



EFHL Recreational Hockey Game Rules

1. Games are 1 hour in length for U9 (Novice) and U11 (Atom) and 1.5 hours for U13 (Peewee), U15 (Bantam), U18 (Midget) and U21 (Junior). Games must be completed prior to the end of the allotted ice slot and the drop clock rule is to be used with five minutes remaining in ice time.
 - a. A two minute warmup will be provided prior to the beginning of the game.
 - b. Periods will be (2x25 with 1.5 minute buzzer for shift change) for U9
 - c. Periods will be (13-13-13 stop time) for U11
 - d. Periods will be (15-20-20 stop time) for U13, U15, U18 and U21

2. All Hockey Canada, Hockey Alberta and Hockey Edmonton playing rules will be in effect with the exception of the following rules:
 - a. No Body Checking
 - b. Three goal maximum for players per game
 - c. Three penalty maximum for players per game

3. Body Checking – This league does not permit body checking. **Body Checking** is not the same as **body contact**. A penalty will be assessed to any player who intentionally body checks any opposing player. When the attacking (offensive) player is skating toward the defending player, the defending player may not hit the attacking player by going in the opposite direction to that player. There must be no action where the attacking player is pushed, checked, or shoved into the boards. It is permissible if body contact is caused as a result of the movement of the attacking player into the defending player. A defending player is permitted to **close off the gap** between the attacking player and the boards. A defending player does not have to move so as to get out of the path of the attacking player. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

4. A Player will be assessed a Game Ejection Penalty when said player is:
 - a. Assessed their third minor penalty
 - b. Assessed a misconduct penalty

In either instance above, no game incident report will be required as it is a game ejection.



5. If a team shows up to a game short of players – players from the other team may be used with the approval of the other team’s coach. The coach when entering the line-up on the game sheet should list all registered players. Players who are absent, injured or suspended can be identified. All remaining players would be eligible to play in case a player arrives following the start of the game.

6. If a player scores more than 3 goals in a game, any further goals that player scores for the team will not be counted. (This rule does not apply to U9 as goals are not recorded)
 - a. If the player scores a fourth goal in the same game, this fourth goal will not be allowed and the next faceoff will be taken in the defending zone of the offending player
 - b. Should said player score a fifth goal in the same game, that player would be assessed a minor penalty for unsportsmanlike conduct

Some leniency after the fourth goal will allow players to adapt to the playing rules of the EFHL Recreational Hockey Division.

7. Goalie playing time should be even when there is more than one goalie assigned to a team. Where it is normal for a team to have two goaltenders, each goaltender should be given equal opportunity to be the starting goaltender