

ALBERTA MEN'S HOCKEY LEAGUE

RULE CHANGES – SUMMARY

Effective September 2024

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 - **November 30th for the Winter season or June 30th for the Summer season**. There will be NO roster freeze deadline for the Elite Division or 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.

- 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 5 as a full-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 lower division may register as a spare player on any higher division team. For goaltenders refer to rule 4.9e. **For playoff eligibility see rule 10.1h.**
- d) **AGE LIMIT – Players must be at least 16 years of age**. 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. Any player under the age of 18 will be required to have a parent or guardian sign an underage waiver for that player.
- 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 November 30 will be deemed ineligible to play in the AMHL in any Division other than the Elite Division, Division 1, and Division 2. Players playing the equivalent of Junior C or lower will be permitted to play on any team in the league.

Rule 4-18 Puck shot over the Glass.

- c. **Any stoppage of play occurring in the end-zone as the result of the puck going out of play or being unplayable will result in the ensuing face-off taking place in that end-zone, regardless of whether the defending or attacking team causes the stoppage.**

Rule 6-7 High Stick Penalties

- a. **Refer to Rule 6-15 – Head Contact**

Rule 6-15 Head Contact

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 an 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.

Suspension for a Major Penalty for Head Contact:

1. First offence \$50.00 Fine, Game Ejection, and a Three Game Suspension
2. Second offence \$100.00 Fine, Game Ejection, and a Six Game Suspension
3. Third offence, No Fine, League Expulsion

Suspension for a Match Penalty for Head Contact:

1. First offence \$1000.00 Fine, Game Ejection, and a 10 Game Suspension
2. Second offence, No Fine, League Expulsion