

Ste. Gen. League Gym Hockey
Rule Book
Updated 11-23-22

Contents

Section I – Regulations

- Article 1.01 Eligibility
- Article 1.02 Draft Rules
- Article 1.03 Equipment
- Article 1.04 Gym Responsibility
- Article 1.05 Schedule
- Article 1.06 Player Game Night Conduct

Section II – Game Rules

- Article 2.01 Play
- Article 2.02 Stopping Play
- Article 2.03 Face-offs
- Article 2.04 Hand Pass
- Article 2.05 Goals
- Article 2.06 Off sides
- Article 2.07 Penalties

Section III – Playoffs

- Article 3.01 Qualifying
- Article 3.02 Ranking for Playoffs
- Article 3.03 Rule Changes

Section I – Regulations

Article 1.01 Eligibility

- 1.01A – Only children in the 6th – 8th grades, ages 11 – 14 are eligible to play in the major gym hockey league. Only children in 3rd – 5th grades, ages 8-11 are eligible to play in the minor gym hockey league. No exceptions will be made. Any violations will be handled immediately.
- 1.01B – No child can play in the either league more than three years. No child can play in the major league at age 15 or older. (Or) six years total in both leagues combined.
- 1.01C – All children must pay the league fee in order to play. The fee is used to pay for insurance, shirts, and equipment.

Article 1.02 Draft Rules

- 1.02A – Teams will draft players in the reverse order of last years standings. (Last place teams picks first.)
- 1.02B – The girls that play hockey in the major league will be distributed evenly throughout the league. If there is an excessive number of girls enrolled to play, then a special girls draft will occur. This draft will be conducted in an order that will produce league parity. Higher ranking teams will pick more girls than lower status teams.
- 1.02C – Any child that is an automatic pick (A parent request's their child be put on their team.) Limit one assistant coach per team for an automatic pick. Assistant coaches must coach with the same head coach for a minimum of three years for their child to be placed on that team. The picks are as follows; any returning child that scored more than 10 points the previous year is a 1st round pick. A child that played goalie and had under a 3.00 GAA with the minimum minutes played is a first-round pick. Any returning child that scored less than 10 points or had greater than 3.00 GAA the previous year is a 2nd round pick. Any child that did not play the previous year is a 2nd round pick.

Article 1.03 Equipment

- 1.03A – All children must wear gym shoes (rubber soles) on the gym floor.
- 1.03B – A regulation gym hockey stick approved by League Commissioner, and the blade width shall not be smaller than 2 inches. (Cosom, Kramer or equivalent sticks are the sticks allowed in the league. NO street sticks will be permitted on the floor during games or practice.) A curve on the blade of not more than 1 ½ inches will be allowed.
- 1.03C – No tape of any kind will be allowed on the stick blade. (Some tape will leave a mark on the gym floor)
- 1.03D – All replacement blades must be the same length, width, and strength as league sticks.
- 1.03E – All goalies must wear shin pads, chest protector, and mask. This equipment is furnished by the league.
- 1.03E1 – A blocker pad is available to use if the player desires to use it.
- 1.03E2 – Any goalie wishing to use any equipment not furnished by the league may do so at their expense, providing it meets the leagues requirements.
- 1.03F – Players must wear their team colors in a scheduled game unless told to otherwise.

Article 1.04 Gym Responsibility

- 1.04A – Have two referees and a score keeper for each game.
- 1.04B – Call Front Desk in regards to gaining access to building & storage area.
- 1.04C – After entering gym, make sure everything is all right. If something is not right, broken or not available, contact SGCCC Front Desk right away.
- 1.04D – Make sure restrooms are in order.
- 1.04E – Have the score sheet and scoreboard ready for the first game, and make sure the first game starts on time. (We need to be out of the gym by 9:30 PM.)
- 1.04F – No one is to smoke or bring food or drinks into the gym.
- 1.04G – Keep an eye on the restrooms, outside parking lot, hallways, the outside area and any other area kids are not supposed to be.
- 1.04H – BEFORE LEAVING THE GYM
 - Collect all equipment and put it in the bag. Check the restrooms, the hallways, the outside areas for damage. Pick up all trash that has been thrown on the ground, under the bleachers, or anywhere else it is no suppose to be. Let's leave the gym in better shape than when we got there. If something gets broken, let Randy know about it as soon as possible. (This includes Community Center property or our equipment.) Place all gym hockey equipment in the big storage room. Make sure everyone is out of the gym before you leave. Leave scoreboard controller where it is and place stat sheet under scoreboard controller. Community Center staff will close & lock building.

Article 1.05 Schedule

- 1.05A – A schedule of this season's games will be given to the coaches before the start of the year.
- 1.05A1 – The past practice of rescheduling games when one team does not have all their players will be discontinued.
- 1.05B – If it snows, League Officials will make a decision by 3pm if games will be played.
- 1.05B1 – A team must have at least six players to play that night's game or it will be considered a forfeit.

Article 1.06 Player Game Night Conduct

- 1.06A – A player must conduct themselves in a sportsmanlike manner not only on the court, but off the court as well. Any player caught by another coach fighting or taunting another player will be given a game night misconduct penalty under the remarks section of the current games score sheet. (Cussing or any other minor incident that they do, they can be given a warning under the same section.) These penalties will be recorded against the player. (See - Penalties)

Section II – Game Rules

Article 2.01 – Play

- 2.01A – The game starts with a faceoff at center court and continues until a whistle is blown to stop play.
- 2.01B – Once a whistle has been blown, play is restarted with a faceoff at a predetermined spot on the floor.
- 2.01C – Regulation time of a scheduled game consists of three fifteen-minute periods, with a one and one-half minute resting time between periods.
- 2.01D – A time out can only be called when play is stopped. Each team is allowed one time out per game.
- 2.01E – If a game is tied at the end of regulation play, a five-minute overtime is played with the first team that scores first is the winner only in the Major Leagues. The time clock runs continuously in overtime. Minor League games will end in a tie if tied at the end of regulation during the regular season.
- 2.01F – The clock will be stopped in the last three minutes of the third period, only if the team winning is leading by two goals or less.
- 2.01G – All players must be rotated in and out of the game three times each period.
- 2.01G1 – No player shall play more than two full line changes. If a coach continues to violate this rules, immediate action will be taken
- 2.01H – No jewelry shall be worn while playing. This includes: watches, rings, earrings, bracelets, necklaces, hats and anything else that could cause harm to anyone or themselves.

Article 2.02 Stopping Play

- 2.02A – A referee can stop play for calling a hand pass, goal, a penalty, a team off sides, to check on a player who might be injured, hit in the head with a puck, a players glasses falls off, a players stick gets broken, or any other reason he feels that play should stop.

Article 2.03 Face-offs

- 2.03A – Face-offs start the game and occur after a whistle has been blown to stop the play. Teams line up facing each other on each side of the line where the face-off is to take place. The referee drops the puck between the two players taking the face-off and play begins.
- 2.03B – Only the two players taking the face-off are allowed in the face-off circle. Other players must be at least three feet away from that area before the puck is dropped.
- 2.03B1 – The two players taking the face-off must have their sticks on the floor.
- 2.03C – Players are not to line up across the line (toward the oppositions goal) where the puck is to be dropped.
- 2.03D – Both goalies from each team must be standing on both feet until the puck has been put into play.

Article 2.04 Hand Pass

- 2.04A – A hand pass (a player passing the puck with his hand to a team mate) is allowed in the teams defensive zone only.
- 2.04A1 – A player cannot close their hand around the puck, or take off running with the puck in their hand.
- 2.04B – A hand pass outside the defensive zone, or starting in the defensive zone and ending beyond is illegal and play should be stopped and a face-off takes place in the teams defensive zone.
- 2.04C – If a defensive player intentionally picks up or freezes the puck inside the goal crease; a penalty shot is awarded to the opposite team. Penalty shooter must be one of the players on the floor at the time of the incident.

Article 2.05 Goals

- 2.05A – A goal is scored if the puck is completely across the goal line.
- 2.05B – A goal is disallowed if any of the following happens: the whistle or horn sounds before the puck has fully crossed the goal line, a penalty on the scoring team, a player is off-sides, a teammate is in the goal crease, a player uses any part of the ir body to redirect the puck in the net, the player deflects the puck in with a high stick (above the crossbar), or if the player that scored the goal is using an illegal stick.

Article 2.06 Off-sides

- 2.06A – A player is off-sides when they have their entire body across the center line before the puck crossed the line. Once every one is on sides the offensive zone is expanded to the defensive green line. If the puck is cleared past the green line all players on the offensive team must go back beyond the center line. (A player may drag one of their feet and still be legal on sides.)

Article 2.07 Penalties

- 2.07A – A penalty is called when a player or coach commits one of the following:
 - **2.07A/1 Roughing** – when a player is being too physical or has the intent to injure another player
 - **2.07A/2 Boarding** – when a player pushed another player into the boards

- 2.07A/2a Hand-checking from behind on a player when player is playing the puck. Hand-check as in a push to the back. Or hand-checking a player when there is a race for the puck.
 - **2.07A/3 Elbowing** – when a player makes contact with their elbow to the body of another player (deliberately or unintentionally) by swinging their elbow, or by making contact above the shoulders of another player.
 - **2.07A/4 Offensive Roughing** – when a player that has control of the puck uses excessive force and runs over a defending player
 - **2.07A/5 Crossing Checking** – when a player uses both hands to push or strike another player with their stick
 - **2.07A/6 Hooking** – when a player use their stick to slow up or pull down another player
 - **2.07A/6a** If a player with the puck is pulled down on a breakaway, then a penalty shot is given to the attacking team. (Only the players that were on the floor at the time of the penalty can take the penalty shot.) When a penalty shot is given, the player taking the shot has ten seconds to approach the goalie or shoot. Once he shoots the puck the penalty shot is over. He cannot shoot the puck twice. No penalty time is then given to the penalized team.
 - **2.07 A/7 Tripping** – when a player trips or attempts to trip another player with their stick, arms, or legs
 - **2.07 A/8 Charging** – when a player takes more than three steps at full speed to check another player
 - **2.07 A/9 Interference** – when a player checks another player and they don't have the puck.
 - **2.07 A/10 Slashing** – when a player, making no attempt to play the puck, swings their stick and strikes or attempts to strike an opposing player,
 - **2.07 A/10a** or makes contact with the goalie while he has control of the puck.
 - **2.07 A/11 Holding** – when a player uses their arms or hands to grab or hold a player to slow them down.
 - **2.07 A/12 High Sticking w/contact** – when a player makes contact with their stick to an opposing player above their shoulders.
 - **2.07 A/12/a High Sticking w/o contact** – when a player has their stick above their shoulders.
 - **2.07 A/13 Illegal Stick** – can be called only when play is stopped and requested by a coach. The clock is stopped and the stick in questions is check by the referee(s). The stick must be in compliance with rule 1.03B, in the major league rule book or the player with the stick is penalized. If the stick is in compliance with the rule see rule 2.07/14. A goal will only be erased for an illegal stick in the following case: a stick MUST be checked before play resumes. No goals will be erased once the puck is dropped and play resumes.
 - **2.07 A/14 Delay of Game** – is called if a coach takes too much time between whistles, if a team protesting a stick is wrong about the stick, if a player stands on or deliberately covers the puck more than three seconds. Or a goalie freezes the puck out of the goal crease after warnings have been given. (The goalie's whole body must be out of the crease.) Shooting any pucks out of the hockey rink (except the area not protected by glass, i.e. player benches)
 - **2.07 A/15 Too Many Players on the Floor** – when a team has more than six players, including the goalie, on the floor for more than five seconds. Referees will give ample time as long as there are players switching lines.
 - **2.07 A/15/a** If during a long period of play, a coach tries to substitute players into the game while the game is going on, the players coming off the floor are not extras if they do not play the puck while coming off the floor.
 - **2.07 A/16 Goalies Interference** – when a player makes contact with the opposing goalie anywhere on the court.
 - **2.07 A/17 Bench Penalty** – can be called when a coach or a player, on the bench, argues a referees decision, or if anyone on the bench interferes with another player on the floor while the game is being played.
 - **2.07 A/18 Unsportsmanlike Conduct** – when a coach or a player use foul language on Community Center grounds, taunts another player or coach before, during, or after the game, argues with a referee during the game, swings their stick in an un-sportsmanlike manner, takes a dive trying to draw a penalty, or conducts themselves in a manner that is detrimental to the league. The penalty time served is two or five minutes and a game misconduct depending on the severity of the incident.
 - **2.07 A/18/a** A four minute double minor and a game misconduct will be given on the second unsportsmanlike conduct penalty for players taking a dive.
 - **2.07 A/18/b** A game misconduct is given to eject a player from the game. (Usually with a five minute major penalty.)

Article 2.07B

- 2.07B – All penalties will be served in the penalty box. The time served for the penalties from rule 2.07/1 through rule 2.07/12 will be two, four, or five minutes in length depending on the severity of the foul. In severe cases a game misconduct can be added. If a player receives two of the same penalties stated in this rule, second penalty will automatically have a game misconduct added to it.
- 2.07C – The time served for penalties from rule 2.07A/12a through rule 2.07A/18/a will be two minutes in length. A team can only be shorthanded by two players at one time. This does not mean that player on the team cannot receive a penalty. This only states that a team playing must have at least three players on the floor plus a goalie at all times.
- 2.07D – If a player receives two penalties of the same nature as stated in rule 2.07B, or three penalties in one game, the last penalty automatically receives a game misconduct. A player receiving two game misconducts will be given a one game suspension by the league, and a warning. A third game misconduct will result in the player being expelled from the league.
- 2.07E – Any child that is suspended from school ground cannot play or be in the facility while suspended. If however, this is not caught by the League until after the child's suspension is over the child will be suspended from the league the amount of

games he/she should have missed. Furthermore, if a player was absent from school on the day of a game that player forfeits his or her right to play. However, this incident may not be caught by the League.

Section III – Playoffs

Article 3.01

- 3.01 – Qualifying: All teams qualify for postseason play.
- 3.01A – Scoring team points
 - Regulation or overtime win – 2 points
 - Tie – 1 point
 - Overtime loss – 1 point
 - Regulation loss – 0 point

Article 3.02 Ranking Team for Playoffs

- 3.02 – Teams are ranked from 1st to last place for the playoffs according to the league standings.
- 3.02A – Teams that are tied for a position in the standings will use a tie breaker to determine which team will be the higher seeded team. The tie breakers are:
 - #1 Most Wins
 - #2 Head to Head Record
 - #3 Goals against common opponents
 - #4 Goals for common opponents
 - #5 Coin toss

Article 3.03 Rule Changes

- 3.03A – The rules are the same for the playoffs except for games that end in a tie. Those games will play over time. A full regular fifteen-minute period shall be played. First team to score wins and advances to the next round. The clock stops in the last minute of every over time period, no limit on periods.
 - 3.03A/1 – A goal is disallowed if it was scored by a player with an illegal stick.
- 3.03B – Once a team loses, they are finished for the year, except for the semifinalist losers, they will play for third place.

Section IV – Coaching

Article 4.01

- Each team must have at least one coach to play a scheduled game. Whether being a verbal assistant coach or a parent of a child to play. (Unless given permission by League Officials.)

Article 4.02

- If a coach cannot find anyone to coach their team please contact the League Officials (Randy) before the game time.

Article 4.03

- All coaches have the right to suspend any child on their team if the coach contacts the League Officials explaining reason of discipline.

Article 4.04

- All coaches are held responsible for teaching children sportsmanship and basic hockey fundamentals.