

Elite Hockey League Rules & Policies Binder

Central Zone

Version 1.8
Nov. 2007



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AUS Men's Hockey



Playing Rules & Regulations

The following rules are applicable to all exhibition, league or playoff competition unless otherwise indicated.

The playing rules and regulations for Atlantic University Sport men's hockey competition shall be identical to those contained in the CIS Operations Manual, unless specified in the following rules:

OVERTIME – Regular Season Play

- A three-minute bench rest will be provided following the conclusion of the third period. The referee will instruct the timer to put three (3) minutes on the game clock.
- Overtime, if required, shall consist of one (1) period of sudden death play to a maximum of ten (10) minutes. Each team will compete with four (4) players and a goaltender. (May 2006)
- If still tied, a shoot-out will take place, consisting of three (3) shooters from each team and then move into sudden death until a winner is determined. The shootout will follow current NHL rules regarding procedure. (May 2006)
- A three-minute bench rest will be provided following the conclusion of the overtime period. At this time, the ice will be scrapped, not flooded, just enough for a path to the nets for the shooters. (May 2006)

Overtime Format – Playoffs

- One 10-minute period of sudden death play until a winner is determined, followed by:
- 20-minute periods of sudden death play until a winner is determined.
- The ice is to be cleaned between overtime periods. The timed break between overtime periods shall not exceed 15 minutes.
- Each team will compete with five players and a goaltender.
- Between the third period and the first overtime period, there will be no flood and teams will not change nets.
- A three-minute bench rest will be provided following the conclusion of the third period. The referee will instruct the timer to put three minutes on the game clock.



Facemasks and Mouth Guards

- Facemasks (visors) are compulsory during exhibition, league and playoff games and during all practices.
- The type of facemask must be CSA approved and is left to the discretion of the particular university. The facemask shall be permanently affixed to the helmet – i.e. not moveable.
- All goaltenders must wear a CSA approved facemask.
- **Mouth guards are compulsory** during exhibition, league and playoff games and during all practices. In an exhibition, league or playoff game, if an official finds a player in violation of this rule, a **two-minute penalty** is assessed. (May 2002)

Substitute Goaltenders

- If a substitute goaltender is to be inserted into the game, the maximum on-ice preparation time permitted shall be a two (2) minute warm-up period.
- Note: Permitted to each team only once in a particular game.

Game / Match / Gross Misconduct Penalties

- The Referee is to telephone the Sport Chair and supply to him/her all of the pertinent information, i.e., player name(s), number(s), infraction(s) and any other points necessary for the proper action to be taken by the league.
- A written game report on the form provided is also required and shall be attached to the Atlantic University Sport Game Report Form and forwarded within 24 hours to the Sport Chair and the Executive Director.

Game Protocol

45 minutes prior to game time

- Line-up sheets available to be completed and signed by visiting coach.
- Starters are to be designated on the report.

35 minutes prior to game time

- Line-up sheets available to be completed and signed by home coach.
- Ice available for pre-game warm-up.
- Both head coaches observe warm-up.

15 minutes prior to game time

- Warm-up complete. All players leave the ice immediately. Failure to do so will result in delay of game penalty.
- Referee and both head coaches meet.

5 minutes prior to game time

- Teams notified that 5 minutes remain before start of game.

3 minutes prior to game time

- Teams return to the ice, starting line-ups announced.
- National anthem.

Between period intermission

- Clock set immediately at end of period for fifteen (15) minutes.
- Three-minute warning to be given to teams to return to ice.
- Teams go immediately to the bench at the end of the fifteen minute period. Failure to do so shall result in a two-minute delay of game penalty.

At the End of the Game

- Teams shake hands.



AUS Female Hockey



Playing Rules & Regulations

The following rules are applicable to all exhibition, league or playoff competition unless otherwise indicated.

The playing rules and regulations for Atlantic University Sport men's hockey competition shall be identical to those contained in the CIS Operations Manual, unless specified in the following rules:

Overtime – Regular Season Play

- A three-minute bench rest will be provided following the conclusion of the third period. The referee will instruct the timer to put three (3) minutes on the game clock.
- Overtime, if required, shall consist of one (1) period of sudden death play to a maximum of five (5) minutes. Each team will compete with four (4) players and a goaltender.
- If still tied, a shoot-out will take place, consisting of five (5) shooters from each team and then move into sudden death until a winner is determined. The shootout will follow current NHL rules regarding procedure.
- The order for which team shoots first will be determined by a coin toss prior to the start of the game.
- A three-minute bench rest will be provided following the conclusion of the overtime period. At this time, the ice will be scrapped, not flooded, just enough for a path to the nets for the shooters.
- One (1) point will be awarded to each team if the score is tied at the end of regulation time. If a team scores in overtime or wins the shoot-out, that team will be awarded an additional point.
- If a team pulls their goalie in overtime and gets scored on they lose the point they earned in regulation.



Facemasks and Mouth Guards

- Facemasks and neck protectors are compulsory during exhibition, league and playoff games and during all practices. In an exhibition, league or playoff game, if an official finds a player in violation of this rule, a two-minute penalty is assessed.
- The type of facemask and neck protection must be CSA approved and is left to the discretion of the particular university. The facemask shall be permanently affixed to the helmet – i.e. not moveable.
- All goaltenders must wear CSA approved facemasks and neck protection.

Substitute Goaltenders

- If a substitute goaltender is to be inserted into the game, the maximum on-ice preparation time permitted shall be a two (2) minute warm-up period.
- Note: Permitted to each team only once in a particular game.

Game / Match / Gross Misconduct Penalties

- The Referee is to telephone the Sport Chair and supply to him/her all of the pertinent information, i.e., player name(s), number(s), infraction(s) and any other points necessary for the proper action to be taken by the league.
- A written game report on the form provided is also required and shall be attached to the Atlantic University Sport Game Report Form and forwarded within 24 hours to the Sport Chair and the Executive Director.



Game Protocol

45 minutes prior to game time

- Line-up sheets available to be completed and signed by visiting coach.
- Starters are to be designated on the report.

35 minutes prior to game time

- Line-up sheets available to be completed and signed by home coach.
- Ice available for pre-game warm-up.
- Both head coaches observe warm-up.

15 minutes prior to game time

- Warm-up complete. All players leave the ice immediately. Failure to do so will result in delay of game penalty.
- Referee and both head coaches meet.

5 minutes prior to game time

- Teams notified that 5 minutes remain before start of game.

3 minutes prior to game time

- Teams return to the ice, starting line-ups announced.
- National anthem.

Between period intermission

- Clock set immediately at end of period for fifteen (15) minutes.
- Three-minute warning to be given to teams to return to ice.
- Teams go immediately to the bench at the end of the fifteen minute period. Failure to do so shall result in a two-minute delay of game penalty.

At the End of the Game

- Teams shake hands.



Nova Scotia Senior Women's League



Game Times

- Teams who have 1.5 hours of ice time or more, shall play three (3) fifteen minute stop time periods. The teams will have a minimum of five (5) minutes for warm-up. There shall be no floods between periods unless agreed upon by both teams prior to the beginning of the games.
- Teams who have 1 hour of ice time shall play three (3) twelve minute time periods. The first period shall be straight time. The second and third periods shall be stop time. The teams will have a minimum of five (5) minutes for warm-up. There shall be no floods between periods.
- Warm-ups will begin immediately upon the Zamboni leaving the ice.
- If time runs out before the game is finished and the outcome of that game is in question, that situation shall be reported to the President.

Timeouts

- Each team will be permitted one 30 second time out per game.

Goal Spread

- In games where there is a seven (7) goal spread the timing of the game should go from stop time to straight time. If at any time the seven goal spread is not maintained the game time goes back to stop time.

Protests

Each team shall have the right to file a protest of any game. The procedure to be followed in the filing of such protests is:

In order to appeal a game the team must notify the on-ice officials prior to the end of the game of their intent to file a protest. The officials shall cause a notation of such intent of file a protest. The officials shall cause a notation of such intent of the game report.



Maritime Junior “A” Hockey League – MJHL



Warm-up and Game Start Procedure

- 30 minutes before game time warm-up begins with 15 minutes set on the clock.
- Players are not allowed to make contact with or cross the center red line at any time during the pre game warm-up. A Misconduct penalty will be assessed to any player making contact or crossing the center red line during the pre game warm-up, plus any other penalties which may be assessed.
- With 2 minutes left in warm-up a warning buzzer will be sounded.
- All players are to be off the ice at the expiration of the 15 minutes. (There will be a \$25 fine for each player on the ice after the expiration of the warm-up time)
- Five minutes prior to the start of the game the on ice officials will come on the ice with a warning given to the teams.
- All players are to be on the ice or bench 2 minutes prior to game time for the playing of the National Anthem.

Between Period Procedures

- When the players have left the ice there will be 15 minutes put on the clock for the intermission.
- With 3 minutes left on the clock there will be a warning buzzer at which time all players are to proceed to the ice and their benches. The starting lineups are to take their positions for the face off.
- Any team, which has not presented itself for the face off at expiration of the 15 minutes, will be subject to a delay of game penalty.
- Should a team require extra time during an intermission due to a promotion the team may stop the clock for up to three (3) minutes. (This should take place with ten (10) minutes left on the clock).
- During the playing of the national anthem the starting line-up only, for each team, shall be at its blue line with helmets removed facing the Canadian flag.

NOTE: Off ice officials will be responsible for recording the jersey numbers of players in violation of the above protocol. He will then report the players in violation to the referee who will assess the misconduct penalties to start the game. The numbers of players not off the ice after the warm-up will be reported to the League President.



Overtime and Shoot-out Procedure

During regular season games, if the game remains tied at the end of the five (5) minute overtime period, the teams will proceed to a shootout. The rules governing the shootout shall be the same as those listed under the Penalty Shot rule.

- The Teams will not change ends for the shootout. The visiting Team shall shoot first. The teams shall alternate shots.
- Three (3) players from each team shall participate in the shootout and they shall proceed in such order as the coach selects. All players are eligible to participate in the shootout unless they are serving a ten minute misconduct or have been assessed a game misconduct, gross misconduct or match penalty.
- Once the shootout begins, the goalkeeper cannot be replaced unless he is injured. No warm up shall be permitted for a substitute goalkeeper.
- Each team will be given three shots, unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a sudden death format. No player may shoot twice until everyone who is eligible has shot.
- Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of overtime.
- The losing goalkeeper will not be charged with the extra goal against. The player scoring the game winning goal in the shootout will not be credited with a goal scored in his personal statistics.
- If a team declines to participate in the shootout procedure the game will be declared as a shootout loss for that team. If a team declines to take a shot it will be declared as no goal.
- There will be no timeouts called during the shootout.



Exclusive Sherwood Stick Agreement

(this procedure has been widely distributed throughout the League.)

- all players must use Sher-wood brand hockey sticks, shafts and blades for regular season and play-off games of the Maritime Junior A Hockey League.
- **NEW** – all players must use Sher-wood brand pants and gloves for regular season and play-off games of the Maritime Junior A Hockey League.
- Sticks only - Officials are empowered to assess a game ejection penalty to any player not using a Sher-wood brand hockey stick, shaft or blade. In addition, a fine of \$500.00 shall be assessed to the offending team.

Note: For the purpose of the above application, all sticks must be clearly identifiable as being Sher-wood brand sticks. Text and logos on sticks and shafts shall not be taped or painted over.

Officials must report all incidents of non-compliance to the League President. Furthermore, any instance where a player is not wearing Sher-wood gloves or pants must be reported to the League President.

Note: a game ejection penalty would not apply in the case of non-compliance by not wearing Sher-wood gloves and pants.

Unsportsmanlike Conduct

Unsportsmanlike behavior between coaches and coaches, coaches and players and players and coaches will not be tolerated in the Maritime Junior A Hockey League. The overzealous actions and animated barrages from coaches directed at opposing coaches and players and vice versa will not be accepted. Officials are instructed to be diligent in the application of penalties for this type of unsportsmanlike conduct.

How should officials proceed?

For the first violation to any team officials may issue a warning (one warning per team, Referee's are encouraged to deliver this warning to the head coach). Subsequently, officials are to penalize offenders pursuant to Rule 47 of the Hockey Canada Playing Rules.

Game Misconducts penalties issued pursuant to Rule 47 must be reported to the League President.

Mouth guards



Are required and to be worn properly during play, for violation a Misconduct penalty will be assessed. Note: Rule 24 (g), situation 23 - ...the team shall receive one warning...Referee's are encouraged to deliver this warning to the Head coach.

Pants

Pants with zippers on the inseam are designed to be worn with the zippers closed. Players with zippers not worn properly or with torn pants exposing equipment will immediately be sent off the ice and are not able to return until corrected.

(Officials are encouraged to be diligent in the application of this rule.)

Visors

Visors are to be worn properly, for the first violation to any team, the official will issue a warning to the coach (one warning per team). Subsequently for the remainder of the game the official will issue a Misconduct penalty (10 minutes) to any player on that team who wears his helmet/visor in an offset position during play.

Dress Code

For coaches is in effect, no ball caps or jeans are to be worn on the bench during games. Casual business attire is a minimum acceptable standard, i.e., jacket and tie, dress pants, sweater with shirt and tie.

Miscellaneous

League Regulations – Effective October 1st.

Matching socks, sweaters with names on the back, pants, helmets and gloves must all be of the team's designated colour. Failure to meet any of the aforementioned requirements may result in a fifty dollar (\$50.00) fine for each game. The goaltenders will be exempt for socks, helmets and gloves.

Penalty Box - Home teams are responsible to equip each penalty box (Home and Away with towels, ice and water.

Fights in exhibition games

- Each team will be permitted to have five (5) fighting majors per game.
(The coach is suspended for additional games after this, contact Vernon Doyle.)



Verbal and Written Reports

Please note that all items of a disciplinary nature shall be fully reported to the League President for possible supplementary discipline. Items to be reported include:

- All Match penalties
- All Gross Misconduct penalties
- All Game Misconducts
- Any other incident or misconduct that may involve disciplinary action - including Rule 47
- Any incident or problem that may affect the proper playing of the game (e.g. crowd control)

The procedure to be followed by the Referee involves both a verbal and a written report. The reason why a verbal report is necessary is because a decision may sometimes have to be made in a short period of time and the written report might not have reached us by then.

A. VERBAL REPORT

For all verbal reports, the Referee is required to get in touch with the League President before 10:00 a.m. the following day.

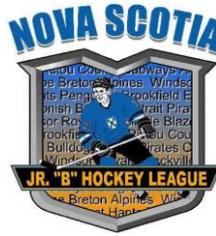
B. WRITTEN REPORT

Following the verbal report, the Referee shall also send a legible written report of the incident to:
The League President -

Overtime On Ice Strength

When the numerical player strength at the end of the <u>third period</u> is;	The numerical player strength at the beginning of the <u>overtime</u> period will be;
5 on 5	4 on 4
5 on 4	4 on 3
5 on 3	5 on 3 With the expiration of penalties, due to continuous play, player strength may get to 5-on-5 or 5-on-4. At the first stoppage of play, player strength must be adjusted to 4-on-4 or 4-on-3 as appropriate.
4 on 4 due to non-coincidental penalties	4 on 4 Players exit the penalty box as normal to 5-on-4 or 5-on-5. At the first stoppage of play, player strength must be adjusted to 4-on-4 or 4-on-3 as appropriate.
4 on 3	4 on 3 Players exit the penalty box as normal to 5-on-4 or 5-on-5. At the first stoppage of play, player strength must be adjusted to 4-on-4 or 4-on-3 as appropriate.
3 on 3	3 on 3 Players exit the penalty box as normal to 5-on-4 or 5-on-5. At the first stoppage of play, player strength must be adjusted to 4-on-4 or 4-on-3 as appropriate.

Nova Scotia Junior League – NSJHL



Overtime

If tied at the end of regulation playing time, the teams will play a five (5) minute overtime period. The teams will play 5 vs. 5 if they were full strength at the end of regulation playing time. **Teams do not change ends.**

Shootout Procedures

If the game is still tied a Five (5) Player Shoot Out will begin.

- The Shoot Out will be alternating shots starting with the Visiting Team. Teams must present to the Referee (in writing) their list of Five (5) shooters prior to the start of the Five (5) Minute Overtime Period.
- Failure to produce the list when asked will result in the Five (5) players listed as starters on the Game Report to be used in the Shoot Out.
- If the game is still tied at the end of the Five (5) player Shoot Out it will then run as a sudden death Shoot Out and continue until a winner is declared.
(please note the SAME 5 shooters must shoot again in the same order)
- Goaltenders can be either the current playing Goaltender or the one residing on the players bench. (Only the Goaltenders clearly identified on the Game Report as such can be selected). If the Goaltender selected for the Shoot Out is from the bench, NO warm up will be permitted. The team has up to the beginning of the Shoot Out to name their Goaltender.

In the event a player on a Teams list of Five (5) shooters becomes injured, or removed from the game as a result of a Penalty, they may replace that player with another PRIOR to the start of the Shoot Out.

Communication

Officials are urged to go to the coach (bench) if the need arises. Such cases could include: Goal waved off, serious injury, and multiple penalties.

Incident Reports

All incident reports **MUST** be filled out and passed in prior to the referee leaving. (if hand written) If doing them electronically they must be submitted no later than noon of the following day. **Under no circumstances are you to take the game report home.** This is important especially if teams play on back-to-back nights.



Nova Scotia Junior “C” Hockey League



Length of Game

2 period of 15 minute stop time and 1 period (3rd) of 20 minute stop time

Floods

Due to time restrictions at some rinks there will be only one flood – between the second and third periods.

Overtime & Shootout

Overtime

Any regular season game that is tied at the expiration of regulation time shall play a five (5) minute, stop-time, sudden victory period. During this period the teams shall reduce the number of players from six on six to five on five.

Shootout

If still tied then a shootout as per the following:

- 1 - Home team picks whether they shoot first or second,
- 2 - Use the same 5 shooters for entire shootout,
- 3 - Any penalized players at the end of overtime cannot participate in the shootout.

Neck Guards

Mandatory



Nova Scotia Major Midget Hockey League – NSMMHL



- One 30-second timeout per team, per game
- The league agreed to have a 15-minute warm-up before the game.
- 3 X 20 minute periods with a flood between each period.

Incident Reports

- Incident reports must be completed immediately following the game, or early the next day, at the latest. An electronic copy of the incident report form is on the website. It must be faxed or e-mailed to WAYNE MACDONALD. ph: 435-4974, fax: 435-4152, e-mail: jwmacdonald@accesswave.ca

Jerseys

- The NS Major Midget League requests that the officials work with the teams to get the jerseys out of the players' pants. If a player has his / her jersey tucked in do the following:
 1. The player will be removed from the ice if his sweater is tucked in the pants with no penalty.
 2. If he comes back on the ice with the sweater in the pants he will be assessed a 10 minute misconduct
 3. If it happens again, another 10 minute misconduct (automatic game misconduct). This player will be suspended until dealt with by the league.

Overtime

- The teams are to have a 3-MINUTE rest period after regulation time and do not change ends.



Overtime on Ice Strengths

Here are the overtime situations regarding penalties that carry over into overtime in the NS Major Midget League, and how to handle them.

End of the third period:

5 on 5

5 on 4

5 on 3

4 on 4 (*non-coincidental penalties*)

4 on 3

3 on 3

Overtime starts:

4 on 4

4 on 3

5 on 3 (With the expiration of penalties, due to continuous action, player strength may get to 5-on-5 or 5-on-4. At the first stoppage of play following, player strength must be adjusted to 4-on-4 or 4-on-3.)

4 on 4 (players exit penalty box as normal to 5-on-4 or 5-on-5. At first stoppage of play, teams are adjusted to 4-on-3 or 4-on-4, as appropriate.)

4 on 3 (players exit penalty box as normal to 5-on-4 or 5-on-5. At first stoppage of play, teams are adjusted to 4-on-3 or 4-on-4, as appropriate.)

3 on 3 (players exit penalty box as normal to 5-on-4 or 5-on-5. At first stoppage of play, teams are adjusted to 4-on-3 or 4-on-4, as appropriate.)

Metro High School Hockey League – MSHSL



Clock

- After a spread of five (5) goals between team at any time in the third period, or with an eight (8) goal spread at any time in the game the clock will go straight time. If the goal spread becomes four (4) or less, the clock will revert to stop time on one occasion. Subsequent five goal spreads will require running time for the duration of the game.

Centre Line

- Remove the Center Red Line other than for the use of icing the puck. (1989)

Contact with Goalie

- After the whistle, if an opposing player comes in contact with the goalie's body or stick, or sprays snow on same, the face-off is to be moved outside the blue line.

Measurements

- There will be no measurements of sticks or equipment during games.

Referee Time Out

- The Referee will be given the authority to call a 30 second time-out if he feels that a team or the game is getting out of control or deteriorating, to advise the coaches to get their teams under control.

Throat protectors

- Throat protectors and Chin straps must be worn during warm-up.

Five Minor Penalties

- A player receiving five minor penalties must be banished from the game. This also carries a Game Misconduct. As of October 1999



Overtime league play

- If a game is tied at the end of regulation play we will play one five minute overtime period. Each team will skate with "four (4)" skaters. In the advent of a penalty the non-penalized team will add a player. In the case of a second penalty the penalized team will remove a player (5-3).

Tie breaking procedure – Playoffs

To break a tie in Playoff games: Sudden victory period No change of ends Time structure:

- 5 minutes stop time - full team (then shoot out if time constraints on ice)
- 5 minutes stop time - 4 skaters and a goalie
- 5 minutes stop time - 3 skaters and a goalie
- NOTE: When penalty time is assessed under ii) and iii), the non penalized team will place an additional player on the ice for the period of the penalty.

If no winner is determined, a shoot-out will take place.

- Each team is to identify 5 shooters.
- A coin toss will determine which team will shoot first.
- Teams will alternate shooters, one shot per player.
- If a tie still exists, each team will choose five different shooters and the shoot out procedure repeated.
- Only when all skaters from the team with the fewest skaters on the game sheet have participated will a team be allowed to "repeat" a shooter.



League Disciplinary Contacts



AUS Male

John Ryan
john_ryan@uccb.ca

AUS Female

Jennifer Myers
jenmyers@stu.ca

MJAHL

Derryl Smith
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Office 506 206-3444
Cell 506 471-9010
Fax 506 206-2900

NSJHL

Alan Fraser
allanfraser@eastlink.ca
ph: 798-4152
Fax: 798-3411

NSJRC

Tom Foley
foley@ns.sympatico.ca
ph: 665-4314
Fax: 665-2094

NSMMHL

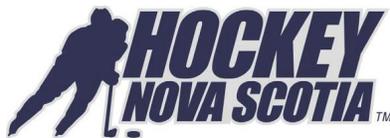
Wayne MacDonald
jwmacdonald@accesswave.ca
ph: 435-4974
fax: 435-4152

MHSHL

Reg Bezanson
bezansr@staff.ednet.ns.ca
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HNS Contact Info



Phil Power

Hockey Nova Scotia Manager of Officiating

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(902) 454-9400 HNS Office

Randy Pulsifer

Hockey Nova Scotia Referee In Chief

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Rick Hill

AUS & Junior “A” Liaison

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(902) 233-2485

Todd Robinson

Junior “B” Liaison & Central Zone Coordinator

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(902) 483-6083

Michael MacDonald

Major Midget Liaison & Central Zone Coordinator

MikeMacD@cbcl.ca

(902) 233-9808



Notes to Officials

Game Sheets

Game sheets are not to leave the arena! All information should be written down on an incident report and the game sheet handed in to the appropriate league representative. (usually the timekeeper or home team manager)

Incident Reports

Incident reports must be filled in and either faxed or emailed to the appropriate league contact (see page 25) **NO LATER THAN 24 HOURS** prior to the completion of the game. Officials not strictly adhering to this policy may find their assignments decreased or suspended.

Linesmen - Rule 42

"Linesmen shall point out the offender and report to the Referee at the first stoppage, their version of any infraction of the rules which incurs a Minor, Bench Minor or double Minor penalty for Rules 49(b) Head Butting, 49(d) Grabbing / pulling hair or head/facial protection, 49(f) Butt-ending, 49(g) Spearing, 55(a)(f), **62(b) High Sticking in Junior and Senior** only, 66(c) (d), 81(e), 9(d), 19(e)(g), 20(e), Unsustained Measurement (Section Three), 24(b) (Note4), 47(b)(c)(h), as well as any infraction which incurs Major or Match penalty or any conduct calling for a Bench Minor, Misconduct, Game Misconduct or Gross Misconduct. Rule 62(b) "...in Junior and Senior hockey, at the discretion of the referee, should the **injury** be caused by an accidental high stick, a double Minor penalty may be assessed."

Shootout Player eligibility

If a player has a penalty at the conclusion of overtime, they may take place in the shootout only if they have not received a misconduct penalty (10 minutes) Game, Gross, Match, Game Ejection etc. If they can not participate in the shootout, the team is still allowed to have 3 or 5 shooters (depending on the league). It is only the penalized players under the above rules that can not participate in the shootout.

Helmets, Face Shields, Pants

Helmet and Face Shields are to be worn as designed with the chin strap properly fastened (maximum two fingers between chin and strap)

The face shield must extend down past the nose and cannot be worn in an offset position.

Officials should make sure they are setting the example!

Pants with zippers are to be worn with the zipper fully closed. Torn or ripped pants are not allowed and the player must be sent off the ice immediately and not allowed to return until the problem is corrected.



Rule References (quick guide)

<i>Rule #</i>	<i>Sit</i>	<i>Time</i>	<i>Penalty call</i>	<i>On ice scenario</i>
16	a			players in uniform to start game = 6 skaters (not necessarily a goaltender)
16				Players in uniform on game sheet 19 under major midget 20 major midget and above
18	f	2min	delay of game	When a captain comes off the bench to discuss or dispute a penalty (you can give a warning for him not to talk to you)
19	h	2min	bench minor	during a scrum, players come from the bench on a line change
21	a	2min	ineligible player	participating in the play with 2 sticks
21	e	2+10		breaking stick before a measurement
24	f	2 or 10		neck guard missing (2 min minor) or altered - misconduct
24	d	10min		visor up
24	c	2min	ineligible player	gets involved in play with no helmet or throat protector (not a delayed penalty)
24	a	2min	illegal equip	after one warning - equipment not under sweater (also tom pants etc)
33	b	2min	bench + Gross misc	player or team official squirts water - bench, plus gross if identifiable.
33	b		Gross misc	where a person conducts herself in a manner as to make a travesty of the game.
36			Awarded Goals	
37	c	2min	Goaltender Penalties	when a goalie leaves the crease during a fight
47	e	10/gross		removing chin strap to incite opponent= misc , loses helmet = Gross misconduct
47	b,	10min	misconduct	obsence, profane or abusive language, disputes an official, intentionally shoots the puck from liney
47	e	10min	misconduct	in order to incite a player into taking a penalty
47	f		game or gross	verbal taunts, insults or intimidation based on discriminatory grounds
49	d	2/match		Grabbing the helmet, chin strap or hair = 2 min minor, uses it to advantage or injury = match
49	c	5min	match	kicking
51	b	2min	interference / illegally rec. stick	throwing from bench or receiving a thrown stick
52	b	5+gm	charging	charging the goalie in the crease
53	a	2+gm	Checking from behind	checking from behind 2+gm , 5+gm , or match if unable to defend or into net
55	a	2	delay of game	
56	a		elbow / knee	
57	f			talks about face off being where puck is stopped regardless of # of penalties assessed
58	c	PS	falling on the puck	picking the puck up from the crease
59	4	5min	match	wearing rings or tape to gain an advantage or inflict punishment or injury
59	a/1	2min	instigator / agressor	instigator or agressor gets an additional minor plus any other penalties incurred
59	a/5	10min	misconduct	failing to go to bench during a fight
59	c	gm	game misconduct	entering a fight to act as a peacemaker
59	c			intervening from the bench during a fight, 2 plus game, (interference) plus game (3rd man in) team official is minor plus game (no additional game)
59	8		5+gm, 2+ 5+gm, + gm	player involved in 2 fights at the same stoppage (minor is for instigating the 2nd fight)
59	16		all 12 players 5+ gm	line brawl, all 10 player plus goalies - everyone gets 5+gm (no one left the bench so 5 gm misc rule is not applied)
60	6(f)		no goal	player standing in the crease before puck = NO GOAL. If they are in and get out and then back in with puck = o.k
61	a	2min	handling puck	player closes his hand on the puck
62	a		high sticking	
62	a	4min	high sticking	4 minutes for accidental high sticking can be assessed in Junior and Above (there does not have to be blood)
63			holding	
64			hooking	
65			icing	
66			interference	
66	f	2min/PS		minor penalty for goalie who deliberately piles up snow, a penalty shot shall be assessed if prevents a goal
70	b	4+gm	leaving the bench	double minor to first identifiable player (of each team) to leave bench + game misconduct
70	d	2+time	leaving the penalty bench	minor + the unexpired time , if timekeeper error only serve the unexpired time.
70	g	no goal		if a penalized player is on the ice (his fault or timekeepers) no goal for that team shall be scored.
70	7	2+4+gm	leaving the penalty bench	leaving the penalty bench to fight - 2 + 4 + game plus any other penalties (ex 5+gm, and another gm)
70	12		crazy instance	player is on ice due to timekeepers error penalty up at 6:30 and his team scores at 5:45, goal is good and he serves the remaining time (say 30 sec)
70				if the player leaves on his own power (not timekeepers error) goal is disallowed no matter how much time is gone in penalty (like a delayed penalty)
70	17	Gross	coming back after going off	in all cases where a player returns to the ice from the dressing room after during a fight a gross misconduct and a report to the president
71	match		physical harassment of officials	
72			offsides	
78	a	5+gm	refusing to start play	2 minutes on the clock - if they don't return game is suspended report to pres , if they do return 5+gm to coach if in last 2 min 5+gm+ penalty shot
78	e		refusing to leave bench	coach after getting game, gross etc if doesn't leave by 2 min game is suspended , If he does leave same as above 5+gm and + PS in last 2 minutes
79			Slashing	
80			Spitting	Match penalty for spitting
81	e		game misconduct	Game to coach for not holding players at end of game. Penalties must be assessed for this rule to apply
82	a		throwing the stick	throw stick in defending zone allow play to continue, if goal is not scored, award a penalty shot
82	d		throwing the stick	misconduct if throws a stick or part thereof outside the playing area
85			tripping	
86	a	2+10	checking to the head	checking to the head

Hockey Canada Penalty Abbreviations

Aggressor =	AGG
Body Checking =	B.C.
Boarding =	BDG
Butt-Ending =	B.E.
Bench Minor =	B.M.
Broken Stick =	BR.S.
Cross-Checking =	C.C.
Checking from Behind =	CFB
Charging =	CHG
Delay of Game =	D.G.
Elbowing =	ELB
Failure to go to Bench =	F.G.B.
Fighting =	FI
Falling on Puck =	FOP
Game Ejection =	G.E.
Goalie Leaving Crease =	G.L.C.
Game Misconduct =	G.M.
Gross Misconduct =	G.R.M.
Holding =	HOLD
Holding the Stick =	HOLD.S
Handling the Puck =	H.P.
Hooking =	HKG
High Stick =	H.S.
Interference =	INT
Interference on the Goalie =	INT.G
Kneeing =	KNEE
Leaving the Bench =	L.P.B.
Misconduct =	MISC
Match Penalty =	M.P.
Penalty Shot =	P.S.
Roughing =	RO
Roughing after the Whistle =	RAW
Slashing =	SL
Spearing =	SP
Too Many Men =	T.M.M.
Tripping =	TR
Throwing Stick =	T.S.
Unsportsmanlike Conduct =	U.S.C.

