

ICE HOCKEY

League Rules



ESSC
EDMONTON SPORT & SOCIAL CLUB

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1. REFEREES + TIMEKEEPERS

All SSCHL games will have two referees and a timekeeper present. Players are expected to respect the referees, timekeepers, their opponents, and the rules of the sport.

2. ROSTER REQUIREMENTS

League	Total # of Players Required on the Ice
5 on 5	6 (5 + Goalie)

- All players must complete a liability waiver and be on the team roster.
- Any player is permitted to play for multiple teams.
- There are no female player minimum requirements in this league.
- Each player must play at least one regular season game to be eligible for playoffs.

3. DEFAULT MINIMUMS & SCORES

League	Minimum Players on the Ice to Avoid Default	Default Score
5 on 5	6 (5 + Goalie)	0-10

**A coincidental penalty would lead to being short-handed if a team only has 5 players and a goalie present at the game.*

4. FORMAT & EQUIPMENT

SCORING

- An individual player cannot score more than 3 goals in a game.
- Mercy is called and the score freezes if a team gains a 10-goal lead.

GAME FORMAT

- Players should arrive 15-30 minutes prior to the scheduled game time.
- Teams will play one 60-minute game per night:
 - 3-minute warm-up
 - 1st period and 2nd period – 15 minutes run-time
 - 3rd period – 20 minutes run-time
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
 - If a game is tied at the conclusion of the 2nd half, a shoot-out will take place.
 - 3 different players from each team will shoot.
 - Shootouts - if a player has already scored 3 goals in the game, they are not permitted to shoot in the shootout
 - If the score is still tied after 3 shooters, teams will alternate until the tie is broken.

- After the initial 3 shooters, any player on the team can shoot in any given round (teams can repeat shooters).

EQUIPMENT

- All players are required to wear full equipment (Helmet, Shin Pads, Elbow Pads etc.).
- Players are required to bring their own skates and stick.
- Shoulder pads are optional but recommended.
- Mouthguards are optional but recommended.
- Helmet with Facial Protection is mandatory (Visor or Cage).
- Players should bring a light and dark jersey to each game.
- All players must have a number on the back of their jersey.
- Pucks will be provided by the ESSC.

5. GENERAL PLAYING GUIDELINES

STARTING & RE-STARTING PLAY

FACE-OFFS

- Occur at the start of each half, and after certain stoppages in play.
- The puck must hit the ice before it can be played.

SUBSTITUTIONS

- Substitutions can be made on the fly or during stoppages in play.
- The player leaving the ice must reach the bench before the replacement player gets onto the ice.
- Pulling the goaltender for an extra attacker is allowed.

PLAYING AREA

CREASE AREA

- Players are allowed to enter the crease to score a goal
 - Players cannot remain stationary in the opponent's crease or make contact with the goaltender inside of the crease.
 - If a goal is scored and the referee deems that an offensive player was interfering with the goaltender, the goal will be disallowed.

OFFSIDES + ICINGS

- Delayed offside occurs when an offensive player enters the zone (crosses the opposing team's blue line) before the puck. The play will not be blown down until the offensive team touches the puck.
- Icing will occur when a player shoots the puck from behind their defensive blue line past the opposing team's goal line.
- Icings will not occur while a team is short-handed.

NET OUT OF POSITION

- If the net is moved during play, the referee will decide whether to stop play and fix the net, or fix the net as play continues down the ice
 - Goaltenders are permitted to readjust their own nets
- A goal that enters the net while the net is out of position will be disallowed
 - The exception to this rule will be if the referee deems that the goaltender or defending team dislodged the net intentionally or accidentally during an active scoring opportunity by the offensive team

GOALTENDERS

- Once a goaltender covers the puck, the play is dead. Play will be blown down and a faceoff in the defensive zone will occur.

PENALTIES

MINOR PENALTIES

All Minor penalties result in the infracting team being short-handed for 2:00 minutes. A list of infractions that could fall under Minor Penalty category are listed below:

- Tripping
- Interference
- Hooking
- Holding
- Slashing
- Cross-Checking
- High Sticking
- Unsportsmanlike conduct
- Too Many Players

MAJOR PENALTIES

All Major penalties result in the infracting team being short-handed for 4:00 minutes. A list of infractions that could fall under Major Penalty category is listed below:

- Body Checking
- Boarding
- Slashing
- Roughing
- Spearing
- High Sticking
- Elbowing
- Unsportsmanlike conduct
- Cross-Checking

- Head Contact

Some infractions are listed in both the Minor and Major Category. It is up to the Referee to determine the severity of the infraction.

MATCH PENALTIES

All Match penalties result in the infracting team being shorthanded for 4:00 minutes and the player responsible for the infraction is removed from the game. A list of infractions that could fall under Match Penalty category is listed below:

FIGHTING

- Fighting is strictly prohibited.
- Receiving a Fighting penalty will result in an indefinite suspension.
- Players involved in a fight will automatically receive a game misconduct.
- All Fighting penalties will be reviewed by the ESSC.

BODY CHECKING + HEAD CONTACT

- Body Checking is prohibited.
- Any contact with an opponent's head that is deemed malicious, will result in a game misconduct.
- All Body Checking + Head Contact penalties will be reviewed by the ESSC.

KICKING

- Attempting to kick a player will result in a game misconduct.
- All Kicking infractions will be reviewed by the ESSC.

INTENT TO INJURE

- Attempting to injure an opposing player will result in a game misconduct.
- All Intent to Injure infractions will be reviewed by the ESSC.

ABUSE OF OFFICIAL

- The ESSC does not tolerate verbal or physical abuse to the referees or timekeepers.
- Any abuse of the officials will be reviewed by the ESSC.

Please note:

- All match penalties will be reviewed by the ESSC.
- Anything deemed as a fight by on-ice officials will be subject to a 1-3 game suspension.
- Repeatable and/or major offenses could result in greater suspension or ejection from the league.

PENALTY SHOTS

- A penalty shot is a type of penalty awarded when a team loses a clear scoring opportunity on a breakaway because of a foul committed by an opposing player.
- The referee will determine whether or not a penalty shot is granted and typically would come after a breakaway scoring chance. It would be given instead of a power-play opportunity.
- All penalty shots should be taken by the player on the receiving end of the infraction.