

ALBERTA MEN'S HOCKEY LEAGUE

RULE CHANGES – SUMMARY

Effective September 2023

Rule 2-1 Player Registration

- c) Players will be allowed to register with more than one team. However, full time Elite Division and Division 1 players will not be allowed to register lower than Division 4B 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.
- 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 the Elite Division, Division 1, and Division 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. Players playing the equivalent of Junior C or lower will be permitted to play on any team in the league.

During the Summer season, teams below Division 2 MAY use players 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.

Rule 2-2 Game Changes – Times or Dates

- If there is an additional fee for making a game change, the requesting team will have to pay this fee to the league.

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, 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. Shoulder pads are optional. However, the league recommends that players wear shoulder pads for the games.

Rule 4-3 Contacting the Puck Above the Shoulders (high sticking the puck)

- 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.
- b. In the Elite Division, this will not be an automatic whistle, and will only result in a stoppage of play if the offending team plays the puck first after contacting the puck with a high stick.

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).
- b. In the Elite Division, icing will remain at the center red line.

Rule 6-7 High Stick Penalties

High-sticking is when any player carries their stick above the normal height of the shoulders. A high-sticking penalty may be assessed regardless of whether or not contact occurs.

- a. A Minor penalty will be assessed to any player who contacts an opponent above the normal height of the shoulder with their stick.

At the discretion of the referee, a double Minor penalty may be assessed for an accidental high-stick, with a minimal degree of violence, that causes injury.

- b. No Major penalty may be assessed for high-sticking. Any high-sticking infraction that warrants a Major penalty, whether for degree of violence or injury, should be penalized under the Head Contact Rule.
- c. No Match penalty may be assessed for high-sticking. Any high-sticking infraction that warrants a Match penalty should be penalized under the Head Contact Rule.

Rule 6-15 Contact to the Head

This rule supersedes any other rules, with the exception of Fighting, and any foul that results in contact to the head must be penalized as head contact.

- a. A Minor penalty will be assessed to any player who accidentally contacts an opponent in the head, face, or neck.

A double Minor penalty will be assessed to any player who uses any part of their body or equipment to intentionally contact an opponent in the head, face, or neck.

- b. At the discretion of the Referee, based on the degree of violence of the impact, the Referee may assess a Major penalty and Game Ejection penalty for head contact.

If a player is injured, as the result of a head contact infraction that would otherwise call for a Minor penalty, a Major penalty and Game Ejection penalty must be assessed.

Any player who strikes an opponent above the normal height of their shoulders with a cross-check will be penalized with a Major penalty and a Game Ejection penalty, whether or not injury results.

- c. A Match penalty will be assessed to any player who hits a player in the head in such a way that the player is unable to protect or defend themselves or to any player who attempts to or deliberately injures an opponent by Head Contact.
- d. A Game ejection penalty must be assessed any time a Major or Match penalty is assessed for head contact.