

EAST CENTRAL ALBERTA FEMALE HOCKEY LEAGUE (ECAFHL)

Operational Regulations

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League Games

- Each Minor Hockey Association shall provide appropriate/agreed to ice times for the respective age group
- There shall be at least 1 flood at the beginning of, between the first and second period or between the second and third period of all games within the league. All game slots of 1.75 hours and longer will require two floods during the game time. Any decision prior to or during the game to play without floods may only be made with the agreement of coaches from both teams.
- At the start of all ECAFHL League and Playoff games the clock will be set to a 5 minute warm-up period. The clock shall be started immediately at the commencement of the scheduled time slot or permit time, or when the ice is available for both teams to commence skating, whichever is the latter. At the end of the five (5) minute warm-up period, the clock shall be reset to the game time. Game times will be as follows:
 - U11 3 20 Minute stop time periods with 1 flood between the 2nd & 3rd period
 - U13 3 20 Minute stop time periods with flood between each period
 - U15 3 20 Minute stop time periods with flood between each period
 - U18 3 20 Minute stop time periods with flood between each period
- These times to be enforced within the ECAFHL. If period length or game length or flood time changes – different from the bylaws, both coaches must be in agreement and sign off on the back of the white game sheet prior to the start of the game.
- During regular season league play, if, after three (3) periods of play, the score is tied, NO OVERTIME shall be played.
- League play will start on or before the last weekend in October.
- Midweek games for all categories are discouraged, and are subject to approval of the Governor and/or President.
- No league games will be permitted to be played after the last Sunday before Christmas Eve Day until the 1st Saturday after New Year's Day.
- Regular league schedule will go to the 3rd week of February. The first weekend of playoffs shall start the last weekend in February. If two teams both agree to start earlier they may do so.
- Midweek and Sunday games shall commence no later than 8:00 pm for U15 and U18 and no later than 7:00pm for U11 and U13, without the agreement of both coaches.
- Sunday games shall not commence before 8:00 A.M. without the agreement of both coaches.
- Stop time is to be used in all periods of all games.
- Due consideration for travel and schooling must be made when scheduling all games, including league play-offs and any rescheduled games. The President shall arbitrate disputes over appropriateness of available ice times.

- To initiate a game change, a notice of game change form must be signed by both teams with rescheduled date. Can be initiated by home or visitor team. The initiating team pays for the cost of the ice for game change, and officials if applicable. Subject to league approval. All game changes must be completed prior to the end of regular season.
- No four point games will be allowed.
- A rescheduled game can NOT be rescheduled again.
- No Provincial Games will be permitted to be used as a League Game under any circumstance.
- In the event a team wins a game by more than ten (10) goals, that team will only be granted a goal differential of ten (10) for that game and a maximum of a ten (10) goal differential will be recorded in the statistics.
- A home team Coach/Manager, at their discretion, prior to the start of the game, may request the visiting team supply a parent/guardian to run the visiting team penalty door. Visiting team must then supply the required parent/guardian to run the penalty door.
- A visiting team Coach/Manager, at their discretion, prior to the start of the game, may request to be granted access to run their visiting team penalty box door.

Fines

- Any non-compliance with any regulation is subjected to a Fine being imposed to either the LMHA or Team or Both.
- Fines for infractions that are not listed below can range from \$50.00 to \$250.00 per infraction.
- The ECAFHL has the right impose a scale system on all fines for reoffenders in the same season. The scale will be 100% of the previous fine imposed.
- More than one game movement of the same game per season (weather not included) \$100.00
- Forfeit of game
 - First forfeit LMHA is fined \$250.00
 - Second forfeit, the LMHA will be fined \$250.00 as well as issued a one game suspension for the head coach.
 - Third forfeit, the LMHA will be fined \$250.00 plus team will be removed from league playoffs.
 - On top of the fines all ice fees and officiating costs must be paid by the forfeit teams LMHA, this will be done by the ECAFHL charging the LMHA for the cost of the ice and officials.
- Coach, manager or team designate must attend the ECAFHL mandatory meeting or the team will be fined \$ 100.00.
- LMHA or one representative must attend league meeting. Failure to do so will result in \$100.00 fine.

- In the event the team manager fails to upload the game sheet within the 24 hour allotted time period, the LMHA will be fined \$50.00.
- Teams must enter a minimum of one team official on the ECAFHL website by October 15th and the remainder of at least 3 team officials and the entire player roster must be entered by November 1st or the LMHA will be fined \$100. Team official contact information includes name, email address and phone number.
- Teams failing to submit official team rosters on or before November 1st will be fined \$ 100.00. Rosters include all coaches and managers training certificates.
- Teams failing to submit updated official team rosters with affiliates prior to the affiliate being played will be fined \$ 100.00 and will forfeit that said game.
- Teams failing to submit an APPROVED official team roster on or before January 20th will be fined \$ 100.00 and maybe disqualified from Playoffs.
- LMHA not supplying a completed contact information page for all registered on or before the fall scheduling meeting will be fined \$ 50.00 per team. If all information cannot be filled out by that time a sheet with as much completed information as possible will be submitted and a note written on the sheet when the rest of the information will be forth coming.
- All infractions to be mandated immediately. Executive reserves the right to amend this policy mid-season should infractions increase.

Overage Players

- The league will follow the Hockey Alberta guidelines concerning Overage players. All players must meet these guidelines and must have approval granted by Hockey Alberta.
- Individual application must be made in writing with the proper Hockey Alberta Overage Application form to the league executive and must be approved by the league President or any committee he may have set up to deal with the applications. Any application denied by the President or committee may be taken to a vote of the membership at the next regular meeting by requesting so in writing as long as such meeting is before the application deadline. All applications must meet the deadline of December 1st of the current hockey season.
- The ECAFHL executive can revoke the overage status if the player fails to continue to meet Hockey Alberta overage guidelines.
- The league reserves the right to revoke the overage status of any player if the player is in the top scoring or penalty minutes or is incurring major penalties. This would be handled on a complaint basis in writing and would be decided on by the league president. The deadline for complaints would be Dec.31 and any player movements would have to be done by Jan 7.
- All teams with overage players must have the ECAFHL Overage Application submitted and approved prior to the Overage Player being allowed to play in any ECAFHL Exhibition, regular season, or playoff games.

Affiliations

- All affiliated players must conform to Hockey Alberta Regulations for Minor Affiliations.

- Preferential treatment to be given to ECAFHL players first in all cases of AP.
- ECAFHL Division Governor must be made aware of all affiliated players, from mainstream hockey (not from our league), prior to any games being played. Division Governor does not need notification of ECAFHL affiliate players.
- An updated Hockey Alberta roster must be sent to the ECAFHL Division Governor prior to any affiliated player being able to play.
- Affiliated players may only be used under the following terms for all regular season games, playoff games and league exhibition play
 - 1) To replace and injured player
 - 2) To replace a missing player
 - 3) As an alternate goaltender (applicable for goaltenders only)
 - 4) An undersized team can affiliate to make a total number of 12 roster players
- The last day an Affiliate Player (from out of league) can qualify for league playoffs will be 11:59 pm of the last day of scheduled regular season league play (as set out at the yearly scheduling meeting). An ECAFHL affiliate player does not require to have played any games prior to the end of League regular season to be eligible to play in playoffs.
- An affiliated player may NOT replace a suspended player on the roster.
- Affiliated players cannot make your roster bigger than your registered roster numbers or 12 players whichever is Bigger.
- No lateral affiliation is permitted regardless of league or tiering.

Suspensions

- All suspensions will follow the current Hockey Alberta Regulations. Any further disciplinary actions in addition to the Hockey Alberta regulations prescribed by the offending team/player's minor hockey association will be administered by the league as prescribed and presented to the league along with that LMHA. Suspension guidelines to be continually updated to match those of Hockey Alberta.
- A copy of all suspension letters past the ECAFHL season must go to applicable zone disciplinarian as well as the Hockey Alberta head disciplinarian for the purpose of tracking.
- See the ECAFHL minimum suspension guidelines for full suspension details.

Playoffs

- Tie Breaking Formula to determine league standing for position in playoffs:
 - 1) The team with the best record between the tied teams.
 - 2) The team with more wins.
 - 3) The team with the least losses.
 - 4) The team with the best goals for minus goals against.
 - 5) The team with the most goals for.
 - 6) The team with the least goals against.
 - 7) Coin toss.

- **Playoff format**
 - 1) 8 Teams or More (3 Rounds)**
 1. First round 1vs8, 2vs7, 3vs6, 4vs5, two game total goals. If a division has more than 8 teams, only the top 8 teams will move forward into the playoffs.
 2. Second round 1vs4, 2vs3, two game total goals.
 3. Final round 1vs2, best two out of three formats.
 - 2) 7 Teams (3 Rounds)**
 1. First round 1st place receive a bye, 2vs7, 3vs6, 4vs5, two game total goals.
 2. Second round 1vs4, 2vs3, two game total goals.
 3. Final round 1vs2, best two out of three formats.
 - 3) 6 Teams (3 Rounds)**
 1. First round 1st and 2nd place receive a bye, 3vs6, 4vs5, two game total goals.
 2. Second round 1vs4, 2vs3, two game total goals.
 3. Final round 1vs2, best two out of three formats.
 - 4) 5 Teams (3 Rounds)**
 1. First round 1st, 2nd, & 3rd place receive a bye 4vs5, one game winner to advance.
 2. Second round 1vs4, 2vs3, two game total goals.
 3. Final round 1vs2, best two out of three formats.
 - 5) 4 Team (2 Rounds)**
 1. First round 1vs4, 2vs3, two game total goals
 2. Final round 1vs2, best two out of three formats.
- Every game in the final round of playoffs will declare a winner. In the event of a tie, play continues with a 5 on 5 overtime for 10 min then flood and set time to a full 20 minute game, if no team scores after 20 minutes a flood and another 20 minute period will be played. No ties to be allowed.
- Ten (10) goal mercy rule will apply to playoffs.
- Teams wishing to opt-out of playoffs may do so with written notification to their Division Governor, VP and President, no less than 2 weeks prior to the start of playoffs.
- In each of the rounds the highest seed from the regular season standings shall have the highest seeding throughout the playoffs.
- The playoffs are to commence after the regular season is completed. The first round to be completed by the Sunday of the following weekend. The second round to be completed by the last weekend of February. The third round to be completed by the 2nd weekend of March, this is to deal with Hockey Alberta Provincials for any teams participating.
- **Shootout Formula:**
 - If a shootout is required to determine a winner:
 - 1) Each team will have 3 shooters for initial shoot out.
 - 2) If the game is still tied after the three players shoot out, teams will take alternating penalty shots until a winner is decided. The original three shooters and all subsequent shooters are not eligible for the alternating portion until all eligible players on the team roster score sheet have had a turn.

- All Playoff games are to be 3 20 minute stop time periods with a minimum of a 10 minute break between periods, it is mandated by the ECAFHL that there is a flood between every period.

Officiating

- All Preseason and regular season league games will be officiated as follows
 - U11 – 2 man or 3 man officiating system
 - U13 – 2 man or 3 man officiating system
 - U15 – 3 man officiating system only
 - U18 – 3 man officiating system only
- All Playoff games will be done with the 3 man officiating system for all age groups.
- Officials ages will be as follows for all hockey games, LMHA associations found to be non-compliant with the stated ages below will be subjected to fines and/or disciplinary actions from the ECAFHL which could include the ECAFHL bringing in out of town officials to officiate games and the LMHA being responsible for paying the officials and there mileage as per Hockey Alberta guidelines
 - 2 Man system
 - i. Both officials are at least 2 age groups older than the players on the ice
 - ii. 1 official is at least on age group older than the players on the ice and the other official is a level II official over the age of 21.
 - 3 Man system
 - i. All officials are at least 2 age groups older than the players on the ice
 - ii. The Referee is a level II official who is over the age of 21 and both lines man are at least 1 age group above the players on the ice.

Duties & Expectations of Managers

- Ensuring that timesheets are available prior to each home game
- Ensure referees are in attendance and has back-up plan in case referees are not present
- Ensure that timesheets are properly filled out prior to giving to the score-keeper
- Manager must have available all league rules and regulations including:
 - Length of game
 - Length of periods within the game
 - Tie-breaker rules (if necessary)
 - Appropriate team personnel on the bench and in dressing rooms
 - “Zero tolerance” policy with team parents and fans
- After the game home-team manager provides a copy of fully signed score sheet to visiting team
- Home-team manager will then enter scores and statistics, for BOTH teams, on the ECAFHL

website.

- Above must be completed within 24 hours or a fine may be levied against the home association and the Division Governor may have to enter this into the ECAFHL Website
- League copy of the score sheet must be sent to the Division Governor for record keeping
- If any suspensions have been levied for a game the manager must communicate such to the Division Governor and supply them with a scanned copy of the score sheet as soon as possible
- Manager will be responsible for ensuring any suspensions levied against their team are carried out as appropriate
- Managers are not to contact league executive directly. All communication with ECAFHL must be done through the Division Governor following the ECAFHL communication protocol.

Minimum Suspension Guidelines

Hockey Alberta Rule Number

Suspension

2.2 INELIGIBLE PLAYERS

Team official who is party to or had knowledge of; playing a Player not properly registered with that team or properly affiliated to that team and/or allowing a Team Official who is not properly registered to that team to participate on the bench.

Indefinite Suspension

Team official who is party to or had knowledge of playing a player, or allows a Team Official to participate on the bench, who is under suspension.

Indefinite Suspension

3.6 REMOVING HELMET INFRACTIONS

Any Player who removes their chinstraps before or during fights. Game Misconduct

1 Game

If a player removes her helmet and releases her chinstrap to fight and the opposing player doesn't the former gets an additional two-minute minor penalty. Game Misconduct

1 Game

If the player removes her opponent's helmet or releases the chinstrap before or during a fight. Game Misconduct

1 Game

4.1 PRE/POST GAME ALTERCATIONS

Any Player involved where Majors, Game Misconduct and Match Penalties are assessed.

2 games

Coach of a Team who's player is also penalized.

2 games

Any Team involved in a pre or post game brawl.

Indefinite Suspension

4.7 GROSS MISCONDUCTS

2 games

6.1 ATTEMPT TO INJURE OR DELIBERATE INJURY (MATCH)

Deliberate Injury

Indefinite Suspension

Use of Blocker	3 Games
Hair Pulling	2 Games
Kicking	3 Games
Head Butting	2 Games
Grabbing the Facemask	2 Games
Facial Protector as a Weapon	3 Games
6.4 CHECKING FROM BEHIND	
Checking from behind where a five (5) minute major penalty plus a Game Misconduct is assessed.	1 Game
Checking from behind when Match penalty is assessed.	4 Games
6.5 CHECKING TO THE HEAD	
Checking to the head where a five (5) minute major penalty plus a Game Misconduct is assessed.	1 Game
Checking to the head when match penalty is assessed.	4 Games
6.7 FIGHTING	
Any player who engages in their 1st fight in a season. Game Misconduct	1 Game
Any player who engages in their 2nd fight in a season. Game Misconduct	2 Games
Any player who engages in their 3rd fight in a season.	Indefinite Suspension
Instigator or Aggressor of a fight.	
First Offence	1 Game
Second Offence	2 Games
Third Offence	3 Games
Any Player wearing a ring or rings, tape or any other material on his/her hands, who becomes involved in a fight and who uses such to gain an advantage or to inflict punishment and/or injury. Shall be assessed a Match Penalty in addition to any other penalties he/she may incur.	2 Games
Third man in a fight.	2 Games
Any Player receiving a fighting major penalty, which is a result of a second or subsequent fight during the same stoppage of play.	2 Games
STICK FOULS	
8.1 Butt Ending	3 Games
8.2 Cross Checking	3 Games
8.3 High Stick	3 Games

8.4 Slashing 3 Games

8.5 Spearing 3 Games

9.2 HARASSMENT OF OFFICIALS, UNSPORTSMANLIKE CONDUCT/MISCONDUCT

Verbal Abuse of Officials (zero tolerance). Game Misconduct 2 Games

Verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) Game Misconduct Indefinite Suspension

All coaches receiving misconduct under Rule 9.2 are to submit an apology letter to his/her team, association, opponent’s team, and opponents association. A letter must also be submitted to the ECAFHL and the referee assigning committee via the ECAFHL. The penalized coach will have his/her name added to the suspension list on the ECAFHL website for a period of two (2) years, including the year of the infraction. During the time that the coach’s name appears on the website, the infraction will be considered as part of any other disciplinary action taken until the two-year (2) period has elapsed.

9.5 LEAVING A BENCH FOR THE PURPOSE OF FIGHTING

Any player identified as the first to leave the players’ bench during a fight. 2 Games

Any player identified as the first to leave the penalty bench during a fight. 3 Games

The Coach of the team whose player is penalized under the above two points. 3 Games

The Coach whose player left the bench but is not identified as the first to leave the players or penalty bench during an on-ice altercations. 1 Game

Any player identified as being the first to leave the players’ bench to start a fight. 3 Games

The Coach of the team whose player is penalized under the above two points.

1st Offense Game Misconduct

2nd Offense 2 Games

3rd Offense 3 Games

9.6 ABUSE OF OFFICIALS (MATCH)

Threaten or attempt to strike. 1 Month

Intentionally touches, holds or pushes. 3 Months

Intentionally Strike, trip or body check. 1 Year

9.7 SPITTING

Spitting on an Official or Team Official. 8 Games

Spitting on an Opponent. 3 Games

10.14 REFUSAL TO START PLAY Indefinite Suspension

13.4 In all Hockey, any Player or Team Official who is assessed a Minor Penalty and a Game Misconduct or a Major and a Game Misconduct or any other infraction resulting in a Game Misconduct/Gross Misconduct penalty, that occurs in the last ten (10) minutes of regular time or any overtime, or at the conclusion of the game and prior to the Player or Team Official entering his/her dressing room, shall automatically be suspended for a minimum of the next regular League/Playoff/Pre-Season/Tournament/Provincials Game. This is in addition to any other suspensions directed by HA Minor Hockey Minimum Suspensions.

13.5 Any Player, Team Official found guilty of falsifying a birth certificate, or having been party to, or having any knowledge of such, shall be suspended until dealt with by the HA Executive.

13.6 Any Team Official who is party to, or had knowledge of, or adds an unregistered or Ineligible Player's name or unregistered team official or trainer's name to a game sheet for the purpose of competing in a game

- (i) May be suspended for a period of three (3) years, or as determined by the President from playing or holding office with any team, club, or association.
- (ii) Shall have games defaulted whether said Player(s) played or not.

13.7 Any Player who falsifies a birth certificate, registration certificate or forges a signature and plays under an assumed name, or having knowledge that same had been falsified, or playing on other than his own birth certificate shall be automatically suspended from playing hockey for a period of not less than one (1) year and not more than three (3) years from the date of suspension

13.8 If a Team Official or Player participates in a game or if his name appears on the score sheet while under suspension, the Team Official responsible for an Ineligible Player or official may be subject to immediate discipline and the team may forfeit any games played using an Ineligible Player or official.

Maximum Player Penalty in Minutes (PIMs) Totals

U11 Division

When a player in the U11 division receives more than 40 PIMs in regular season play this player will receive a 1 game suspension. For every 10 PIMs received above this marker the player will receive a 1 game suspension. Pre-season PIMs do not count. Playoff PIMs will continue to add up towards a player's total.

U13 Division

When a player in the U13 division receives more than 50 PIMs in regular season play this player will receive a 1 game suspension. For every 10 PIMs received above this marker the player will receive a 1 game suspension. Pre-season PIMs do not count. Playoff PIMs will continue to add up towards a player's total.

U15 Division

When a player in the U15 division receives more than 60 PIMs in regular season play this player will receive a 1 game suspension. For every 10 PIMs received above this marker the player will



receive a 1 game suspension. Pre-season PIMs do not count. Playoff PIMs will continue to add up towards a player's total.

U18 Division

When a player in the U18 division receives more than 60 PIMs in regular season play this player will receive a 1 game suspension. For every 10 PIMs received above this marker the player will receive a 1 game suspension. Pre-season PIMs do not count. Playoff PIMs will continue to add up towards a player's total.

Maximum Team Penalty in Minutes (PIMs) Totals

U11 and U13 Divisions

When a team playing in the U11 and U13 divisions total PIMs exceeds 150 PIMs ECAFHL will contact the offending teams association’s executive board for further actions for excessive penalty minutes. Working together the ECAFHL and home association will determine the best course of action and possible suspensions to be levied against the offending team’s coaching staff (head coach). Pre-season PIMs do not count. Playoff PIMs will continue to add up towards a team’s total. Length of suspensions will be at the discretion of ECAFHL and the offending team’s association.

U15 and U18 Divisions

When a team playing in the U15 and U18 divisions total PIMs exceeds 250 PIMs ECAFHL will contact the offending teams association’s executive board for further actions for excessive penalty minutes. Working together the ECAFHL and home association will determine the best course of action and possible suspensions to be levied against the offending team’s coaching staff (head coach). Pre-season PIMs do not count. Playoff PIMs will continue to add up towards a team’s total. Length of suspensions will be at the discretion of ECAFHL and the offending team’s association.

Note: Player suspensions for exceeding the allowable PIMs are in addition to any other suspensions that are received to put the player over the allowable PIMs.

ECAFHL Communication Protocol Flow Chart

