or from League Administration for players without access to a computer. **The same rules as described above apply if paper forms are used.** Paper forms must be submitted to the AMHL League Office.

Details and instructions on using the online Player Registration process are made available to the team representatives for distribution to the players after a team has been accepted into the League.

c) Players will be allowed to register with more than one team, however, full time Division 1 and 2 players will not be allowed to register lower than Division 4A as a full time or part time player and the league reserves the right at any time to limit the number of higher division players playing on lower division teams. Players participating in any division may register as a spare player on any higher division team subject to league approval. For goaltenders refer to rule 4.9e.

d) AGE LIMIT – Players must be at least 18 years of age before the start of the season. This applies to both the Summer and Winter seasons. Exceptions may be requested in certain cases but will be evaluated by the league for approval.

e) Players that have been suspended from another team, division, league, or otherwise deemed ineligible by League officials may not register.

f) When players from an ineligible team wish to play for another team, the matter must be discussed with the League before the players can be added to the roster.

g) Any player who has been deemed ineligible in the past must first apply to the League for reinstatement prior to joining a team.

h) During the Winter season, any player currently issued a registration card in any Province, State or Country to allow him to play in Junior, College, University, Senior Men's, or Professional hockey, will only be allowed to register in Division 1 and 2 as a full-time or spare player. In Alberta, final registration cards do not have to be handed in to Hockey Alberta until January; however, any carded player playing in another league after the AMHL's registration deadline of October 31 will be deemed ineligible to play in the AMHL in any Division other than Division 1 and 2.

During the Summer season, teams below Division 2 MAY use players who were carded in the previous winter season, however, to participate in playoffs these players must play twice the number of regular season games normally used to qualify for playoffs to be eligible. No playoff exceptions will be allowed for carded players below Division 2.

i) Goaltenders.

i. Goaltenders may be substituted after May 31 (Summer), October 31 (Winter), only if the original goaltender can no longer continue playing due to injury, illness, out of town commitments; or is otherwise unavailable. (Winter: substitute goaltender may not be a current junior or pro goaltender. Summer: any pro, semi-pro, junior or university players may play subject to League approval). A team may be asked to provide proof of their goaltender's inability to continue playing.

ii. Goaltenders must play 5 games in winter or 3 games in summer to be eligible for playoffs, unless extenuating circumstances apply. If a replacement goaltender does not meet the eligibility criteria, the League must be notified prior to the game for approval to use the goaltender.

iii. IF YOU HAVE ANY QUESTIONS ABOUT USING A GOALTENDER IN A REGULAR SEASON OR PLAYOFF GAME – CONTACT THE LEAGUE.

j) Each player (skater) must play a minimum of 5 Summer, or 8 Winter regular season games for a team to be eligible to participate for that team in the playoffs. Some exceptions may be made for long-term players who have missed part of the season due to a documented injury. These exceptions MUST be approved by the league. For a non-injury exception, if approved, the opposing team will ALSO be given the opportunity to use a player on their roster who would otherwise not have qualified for playoffs.

For replacement players we apply a pro-rated calculation to determine playoff eligibility. We allow teams to replace players between November 1 and January 31 so depending on when the replacement player registers, we may also apply a minimum number of games if the result of the basic pro-rated calculation (one-third of remaining games) is less than 5. The league reserves the right to remove replacement players if they exceed the playing ability of the division.

Rule 2-2 Game Changes – Times or Dates

a) It is the responsibility of the team representative to notify the League of all "omit dates" – dates that the team is not available due to team functions, weddings, tournaments etc. - before the schedule is created in order to minimize any changes after the schedule is published.

NOTE: No changes will be allowed during playoffs.

If a team has not notified the League of an omit date before the schedule is published and later requires a game to be changed, the following considerations apply:

Game change requests must be approved by the League. Dates that are difficult to change will not be considered – including, but not limited to, Thanksgiving, Halloween, Valentine's Day, Grey Cup, SuperBowl, Easter Weekend, Holiday Season, etc. **Fee for change: $100.00**.

The game will only be changed if all teams affected by the change confirm their approval.

Rule 2-3 Captains and Alternates

a. It is strongly recommended that each team have one captain "C" and two or three alternate "A" captains, as indicated by appropriate letters sewn-on to their jerseys to designate who will be responsible for communicating with the officials

b. When a captain or alternate is assessed a penalty, he loses all privileges normally associated with his captain or alternate position until his penalty is served in full.

c. Captains or alternates who leave the player's bench to question an official's call will be assessed a minor penalty.

d. Goaltenders will not be permitted to wear a "C" or an "A."

Rule 2-4 Player Verification

The referees or timekeepers may check the identity of a player at any time, and teams should request verification of an opposing player before the start of the third period. Referees, at their discretion, may still check the identity of a player even if asked after the start of the third period.

If a team requests verification of an opponent after the beginning of the third period the officials have the right to refuse this request, However, if the official performs an ID check, and the ID check confirms the player to be illegal, disciplinary action will be taken against the offending team.

Also, if a player who has not played in the first or second period enters the game at the start of the third period, the opposing team may still request an ID check on him immediately after the third period starts. The player in question must present picture ID (driver's licence preferred) or must fill out and sign a player ID verification form, which will include questions that should match the information the player registered with at the beginning of the year. The verification form is also to be signed by a guarantor from his team who must be able to provide picture ID at the time of signing. The player must return the verification form to the officials and will be required to provide valid picture identification at the league office within 48 hours of signing the document.

If either the player or guarantor refuses to sign the verification form or if the player in question simply leaves the arena without providing ID, the game will be declared a forfeit win for the opposing team.

Failure to provide valid ID within 48 hours will result in a forfeit win being awarded to the opposing team, and the guarantor will be suspended until the player in question can provide his ID. If it is proven that the player falsely signed the ID verification form, the guarantor will be expelled from the league.

SECTION THREE – EQUIPMENT

Rule 3-1 Stick Measurements

a. Requests for stick measurements will not be allowed as the AMHL will permit sticks with a curve in excess of ½ inch to be used.

Rule 3-2 Goaltenders Equipment

a. The goaltender's mask must have a helmet or back piece attached. If a goaltender uses a helmet/mask combination, the helmet must be CSA approved. A goaltender in violation of this rule will not be allowed to play.

b. If a goaltender loses his headgear, play will be stopped immediately.

NOTE: If the goaltender deliberately loses his headgear a minor penalty for delay of game will be assessed. If the goaltender deliberately removes his headgear on a breakaway or during the last two minutes of a game, a penalty shot will be awarded to the opposing team.

c. If the goaltender breaks his stick (not cracked) he will not be allowed to use this in play but may use a player's stick in this situation only. If the goaltender plays with a broken stick, he will be assessed a minor penalty.

Rule 3-3 Protective Equipment

a. All equipment must be in safe and adequate condition. Players must wear skates, shin pads, pants or girdle system, protective jock, elbow pads, **shoulder pads,** hockey gloves and helmet. The League also recommends that players use neck and mouth guards, along with a CSA approved visor or cage securely attached to the player's helmet.

(i) All skaters must wear a CSA approved helmet. Helmets that are cracked or painted or are missing screws or padding will not be allowed. Older helmets that may be deemed unsafe for any reason will also not be allowed.

(ii) The referees may ask players to replace or repair equipment to bring this to a safe standard. Any player not able to comply will be asked to leave the game.

Each player is responsible for making sure he is properly protected and wearing adequate equipment as outlined above.

b. Chinstraps and ear slings must be CSA approved with fully operational snaps. Only factory straps will be allowed. (Note: One side must be fully operational).

i. string, tape, lace, etc. will not be permitted;
ii. excessively long straps will not be permitted. The chin strap must be snug to the player's chin. No more than two fingers should fit between the player's chin and the strap.

c. A minor penalty may be assessed to any player not wearing the necessary equipment as outlined above. The player may be ejected from the game and another player from the team will serve his penalty. The

offending player may return to the game once the penalty has been served and the necessary adjustments have been made. A player ejected for wearing altered equipment will not be allowed to return to the game.

d. If a player loses his helmet during play, he must immediately stop, retrieve and refasten it, or skate directly to his bench. If the player intentionally participates in the play without a helmet, a minor penalty for illegal equipment will be assessed.

Rule 3-4 Team Jerseys

a. When there is a conflict with team colours (two teams having the same colour uniform), pinnies will be supplied by the Timekeeper.

   i. all pinnies are to be returned immediately before the team leaves the ice surface.

   ii. the team will be asked to replace any pinnies which are not returned.

   iii. the away team will wear pinnies when there is a conflict with team colours.

b. All team players must wear matching team colours. A mix of jerseys will not be allowed in league play.

   i. the primary jersey colour must be the same; different colour stripes will be allowed.

   ii. Spare or replacement goaltenders may be exempt from matching colours, provided that their jersey colour is different from the opposing team. Teams are strongly encouraged to obtain a practice jersey that roughly matches the team colours for the spare goaltender.

c. Players will not be allowed to use numbers that are taped on to their jerseys and no two players on the same team may have identical numbers. Tape could fall on the ice and become a hazard to the players.

   i. numbers must be 8" to 12" high and permanently attached to the back of the jersey.

   ii. a reasonable grace period will be allowed for teams to obtain the proper jerseys, after which all jerseys must match in body colour.

   iii. players not able to comply with the jersey rules after the grace period will be asked to leave the game.

d. All jerseys must cover the elbow pad completely. Any player with exposed elbow pads will be asked to leave the game until the problem is corrected.

Rule 3-5 Pucks

Both teams will supply three pucks in acceptable condition at the start of the game. Teams that repeatedly do not supply acceptable pucks will be contacted by the league.

SECTION FOUR – GENERAL PLAYING RULES AND GAME FORMAT

The AMHL will use the NHL 9 faceoff dot rule for faceoffs. All faceoffs will be at the closest dot in the zone where the play was stopped.

When a penalty is called, the resulting faceoff will be in defending zone of the team the penalty was assessed against. For coincidental penalties the puck will be dropped at the closest dot in the zone where the play was stopped.

Rule 4-1 Non-Deliberate Contact/Slapshots

a. All games allow only non-deliberate contact but full slapshots are permitted.

Rule 4-2 Glove Passes

a. A player may pass the puck to another player on his team with his glove within his own defensive zone. This does not include when a glove pass is made from the defensive zone into the centre ice area. (NOTE: closing the hand on the puck or covering the puck with the palm of the glove may result in a delay of game penalty).

Rule 4-3 Contacting the Puck Above the Shoulders

a. Contacting the puck above the normal height of the shoulders with the stick will result in a stoppage in play and a faceoff in the offending team's defensive zone. If a player contacts an opposing player above the shoulders while hitting the puck, the appropriate penalty will be assessed.

Rule 4-4 Delayed Offside

a. The AMHL will use the delayed offside rule. When all offensive players in a delayed offside situation exit the offensive zone or make contact with the blue line with at least one of their skates, the delayed offside will be cancelled. All offensive players must either be clear of the zone or in contact with the blue line for the delayed offside call to be cancelled.

b. The intentional offside rule may still apply if:

- a team has players caught in the opponent's zone and the puck is shot on goal, causing the goaltender to play the puck; or
- a player leaving the zone in a delayed offside situation deliberately plays the puck or checks a defending player who is bringing the puck out.

Rule 4-5 Time Outs/ Mercy Rule

a. One 30-second time out is allowed per game per team.
b. No time out will be allowed during an altercation or the stoppage of play immediately following an altercation.
c. The mercy rule may be requested by the losing team to end the game at any point after the second period when the opposing team has a very large and presumably insurmountable lead. The score at the time of the mercy request will be recorded as the final score for the game.

Rule 4-6 Icing

a. The defending blue line will replace the red line for icing. Unless shorthanded, any team who has a player shoot the puck the length of the ice from within his defensive zone will be charged with icing. The puck can be shot the length of the ice after the defending blue-line has been crossed. Players from both teams will be allowed to change when an icing call is made (see Rule 4-7).

Rule 4-7 Line Changes

a. Line changes **will** be permitted during any stoppage of play <u>including</u> when a team is shorthanded. If a team makes excessive changes or otherwise intentionally delays the game, a minor penalty for "Delay of Game" may be assessed at the discretion of the officials.

Rule 4-8 Tie Games

a. During the regular season, when a game is tied at the end of regulation time, both teams will receive a single point and a three-minute straight-time 3-on-3 overtime period will be played.

- If a team is shorthanded one player at the start of overtime, the opposing team will be allowed to have a 4th skater on the ice for the duration of the penalty.
- If a team is shorthanded two players at the start of overtime, the opposing team will be allowed to have a 4th and 5th skater on the ice for the duration of each penalty.
- At the conclusion of each penalty the penalized player will join the play but at the next whistle, the extra player(s) from each team will be removed from the ice leaving 3 skaters per side.
- Teams may pull their goaltender for an extra skater during the overtime period. The team will still be awarded the single point if scored on with the goaltender pulled.
- Any minor/major penalty assessed in overtime that leaves one team shorthanded will result in a penalty shot with the clock stopped.
- If no goals are scored during the overtime period the game will end in a tie. There will be no shootout during the regular season.
- Overtime goals and assists will be credited towards the player's points just as this is done in regulation time.
- There will be no timeouts permitted between the end of regulation and the overtime, or during the overtime period.

Rule 4-9 Composition of Team/ Replacement Goaltenders

a. It is recommended that teams do not exceed 17 skaters and 2 goaltenders on the bench.

b. All games must be played with a minimum of one goaltender and five skaters. When coincidental penalties are assessed against a team that has only the minimum number of players, that team will be allowed to play shorthanded, provided that a minimum of three skaters and a goaltender can remain on the ice. For the coincidental penalties, the shorthanded team's players will only be able to return to the ice during a stoppage in play and icing will still be called on both teams. When a team is unable to field the minimum required number of players, whether due to penalties or injuries, the game will be suspended and declared a forfeit win for the opposing team.

c. Any team that does not have a goaltender at the start of the game will be allowed 20 minutes of running time to find or dress an eligible player/goaltender in full gear. A minor penalty for delay of game will be assessed against the offending team (see Rule 4-14c). If the goaltender is not ready by the start

of the second period, the game will be declared a forfeit win for the opposing team.

d. If a goaltender is ejected or injured and unable to finish the game before the start of the third period, the team will be given a full 20 minutes to dress another goaltender, time permitting. The circumstances will be considered if the 20 minutes are exceeded when replacing an injured goaltender.

   i. If a team refuses, or is unable to dress another goaltender after an injury or ejection, the game will be declared a forfeit win for the opposing team.

   ii. If the goaltender is ejected at any time in the third period with his team losing by three or more goals at the time of the ejection, the game will be declared over, unless a fully dressed substitute is immediately available.

   iii. If the goaltender is ejected at any time in the third period with his team winning, tied, or losing by no more than two goals at the time of the ejection - or - if the goaltender is injured during the third period regardless of the score, the team will be permitted to finish the game using one of the following options:

   - without a goaltender and substituting another skater (i.e. 6 skaters and no goaltender).
   - with another fully dressed goaltender who is readily available.

   If neither option is chosen by the team, the game will be declared a forfeit win for the opposing team.

   If a game is tied at the end of regulation and one team ends the game without a goaltender due to an injury or ejection, the 3-on-3 overtime period will be played with that team having 4 skaters and an empty net. Both teams will receive a single point for the regulation tie, and if one team scores in overtime they will receive the extra point.

   If both teams have their goaltender ejected in the third period, the game will be declared over, and the score at the time will be recorded as the final score.

e. During the regular season, teams may use a replacement goaltender registered on the AMHL Spare Goaltender List, or registered in the League on a team in the same division or lower, or up to two division categories higher. As an example, Division 6 teams can use goaltenders up to Division 4 (A or B). Goaltenders registered with league teams also willing to spare for other teams are asked to contact the League to be added to the list. For goaltenders that are registered on multiple teams, the higher division for spare goaltenders, or the division in which the goaltender is registered as full-time will be used to determine the divisions that the AMHL Spare Goaltenders are eligible to spare in. The league reserves the right to restrict teams from registering a spare goaltender whose abilities exceed the skill level of that division. If clarification is required, please contact the league.

   i. The AMHL Spare Goaltender List will be made available to the team representatives upon request. Any goaltenders that are registered on a League team may also be used as an emergency spare, provided that they are eligible to play in that division.
   ii. Teams may also use Goalie 911 (**780-983-2216**) or Backup Goalies Edmonton (**780 868-5090**) which have goaltenders registered with the AMHL. Both of these do charge a fee for their services.
   iii. Please see rule 10-1(i) for Replacement goaltender eligibility in Playoffs.

Rule 4-10 Game Format

a. Warm-up – 5 minutes (starting at the scheduled game start time)

1st Period – 20 minutes – 18 straight, last 2 stop - (if goal differential is less than 5)
2nd Period – 20 minutes – 18 straight, last 2 stop - (if goal differential is less than 5)
3rd Period – 20 minutes – 15 straight, last 5 stop - (stop time only if game is within 2 goals)
Overtime (if necessary) – 3 minutes straight time
FLOODS – every two periods starting from the first game of the night

Rule 4-11 Injured Players and Game Disruptions

a. Unless at the discretion of the referees, a disruption that delays the game will not stop the time clock, except when a serious injury occurs (in the third period only).

Rule 4-12 Games Running Late

a. If the referees and/or timekeeper determine that the game will exceed the 1.5 hours allotted, all stop time and time-outs may be eliminated. In extreme cases, periods will be shortened as necessary. (If teams feel their games have been unjustifiably shortened, please contact the League Office).

Note: This rule does not apply in playoffs, if there is additional time available.

Rule 4-13 Gamesheets

a. It will be the responsibility of the teams to pick up and complete the gamesheets in full.

i. For gamesheets that have not been pre-printed, player names and numbers on the gamesheets are to be **HAND-PRINTED** neatly, NO hand-written names or signatures.

Failure to print player names neatly will result in individual (points) statistics being recorded under a generic player number. These will not be adjusted later.

b. Gamesheets will be hanging on hooks in the lobby under the League directory board (where applicable), or will be available from the timekeeper.

i. If game sheets are not available, please contact the timekeeper as soon as possible.

c) It will be the responsibility of both teams to ensure that the gamesheet is filled out and brought to the timekeeper before game time. Gamesheets left in the dressing rooms will delay the opening faceoff to start the game, but the clock will be running and play will not commence until the gamesheet has been given to the timekeeper.

d) If pinnies are being used, the pinny number is to be recorded clearly on the game sheet in the column designated for pinny numbers.

e) Every player that participates in a game must be recorded on the gamesheet. If a player arrives late he will be allowed to participate, provided that he arrives before the start of the third period. Players arriving late must check in with the timekeeper to ensure that they receive credit for the game played.

f) The League timekeepers verify players participating in each game. If a player is not accounted for on the gamesheet, it is the team's responsibility to bring this to the attention of the timekeeper immediately after the game to ensure that the change is made on the official gamesheet.

Rule 4-14 Official Start Time

a. The clock will start at the scheduled start time and will include the time allocated for the warmup. The horn or whistle will sound with one minute remaining in the warm-up and the teams will have that time to organize their starting lineup.

b. A minor penalty for delay of game may be assessed against any team that unnecessarily causes a delay at the start of the game or after a flood. This includes any situation where the gamesheet has NOT been filled out and delivered to the timekeeper.

c. A minor penalty for delay of game may be assessed against any team that cannot field a team at game time. This will be assessed as a team penalty and will not count towards any individual player's penalty totals. At the 15-minute mark a second minor penalty will be assessed. Penalties will not start until the puck is dropped. The same player will be allowed to sit out both penalties.

NOTE: **Constant abuse of this rule will result in team fines.**

If the referees are detained, the clock will not start until the official drop of the puck.

Rule 4-15 Penalty Timing

Penalties called before the stop time portion of the game will be assessed as 3-minute running time penalties based on the time that the whistle is blown to stop the play. Stop time (2 minute) penalties will only be assessed if a penalty is called for an infraction that happens during the stop-time portion of the game or if an infraction happens during a stoppage of play **after** the clock has been stopped. The same criteria will be used for major penalties to determine if these are 7-minute running time penalties, or 5-minute stop time penalties.

For a minor penalty with the whistle blown at 2:30 of the 1st or 2nd period, the assessment will be a 3-minute penalty whether the puck is dropped before or at the 2:00 mark.

i. If a player is assessed a double minor during running time, with the second penalty starting during stop time, then the double minor would be a 5 minute penalty. The first penalty is assessed as a 3 minute penalty and the second penalty is assessed as a 2 minute penalty, unless the team on the power play scores before the start of the stop time portion of the period. In that case, with the second penalty starting during running time, it is assessed as a 3 minute penalty.

i.e. a double minor penalty is called at the 3:40 mark in the second period. The first starts in running time and the second would normally start at the 40 second mark (stop time – no goal was scored). Therefore, the second is a 2 minute penalty.

Rule 4-16 Three-Penalty Ejection

a. Any player or goaltender who is assessed three penalties **of any kind** during the same game will be assessed a Game Ejection. Repeat offenders may be given suspensions or placed on Special Conditions.

i. It is necessary to place a substitute on the penalty bench to serve the ejected player's penalties unless he was assessed a misconduct or coincidental penalty, in which case no substitute is necessary.

ii. a 10-minute misconduct counts as one penalty and a double minor counts as two penalties towards any player's three-penalty Game Ejection.

b. Goaltender's coincidental penalties will not count towards the three-penalty ejection, however if a goaltender is assessed three penalties on his own, the team will be given 20 minutes to dress another goaltender. Teams may also play without a goaltender for the final portion of the third period. (See Rule 4-9(d))

Rule 4-17 Coincidental Penalties

a. Coincidental penalties only – teams will play with six men per side.

b. Coincidental penalties example #1 – additional minor:

Team A – 3 minutes
Team B – 3 minutes + 3 minutes

In this case both teams have been assessed coincidental minors, and Team B has also been assessed an additional minor. Team B must place a second player from the ice into the penalty box to serve the additional minor as Team A receives an immediate power play.

After the first penalty expires, the player from Team A must wait until the next stoppage in play to return to the ice as his team is already at full strength. Even though Team B is at full strength after the first penalty expires, the penalized player must sit out his full six minutes in the penalty box.

c. Coincidental penalties, example #2:

Team A - #5 – 6 minutes (double minor)
Team B - #7 – 3 minutes
#10 – 3 minutes

In this case Team A is assessed a total of 6 minutes and Team B is also assessed a total of 6 minutes. Neither team receives a power play as all penalties even out. No additional players are required to go to the box for Team A.

At the first stoppage in play after the first minor penalties expire (3 minutes), both players from Team B may return to the ice and at the first stoppage in play after the second minor penalty expires (6 minutes) the player from Team A may return to the ice.

Rule 4-18 Puck shot over the Glass.

a. Any player who intentionally shoots the puck over the glass will receive a minor penalty for delay of game. This will be at the referee's discretion and is NOT automatically assessed.

b. Any goaltender who shoots the puck over the glass will be given a warning for the first occurrence. For a second occurrence during the same game, a minor penalty for delay of game will be assessed.

SECTION FIVE – DIVISIONAL REALIGNMENT

At the discretion of the League, teams may be moved from one division to another to ensure that the divisions have even parity.

Rule 5-1 Point Calculation

For teams moving from one division to another (up or down), a point adjustment is made to approximate where the team would have ranked, had the team been in that division for the entire season. The point totals are adjusted to the mid-point mark of the division (divisional average) at the time of the move. This gives the team the opportunity to qualify for playoffs based on the team's performance in the new division.

a. To calculate the number of points to be assigned to a team moving into a division:

   i. **Divisions with 4 - 10 teams**: eliminate the stats from the top and bottom teams and then average out the rest

   ii. **Divisions with 11 or 12 teams**: eliminate the stats from the top and bottom 2 teams and then average out the rest

SECTION SIX - PENALTIES

Rule 6-1 Overview of Penalties

Penalties will be actual playing time and will be divided into the following classes:

6-2	Minor Penalties
6-3	Bench Minor Penalties
6-4	Major Penalties
6-5	10-Minute Misconduct Penalties
6-6	Game Misconduct Penalties
6-7	High Stick Penalties
6-8	Fighting
6-9	Checking From Behind Penalties
6-10	Gross Misconduct Penalties
6-11	Match Penalties / Attempt to Injure
6-12	Butt-end Hook
6-13	Physical/Verbal Abuse of Officials
6-14	Game Ejection
6-15	Contact to the Head
6-16	Supplementary Discipline

NOTE: See Section Four, Rule 4-16, Three-Penalty Ejection.
For Appeals, see Section 7-2.

Rule 6-2 Minor Penalties

a. Minor penalties are three minutes long during straight time and two minutes long during stop time. For further clarification see rule 4-15 Penalty Timing.

Rule 6-3 Bench Minor Penalties

a. Bench minor penalties will not count toward any player's individual penalty totals. These are deemed no-fault penalties.

b. Teams assessed a bench minor penalty must appoint a player to serve the penalty. If a team takes too much time to decide, the referee will appoint a player to serve the penalty.

Rule 6-4 Major Penalties (not including Fighting)

a. Major Penalties are seven (7) minutes long during straight time and five (5) minutes long during stop time. For further clarification see rule 4-15 Penalty Timing.

Suspensions for all major penalties except for infractions listed separately in the penalties section will be:

1. First Offence: $25.00 Fine - Game Ejection, and a Two Game Suspension
2. Second Offence: $50.00 Fine - Game Ejection, and a Four Game Suspension
3. Third Offence: No Fine - League Expulsion

Major Penalties assessed for head contact will be subject to additional discipline as described in rule 6-15.

Note: Fighting penalties are covered in section 6-8.

Rule 6-5 10-Minute Misconduct Penalties

a. With the exception of a goaltender, any player assessed a 10-minute misconduct will be ruled off the ice for a period of 10 minutes of playing time.

   If the 10-minute misconduct is assessed in the last 10 minutes of the game, the player will be sent off the ice to the dressing room and a single game suspension (no fine) will be assessed.

   i. A substitute player will be required to serve any penalties assessed prior to the 10-minute misconduct or during the same stoppage in play.

b. If a goaltender is assessed a 10-minute misconduct, a player from the ice must serve the full 10 minutes for the goaltender.

   If a goaltender is assessed a 10-minute misconduct during the last 10 minutes of the game, a player from the ice must serve whatever time remains in the game and the goaltender will be assessed a single game suspension.

Rule 6-6 Game Misconduct Penalties

a. Any player assessed a Game Misconduct will be sent to the dressing room for the remainder of the game. A substitute will be required to serve any penalties assessed prior to his Game Misconduct or during the same stoppage in play.
b. 10 minutes will be charged against the player for a Game Misconduct.
c. Any player shooting the puck toward an opponent clearly after a whistle will be assessed a 10-minute misconduct. This will be at the referee's discretion.

   Suspension for a Game Misconduct:

   1. First Offence - No Fine - Game Ejection, and a One Game Suspension
   2. Second Offence - $25.00 Fine - Game Ejection, and a Two Game Suspension
   3. Third Offence: No Fine - League Expulsion.

Rule 6-7 High Stick Penalties

a. Carrying sticks above the normal height of the shoulders is prohibited and a minor, double minor, major or match penalty may be assessed against a player, at the discretion of the Referee.

b. When a player carries or holds any part of his stick above the height of his shoulders, resulting in an injury to the face or head of an opposing player, the Referee will:

i. Assess a double minor penalty and a Game Ejection when contact is deemed to be accidental. A player from the ice will serve the offending player's penalty and no suspension will follow. The timekeeper will indicate 'accidental' on the gamesheet.

If an accidental high stick resulting in an injury to the face or head of an opposing player is assessed against a goaltender, the goaltender will not be ejected from the game. A player from the ice will be required to serve the double minor and no suspension will follow.

ii. Assess a Major Penalty and a Game Ejection when the high stick is deemed to be careless:

When a Major Penalty is assessed for a high stick resulting in an injury to the face or head of an opponent the following suspensions will apply:

1. First Offence $25.00 Fine, and a Three Game Suspension
2. Second Offence $50.00 Fine, and a Six Game Suspension
3. Third Offence No Fine, League Expulsion

iii. Assess a Match Penalty and a Game Ejection when the player deliberately injures an opponent with a high stick:

1. First Offence: $50.00 Fine, and a 10 Game Suspension.
2. Second Offence: League Expulsion.

Rule 6-8 Fighting

a. A Major Penalty and a Game Ejection will be assessed against any player who engages in a fight.

In addition, a minor or a Major Penalty and/or a Game Misconduct penalty, at the discretion of the Referee, will be assessed against any player who instigates an altercation. These penalties will be in addition to any other penalty assessed in the same incident.

i. Suspensions for Fighting:

1. First Offence $25.00 Fine, Game Ejection, and a Two Game Suspension
2. Second Offence $50.00 Fine, Game Ejection, and a Four Game Suspension
3. Third Offence No Fine, League Expulsion

ii. Suspension for Fighting with the Instigator Penalty:

1. First Offence $25.00 Fine, Game Ejection, and a Three Game Suspension
2. Second Offence $50.00 Fine, Game Ejection, and a Five Game Suspension

iii. Suspension for Fighting with both Instigator and Aggressor penalties:

1. First Offence $50.00 Fine, Game Ejection, and a Five Game Suspension
2. Second Offence No Fine, League Expulsion

NOTE: The Referee will assess a Major Penalty and Game Misconduct in all cases where the instigator or retaliator in a fight is the aggressor and is doing so for the purpose of intimidation or punishment.

iv. Suspension for two fights with same player during a single stoppage in play:

Players will be assessed a $50.00 Fine, Game Ejection and a Three Game Suspension

b. A minor penalty will be assessed against a player who retaliates with a blow or attempted blow after having been struck. In addition, a double minor, Major Penalty, or Game Misconduct may be assessed if the player continues the altercation.

c. Third Man In: Any player joining a fight or altercation, or acting as a peacemaker may, at the referee's discretion, be assessed a Game Misconduct and any other penalties he incurs.

Suspension: Game Ejection, and a one game suspension

d. Bench clearing brawl – The first player of each team to leave the player or penalty bench during an altercation will be suspended for the next five regular season and/or playoff games and his team will be fined $100.00.

NOTE: The League will review all brawls. Teams/players involved may be expelled from the League.

e. Any player involved in an off-ice altercation, fighting, pushing, etc. in the hallways, lobby, and dressing rooms is subject to a five game suspension accompanied by a fine of $100.00. Should any damage to the building occur during an off-ice altercation the players responsible will be expelled from the League.

Rule 6-9 Checking From Behind

a. Any player who checks or makes contact from behind causing an opposing player to be propelled into the boards or goal in such a way that the player is unable to protect or defend himself will be assessed a Minor penalty and Game Ejection. A Major or a Match Penalty may also be called, at the discretion of the referee, based on the degree of violence of the impact.

NOTE: This infraction will be strictly enforced.

b. When a Major Penalty is assessed under this rule for an infraction resulting in an injury to the face or head of an opponent, **an additional two game suspension** will be assessed

Suspension for a Major Penalty for Checking from Behind:

1. First Offence $25.00 Fine, Game Ejection, and a Three Game Suspension
2. Second offence $50.00 Fine, Game Ejection, and a Six Game Suspension
3. Third offence No Fine, League Expulsion

Suspension for a Match Penalty for Checking From Behind:

1. First Offence $50.00 Game Ejection and a 10 Game Suspension

Rule 6-10 Gross Misconduct Penalties

a. A Gross Misconduct penalty will be assessed when any person conducts himself in such a manner as to make a travesty of the game. A Game Ejection will also be assessed.

   i. this type of penalty is a non-time penalty.

   ii. a total of 10 minutes will be charged against the player for a Gross Misconduct.

b. If a referee or timekeeper determines that any person, player or coach is under the influence of drugs or alcohol, the referee will assess a Gross Misconduct.

c. Any player or coach who uses lewd hand motions, gestures, racial and/or sexual gender remarks to other players, coaches or officials will be assessed a Gross Misconduct.

d. Any player deliberately damaging or attempting to damage an opposing player's equipment (i.e. intentionally breaking an opponent's stick) will be assessed a Gross Misconduct.

Suspension for a Gross Misconduct:

1. First Offence $50.00 Fine, and a Two Game Suspension
2. Second Offence $75.00 Fine, and a Five Game Suspension

Rule 6-11 Match Penalties / Attempt to Injure

a. A Match Penalty will be assessed against any player who makes contact when deliberately attempting to injure an opponent. The player will be sent off the ice and a substitute will take his place in the penalty box. The player/team representative may also be required to meet with the discipline committee to determine if the player will be allowed to continue playing in the league.

A seven-minute straight time or five-minute stop time penalty will be assessed.

The following includes, but is not limited to, a list of Match Penalties:

spearing, butt-ending, spitting, pulling hair, high stick, crosschecking, slashing, hitting from behind, wearing tape or rings or any material on the hands to gain an advantage during a fight or altercation, head butting, kicking, grabbing of the facial protector or chin strap to gain an advantage, using the helmet or facial protector as a weapon, slew foot (moving).

Suspension for a Match Penalty, unless listed within the rules of this section:

1. First Offense $50.00 Fine, Game Ejection and a Five Game Suspension
2. Second Offense No Fine, League Expulsion.

b. A Match Penalty will also be assessed against any player who does not make contact when deliberately attempting to injure an opponent. The player will be sent off the ice and a substitute will take his place in the penalty box.

A six-minute straight time or four-minute stop time double minor penalty will be assessed.

Suspension for a Match Penalty for non-contact:

1. First Offense No Fine, and a Two Game Suspension
2. Second offense $50.00 Fine, and a Five Game Suspension

Rule 6-12 Butt-end Hook

a. Any player using the butt-end of his stick to hold back or slow down his opponent will be assessed a double minor for "Butt-end Hook".

Rule 6-13 Physical/Verbal Abuse of Officials

a. Any player, who deliberately applies physical force against, attempts to injure, deliberately makes contact with, or physically demeans an official, will be assessed a Match Penalty.

The suspension for all Match Penalties on officials will be a $100.00 fine and a minimum five game suspension. Severe cases will result in League Expulsion.

b. Any player who verbally threatens an official will be assessed a Match Penalty with a Game Ejection, a $50.00 fine, and a minimum two game suspension.

Rule 6-14 Game Ejection

a. Any player, who deliberately causes problems for an official in any situation, may be ejected from the game. No suspension or fine will follow and the player will be eligible to play the next game providing that he leaves without causing any further problems.
b. A player who slew-foots an opponent who is standing still will be assessed a double minor and Game Ejection.

Rule 6-15 Contact to the Head

a. Any player who is assessed a major penalty for deliberate contact to the head of an opponent will have an additional two games and a $50.00 fine added to any suspension and/or fine assessed. A second offence will result in league expulsion.

b. Any player who is assessed a minor or double-minor penalty for deliberate contact to the head, including but not limited to a cross-check, elbow, body-check, head butt, or roughing will also have a Game Ejection added to any penalty assessed. The timekeeper will indicate 'head contact' on the gamesheet.

Rule 6-16 Supplementary Discipline

a. In addition to the fines and suspensions assessed under these rules, the League may investigate any incident that occurs in connection with any exhibition, league or playoff game and may assess additional fines and/or suspensions for any offense committed by a player, trainer, manager or coach, whether or not the offense has been penalized by the Officials.

NOTE: If an investigation is requested by a team, it must be initiated within forty-eight (48) hours of the completion of the game in which the incident occurred.

b. Players and/or teams may also be placed on probation, asked to submit a performance bond, or be placed on special conditions at the discretion of the league.

c. Any player who attains more than 80 minutes in penalties (winter) or 50 minutes (summer) during the regular season will be ineligible to play for the balance of the season and playoffs. The team representative will be notified when a player has exceeded the maximum penalty minutes, and warnings will be issued when a player reaches 60 minutes (winter) or 40 minutes (summer).

d. Any player who receives 3 separate suspensions during the course of the season will be ineligible to play for the balance of the season and playoffs.

Rule 6-17 Supplementary Discipline Definitions

GAME EJECTION: Player is removed from that game only. This may also be referred to as a Balance of Game (BOG) Penalty.

WARNING: The League will inform the team representative that a player is becoming a discipline problem and that his next incident may result in the player being placed on "Probation". As well, additional suspensions may result, whatever the League Office feels is necessary.

PROBATION: A player may be placed on probation at any time during the season. Any player on probation is monitored, and for any further incidents the League may place the player on special conditions, or remove the player as necessary.

Any player on probation will be closely monitored throughout the season and a full review of the player's performance will be conducted at the end of the season. This may result in the player's expulsion, based on the number of penalty minutes and the severity of penalties assessed during the course of the season. The player may also have his probation conditions removed.

PROBATION AND BOND: Probation is as stated above; however, the player must also post a personal performance bond which is refundable if there are no further problems. The amount of the bond is determined by the League. Any player who refuses to post a bond will be deemed ineligible.

INELIGIBLE: The player will no longer be allowed to participate in any league functions, whether as a player or on the bench. **The player must sit out a minimum of 2 years from the date of the infraction(s) before the League will consider reinstatement. If the infraction(s) were serious, the player will remain ineligible with no chance of reinstatement.**

SPECIAL CONDITIONS: Any player or team subject to special conditions will face increased discipline. A three-penalty ejection may result in an additional single game suspension, and any suspensions and fines are doubled. Players subject to special conditions who play on multiple teams and receive a 3-penalty ejection will only be assessed a single game suspension with the team they were playing for when the 3-penalty ejection was received.

SECTION SEVEN – FORFEITS, APPEALS & BONDS

Rule 7-1 Game Forfeits

a. When a team is not able to field the minimum number of players during the regular season without a minimum of 3 hours notice being given to the league, the offending team will be assessed a $100.00 fine, and in addition to forfeiting that game, an additional two points will be deducted in the standings. Exceptional circumstances will be taken into consideration before assessing the fine and points deduction.
b. For forfeit of a playoff game the team will be assessed a $100.00 fine and the series will be awarded to the non-offending team.
c. A game will be declared a forfeit 20 minutes after the scheduled start time if a team is unable to field the minimum required players for the start of the second period.
d. Attendance will be taken at the 20-minute mark, and any players who arrive after a game has been declared a forfeit will not be included in attendance.
e. In the case of a forfeit game, the non-offending team will be awarded a 1-0 victory.
f. Any team who forfeits 3 or more games during a single season may become ineligible to participate in the AMHL in any future seasons.
g. USING NON-REGISTERED, SUSPENDED OR INELIGIBLE PLAYERS:

    i. Both team representatives may be subject to a 3 game suspension whether they are at the game or not.
    ii. A forfeit win will be awarded to the non-offending team, and the offending team will have an additional two points deducted in the standings.
    iii. A fine of $100.00 may be assessed against the offending team, which must be paid before the team's next game, or that game will also be declared a forfeit.
    iv. If the non-registered player is on the roster of another AMHL team, the player will be assessed a 3 game suspension and fined $50.00. Any suspended player used in a game will also be assessed an additional 3 games and a fine of $50.00.
    v. For a first offence, a note will be made on the team record and remain for 2 years.
    vi. For a second offence, the team will be expelled from further play in the AMHL, including all regular season and playoff games.
    vii. If a team is caught using ineligible players during the playoffs, including non-registered, suspended, or players who have not played the required amount of games during the regular season, the team will forfeit any trophies or awards earned during the regular season or playoffs in addition to forfeiting the playoff series. The team may also become ineligible to participate in the AMHL in any future seasons, at the discretion of the League.

Rule 7-2 Appeals

a. All appeals must be in writing and received by the League no later than 48 hours after the end of the game.
b. If a player has been suspended and the team representative appeals the suspension, and the team plays the next evening the team representative must contact the League no later than 10:00 a.m. the next morning to allow time to contact various parties involved. Unless otherwise informed, the player remains suspended.
c. Any suspended player will not be allowed to play until the League has reviewed the appeal.

NOTE: The League will make a decision within 48 hours of receiving the appeal.

Rule 7-3 Bond and Fines

a. The League may impose performance bonds on players or teams based on previous seasons. The amount will be determined at the start of the season and may be increased, as the League deems necessary. The bonds will be returned one month after the League's final playoff game or carried forward into the next season.

b. **Playoffs**:
Before the playoffs start, teams must ensure that all fines have been paid. All suspensions carry over into playoffs, and suspensions assessed during playoffs will carry over to the next season. ALL fines must be paid or the team will not be allowed on the ice for playoffs.

SECTION EIGHT – SUSPENSIONS AND FINES

Rule 8-1 Payment of Fines

a. It is the responsibility of one of the team representatives to notify a player of suspensions and/or fines and ensure that all necessary payments are made. The payment of fines must be made at or before the first game that the offending player is eligible to participate in. The team representative must ensure that a suspended player does not play while suspended. (A player suspended in other leagues may be suspended in the AMHL also, based on the other league suspension and his current conduct in the AMHL). Any suspended player participating in a game will be subject to further suspension and/or fines and cause his team to forfeit the game. (See Rule 7-1f – Game Forfeits)

b. Any team not paying fines when due will be subject to suspension until the fines are paid in full.

   NOTE: Fines are NON-REFUNDABLE. No fines will be accepted in coin form.

c. Fines may be paid by sending an e-transfer to amhl@shaw.ca. Fine may also be paid to the timekeeper or to the League Office by cheque, money order or cash (no coins). Cheques are to be made payable to "Gladco Enterprises Ltd" (please do not make cheques out to the AMHL). The timekeeper will provide a receipt for payment received.

Rule 8-2 Suspension Policy

a. When a suspension occurs, league administration will contact the team representative or alternate to notify him of the length of the suspension and amount of the fine (if applicable).
b. For appeals of suspensions please refer to section 7-2.
c. Suspensions are to be served immediately. Fines are to be paid before the next game in which the suspended player will be eligible to play. During playoffs, the fines must be paid by the team's next game, not when the suspended player returns.
d. The League will review all suspensions, and depending on the severity of the penalties and/or the player's history, further suspensions and/or fines may be assessed.
e. All regular season suspensions carry over into playoffs and/or to the beginning of the next season. Any suspensions assessed during playoffs will carry over to the next season if they are not fully served during the playoffs. ALL fines from the regular season must be paid in full and any fines assessed during playoffs must be paid before the team's next game, or the team will not be allowed on the ice. Unless a suspension is a Match on Official, the suspensions will carry forward from summer to summer, and winter to winter. A Match on Official will be served immediately.
f. Any suspended player may not play on any other league teams until he has served his full suspension with the team he was playing for when he was suspended. This includes any suspensions carried over from previous seasons. The only exception will be a 3-penalty game ejection for players under special conditions on multiple teams (see 6-17 below).
g. Any player who receives 3 separate suspensions during the course of the season will be ineligible to play for the balance of the season and playoffs.

SECTION NINE – SUSPENSION AND FINE QUICK REFERENCE

Any player who is assessed 3 suspensions in a single season will be expelled for the balance of the season unless otherwise stated.

Rule #	Rule Name	Suspension	Fine
6-4	Major Penalties	First Offence: 2 games	$25
	Fighting –see rule 6-8 Head Contact - **ADDITIONAL** suspension/fine applies – see rule 6-15	Second Offence: 4 games	$50
6-5	10-Minute Misconduct **in Last 10 minutes**	1 game	$0
6-6	Game Misconduct	First Offence: 1 game	$0
		Second Offence: 2 games	$25
6-7	High Stick – **Major**	First Offence: 3 games	$25
		Second Offence: 6 games	$50
	High Stick - **Match**	First Offence: 10 games	$50
		Second Offence: League Expulsion	$0
6-8	Fighting – **Major**	First Offence: 2 games	$25
		Second Offence: 4 games	$50
	Fighting - **Instigator**	First Offence: 3 games	$25
		Second Offence: 5 games	$50
	Fighting – **Instigator and Aggressor**	5 games	$50
		Second Offence: League Expulsion	$0
	Fighting – **same player with 2 fights during a single stoppage**	3 games	$50
	Fighting – **third man in**	1 game	$0
	Fighting – **brawl**	5 games – to first player of each team to leave the bench	$100 (team)
	Fighting **– off ice altercation**	5 games	$100

6-9	Checking From Behind - **Major**	First Offence: 3 games	$25
		Second Offence: 6 games	$50
	Checking From Behind - **Match**	10 games	$50
6-10	Gross Misconduct	First Offence: 2 games	$50
		Second Offence: 5 games	$75
6-11	Match Penalties / Attempt to Injure - **Contact**	First Offence: 5 games	$50
		Second Offence: League Expulsion	$0
	Match Penalties / Attempt to Injure – **No Contact**	First Offence: 2 games	$0
		Second Offence: 5 games	$50
6-13	Abuse of Officials - **Physical**	5 games minimum subject to Discipline Committee review	$100
	Abuse of Officials - **Verbal**	2 games minimum subject to Discipline Committee review	$50
6-15	Contact to the Head – **Major** (in addition to other suspensions/fines assessed)	First Offence: 2 games	$50
		Second Offence: League Expulsion	$0

Players on Special Conditions:

Rule #	Rule Name	Suspension	Fine
6-17	3 Penalty Ejection	1 game	$0
	Any Major	Doubled	Doubled
	Misconducts / Gross Misconducts in the last 10 minutes	Doubled	Doubled

SECTION TEN – PLAYOFFS

Rule 10-1 Playoffs

a. All teams will advance to playoffs, with the top 3 teams in each division receiving a bye into the semi-finals. The remaining teams in the division will participate in a single elimination wild-card round to determine the fourth semi-finalist.

b. Tie break system for regular season

i. Two Teams Tied

1. Head to Head – for the two teams that are tied, the team with most points in head-to-head play receives the higher placement.

2. Goal Differential.

   i. 1st in Head to Head competition
   ii. 2nd (if tied) than overall season totals

   Differential is determined by subtracting the Goals Against from the Goals For.
   The team with the larger differential receives the higher placement.

3. Team with least Goals Against.
4. Team with most Goals For.
5. Team with least Penalty Minutes.
6. Flip of a coin.

ii. Three or more Teams Tied

1. If season play among teams is balanced, or a clear advantage can be determined in head-to-head play, then their head to head records will be used.
2. Season Total Goal Difference: TGF – TGA

   Differential is determined by subtracting the Goals Against from the Goals For.
   The team with the larger differential receives the higher placement.

3. Teams with least Goals Against.
4. Team with most Goals For.
5. Team with least Penalty Minutes.
6. Flip of a coin.

c. Ties in Playoff Games:

A 7-minute Sudden Death Straight time overtime period will be played immediately following regulation time. THE SUDDEN DEATH FORMAT WILL BE 3 ON 3. Penalties assessed in overtime (except coincidental penalties) will not be served – instead a penalty shot will be awarded with the clock stopped while the shot is taken. If time is restricted, no overtime period may be played.

a. If still tied, the game will be decided by a Shootout. Five players will be chosen from each team and the home team will decide who shoots first. One at a time, players will skate in from centre ice for a shot, alternating between the two teams.

b. If still tied, the shootout is repeated as above, but in a Sudden Death format. No player may shoot a second time until all players on the team (excluding Goaltenders) have had the opportunity to shoot.

c. Any penalized player who has not served his entire penalty prior to the start of the shootout will not be eligible to participate in the shootout. This does not apply to players serving team penalties or serving a penalty on behalf of another player on the team.

d. If Necessary Games:

After Game 2 in a "Best of 3" series when a 3rd game is necessary, the team representative must consult the timekeeper to receive the place and time of the team's next game. The timekeeper will phone the League office at the conclusion of the game and the League will notify the timekeeper when and where the next game will be played.

e. Playoff Placement:

Toward the end of the regular season, playoff schedules will be posted on the League website, listing the dates and arenas of the games for each division. As the team placement is finalized during the remaining games in the regular season, the names of the teams participating will be added to the schedule. During the playoffs, as each series is completed, the names of the teams remaining in the playoffs will be added to the schedule. Dates for possible third games will be posted on the division playoff page.

f. Suspensions & Fines:

All regular season suspensions carry over into playoffs and any suspensions assessed during playoffs will carry forward from season to season if they are not fully served during the playoffs. Suspensions assessed in the winter playoffs will be carried forward to the following winter season and suspensions assessed in the summer playoffs will be carried forward to the next summer season. Any Match on official suspension will be served immediately. ALL fines from the regular season must be paid in full and any fines assessed during playoffs must be paid before the team's next game, or the team will not be allowed on the ice.

g. Playoff Schedule:

During the playoffs, games cannot be cancelled or changed. All games must be played as scheduled and any team who cannot field the required players will forfeit the series.

h. Playoff Eligibility

Each player (skater) must play a minimum of 5 summer, or 8 winter regular season games for a team to be eligible to participate for that team in the playoffs. See rule 7-1 for consequences of using ineligible players.

Goaltenders must play 5 games in winter or 3 games in summer to be eligible for playoffs, unless extenuating circumstances apply. If a replacement goaltender does not meet the eligibility criteria, the League must be notified prior to the game for approval to use the goaltender.

Some exceptions may be made for playoff eligibility, but MUST be approved by the league. See rule 2-1(j).

i. Replacement Goaltenders in Playoffs

In playoffs, teams **must receive approval from the League** before using any goaltenders from AMHL Spare Goaltender List or Goalie 911, in situations where the regular goaltender is unavailable due to injury, illness, work commitments, etc., unless the spare goaltender meets the eligibility requirements: 5 games played during regular season in winter or 3 games played during the regular season in summer for the team that wishes to use him. The team may be asked to provide proof of their goaltender's inability to continue playing.

For spare goaltenders playing on other teams in the League, only goaltenders on teams that have been eliminated from playoffs and are registered in the team's division may be used in playoffs, Any goaltenders who are registered in a lower division, regardless of whether or not that team has been eliminated may be used in playoffs.

FOR ANY QUESTIONS ABOUT USING A GOALTENDER IN A PLAYOFF GAME – CONTACT THE LEAGUE.

SECTION ELEVEN – INSURANCE

The AMHL has player accident insurance through CARHA, which is included in the league fees. If a player is injured during a game and needs to make a claim, we ask that he contact the league office as soon as possible. We will send you a CARHA claim form to be filled out by you and your physician and/or dentist. There is a section on the claim form that must be filled out by the League Executive

** IMPORTANT ** **Players must wear either a half visor and mouth guard or full facial protection to be eligible for dental coverage.**