

Todd Ice Hockey League

Rules and Regulations

Section A: League Specific Equipment Regulations

1. Required Equipment
 - a. Full Hockey equipment, including, but not limited to shoulder pads, elbow pads, cup, pants, gloves, shin guards, hockey skates and helmets is mandatory. For full details on required equipment, please read hockey Canada's guidelines, which can be found at https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Officiating/Downloads/rulebook_casebook_e.pdf on page 22.
 - b. Players' stick blades must be at least 1.5" at their minimum width.

2. **HELMETS** – CSA Approved Helmets must be worn at all times while on the ice. The helmet must also have either a full cage, or a visor that comes down to at least the tip of the nose, and a secured chin strap. Players who choose to use a visor must also wear a mouth-guard at all times while on the ice.
 - a. Visors must be worn so that the bottom of the visor is at or below the tip of the nose.

Photos below show the correct position of helmet and visor.



- b. If through the course of play a player's helmet (either full cage or visor) is offset from its' intended worn position that player must immediately return their helmet to its' intended worn position, or disengage from the play and immediately return to the bench.
- c. Infractions to the intended worn position are:
 - i. Visor or cage not properly fastened
 - ii. Visor position incorrectly (bottom edge of the visor above the tip of the nose)
 - iii. Damaged or broken helmet, visor, or cage
 - iv. Chin strap or ear straps broken or unfastened
 - v. Helmet being worn in the intended position
 - vi. No mouth guard in conjunction with a visor (note that mouth guards are not required for those wearing a full cage)
- d. Should a player continue in the play in violation of the above regulations (F5) a penalty will be assessed to the offending player. The resulting penalty will be a ten (10) minute misconduct penalty. No power-play advantage will be assessed.

3. Goal tenders must have the following equipment:
 - a. Full face mask – CSA or HECC Ice Hockey approved mask
 - b. Chest Protector
 - c. Groin protection (cup or jill)
 - d. Goalie leg pads with a maximum width of 30.48 cm.
 - e. Catcher/Blocker or appropriate substitute, with maximum permissible dimensions of the blocker being 20cm wide and 40.6cm long
 - f. All other goaltending equipment mandated by Hockey Canada Guidelines (these can be found at https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Officiating/Downloads/rulebook_casebook_e.pdf, page 29)
4. If goal pads are of illegal size, the team must remove those pads. The team is given a 3-minute minor penalty for delay of game and must dress the goalie with new legal-size pads within 5 minutes or lose the game by default regardless of the score at the time.
5. If the opposing team asks for a measurement or stoppage in play due to an opposing team's equipment infraction, and if it is found that the equipment is legal, the team asking for the measurements will be given a 3-minute delay of game penalty.

Section B: League Specific Rules of Play

Rules of play shall follow the Canadian Hockey Association guidelines, which can be found [here](#).

The rules listed below are designed to affirm specific Hockey Canada rules and denote exceptions to the rules specific to the Todd Ice Hockey League.

1. The Players

- a. A team shall have no more than six players on the ice at any one time while play is in progress.
- b. A team may start with 5 skaters to prevent a forfeit.
- c. A team may continue a game without forfeit so long as 3 SKATERS remain eligible to play.

2. Gameplay equipment

- a. All pucks should be made of approved materials, have dimensions of 1 inch thickness and 3 inches diameter, and be approved for play by Hockey Canada

3. Gameplay Time

- a. All games in the Todd Ice hockey league will be three TWELVE (12) minute periods. At all stoppages in the game, the clock will be stopped.
- b. Officials reserve the right to both reduce game time and prematurely end games for reasons related to scheduling or participant safety.

4. Tie/Overtime Rules

- a. Games which end as a draw at the end of regulation during regular season games will be recorded as such
- b. Playoff Games that end in a tie will play one 5-minute sudden death overtime period.
- c. In the event that the playoff game remains tied after overtime, a 5-on5 shootout will be held. Teams must declare their entire roster at the beginning of the overtime.
- d. In the event that the 5-on-5 shootout is tied, a sudden death shoot out will be held. Players may not be re-used until all non-goalie players have shot. Exemptions will be given for injuries sustained during gameplay which have been documented by IM Staff.

5. Beginning the Game

- a. The play will be blown in by the Official at the beginning of each period and after all stoppages in play.
- b. Face-offs are held at the start of periods, after goals, and when the official stops the play for any reason
- c. Face-offs are held at designated face-off circles

6. Scoring

- a. A goal shall be scored when the puck has entirely crossed the goal line.
- b. A goal shall be scored if the puck is put into the goal in any way by a player of the defending side. The player of the attacking side who last played the puck shall be credited with the goal but no assist shall be awarded.
- c. If an attacking player purposely kicks the puck and it is deflected into the net by any player, the goal shall not be allowed.
- d. If the puck has been deflected into the goal by a shot of an attacking player by striking any part of the person or a player of the same side, a goal shall be allowed. The player who deflected the puck shall be credited with the goal. The goal shall not be allowed if the puck has been purposely kicked, thrown or otherwise deliberately directed into the goal by any means other than a stick.
- e. A goal will be disallowed if an offensive player makes contact with the ball with their stick while the puck is above the cross bar.
- f. If a goal is scored as a result of a puck being deflected directly into the goal from an official, the goal shall not be allowed.
- g. Should a player legally propel a puck into the goal crease of the opponent's team and should the puck become loose and available to another player of the attacking side who then scores a goal, a goal scored on the play shall be allowed.

- h. A goal shall be credited in the scoring records to a player who has propelled the puck into the opponent's goal by legal means. Each goal shall count as one point in the player's record. Two assists shall be credited to the players taking part in the play immediately preceding the goal.

7. Substitutions

- a. Substitutions can be made on the fly or on a stoppage of play, except in the last 2 minutes of each period in which all substitutions must be made on the fly.
- b. During a line change, players can come off the bench before the player leaving the court reaches the bench provided that the player is within 5 feet of the gate.
- c. Teams making substitutions outside of the 5' mark are charged with illegal substitutions.
- d. Substitutions done during stoppages in play must be quick. The official is free to start play once the team with possession is ready to start.
- e. No time will be permitted for a goaltender substitution except in the event that an injury, misconduct or match penalty has been incurred.

8. Adjustment to Clothing and Equipment

- a. Play shall not be stopped, nor the game delayed for the reason of adjustment of clothing, equipment or sticks.
- b. A goaltender, after a stoppage or play, with the permission of the Official, may be allowed to make adjustments or minor repairs to clothing, equipment or shoes. If the official deems the repair or adjustment taking too long, the Official can charge the team with their time-out. If no time-out remains a delay of game penalty can be assessed.

- c. In the event that a player loses his/her helmet in the "process of a play", they will not be allowed to continue in the play and must immediately retrieve their helmet and immediately fasten that helmet onto their head. A violation will result in a 10-minute misconduct for improper equipment. "process of a play" is defined as having possession of the puck or checking the player in possession of the ball.
9. Broken Sticks
- a. A player whose stick is broken may participate in the game provided they immediately drops their stick. A minor penalty shall be imposed for an infraction of this rule.
 - b. A broken stick is one which, in the opinion of the Official, is unfit for normal play.
 - c. A goaltender may continue to play with a broken stick until stoppage of play or until he/she has been legally provided with a stick.
 - d. A player whose stick is broken may not receive a stick thrown on the ice from any part of the rink, but must obtain one from the player bench. A goaltender whose stick is broken may not retrieve a stick thrown on the ice from any part of the rink but may receive a stick from a teammate without proceeding to his/her player bench. A minor penalty shall be imposed on the player or goaltender receiving a stick illegally under this rule.
 - e. A minor penalty shall be assessed to any player who carries two or more sticks. This includes retrieving errant or new sticks for teammates.

10. Minor infractions

- a. All minor infractions result in a stoppage in play. If the offensive team takes a penalty or minor infraction in the attacking zone, the proceeding penalty will be in the neutral zone. If a defending team takes a penalty in their defensive zone, the proceeding penalty will be in the defensive end.
- b. Minor infractions include the following actions:
 - i. Puck out of play
 - ii. Freezing the puck along the boards
 - iii. Hand pass in the offensive zone
 - iv. Goalie throwing the puck
 - v. High Stick while in the act of contacting the puck
 - vi. Minor body contact
 - vii. Illegal substitution

11. Minor Penalties

- a. All minor penalties carry a demerit allocation with them. Team/Players have a maximum number of allowable demerits per game/term
- b. Minor penalties are two (2) minutes in length,
- c. A player may only have three (3) minor penalties before being ejected from the game under a “Controlled Ejection”. A Controlled Ejection does not carry any additional penalty minutes.
- d. A goaltender shall not be sent to the penalty bench for an offense which incurs a minor penalty, but instead the minor penalty shall be served by a player to be designated by the captain of the offending team. The player serving must have been on the ice at the time of the infraction. A goaltender receiving more than three (3) minor penalties will receive a “Controlled Ejection”.

e. Minor Penalties include the following actions:

- i. Elbowing
- ii. Slashing
- iii. Boarding
- iv. Delay of Game
- v. Interference
- vi. Goaltender Interference
- vii. Holding
- viii. Holding the Stick
- ix. Unsportsmanlike Conduct
- x. Roughing
- xi. Kneeing
- xii. Charging
- xiii. Cross Checking
- xiv. Throwing the stick
- xv. Playing with Dangerous Equipment (broken stick, missing mouth guard, missing chin strap etc.)
- xvi. Hooking
- xvii. Tripping
- xviii. Diving
- xix. Too many players on the ice
- xx. Goaltender leaving the inner crease for the purpose of getting involved in an altercation within their defensive zone.
- xxi. Goaltender crossing center
- xxii. Instigating

- f. The following penalties will be assessed at double minor level. The penalty shall be served as two consecutive minor penalties (two minutes each) and counts as two demerits towards the in-game limit of three.
 - i. Body Checking**
 - ii. High Sticking (contact with an opposing player above the shoulders) **
 - iii. Any other minor penalty at the referee's discretion
- g. Contact to the Head – Any player that makes intentional contact with an opposing players body above the shoulders (neck or head) will be assessed a two (2) minute minor penalty and a ten (10) minute misconduct, . This includes contact and actions such as “face-washes”, “head-locks” or “gloved punches”.

12. Major Penalties

- a. Major penalties are seven minutes in length during all periods of running time. If a penalty is called during stop time or over time the penalty shall be five (5) minutes in length.
- b. A player is automatically ejected from the game for any major infraction.
- c. Should a goaltender incur a major penalty, their place will then be taken by a member of the goaltender's own team and such player will be allowed the goaltender's equipment. A 2-minute period will be allowed for this change.
- d. All major penalties are reported to the Supplementary Discipline System. (See Section D)

- e. Major Penalties include the following actions:
 - i. Any Minor Penalty Infraction that results in an unintentional injury or is deemed malicious by an official
 - ii. Checking from behind
 - iii. Cross Checking above the shoulder or to the goalie
 - iv. Any minor penalty can be assessed as a major at the official's discretion if it results in a player being injured.

13. Match/ Gross Misconduct penalties

- a. A Match/Gross Misconduct penalty involves the immediate removal of a player for the remainder of the game, a major 5-minute penalty, and the offending player shall be ordered to the dressing room.
- b. All Match/Gross Misconduct penalties will be automatically reported to the Supplementary Discipline System. (See Section D)
- c. The penalized team shall immediately place a non-penalized player, other than the goaltender, on the penalty bench to serve the penalty and such player may not be changed.
- d. Should a goaltender incur a Match/Gross Misconduct Penalty, their place will then be taken by a member of their own team and such player will be allowed the goaltender's equipment. A 2-minute period will be allowed for this change.

- e. Match/Gross Misconduct Penalties will be assessed for the following actions:
 - i. Any Deliberate Intent to Injure
 - ii. Fighting
 - iii. Head-butting
 - iv. Spearing
 - v. Leaving Player or Penalty Bench during an altercation
 - vi. Butt-ending
 - vii. Threatening, Excessive Abuse Towards, or Molesting the Official or another participant
 - viii. Kicking
 - ix. Pulling an Opponent's Hair
 - x. Using the face shield as a weapon
 - xi. Third player into an altercation
 - xii. Travesty to the Game
 - xiii. Any spitting incident
 - xiv. Any physical or attempted physical contact with an official
14. Misconducts – A Misconduct penalty is a 10-minute penalty to be served in its entirety by the player who has committed the offense. These penalties can be served concurrently to minor penalties committed by the same player. Unlike other penalties, while a player is serving misconduct, the team of that player retains full strength.
- a. A misconduct penalty by itself counts as one demerit toward the maximum of three per game.

- b. Misconducts can be awarded for the following offenses
 - i. Intentional head contact (See Section H11g)
 - ii. Violation of Helmet or other equipment-based laws
 - iii. Repeated verbal abuse of officials
 - iv. At the official's discretion, the penalized player is

15. Penalty Shots

- a. Any infraction of the rules which call for a "Penalty Shot" shall be taken as follows: The official will name the player designated by the official or selected by the team entitled to take the shot (as appropriate) and shall then place the puck on the center face-off spot. The player taking the shot will, on the whistle of the Official, play the puck from there and shall attempt to score on the goaltender. The goaltender must stay on the goal line until the player touches the puck. The player taking the shot must keep the puck in motion towards the opponent's goal line and once it is shot the play shall be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line the shot shall be considered complete.
- b. A Penalty Shot will be awarded for the following actions:
 - i. Illegal Substitution on a breakaway
 - ii. Throwing the Stick in the defensive zone
 - iii. Deliberately displacing the goal on a breakaway
 - iv. Deliberate foul on a breakaway
 - v. Deliberately displacing the goal in the last 2 minutes of the game or overtime
 - vi. Any player other than the goaltender covering, gathering, or falling on the puck in the crease.

16. Calling of Penalties

- a. Should an infraction of the rules which would call for a minor, major or match penalty be committed by a player of the side in possession of the ball, the Official can immediately blow their whistle and assess the penalties to the appropriate players.
- b. Should an infraction of the rules which calls for a minor, major, or match penalty be committed by a player of the team not in possession of the ball, the Official can signify the calling of a delayed penalty by raising their arm. The Official will blow their whistle once the offending team gains possession and the penalty will be assessed to the offending player.
- c. If the penalty to be imposed is a minor penalty, and a goal is scored on the play by the non-offending team, the minor penalty shall not be imposed, but major and match penalties shall be imposed in the normal manner regardless of whether a goal is scored or not.

17. Handling Puck with Hands

- a. If any player closes their hand intentionally on the puck the play shall be stopped and a penalty for “delay of game”, or “closing the hand on the puck” is assessed. However, if the puck is dropped immediately, play shall be allowed to continue.
- b. If, in the opinion of the Official, a player directed the puck to a teammate with his hand and that player receives the puck, play shall be stopped and face off will ensue. This rule is disregarded if these actions are started and completed in the defensive zone.
- c. A player shall be permitted to stop or "bat" a puck in the air with their open hand, or push it along the floor with their hand, and the play shall not be stopped unless a player of the same team is the first player to play the puck. This rule is disregarded if these actions are started and completed in the defensive zone.

- d. If a defending player, except the goaltender, picks up the puck from the floor, covers or holds the puck in the crease area while play is in progress, the play shall be stopped by the official and a penalty shot shall be awarded to the non-offending team.
- e. The puck may not be batted or purposely directed with the hand directly into the net at any time, and a goal shall not be allowed when the puck has been legally batted and is deflected into the goal off of a defending player, including the goaltender. The ensuing face-off will occur in a neutral zone.

18. Timeouts

- a. Each team is permitted one time out per game, to be called during any stoppage of play.
- b. A timeout may last no longer than 2 minutes, and must be used for a goalkeeper change, where equipment transfer is necessary.

Section C – League Specific Facilities of Play

1. The Todd Ice Hockey League will take place at Father Bauer Arena, Thunderbird Arena and Protrans Arena at the Doug Mitchell Thunderbird Sports Complex.
2. Spectator Policies: While spectators are welcomed and encouraged to attend Intramural Leagues, the following regulations apply:
 - a. Spectators may not enter the playing surface OR BENCH AREA without express permission of an Intramural Staff member or official.
 - b. Spectators must remain within the designated spectator areas, listed below:
 - i. Thunderbird Arena: Bleachers around the rink
 - ii. Father Bauer Arena: Bleachers around the rink
 - iii. Protrans Arena: Observation deck by the ProShop