



# 2026 RULES & REGULATIONS

## 1 GENERAL RULES

**1.1** The Tournament Arena Manager is in charge of the arena and his or her decision is final.

**1.2** Time clocks shall start at the listed game time. Any team not on the ice and ready to play within five (5) minutes of the listed time may be disqualified. The Arena Manager shall be the judge of this action.

**1.3** If, in the Arena Manager's opinion, a uniform change is required, the home team shall make the change. Note: It would be advisable that the Team Managers confer before the game to ensure that no game time will be lost during the necessary sweater change.

**1.4** All Hockey Edmonton and EFHL Rules and Regulations are in effect during QEMHW. They count as regular league games for the purpose of determining the number of games a player/coach/manager or trainer will sit out. Suspensions incurred in Minor Hockey Week will carry over into league play if not fully served in QEMHW.

*In the event referees do not arrive, the below rule will apply:*

**1.5** Rule 41-K, Page 74, Canadian Hockey Association Official Rule Book: If for whatever reason, the ref or linesman appointed is prevented from appearing, the managers or coaches of the two (2) competing clubs shall agree on a referee and one (1) or two (2) linesmen. If they are unable to agree, they shall appoint a player from each team who shall act as officials.

**1.6** In case of dispute, the decision of the QEMHW Chairperson or their designate is final. There are no appeals during QEMHW.

## 2 TEAM REGISTRATION

**2.1** Coaches must be in possession of their approved HCR team roster and able to present to the arena manager at their request (it's recommended that associations issue updated HCR team rosters - paper/electronic - to all teams no later than the week prior to the start of QEMHW play).

**2.2** All players registered on the team must be named on the game sheet and those not dressed shall be noted appropriately with an explanation of why they are not dressed.

**2.3** If a team arrives at the arena without their HCR team roster or with a roster that does not have all participants duly noted, an official HCR team roster must be produced by the team or an association executive prior to the end of regulation time of said game or the issue will be passed on to discipline and dealt with according to the below regulation.

### **RULE # 2.3 INFRACTION: Ineligible Players / Team Officials:**

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. 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.

**2.4** AFFILIATE PLAYERS ARE ALLOWED, in the case of a player that is sick, injured or otherwise unable to participate. Affiliates are NOT allowed for suspended players. Affiliates may only be used to replace missing players; not to increase the size of a team's roster. If an affiliated goaltender is not available, the Hockey Alberta Substitute Goaltender process is to be used (just as in league play).

**2.5** Approved players and bench staff must be entered in the Electronic Game Sheet app.

**2.6** In the event a team does not show for their game, the coach will be subject to disciplinary action. The offending team will forfeit the game.

## 3 REGULATION TIME

**3.1** Duration of games for each division will be posted at each arena and on the QEMHW website. The arena manager is responsible for advising game officials of the games duration. Games will be straight time.

**3.2** The last two (2) minutes shall be stop time unless there is a goal spread of five (5) goals or more then it will be straight time. Game time will run the duration, no matter what.

**3.3** FINALS – last five (5) minutes will be stop time unless there is a five (5) goal spread or more, then it will be straight time.

**3.4** The referees may assess a two (2) minute bench minor penalty for delay of game if they feel the coaching staff is using up time by deliberately slowing down the line changes. This rule applies to both straight and stop time. The clock will not stop for any reason (injury or otherwise) once the opening face-off has taken place (exception being rules 3.1 & 3.2).

**3.5** All minor penalties are two (2) minutes of straight time and the penalty will begin at the drop of the puck. All major penalties are 5 minutes straight time and the penalty will begin at the drop of the puck. All misconducts will be 10 minutes straight time and the penalty will begin at the drop of the puck. Any portion of a penalty not served during straight time will be completed as a stop time penalty.

**3.6** In case of a tie at the end of regulation play, overtime will be played. Play will continue until the first goal is scored, which will terminate the game, and the team scoring the goal will be the winner.

No timeouts may be called by a coach or player during regulation time.

## 4 OVERTIME

**4.1** Overtime is played to sudden victory. Teams may remove goalkeepers at any time. Teams may change “on the fly” at any time. To commence overtime, each team will place six (6) players (one may be a goaltender) on the ice for the face-off at centre ice. The teams will not change ends for the overtime period and the time clock will be set for one (1) minute.

**4.2** OVERTIME SHALL BE STOP TIME.

**4.3** Overtime will be played in one (1) minute increments. At the end of one (1) minute, the horn will sound and each team will remove one (1) player from the ice. Play will resume immediately at the closest face-off spot. The timekeeper will stop the clock and sound the horn after each minute until the teams are reduced to two (2) players (one may be a goaltender) on the ice. Game time will run the duration, no matter what.

Once each team has been reduced to two (2) players, the clock will be set to six (6) minutes. To commence play, the face-off will be held at the closest face-off spot. There will be no further reductions to the number of players and the one minute periods will end. Time will continue until the six (6) minute period has expired. If still tied at the end of the six (6) minute period, ten (10) minute periods will be played with two (2) players (one may be a goaltender) until a winner is determined. To commence play in the ten (10) minute period, the face-off will be held at the centre face-off spot.

**4.4** No timeouts may be called by a coach or player in overtime.

## 5 PENALTIES

**5.1** All minor penalties are two (2) minutes of straight time and the penalty will begin at the drop of the puck. All major penalties are five minutes straight time and the penalty will begin at the drop of the puck. All misconducts will be ten minutes straight time and the penalty will begin at the drop of the puck.

**5.2** Penalties incurred in regulation time and not completely served in regulation time shall carry over into the overtime period (as a stop time penalty) and will be completed in overtime unless the game is ended.

## 5.3 Penalties incurred during overtime should be handled as stated below:

- At no time will a team be required to have less than two (2) players (including the goaltender) on the ice.
- If due to penalties, a team is reduced to two (2) players (including the goaltender) and another time penalty is incurred, the offending team will serve the most recent penalty and a penalty shot(s) will be awarded to the non-offending team for each unexpired penalty.
- Should each team have an unexpired time penalty when teams are reduced to two (2) players (including the goaltender), a penalty shot(s) will be awarded to each team. The team with the least time to serve will shoot first. Each team must be provided their shot. If the teams are still tied, overtime will continue.
- All time penalties incurred with two (2) players (including goaltenders) on the ice shall result in the awarding of penalty shot(s) in lieu of penalty times.

## 6 U9 HOCKEY

*Game formats and protocols align with Hockey Canada's new program.*

- Rink dividers: Half-ice divider systems setup across centre-ice line;
- Game format: 4 vs. 4 plus goalie, 3-minute warm-up, TWO 24-minute game halves;
- Puck: Blue Pucks only (4 oz.);
- Scorekeeping: No scorekeeping, no standings, no statistics;
- Face-offs: Start of game and second half;
- Off-side & icing: None;
- Goaltender freezes puck: offending team backs off and goalie gives puck to a teammate to resume play;
- Goal is scored: scoring team backs off, goalie pulls puck out of net, resume play;
- U9 shift length: 1.5 minutes; buzzer is set to 1.5 min intervals, on buzzer players leave puck, go to bench and new players enter the ice and continue to play;
- Penalties: Offending player misses next shift, team still plays full strength. Major, match and misconduct infractions must be recorded on the game report.

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