

CREDIT UNION CENTRE HOCKEY LEAGUE (CUCHL) RULES AND REGULATIONS 2011-12

The current Canadian Hockey Association and USA Hockey rules (where applicable) will govern all games, with the exception of a number of rules specific to Credit Union Centre Hockey League. The addition, deletion, and modification of CUCHL rules will be introduced at the beginning of each season. League Managers assume no responsibility for any claims arising through the operation of the League. No allowances will be made for ignorance of the rules.

SECTION ONE – THE RINK

1.1 ARENA PROPERTY

Any damage to Arena property will be paid for by the individual(s) responsible, prior to participation in any further League games. Non-compliance constitutes automatic indefinite suspension from the League and possible legal action. If the individual(s) responsible for the damage cannot be identified, the Team will be removed from the schedule until the damages are paid in full.

1.2 ALCOHOL, CONTAINERS & SMOKING POLICIES

Alcoholic beverages and/or glass containers are prohibited in unlicensed areas of the Arena. Failure to comply with this policy will result in disciplinary action against the offending individual(s) including possible suspension from the League. This rule applies to the dressing rooms, playing area, parking lot, grounds, and restaurant/bar area (alcoholic beverages are not allowed to be brought into the restaurant/bar area).

Due to liability issues and the potential to jeopardize our license with the Liquor Control Boards, consumption of alcoholic beverages in unlicensed dressing rooms will result in stricter control by Credit Union Centre staff. Teams are to be out of the dressing rooms after their games in the specified time period as outlined in the facility. Any player caught chewing in the Credit Union Centre will immediately receive a game misconduct for that game. Teams in violation of this alcohol and smoking policy will be given a written warning for the first offence; a \$100 fine for the second offence that will be donated to a recognized charity of the Team's choice; and should a third offence occur, the Team will be immediately expelled from the League (no refunds will be issued). We remind all CUCHL members that the consumption of alcohol in unlicensed locations is against the law and that serious liability issues may arise from this action.

Smoking is not permitted in Credit Union Centre or satellite locations, due to Provincial laws. Teams or Individuals found in violation of this policy will be suspended indefinitely. No refund will be issued.

1.2.1 ILLICIT DRUG USE

Illicit drug use in Credit Union Centre sports facility or satellite locations is strictly prohibited. Teams or Individuals found in violation of this policy will be suspended indefinitely. No refund will be issued.

1.3 PERSONAL PROPERTY

The League accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the arena. Locks are provided for dressing room doors at Credit Union Centre so it is the Team's responsibility to lock their dressing room before going on the ice. Some facilities have dressing room keys/locks available.

1.4 NOTICES

All Players should check the League bulletin board, internet and website for any postings concerning game changes, standings and league news. Team representatives are encouraged to check in with the league office before each scheduled game and communicate all concerns to the league manager.

1.5 ACCIDENTS

All accidents and injuries must be reported to the league manager and to the arena management, immediately after an accident has occurred.

SECTION TWO – LEAGUE ADMINISTRATION

2.1 ELIGIBLE PLAYERS

Only players registered with the league may participate. ALL PLAYERS MUST SIGN THEIR OWN NAMES ON EACH OFFICIAL GAME ROSTER. Forging of signatures or use of abbreviated signatures may result in a player's disqualification from that game or a team default of that game. The following disciplinary actions will occur:

1. If a current registered player forges, another current registered player's name and plays as this person, both the player playing as the absent individual and the absent individual will be suspended one game for the first infraction and will be subject to a disciplinary hearing after this.

2. If a non-registered player forges the signature and plays as a current registered player, the following will occur

-Non registered player will be suspended for the remainder of the season

-Current registered player will be suspended 1 game

-Team Rep number 1 will be suspended 3 games

Subsequent infractions are subject to a disciplinary hearing after this.

A team found guilty of using an ineligible player during the playoffs will be assessed a default loss for that game. If an ineligible player is discovered after the second game of a two-game playoff series, the offending team will be summarily disqualified.

Players arriving before the start of the last period of regulation time will be permitted to participate once they have signed the official game roster. Players must be dressed and ready to play before the start of the last period of regulation time. Any player arriving after the last period of regulation time has begun will not be allowed to participate.

If there is a discrepancy between the number of games played listed for a player on his/her

online roster and the number of official game rosters signed by the player, then the number of property-signed official game rosters will be used to determine eligibility. The team rep is responsible for ensuring their online roster accurately reflects the correct games played statistics for all of his/her players.

All players participating in a Credit Union Centre Hockey League game must 18 years of age or older. Any player under the age of 18 must acquire the league manager's approval and submit written parental consent prior to registration/participation in any CUCHL game.

2.1.1 PLAYER REGISTRATION

All players participating in the CUCHL are required to complete a registration process. Upon completion of this process, all players will be issued a personalized CUCHL seasonal eligibility helmet sticker. All players must have the sticker affixed to their helmet for the first game of the season. In order to receive individual stickers team CARHA forms and individual CUC waivers must be submitted to the league and stickers will be handed out. It is the teams responsibility to ensure that all players that will be participating in playoffs and have met other requirements are on the CARHA form before playoffs. Additionally, the player must carry his/her identification in the facility or on their person ONLY and be prepared to produce it for CUCHL staff upon request.

Any team with a player that does not have the sticker properly placed and visible on his/her helmet will be assessed a minor penalty for delay of game by the CUCHL referees and the player will be sent off the ice and not permitted to return until the sticker is properly affixed. If the card or sticker is lost a replacement may be purchased from the league office at a cost of ten dollars.

2.1.2 CARDED PLAYERS

Carded players are discouraged from playing in the CUCHL due to their commitment to their junior or senior teams. Enrolment of a carded player is at the discretion of the league manager.

2.2 PLAYOFF ELIGIBILITY

For a player to be eligible for playoff competition, he/she must have played in a minimum of 33% of the TOTAL amount of the team's regular season games. For players that also play as goaltenders for a team as required, those players must have played a minimum combined total of 33% of regular season games to be eligible for playoffs.

The only possible exception to this rule is in the case of severe player injury. If a player misses several regular season games due to a serious, documented injury, a valid doctor's certificate will be required that specifically indicates the date the injury was reported. The doctor's certificate must be handed in to the league manager before the player returns to the ice. The league manager will then subtract the games missed due to injury from the team's total games, and the player will be deemed eligible if they have played in at least 33% of the games that were not covered in the doctor's certificate.

Players must also have submitted a waiver, played one game prior to December 1st and be on the teams CARHA insurance form, which is the responsibility of the team rep to have all players

on the CARHA form.

To be eligible for playoffs, players must be 18 years of age or older by December 31st of the current season.

2.2.1 PLAYOFF ELIGIBILITY – SPARE GOALTENDERS

In the playoffs, a team may enlist any playoff eligible goaltender as a spare so long as they are currently registered with another CUCHL team playing at the same level (i.e. A, B, or C) they are playing at (or lower). The spare goaltender can only be used by the team if their full-time (or eligible backup) goaltender is unavailable. Any goaltender that qualifies for playoffs on two teams in different divisions is considered a higher division goaltender for the purposes of sparing. This goaltender is still allowed to play on the lower ranking team provided he/she meets the minimum eligibility requirements.

2.3 SUBSTITUTE GOALTENDERS AND GOALTENDER INJURY

During the regular season teams may use any consenting goaltender from the CUCHL that is of the appropriate skill level. However, during the playoffs substitute goaltenders may only play with the written approval of the league manager. A team can only use a goaltender that has played in the SAME DIVISION OR LOWER and has met eligibility requirements (refer to 2.2 and 2.2.1 above).

If a goaltender is kicked out of a game for incurring a game misconduct, major (except accidental high sticking) or match penalty, the game will be defaulted if there is no backup goaltender available or if the team cannot find a suitable replacement within ten minutes. Note: under this scenario a substitute goaltender is permitted to join the game after the conclusion of the second period of play (see Rule 2.1 above).

If a goaltender goes to the players' bench due to an injury, he shall retire from the ice and his place shall be taken by an alternate goaltender and no warm-up will be permitted. However, this rule will only apply when an alternate goaltender is dressed. When an alternate goaltender is not dressed, the injured goaltender will be allowed ten minutes to recuperate. If a replacement is necessary for the injured goaltender, an additional 5 minutes shall be allowed, or the team may continue with 6 skaters, or default the game. During playoff games, the time allotted for a goaltender replacement is at the discretion of the league manager.

If a player starts a game as a substitute/alternate goaltender or injury replacement, he may be substituted and return as a skater.

2.4 TEAM JERSEYS

All players must wear matching jerseys, and be numbered differently. In the event of a conflict of team colours (the visiting team representative and/or referees will determine if there is a conflict), the VISITING TEAM will wear their alternate jerseys. Each team is strongly encouraged to assign 1 captain and up to 2 alternate captains. The captain's "C" and alternate "A" must be clearly identified on the sweater.

2.5 ROSTER LIMIT

Each team is permitted to dress a maximum of 18 players (including goaltenders) for an CUCHL game. Each team is permitted to register a maximum of 18 players (including goaltenders) on their roster. If a team chooses to register more than the allowable 18 players, there will be an additional fee of twenty-eight (28) dollars for each player, payable at time of registration (to cover the extra insurance premium and administrative costs). Note: for the purpose of regular season or playoff awards, the league will recognize 17 players and 1 goalie per team.

2.6 SIGNING OF GAME ROSTER

Due to insurance and eligibility requirements, game rosters must be signed by all players prior to each game. Coaches and managers are not allowed on the bench. All individuals on the bench must have full equipment, uniform and helmet. Any backup goalie on the bench must also wear a helmet.

2.7 (A) SKILL LEVELS – TEAMS

The league manager reserves the right to move a team to a different division based on overall and/or individual player skill level, win/loss record or other statistical data versus current divisional opponents. This rule is applicable at any time during the season.

2.7.1 (B) SKILL LEVELS – PLAYERS

PLAYOFF ELIGIBILITY IS RESTRICTED TO ONE CUCHL DIVISION BELOW THE PLAYER'S EXPERIENCE³ LEVEL. For players skating with more than one team, the highest division they are participating in will be used to determine eligibility (e.g. a player that plays for an 'A' team and a 'C' team will be restricted to the 'A' team roster during the playoffs, assuming conditions of rule 2.2 are met). For players skating with only one team, their level of experience will be used to determine playoff eligibility.

2.8 TIES IN STANDINGS – 2 OR MORE TEAMS

In the event of a tie in the standings at the conclusion of the regular season or after a playoff round robin, final results will be decided by:

- a) head-to-head record against the team(s) you are tied with;
- b) most wins;
- c) goal differential (goals for minus goals against);
- d) least goals against;
- e) least penalty minutes (average per game);
- f) coin toss.

Each time one team has been advanced using this method, revert back to the start of 2.10 to break the remaining tie(s).

Final regular season standings and playoff rankings will be determined by a team's winning percentage (WinPCT) against teams in their current division.

2.9 SUSPENSIONS

All infractions occurring before, during and after any scheduled game are subject to review by

league officials. The league manager has the authority to levy suspensions in accordance with the minimum standards and at his/her discretion, increase or decrease suspensions due to extenuating circumstances.

A PLAYER RECEIVING A SUSPENSION IS SUSPENDED FROM ALL TEAMS UNTIL THEIR SUSPENSION IS COMPLETED (i.e. their return date is achieved). For example, a player is playing for team "A" and team "B". The player receives a 3 game suspension for fighting while playing for team "A". The player must sit out three of team "A's" games before he/she is eligible to play again for team "A" or team "B". Therefore, if team "B" has 2 games in that period of time, the player will sit out a total of 5 games for the original penalty infraction.

Note: an accidental high-sticking major penalty will be accompanied by a game ejection penalty (rather than a game misconduct).

OFFENSE	MINIMUM CUCHL SUSPENSION
Fighting (1 st offense)	5 games (depending on severity, instigator, aggressor, referee's report, etc.)
Fighting (2 nd offense)	One year suspension
Checking From Behind (1 st Offense)	3 games (depending on severity, injury)
Checking From Behind (2 nd Offense)	Indefinite Pending Review
Major penalty (1 st offense)	1 game and review by league manager
Major penalty (2 nd offense)	2 games and review by league manager
Major penalty (3 rd offense)	3 games and review by league manager
Gross misconduct	Automatic indefinite suspension pending review by league manager
Match penalty	Automatic indefinite suspension pending review by league manager
Game misconduct	Balance of game
Game misconduct (last 5 minutes of regulation)	1 game
Game ejection	Balance of game

2.11.1 SUSPENSION APPEALS

A player may appeal a suspension of three or more games, (Minimum fighting or checking from behind suspensions as stated in table 2.9, cant be appealed) by filing a written submission with the league manager and paying a \$200 review fee. The appeal letter must be submitted to the league manager within 30 days of the suspension's issue and must be paid before an appeal hearing will be organized.

The letter must outline the basis for the appeal (e.g. player's penalty history, comparable suspension length for a similar incident, etc.) and include the registered charity of choice. A suspension appeal may only be made by the team representative.

The league manager will convene a hearing with an odd number of team representatives (minimum three) currently registered with the league at the facility. The committee will examine league evidence, review the appeal letter, and allow an opportunity for the suspended player to address the panel. If the suspension length is reduced, the \$200 fee will be refunded. If however, the suspension length is upheld (or extended) the \$200 fee will be donated to the registered charity of the appealing player's choice.

2.10 MANAGEMENT RIGHTS

League managers reserve the right to restrict player movement and (re)align teams in any division based on game performance and/or their assessment of individual or group skill levels.

The league manager or league official (convenor or designate) makes the final decision on whether a game is defaulted due to one of the teams not having enough players to play. Referees are to consult the league official for a determination at the time of the instance.

League and/or facility managers reserve the right to suspend or remove players or teams that are not displaying the appropriate behaviour that reflects the image of the CUCHL.

2.11 REFEREE QUALIFICATIONS

Every CUCHL referee will be required to be carded at a minimum HCOP/USA Hockey level II or its equivalent.

2.12 GAME PROTESTS

A team may protest a game by filing a written submission with the league manager and paying a \$200 review fee. The protest letter must be submitted to the league manager within 24 hours of the conclusion of the scheduled regular season game or within one hour after the conclusion of the scheduled playoff game. The fee must be paid before the league manager will review the protest.

The letter must outline the basis for the protest (e.g. ineligible player, rule interpretation, etc) and include the registered charity of choice. Note that game calls such as a missed penalty, off-side, icing or a disallowed goal are not eligible grounds for a protest. A game protest may only be made by the team representative.

The league manager will convene a hearing with the team representative, another league official (if the league manager deems their participation necessary), a neutral party, and at least one of the referees involved in the game. Attendance by the opposing team rep is optional. If the ruling is reversed the \$200 fee will be refunded. If however, the ruling is upheld, the \$200 fee will be donated to the registered charity of the appealing team's choice.

SECTION THREE – PROTECTIVE EQUIPMENT

3.1 GOALIE MASKS

Goaltenders may not wear homemade masks. Credit Union Centre and the CUCHL strongly recommend the use of CSA approved helmets and masks only. Cats Eye masks are not allowed.

If an individual starts a game using an illegal cats eye mask, and the officials notice this during game play, the game will be stopped at the next whistle, and the goalie will be assessed a two minute penalty for illegal equipment (to be ran when the game resumes). The goalie will also be required to find an eligible mask before the game will be resumed. The goalie will have 5 minutes to do so, if at this point no mask has been found, the clock will be started and another 5 minutes given, at the end of these 5 minutes there is still no mask, the game will be forfeited.

NO EXCEPTIONS

If an individual is seen wearing a cats eye mask before the game starts, he will be required to find an eligible mask before the puck will be dropped. No equipment penalty will be assessed, but Rule 4.4.1 Procedure for start of game will be followed as for a forfeit.

3.2 HELMETS

Helmets are mandatory and must be worn by all players and referees. Helmets must be CSA approved (no Gretzky/Jofa shell helmets) with properly fastened chinstraps. A minor penalty will be called should any player not have his/her helmet chin strap fastened properly. This rule will be enforced by the referees and league officials for all games.

3.3 FACIAL EQUIPMENT

Face shields or visors are strongly recommended for all divisions of men's hockey within the CUCHL. Canadian Hockey Regulations (rule 24b, note 2) mandate women's division players to wear full facial protection. Note: female players participating in men's divisions are permitted to wear half or three-quarter visors in lieu of face shields. Females participating in coed divisions are subject to the women's division standard of facial protection.

If a player has removed the visor from his helmet, the visor hooks on the sides must also be removed as a safety measure. Offending players will be ordered off the ice and may not return until the hooks have been removed.

In order to qualify for facial injury reimbursement under the CARHA insurance policy, players will be required to wear a CSA approved full face shield or half visor while playing in the league.

Players who choose not to wear the minimum half visor protection will forfeit their right to reimbursement for any facial/eye injury or loss.

Accidental dental reimbursement is determined using the following criteria: up to a maximum of \$5,000 for players wearing a full face shield, up to a maximum of \$2,000 for players wearing a half visor or no visor.

Every CUCHL referee will be required to wear a half visor.

3.4 NECK GUARDS

Neck guards are recommended for all players in all divisions.

SECTION FOUR – PLAYING RULES

4.1 ICING

All stoppages for icing will be initiated when the puck crosses the goal line of the non-offending team. All icing calls will be initiated by the offending team shooting the puck into the defending zone from behind the centre red line. If a goaltender leaves the crease area to play the puck, the icing will be waived off.

4.2 OFFSIDE PASSES

The centre red line is not in play for offside passes.

4.3 STICK & EQUIPMENT MEASUREMENTS

Stick and equipment measurements will NOT be permitted. However, if in the opinion of an official, any stick or equipment poses a threat to the safety of other players, the player will be asked to remove it from the game.

4.4 DEFAULTED GAMES

The following situations will result in a defaulted game:

- If either team does not have a minimum of 7 skaters and 1 goaltender on the ice by the time 10 minutes have elapsed in the first period.
- If a player who has been ejected from the game for any reason does not leave the ice in a timely manner (discretion of referee). It is the team's responsibility to ensure an ejected player leaves the ice surface.
- If a goaltender is ejected from the game and is not replaced within the ten minutes allotted (rule 2.3).
- If a team chooses not to continue the game after an injury to their goaltender (rule 2.3).
- If either team cannot field 5 skaters at any point during the game due to players being ejected, or penalized.
- If either team refuses to continue the game for any reason other than safety concerns agreed to by the referees and league official.
- If either team fails to meet the financial payment terms of the league.

The team that the default was committed against will get the game ice slot for their use for a scrimmage or practice. Referees and timekeepers will not stay on the ice once the game has been declared a default (see 2.12). The game result will not be rescheduled.

In a situation where both teams default, the game will be cancelled and both teams will receive a loss.

The team sanctions for defaulted games will be handled on a situational basis. These sanctions will be reviewed at team rep meetings and may be changed during the season at the discretion of the league manager. Any team that forfeits will be responsible for the game costs of officials, scorekeepers and ice time if the ice is outside of Credit Union Centre this cost is in addition to their league fees. If the game is played at Credit Union Centre the team will be responsible for the cost of officials and scorekeepers. Officials are not required to work a forfeit.

Playoff forfeits---Any team forfeiting their playoff game after the set deadline, will be responsible for the cost of the game officials, and the 1 hour ice at Credit Union Centre or elsewhere

4.4.1 PROCEDURE FOR START OF GAMES – DELAY OF GAME

The following procedure will be in place for the start of all CUHL games:

At the start of the scheduled ice time or once the ice resurfacer doors close (whichever comes last), the warm-up time will start running down from 25 minutes. If any player(s) enters the ice surface before the resurfacer doors are closed, their team will be issued a two-minute minor penalty for delay of game. The buzzer will sound (or the referee will blow their whistle) with one minute remaining in the warm-up to make players aware that the warm-up session is nearly complete. Teams must then send their starting lineup onto the ice and prepare for the opening face-off. The clock will continue to run until the first stoppage in play.

Note: the clock will stop if there is no referee present at centre ice to start the game at the advertised first period time.

In situations where one or both teams are unable to field the minimum seven skaters and one goaltender at the end of the warm-up (Players must be on the playing surface), or are not ready for the face-off, the following procedure will apply:

- The clock will continue to run into the game time;
- After six minutes have elapsed the offending team will receive a two minute minor penalty for delay of game;
- After eight minutes have elapsed the offending team will receive another two minute minor penalty for delay of game;
- After ten minutes have elapsed the game will be defaulted (see 4.4);
- If the offending team manages to meet the minimum player requirement during this process, the game will be started immediately. The clock will not be stopped until the first stoppage in play. Game time will not be added back onto the clock;

Regular season shootout sessions may be cancelled due to time constraints

PLAYOFF GAMES

Period 3	5 minutes (stop time)	3 on 3 + goaltender
Period 4	shootout	3 shooters

For period 4 the following will occur:

- Goalies do not change ends;
- The home team will choose which team shoots first;
- Referees use CHA procedures for penalty shot.

Player changes are permitted during play stoppages.

Any penalty in the fourth period, that has not expired, will eliminate the penalized player from shootout participation.

After a player has taken their shot, he/she must report to the penalty box and not return to the players' bench.

Following the first three shooters, sudden victory will decide the game winner (i.e. one team scores, the other does not). All players must shoot before any player takes a second shot. The deciding factor will be the smaller bench strength, before a player takes a second shot.

LEAGUE FINAL

Period 3	10 minutes (stop time)	5 on 5	sudden victory
Period 4	10 minutes (stop time)	4 on 4	sudden victory
Period 5	10 minutes (stop time)	3 on 3	sudden victory
Period 6	shootout		3 shooters

4.8 LENGTH OF GAME

In the event that a game is running behind due to the occurrence of the game, the clock will be cut to three minutes stop time when there is five minutes left in the time slot (no running time).

In the event there is a five or more goal spread in the last five minutes of the last period, the game clock will revert to running time. If the game is starting to get out of hand, the game will be terminated at the referee's discretion. Note: the game clock will revert to stop time if the goal difference is reduced to four.

In the event there is a five or more goal spread in the last period, the last ten minutes may be played with running time, with the approval of both team representatives and/or captains. If at anytime during the game there is a goal spread of 10 or more goals the clock will go to running time

In the event that a game is being played in an unsafe manner, the referee or league official (manager, convenor or designate), at his/her discretion, can end the game at any point. A full report must then be forwarded to the league office.

4.9 15-SECOND FACE-OFF RULE

After each stoppage in play, the 15-second face-off rule will be used. The referee will use the following procedure: ten seconds following any stoppage in play, the referee administering the face-off will blow his/her whistle to indicate that in five seconds the puck will be dropped. Teams should line up at the face-off location accordingly.

4.10 PLAYER INJURY – BLOOD DRAWN

If a player is cut during a game and blood is drawn, the player must leave the ice to clean and bandage the wound prior to being allowed to return. The player is ineligible to return to the ice with blood on jersey, equipment etc.

SECTION FIVE – PENALTIES

5.1 HIGH STICKING

A player who contacts an opponent above the normal height of his shoulders with a high stick shall be assessed a double minor, major or match penalty at the discretion of the referee. If injury results, a major penalty or match penalty will be assessed, depending on the intent of the offending player. If the infraction is deemed to be accidental, a major and game ejection will be assessed (game time served with no suspension). Again, this decision will be made by the referee. **IT IS THE RESPONSIBILITY OF ALL PLAYERS TO BE IN CARE AND CONTROL OF THEIR STICK AT ALL TIMES DURING THE GAME.**

5.2 BODY CHECKING/BOARDING

Deliberate body checking/boarding is not permitted anywhere on the ice. Any accidental collisions or accidental contact will be judged by a referee based on the CHA definition of checking – rule 50 (b): “no player is entitled to use his body to intentionally body check, bump, push or shove an opponent”.

Body checking penalties shall be cumulative: **ANY TEAM RECEIVING THREE BODY CHECKING AND/OR BOARDING PENALTIES IN ONE GAME WILL SERVE THE THIRD (AND ANY SUBSEQUENT PENALTIES) AS FIVE MINUTE MAJORS.**

Any player receiving a 2nd major penalty for body checking or boarding in one season will receive an automatic two game suspension and must attend an interview with the league manager before returning to play.

5.3 BUTT-ENDING

A double minor, major or match penalty will be assessed to any player who butt-ends or attempts to butt-end an opponent. Injury and/or intent will be the determining factor in which penalty is assessed, and will be at the discretion of the referee.

5.4 ROUGHING

A minor or major penalty shall be assessed to any player who, in the referee's judgment, is guilty of unnecessary rough play. When an injury results from an infraction to this rule, a major penalty plus a game misconduct may be assessed.

Any player with cumulative rough play penalties will be reviewed by the league manager and may be suspended.

5.4.1 ROUGHING AFTER THE WHISTLE

The player first identified of engaging in rough play after the whistle shall be penalized. If retaliation occurs, then the player first identified as causing the unnecessary rough play after the whistle may be assessed four minutes (two for roughing and two for unsportsmanlike conduct) while the retaliator is assessed a minor, major or match penalty, at the discretion of the referee.

5.5.1 FIGHTING

All first offence fighting majors will result in a minimum five game suspension. Repeat offenders will be suspended for the balance of the CUCHL season (regular season plus playoffs) and may be permanently suspended (see rule 2.11).

If a player or players drop their glove(s) and do not continue an altercation, an automatic game ejection will be assessed and is subject to further review and may result in suspension. Referees and/or a league official will direct all ejected players to their respective dressing rooms (see rule 4.4 note 2).

5.5.2 FIGHTING – OFF THE PLAYING SURFACE

A major penalty plus game misconduct penalty shall be assessed to any player who is involved in a fight with another player off the playing surface. The CUCHL will not tolerate this behaviour and an indefinite suspension of all players involved will occur, pending a review by the league manager.

5.6 SPEARING

A double minor penalty shall be assessed to any player who pokes or jabs (or attempts to jab) an opposing player with the toe of the blade of the stick. A match penalty shall be assessed to any player who deliberately spears or deliberately attempts to spear by jabbing forcefully with the toe of the stick blade, or who injures an opponent by any spearing action.

5.7 SLASHING

A double minor, major or match penalty, at the discretion of the referee, shall be assessed to any player who swings their stick at an opponent (whether out of range or not, whether actually striking him or not) or who, on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating their opponent.

A double minor, major or match penalty, at the discretion of the referee, shall be assessed to any player who impedes or seeks to impede the progress of an opponent by slashing with his/her stick.

5.8 CROSS-CHECKING

A double minor, major or match penalty at the discretion of the referee, shall be assessed to any player who cross-checks an opponent. A major penalty and a game misconduct penalty shall be assessed to any player who injures an opponent as a result of a cross-check.

Any player who strikes an opponent above the normal height of his shoulders with a cross-check shall incur a major penalty and a game misconduct penalty, whether or not injury results. A match penalty may also be assessed to any player who deliberately injures an opponent with a cross-check.

5.9 SLOUGH-FOOTING & CHECKING FROM BEHIND

A major or match penalty, at the discretion of the referee, shall be assessed to any player who slough-foots or checks an opponent from behind. There will be an automatic game misconduct assessed to any player penalized with a slough-footing or checking from behind penalty during a game. Any player that persists in committing these infractions will be suspended from the league.

5.10 MISCONDUCTS

Any player, except a goaltender, incurring a misconduct penalty, shall be ruled off the ice for a period of ten minutes actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiry of his penalty.

Any player who is assessed a second misconduct penalty in the same game shall automatically be assessed a game misconduct penalty. An automatic (minimum) one game suspension will be assessed on top of the game ejection.

All misconduct penalties are subject to review by the league manager. No player shall be required to serve a misconduct penalty for another player.

5.11 GAME MISCONDUCTS

Any player or coach that receives a game misconduct penalty will be ejected for the balance of the game. If this penalty is assessed in the last five minutes of regulation time, an automatic (minimum) one game suspension will be assessed. All game misconduct penalties are subject to review (and possibly further suspension) by the league manager.

5.12 STICK INFRACTIONS

In the CUUHL, stick infractions are assessed as double minor penalties (i.e. four minutes). In the event the non-offending team scores with the man advantage during the first two minutes of a stick infraction, the original penalty will be reduced on the penalty time clock to two minutes. Stick infractions include the following:

- High sticking
- Cross checking
- Slashing
- Butt ending
- Spearing

5.13 GAME EJECTIONS

Any player receiving three minor penalties or two stick infractions in one game will receive a game misconduct. If this occurs in the last 5 minutes, the player will be suspended. If the Third penalty is an accidental high sticking, the player will receive a game ejection, and will miss the balance of that game. If the third minor penalty is coincidental, that player will not be ejected until a fourth minor is incurred. If a player receives a 2nd stick infraction, he will receive a game misconduct regardless if the penalty is a coincidental. Note: by definition, coincidental penalties must be of the same severity and length. Example: if player A receives a high-sticking minor (four minutes) and player B receives a roughing minor (two minutes) during the same stoppage in play, these are NOT considered to be coincidental.

If a goaltender receives a game ejection for penalties, the goaltender will be allowed to stay in the game, and will be suspended for the next scheduled game.

A repetition in game ejections for any player or team can result in suspension.

5.14 GROSS MISCONDUCTS

The player is immediately ejected from the game and the incident will be reviewed by the league manager. This penalty will be assessed to any player, coach, or team official who makes obscene gestures, excessively abuses spectators, other players or league officials OR attempts to make a travesty of the game.

5.14.1 GROSS MISCONDUCTS – RACIAL SLURS

If any player utters a racial slur before, during or after an CUCHL game, the PLAYER will automatically receive a gross misconduct and be suspended according to the rules of the league.

There will be no tolerance for this type of behaviour and the league will be very harsh with its assessment of suspensions. Should the player committing the offense not be discovered, the TEAM REPRESENTATIVE will be automatically indefinitely suspended, pending a review by league officials and/or facility managers.

5.15.1 MATCH PENALTIES – INVOLVING A LEAGUE OFFICIAL

Automatic indefinite suspension from the league. There is no minimum suspension. This penalty will be assessed when a player, coach or team official, verbally, physically threatens or abuses any league official (managers, referees, timekeepers, etc.).

5.15.2 MATCH PENALTIES – INVOLVING A PLAYER

Automatic indefinite suspension from the league. There is no minimum suspension. This penalty will be assessed when any player physically abuses another player with INTENT TO INJURE.

An attempt to injure is, in the opinion of the referee, an automatic match penalty, regardless of whether it causes injury or not, and will be reviewed by the league manager. The pending results of the injury will be considered by the league manager when determining the length of

the suspension and whether additional penalties are to be handed out.