



RULES & REGULATIONS

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Heritage Hockey League

Rules and Regulations (Made pursuant to By-Law No.1)

League General

1. Capitalized terms not herein defined shall have the meaning given to them in the By-Laws.
2. Structure consists of: President, Director of each Division, Secretary/Treasurer and Past Officer (President).
3. Positions are elected for one-year terms. The Past Officer (President) position is non-mandatory as per By-Laws.
4. **Team Representatives:** Minimum of two team representatives supplied by each team.
5. **Voting Motions:** One vote per team, one vote per Officer, Tie-breaking vote by the President.
6. **Officers' Discretion:** Officers have the power to overrule any decision in major League management decisions.
7. **Miss a meeting, Lose 2 points.** Each team must have one representative in attendance and on time at League meetings and may have a maximum of two reps per meeting. Failure will result in a 2-point deduction from the team's standings. Meeting schedule will be posted before the start of the season but may be amended at the discretion of the league officers.
8. **Disciplinary Committee:** The Disciplinary Committee will assist the associated Divisional Director in passing judgment on appeals, for any violation of these Rules or Regulations that does not fall within the definition of Serious Misconduct, as that term is defined in the By-Laws.
9. **Lose an appeal, Lose 1 point:** An appeal from a violation of these Rules and Regulations that is not Serious Misconduct, as that term is defined in the By-Laws, must be submitted in writing to the associated Divisional Director. Each appeal will then be addressed by the Disciplinary Committee, who will render a decision. Any appeal which results in a judgment unfavorable to the submitting team will result in the forfeit of 1 point from the submitting team's standings.



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Rosters

- 10. Team Rosters:** Maximum of 26 players allowed on the roster of which 2 must be goaltenders. No Exceptions. See Goalie eligibility rule.
- 11. Goalie Rule:** Minimum of 2 goalies or maximum of 3 goalies per team. Only rostered goalies will be permitted in playoffs.

All goaltenders must play a minimum of eight (8) games to be eligible for playoffs.

A-Div:/B-Div: All rostered skaters must play 17 games to be playoff eligible.

35A/35B Div: All rostered skaters must play 14 games to be playoff eligible.

Players can only play in playoffs in the position they are listed on the final roster and if they meet the games played criteria. (ie. if you are listed as a goalie, you must play 8 regular season games as a goaltender to play as a goalie in playoffs. If you're listed as a skater, you must play at least 17-games (or 14 for +35 Div) to dress as a skater in playoffs.

- 12. Roster Moves:** At any time the team roster drops below 18 players, extra players can be brought in to maintain at least an 18 player roster. Players must be approved by the Officers prior to engaging these players. Failure to follow this procedure will result in forfeit of games.
- 13. Dropped Players:** Once a player has been dropped from your roster to bring in additional players, that player will be ineligible to play again for that team that season.
- 14. Final Rosters:** All rosters can have a maximum of 26 players. Rosters must be submitted before midnight on November 30. Rosters must be completed on the HHL website and a hard copy submitted via email to the League President on the official HHL ROSTER DOCUMENT. Team reps must ensure that the hard copy (HHL Final Roster Document) and electronic roster (HHL website roster) match. Failure to comply with the above will result in the last official game sheet prior to the deadline will be the team's final roster. In order to add players after the final roster deadline, you must drop 3 players to add 1 additional player.
- 15. Illegal Non-roster Players:** Illegal non-roster players will be ineligible to play for the remainder of that season in the League.
- 16. Playing on multiple teams:** No player will play with more than any one team at any given time. A player must be considered "cut" from his previous team and be ineligible to play again for that team that season in order to play for a different team.



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17. The Heritage Hockey League will not tolerate harassment with respect to (but not limited to) race or sexual orientation. This applies to Players, on-ice & off ice Officials. Harassment can include, (but is not limited to), inappropriate gestures, racial slurs, offensive or derogatory remarks about a person's race, color, or sexual orientation. Any person deemed to engage in such behavior by the League Executive will be suspended for one game. Repeat offenders will have each previous suspension doubled. If a player or Official reaches a third offense their membership will be under review.
18. **Age Restrictions (A Division and B Division):** Minimum age is 21 years as of March 31st in that season.
19. **Age Restrictions (35+ Divisions):** Minimum age is 35 years as of March 31st in that season.
20. **Grandfathering:** No player will be eligible for grandfathering into the 35+ Divisions.
21. **Failure to Adhere to Rules and Regulations:** Failure to adhere to these Rules and Regulations may result in expulsion of the offending member or member team from The League by the Disciplinary Committee.
22. **Player Waiver:** Failure of a player to have completed the player waiver before their 1st game participation will result in an automatic forfeit of that game and further deduction of 1 point in the standings for his team. Team Reps will each be suspended for two (2) games for violations.

Rules – Game Play

23. **Official Hockey Rules:** The Heritage Hockey League abides by the Canadian Hockey Association's Official Hockey Rules except for amendments in these regulations.
24. **Match Penalties:** Any match penalty resulting from an intent-to-injure or an injury situation will result in a minimum 5 game suspension and may result in a permanent suspension at the discretion of the Disciplinary Committee.
25. **Body Contact:** No unnecessary body contact will be tolerated (No checking). Body checking will result in a 2-minute minor; deliberate body contact in a 5-minute major.
26. **Fighting:** No fighting will be tolerated, with a 5-game minimum suspension for the first offense. At the discretion of the referee, if an aggressor is named, an additional game will be automatically assessed. Second fighting offense will result in a



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calendar year suspension. (No appeal except at the discretion of the Disciplinary Committee).

27. **Game Misconducts:** Players who are issued a Game misconduct will be assessed a 10-minute penalty to be applied toward the league penalty minute cap. Gross misconducts will result in an automatic 2-game suspension and review by the League Disciplinary Committee.
28. **Three Penalties = Game Ejection:** Any player receiving three (3) penalties in a game will be suspended for the remainder of that game only.
29. **Suspensions:** To clarify player suspensions, the following formula will be used:
- (a) Game Misconduct: Remainder of game
plus 10 PIM toward penalty minute cap. (Any game misconduct will be subject to further minimum 1 game suspension if a referee write-up accompanies the game misconduct on the scoresheet. League discretion may apply in that scenario.)
 - (b) Gross Misconduct: 2-Game Suspension &
Review by League Disciplinary Committee.
 - (c) Match Penalty: 5-Game Suspension &
Review by League Disciplinary Committee.
 - (d) Fighting: 5-Game Suspension
plus 5 penalty minutes (Fighting Major)
plus 10 penalty minutes (Automatic Game Misconduct)
30. **Abuse of Officials** (Regardless of which penalty is written on the game sheet):
- (a) The HHL will not tolerate abuse of officials. The following suspensions will be applied regardless of the penalty type listed on the game sheet. If a player has been identified for threatening or physically abusing an official, the following suspensions will apply:
 - (i) **Verbal Abuse of Officials:**
2-Game Suspension & Review by League Disciplinary Committee.
 - (ii) **Physical Abuse of Officials:**
Suspended Indefinitely.



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- 31. Suspensions:** Suspension period begins the first game after the infraction occurs. Team Reps are responsible for ensuring the player in question sits until the suspension has been served or reviewed (in the case of an appeal). Submission of an appeal may allow for the postponement of the suspension period at the discretion of the Disciplinary Committee. Suspensions will be carried over into the following season if a player has not served all games when their current season ended.
- 32. Dressing an illegal/suspended player (forfeit game plus 2-point deduction):** Playing illegal or suspended players will result in forfeiting that game (full points for the win are transferred to the team which was in opposition of the violating team) as well as the deduction of 2 points from the violating team's standings (possible 4 point total). The player(s) in violation will also have additional time added to their suspension period. This could result in the team being terminated from the league.
- a. Negligent Team Management:** Players involved in playing while suspended will be suspended an additional one game and the team reps will each be suspended one game for negligent roster management.
 - b. Negligent Team Behavior:** If any team jeopardizes a facility/contract with negligent behavior, each team rep will be suspended for negligent team management.
- 33. Forfeited/Cancelled Games:**
There are two scenarios with respect to a game not being played. Points will be awarded as follows:
- (a) One team forfeits. (Result: 1-point deduction)

For example, in the event that Team A forfeits to Team B, the following will occur: Team B is credited with the win, Team A is credited with the loss and is assessed a 1-point deduction in the standings.
 - (b) Both teams agree to cancel a game. (Result: No points are awarded)

If both teams agree not to play a game, no points will be awarded for the game. (For purposes of the website, the game will be recorded as a tie and 1-point will be deducted)

Further to Forfeited/Cancelled Games – in order to discourage forfeits or cancellations, a monetary penalty will be applied as such:

- If your team forfeits a game, your team is fined a sum of \$350. That fine will be applied to that team's league fees the following season. The \$350 fine payment is then credited to the league fees of the team that you forfeited against. The



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HHL will track forfeit debit/credit. Should both teams agree to cancel a game, each team will be fined \$175 payable to the HHL.

34. **Equipment:** Proper equipment, including a helmet, must be worn at all times. Facial visors are not mandatory.
35. **Slapshots:** Slapshots are allowed.
36. **Minimum roster for a game:** The HHL suggests a minimum of 10 players are required to start each game (of which one must be a properly dressed goaltender). If this is not adhered to, the game will still be played. The only exception is that a properly dressed goaltender must be present. In the event that a team chooses to forfeit, Rule 33(a) would apply.

Please note: Any team that demonstrates a consistent lack of attendance (less than nine (9) skaters and a goalie), will have their membership reviewed at the end of the season.

37. **Maximum roster for a game:** A maximum of 18 players is allowed per game (of which one must be a properly dressed goaltender).
38. **Pre-Game Preparation:** Home team is responsible for supplying a game sheet and pucks. Visiting team is to receive the game sheet at least 10-minutes prior to game time.
39. **Game Preparation:** Games must start within 10-minutes of the ice time booking: Example - Schedule time at 2:00, game must be started by 2:10 or the prepared team may demand the game is cancelled (Rule 33c). The prepared team may also decide to grant another 10 minute (maximum) grace period before the game is considered forfeited; in this case the team causing the delay will be assessed a 2-minute delay of game penalty. Late players will be allowed until the end of the first period if they are on the game sheet and there were enough players to start the game. Length of periods will be determined as follows:

75-minute ice bookings: 3 x 15 minute periods.

90-minute ice bookings: 3 x 15 minute periods.

All periods are to be stop-time. The third period length is to be adjusted at the end of the second period to use the length of the ice time booking.

40. **Roster verification:** Team captains are to "certify" game sheet rosters at the end of the first period to verify player attendance. If players are not verified by the team reps and/or timekeeper, only players with points or penalty minutes will be credited with a game played.



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41. **Appearance:** Proper numbered uniforms and matching socks must be worn at all times.
42. **Promotion/Relegation:** After each season the regular season point leader in the B-Division will be promoted to the A-Division, and the team finishing last in the A-Division will be relegated to the B-Division for the following season. The same promotion and relegation system will be applied to the 35+ divisions; the regular season point leader in the 35B Division will be promoted to the 35A Division, and the team finishing last in the 35A Division will be relegated to the 35B Division for the following season.
43. **Team Rep Responsibilities:** Team representatives must police their own teams. Failure to do so could result in suspensions ranging from temporary to indefinite as per Rule 45 "Repeat Offenders" rule. Abuse towards referees, scorekeepers, etc. will not be tolerated. Any actions must be noted on the back of the white game sheet.
44. **Penalty Minute Cap:** The Penalty Minute Cap applies to the entire season which includes the regular season plus playoffs. Any suspensions due from regular season play will carry over into the playoffs. Suspensions not served in their entirety will carry forward to the following season.
 - (a) **A Division, B Division**

Players who accumulate 60 or more minutes in penalties during the regular season & playoffs will be assessed a 2-game suspension. An additional 2-game suspension will be added for every 10 minutes accumulated over 60-minutes.
 - (b) **35A Division, 35B Division**

Players who accumulate 50 or more minutes in penalties during the regular season & playoffs will be assessed a 2-game suspension. An additional 2- game suspension will be added for every 10 minutes accumulated over 50 minutes.
45. **Repeat Offenders:** Players who are suspended more than once in a season are to be considered "Repeat Offenders" and will be subject to additional suspensions based on the number of times they are suspended in a season.

1st Offense:	Regular suspension
2nd Offense:	Suspended for remainder of season (This is to be reviewed by Disciplinary Committee)
46. **League Schedule:** Member teams shall comply with the League schedule as provided. The League reserves the right to modify the schedule as required to



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accommodate changes in ice bookings provided. Member teams shall not revise the date or times of games played nor attempt to contact game officials to attempt re-scheduling of games. Multiple infractions (more than one) may result in termination from the League at the discretion of the Disciplinary Committee.

Playoffs

- 47. Playoff Eligibility (subject to changes):** In each division, teams qualify for playoffs based on regular season standings, a specific number of teams will qualify. Current divisional scenarios are:

A-Div (top 6 teams qualify); B-Div (5 teams); 35A-Div (6 teams); 35B-Div (7 teams). If teams are tied in standings, please see Tie – Breaking Procedures below. All rostered players are eligible to play unless under suspension and subject to these rules:

(a) **A Division, B Division**

All players participating in the playoffs must have demonstrated a commitment to their team during the regular season by playing a minimum of 17 games (based upon a 42-game schedule) or they will be considered an illegal player.

(b) **35A Division, 35B Division**

All players participating in the playoffs must have demonstrated a commitment to their team during the regular season by playing a minimum of 14 games (based upon a 36-game schedule) or they will be considered an illegal player.

(c) **Non-roster Goaltenders in Playoffs**

In the event that a team is unable to dress one of their 2-3 rostered goaltenders, HHL Officers will provide a list of approved replacement options.

(d) **Long term injury**

In the event that a player has playoff eligibility issues as a result of a long term injury – the League (Divisional Director) will be notified by the team rep via email on each of December 15, January 30, and March 15. The correspondence must include proof of injury (Physicians report), furthermore the League will investigate the player's historical participation record, participation ratio of the player in the HHL and other leagues. Only after having all the proper documents on the dates specified, will the HHL make a determination on eligibility. No documents will be reviewed after March 15.



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TIE-BREAKING PROCEDURES:

If two or more clubs are tied in points during the regular season, the standing of the clubs is determined in the following order:

(Use this process until one team can be promoted. Then start the process again with the remaining teams.)

a) MOST POINTS:

The team with the most points in Regular Season advances first.

b) HEAD-TO-HEAD - 2 TEAMS ONLY (If more than 2 teams proceed to C):

In case of a tie between two teams, the team having earned the most wins head-to-head will advance.

c) MOST WINS

d) HIGHEST GOAL DIFFERENTIAL (GOALS FOR MINUS GOALS AGAINST):

The greater differential between goals for and against for the entire regular season will advance.

d) FEWEST GOALS AGAINST:

The team with the fewest goals against during Full Regular Season play will advance.

e) MOST GOALS FOR:

The team with the most goals during Full Regular Season play will advance.

f) FEWEST PIM:

The team with the fewest penalty minutes during Full Regular Season play will advance.

g) FIRST HEAD TO HEAD WIN:

The team that first won a head-to-head game will advance.

h) FIRST HEAD TO HEAD GOAL SCORED:

The team that first scored a goal in a head-to-head game will advance.



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48. **Playoff Format:** Playoffs will be a double-elimination tournament format, where teams will continue to play for the championship until they lose 2 games. If a playoff game is tied at the end of regulation play, there will be a 5 minute sudden death overtime period (4-on-4). If the game is tied after overtime, an NHL shootout will be used to determine a winner. Each period will be 15 minutes in length.
49. **Overtime:** The overtime period will be 4-on-4, where each team plays with 4 skaters and a goaltender. The teams will not change ends for the overtime period. Goaltenders may be removed at any time during overtime and replaced with another skater. Penalties incurred in regulation time and not completely served will carry forward into overtime and completed unless the game is ended. When regulation time ends and the teams are 5-on-4, teams will start overtime 4-on-3. When regulation time ends and the teams are 5-on-3, teams will start overtime 5-on-3. Once player strength reaches 5-on-4 or 5-on-5, at the next stoppage of play, player strength is adjusted to 4-on-3 as appropriate. Additional penalties in overtime will be assessed and served consistent with the rules noted above. At no time will a team have less than 3 players on the ice.
50. **Shoot-outs:** Shoot-out format will be 3-shooters per team and sudden death after that. The home team shall decide which team shoots first. No player can shoot twice in shoot-outs unless all skaters have participated.
51. **Penalties at end of game:** A player serving a penalty at the end of a tied playoff game is eligible for the shoot-out. Ejected or injured players can be replaced with a player of the team's choice, but not before all players have been used.

League Policy

53. All players, coaches, managers and spectators within the Heritage Hockey League attend at their own risk of personal loss, damage, or injury, however caused.
54. Generally accepted practices and policies of ice hockey for senior men's amateur hockey are adhered to by the Heritage Hockey League.
55. It is the objective of the Officers of the Heritage Hockey League to promote and expand senior men's recreational hockey within the City of Calgary. Sportsmanship and responsibility are expected from all associated members to help reach this goal.
56. The interpretation and enforcement of these Rules and Regulations is to be at the discretion of the Officers of the Heritage Hockey League.