



## Recreational Hockey

### General Rules

#### **Player Expectations:**

- Respect the Coach and Officials. They are all volunteering their time for you to play this game.
- Show up for the game at the agreed time so that the rest of the team knows what the line-up will be. If you can't be on time, let the coach know. It is very discourteous to the rest of the team when you show up late.
- Enjoy your game and be flexible when it comes to playing other positions or on other teams. Who knows you may enjoy another position. View it as an opportunity to try it out.
- Excessive penalties, fighting, verbal abuse and stick infractions will be dealt with severely by the League Governors. Infractions like this interfere with the other player's enjoyment of the game and players who cannot control themselves will not be tolerated.
- No Affiliation from any EFHL Competitive or Club teams is permitted ***except for*** Goaltenders who may be affiliated into the Recreational Hockey program where a need exists.

#### **Coach Expectations:**

- You are a leader on the team and have the obligation to lead by example.
- Provide positive encouragement to the players and be respectful of officials, coaches and players on the other team.
- The coach is not expected to develop game strategy. "Coaching Strategy" for recreational hockey is ensuring the team is organized, lines are set, goaltender is in place and all players get fair ice time as well as enjoy the experience.
- The league is designed for the players. Players have joined because there is less structure, no body checking and less time commitment.
- Get input and agreement from the players on any issues such as how long before a game they should be there and how to select a goaltender for each game.
- Players are never to be left alone in the dressing room without at least one registered Coach or Manger/Parent present. Refer to Hockey Edmonton Operating Directives, "Two Deep Cover".
- Remember, don't over-supervise. The players are here because they expect less structure than they had in mainstream hockey.
- If you have a discipline issue, you can send players off the bench however please inform your Association Category Director and provide the details of the incident.
- If you are having problems (Conduct) and would like some advice, contact your Association Category Director.

#### **Coach Duties**

- Fill in roster on game sheet (coach of home team is responsible for filling in game sheet first and passing to visiting team coach)
- Home team is responsible for finding a timekeeper.



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- Home team coach will supply a copy of the game rules and a copy of general rules to Home team timekeeper to use at the time/penalty bench
- Maintain discipline on the team.
- Stop any verbal abuse by your players of officials, other players or coaches. This will not be tolerated and is subject to suspension.
- Ensure players receive fair ice time and equal opportunities to participate on the power play and penalty kill.
- If two goaltenders are present, then they are to split even time each game. To make it easy the game midway point will be the official switchover. If two goaltenders are on the team, each goaltender should have the same opportunity to start and finish games.
- Ensure you have a goaltender for your team. Use a player on your team or you can contact other Recreational Hockey League teams and borrow a goaltender if necessary (make sure they are marked as "AP" on your game sheet).
- Each team is responsible to pay one of the Officials prior to the start of the game with the exact amount before the game. The Official will provide a receipt which the coach can submit to their association for reimbursement. Please ensure receipts are kept safe as reimbursement may not be provided for missing receipts.
- Upload game sheet and any Incident Reports into Ramp.
- Provide the League Governor and Hockey Edmonton Discipline with any Incident Reports issued by the refs along with a copy of the game sheet (both should be scanned and emailed to the League Governor at the completion of the game)
- The League Governor and Hockey Edmonton Discipline have the right to issue suspensions and/or remove players or spectators based on an unusually high amount of penalties or exceptional deviation from the spirit of Recreational Hockey.

#### **Referee Duties:**

- Referee Rates to be determined in conjunction with the Hockey Alberta North Zone Officials Association.
- 2 Officials will be assigned for each game
- Be familiar with the EFHL Recreational Hockey game rules.
- Be on the ice. Prior to the start of the game, remind coaches of the unique rules for the Recreational Division (e.g. No Body Checking, maximum 3 goal, maximum 3 penalties).
- The referee will provide a receipt for the coach upon payment of the game fee.
- Referees must ensure that all games are completed by the end of the allotted ice slot using the "drop clock rule". (5 minutes left in allotted ice time, clock drops to 2 minutes)



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#### **Overmatched Teams:**

- Since there is no tiering of players, occasionally you will encounter situations where one team is significantly overmatched. Here are some options:
  - The teams can volunteer to swap 1 or 2 players or an entire line of 3 players to try and even the teams up.
  - In cases where there is a 5-goal differential at the end of either the first or second period, if the coaches & players agree, a 2-player swap could be implemented. This is intended to reduce aggressive or retaliatory behavior.
- Swap Goaltenders for part of the game or the entire game.
- If a player scores the maximum 3 goals, offer the player to the other team and let them know they can score 3 more.
- Remember that competition is what makes this game fun and if it is not competitive, they are not having fun. We are working as a league on other solutions to minimize this problem.

#### **Penalties:**

- Hockey Canada, Hockey Alberta and Hockey Edmonton playing rules will be enforced
- The following points do not apply to U9 Recreational Hockey
  - Minor penalties are 2 minutes
  - Major penalties are 5 minutes and an automatic Game Misconduct (Game Incident Report Required)
  - Misconducts are 10 minutes plus a Game Ejection (Game incident Report not required)
  - Players receiving three (3) penalties of any type in any game will be immediately ejected from the game. The game sheet will note this as a "GAME EJECTION."
  - Match Penalties are 5 minutes and the player is removed from the game (A Game incident report is required)
  - Hockey Alberta minimum suspensions will be adhered to for all in game infractions

#### **Shared Responsibility:**

- We expect coaches and parents to monitor the play of their teams, and to be proactive at curbing aggressive play and curtailing inappropriate behavior.
- The League Governor and Hockey Edmonton have the right to issue suspensions and/or remove players or spectators based on an unusually high amount of penalties or exceptional deviation from the spirit of Recreational Hockey.
- Respect the Game protocol is to be adhered to.



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#### **Timekeepers Duties**

- Should be knowledgeable about running the time clock.
- Be aware of the 3-goal rule and the 3-penalty rule
- Immediately inform the referee when a player has reached the three goal or three penalty thresholds. This action should occur when the Referee reports the third goal or third penalty by a player.
- All games are 2-minute warmup and based on the following for each division:
  - U9 Half Ice Format (2x25 minute periods with 1.5 minute buzzer for shift change)
  - U11 (3x13 minute stop time periods)
  - U13 (15x20x20 minute stop time periods)
  - U15 (15x20x20 minute stop time periods)
  - U18 (15x20x20 minute stop time periods)
  - U21 (15x20x20 minute stop time periods)
- In consultation with the Referee, must ensure that all games are completed by the end of the allotted ice time. Use “drop the clock” rule. (Five minutes left in ice time slot, drop the clock to 2 minutes)
- Where there is more than a five goal differential between the two teams, all goals that are scored should continue to be entered on the game sheet, even though only a five goal differential shows on the game clock.