

PRINCE GEORGE RECREATIONAL HOCKEY LEAGUE SOCIETY

LEAGUE HANDBOOK

Revised March 2025
RECREATION HOCKEY LEAGUE

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ON-ICE ITEMS

The elected executive of the P. G. Recreation Hockey League is responsible for determining what is in the best interests of the league.

The P.G. Rec. Hockey League follows CAHA rules as they are written in the current years rulebook that is used as the official rulebook for CAHA hockey throughout Canada.

The rules written in this handbook over ride any CAHA rules that would conflict with these handbook guidelines.

The P.G. Rec. Hockey League reserves the right to suspend and or refuse the opportunity of any individual to participate in the league if it is in the opinion of the executive that it is in the league best interest. Participation in the P.G. Rec. Hockey League is a privilege and not a right.

1. Timing of Regular Season and Exhibition Games

6-minute warmup. Horn will blow at 4 minutes teams to benches quickly; puck drop at 6-minute mark. **This allows 2 full minutes to quickly pick up pucks and get ready to play.**

The game will not be delayed for late arrivals.

First and second periods 20 minutes straight time last minute of each period stop time.

There will be a 2-minute break between the 2nd and third period. The Timekeeper will post 22 minutes during which time referees will count and confirm player rosters for each team. The puck will be dropped immediately following the end of the break at the 20 minute mark.

Third period 20 minutes last 5 minutes stop time.

No breaks between 1st and 2nd periods, goalies change ends quickly and puck drops.

No gathering at the benches, line up and drop the puck!!

(ON-ICE ITEMSCont.)

New Rules effective September 26, 09

In an effort to add some fun to our game this season will have shootouts to try and break tied games. If at the end of regulation time the game is tied each team will have 30 seconds to select 3 shooters each

The team that scored the last goal (tying goal) must shoot first. Teams must remain on their bench except for the 3 players from each team selected. Once the 6 shooters are selected the shootout begins. As soon as a player completes their turn the next shooter from the other team must be ready to go. If the first 2 shooters score for 1 team and the other teams first 2 do not, the 3rd shooters are not necessary. If one team outscores the other team in the shootout that team is given a 1-goal victory and 2 points and the other team will get 1 point for the original tie. If after all 6 players have shot in the shootout and the score is still tied the game will remain a tie and both teams get 1 point.

Every effort must be made to conduct the shootout as quickly as possible. If a shootout is necessary quickly leave the ice once it is complete.

E. Penalties

All penalties are stop-time, except offsetting minors. Offsetting minors will be 3 minutes straight time.

F. Stop-time

If, at any point in time, there is a delay during stop-time, the clock is to be started and run down. Games should generally take 90 minutes. If the game extends past this time, stop-time is not to be used.

Fines and Suspensions

The League Executive will levy fines. The amount will be determined at the time of decision. The League Executive has the right to remove a player or team from league play if the Executive believes it is in the best interest of the League. All fines must be paid within 14 days of notification. Any individual player that is fined and / or suspended may not play again until the fine has been paid. A fine must be paid by cheque or money order at the league office suite 200-2700 Queensway.

The League President and members of the executive are the designated "Discipline Committee" for the P.G. Rec. Hockey League. The discipline committee is responsible for assessing rule violations and determining the length of suspensions, fines and any other sanctions to be levied against a player, based on the information from the score sheets and information from the officiating staff working the game.

4. Appeals: **Changes September 29, 2022 in red**

If a league member disagrees with a suspension handed down his team representative may appeal, **in writing**, to the League Executive. The appeal must include a \$100 fee payable to the League (fee refundable if appeal is changed in any way to favor the suspended player).

Until an official written appeal is submitted A player that has been suspended and or any member of their team may not contact, complain, or argue the original call or decision on suspension by any form of communication. (See Info included below)

The appeal will be ruled on by at least three members of the League Executive and or any members of the league, chosen as non partisan and having participated in the Prince George Rec. Hockey League for not less than 10 years and having a history of non aggressive behavior. The appeal committee members will not include members from teams involved in the incident.

Once an appeal is received the suspension / and or fines to the player involved can be reduced, left the same, **or increased**, based on any new information that may be received as a result of the appeal.

A player that has been suspended **and or any member of their team** may not Contact:

Any member of the executive.

The league administrator:

The officials involved

Anyone else directly involved.

Any player that does so loses their right to appeal.

A Discipline Committee handles suspensions regarding abuse of officials.

The Referee-in-Chief may make a recommendation to the discipline committee who hand down the suspension **unless he is involved in the situation**. Appeals are handled as described in the preceding paragraph.

A player that has appealed a suspension can apply to continue to play in his team's regular schedule games, with these exceptions:

1. If his suspension has involved a Referee the player cannot play again until his appeal has been dealt with.
2. If the assessed penalty is a match or gross misconduct the player may not play until their appeal has been dealt with.
3. If the League Executive feels it is in the best interest of the League if the player does not play until his appeal has been dealt with.

AGGRESSIVE POINTS

1. Point Accumulation

A. Aggressive Points are accumulated when a player is assessed Aggressive Penalties. An Aggressive Penalty is defined as follows:

Any minor penalty except: tripping, holding, hooking, too many men, delay of game, and interference. **(Goaltender interference is an aggressive minor)**

B. In any game where a player receives one or more aggressive penalties he will accumulate Aggressive Points as follows:

Aggressive Minor

Penalties	Major Penalty*	Aggressive Points
1	0	0.2
2	0	1.0
3 (**)	0	2.0

* A major penalty in a game results in an automatic game misconduct for that game.

** Three aggressive penalties in a game results in an automatic game misconduct for that game.

2. Suspensions (Excludes RD)

A. Any player who accumulates five Aggressive points or more is subject to suspension as follows: **For Rec D Any player that accumulates 3 aggressive points is suspended the same as 5 aggressive points for the other divisions.**

1. Once 5 Aggressive Points have been accumulated a player is suspended for one game.
 2. For 6 Aggressive Points the player is suspended for an additional game.
 3. For 7 Aggressive Points the player is suspended for two additional games.
 4. Any player who accumulates 8 or more Aggressive Points is suspended until further notice, and will be reviewed by the League Executive.
- B. Example:
- a. A player who has 5 Aggressive Points is suspended for his next game. If this player accumulates another Aggressive Point (i.e. his total for the year is now 6) he is suspended for another game, and so on.

AGGRESSIVE POINTS (cont'd)

- b. A player who has 7 Aggressive Points will have been suspended a total of 4 games (one game at 5, one at 6, two at 7) and at 8 Aggressive Points will be reviewed by the League Executive.

Players given an aggressive minor penalty will be required to serve the entire 2 minutes even if a goal or goals are scored against their team.

Masters A division and the Rec. D. divisions will now lower their suspensions for accumulated aggressive points to 4.0. What this means is the rules that apply to the other divisions at 5.0 will now follow the same pattern for these divisions beginning with 4.0 aggressive points.

Accumulated aggressive points will be calculated based on how many games a player has played. If a player reaches 3.0 aggressive points in any division a review will be conducted. When a player is suspended under the rules listed below for accumulated aggressive points they will then be suspended following the same pattern that would have occurred if they were suspended at 5.0 in past seasons as they accumulate more aggressive points.

If a player is at 3.0 to 3.8 and has played less than 10 games they will be suspended for 1 game. This player then sits **1 game** at 4.0, if they reach 5.0 they sit 2 games and is suspended indefinitely at 6.0.

If **after 10 games** played a player reaches 4.0 to 4.8 and has played less than **25** games they will be suspended for **1 game**. This player then sits **1 game** at 5.0, if they reach 6.0 they sit 2 games and is suspended indefinitely at 7.0.

3. Carry-over of Aggressive Points from Season to Season

Any player that finished the previous season with 6 or more aggressive points will begin the year with the following number of aggressive points on their record.

If a player finished last season with 6 Aggressive points they will start with 1 Aggressive point.

If a player finished last season with 7 Aggressive points they will start with 2 aggressive points.
If a player finished last season with 8 or more Aggressive points they will start with 3 aggressive points.

If a player played less than 25 games last year and finished with 4 or 5 aggressive points they will start with 1 aggressive point.

3(a) If a player carried aggressive points forward the year previous to last season only the points he accumulated during last season will be used to calculate his total in regards to carry over for the upcoming season. For example: If a player carried 2 aggressive points over to the 2002/2003 season from the 01 / 02 season and finished the 02/03 season with 6 we would only calculate that as 4 aggressive points and provided the player played more than 25 games they will not carry any points forward to the next season.

AGGRESSIVE POINTS (cont'd)

4. Responsibility for Tracking Aggressive Points and Suspending Players

The league administrator will inform teams when a player has reached 5 aggressive points and must be suspended. A player may sit his suspension prior to being officially notified by the administrator provided they have already hit the 5th point and they sit the very next game. To sit aggressive point suspensions prior to notification the league administrator must be informed prior to the game by fax , phone or email.

The same rules apply for hitting 6 or 7 aggressive points.

At 8 aggressive points it is the teams responsibility to sit the player as soon as they go over the 8 aggressive point mark

SUSPENSIONS

1. General Notes

The purpose of this section is to outline the minimum suspensions the League will issue in certain circumstances. There is a number of other items for which suspensions could be issued for that are not discussed here (i.e. illegal use of players). If as part of their suspension a player receives a fine or is required to post a bond that player may not play until the fine is paid or the bond is posted. Contact the League Administrator to make arrangements for payment.

1. Minimum Suspensions

(Section 2 A and 2B are automatic and teams will not be notified. It is the team's responsibility to read their copy of every game sheet following the game.)

A. Fighting Major

First Fight	Game ejection + 2 game suspension (No instigator)
Second Fight	Game ejection + 5 games
Third Fight	Game ejection + 20 games or season (whichever is longer)

Amendment to fighting suspensions implemented May 9, 2019

- **Fighting suspension Rules**

The rules for fighting infractions has been reviewed by the League Executive. The Fighting Suspension Rule has been revised as follows: The minimum suspensions for fighting will be increased to 2 games from the current one game suspension for fights between willing

combatants or for those who engage in a fight to defend themselves from and instigator or aggressor. If it is determined that one of the combatants was the instigator, aggressor or refused to stop fighting when instructed by the officials the minimum suspension will be 5 games. If one of the combatants “Clearly starts to dominate the altercation” and continues to land blows that put the opposition at extreme risk of head injury or does anything during the fight that could cause additional risk of head injury beyond what is possible from a normal standup fight then a minimum 5 game suspension will be imposed and the incident will be reviewed and additional suspension above 5 games could be imposed. This would include intentionally throwing a player to the ice causing their head to strike the ice or landing blows that cause the head to strike the ice, glass or boards as a result of the blows.

B. Non-fighting Major

First major non-fighting	Game ejection + 1 game suspension
Second major non-fighting	Game ejection + 5 games
Third major non-fighting	Game ejection + reviewed by League Executive

(Suspensions Cont.)

C. Off Ice Altercations

Hockey is a game off high emotion. However it is unacceptable to take any conflict with other players or officials off the ice. What happens on the ice must stay on the ice. Any altercation that occurs anywhere off the ice that is reported to the league authorities by anyone will result in the immediate suspension of all players involved. (Anywhere means anywhere, including the arena or any location away from the arenas. This extends to at any time if the altercation is determined to be a result of on ice conflict. Once a player has left the ice he is in the anywhere zone.) An immediate investigation by league authorities will be conducted. If it is concluded that an off ice altercation has occurred that is a result of on ice activity the players will be suspended not less than 1 year or 45 games whatever is longer, and should expect any suspension resulting to be longer than the minimum.

D. Leaving The Bench / Returning to the Ice

Any player that leaves the player’s bench during an altercation will be given an automatic gross misconduct and suspended indefinitely. The minimum suspension for leaving the player’s bench during an altercation is 5 games in addition to any other penalties assessed at the time. Any player that has been ejected from a game and has left the ice and then returns for any reason will be suspended indefinitely. The minimum suspension a player ejected from a game

and has left the ice and then returns for any reason is 5 games in addition to any other penalties assessed at the time.

E. Misconduct Penalties:

Game Misconduct

1. First game misconduct – elimination from remainder of game **1 Game suspension.**
2. Second game misconduct – **3 game suspension \$50 Fine**
3. Third game misconduct – **suspension until further notice \$100 fine**

New rule November 24, 2023:

10-minute Misconducts for Unsportsmanlike Conduct involving other players that is not ABUSE of an official. The 10-minute Misconduct will be recorded on the score sheet as a 10-minute Misconduct and recorded during data entry as an aggressive minor. This is in addition to any other aggressive minors assessed at the same time or anytime during the game. The 10-minute Misconduct will not be recorded as a misconduct on the players record during data entry.

10-minute Misconducts for Abuse of Officials

(Will be recorded on the score sheet as 10-minute Misconduct Abuse)

1. First 10-minute misconduct in a season **No Suspension** (Does not matter what time assessed in the game ie: last 10-minutes)
2. Second 10-minute misconduct of season **1 game suspension**
3. Third 10-minute misconduct **2 game suspension \$25 Fine**
4. Fourth 10-minute misconduct **Suspended until reviewed by league. \$50 fine**

Misconduct suspensions are automatic. No notification is required teams are responsible to make sure that the a player that has received a misconduct suspension sits the next game or games as described above.

At a 3rd game misconduct or 4th 10-minute misconduct it is the teams responsibility to sit the player and to not allow them to play until they are reviewed by the league. (Suspensions Cont.)

F. Match Penalties

The Discipline Committee will review each match penalty. The player is immediately suspended until further notice.

Amendment to gross misconduct suspensions implemented November 5, 2022

The rules that govern gross misconducts have been amended and will be in place and enforced beginning with Games in the P. G. Rec. Hockey League Saturday November 5, 2022.

Below is the amended gross misconduct rules with team and player fines added:

G: Gross Misconduct Penalties:

A player that is assessed a gross misconduct for any reason will be suspended until further notice pending a review by the league discipline committee.

- The minimum suspension for a gross misconduct for abuse of a league official is 5 games and a \$100 player fine. This is the minimum and both the length of the suspension and total fine can be increased once the investigation is completed.
- If during the game that the gross misconduct was assessed in, there are any other misconducts for abuse of an official or if it is determined that during the game, members from the team the player that was assessed the gross misconduct were being abusive, excessive chirping at the referees or made no attempt to control their players or the player in question the team will be fined a minimum of \$200.00 to a maximum of \$500.00.
- The team may also be suspended from playing in the league while the incident is investigated and could lose their team charter and be removed from the league.
- There is zero tolerance for abuse of any league officials and serious abuse will result in extreme action from the league management team. Teams must control their players and are expected to intervene if any team member is abusing our league officials.

H. It is now mandatory that an official must make a formal complaint with the RCMP against any player that makes a threat against an official.

3. Other Suspensions

A. Abuse of Officials:

The PG Rec Hockey League has a zero-tolerance policy for abuse of officials. This is well documented, and every team and their players will have been notified in writing and at the AGM that this is our policy.

The League Executive deals with all such penalties. In addition to the automatic suspensions for Misconducts and or Match penalties every situation involving penalties for abuse is reviewed and at the discretion of the discipline committee suspensions can be increased and fines to players and or teams added.

B. Abuse of timekeepers or minor aged referees:

Any player that is abusive to the timekeeper or a minor aged referee will receive an automatic game misconduct. If the abuse is of a more serious nature the penalty will be a gross misconduct. The resulting suspensions from an incident involving a timekeeper or minor aged referee is considered extremely serious and the suspensions and fines assessed will reflect this.

C. Players Entering The Officials Room

Any member of the P.G. Rec. Hockey League that enters the official's room uninvited for any reason will be suspended for a minimum of 10 games. This is the minimum suspension and in almost every situation will be increased depending on what happens once a league member enters the official's room.

New Rules Effective July 1, 2005

Any player who enters the referee's room uninvited will be fined \$100.00 payable prior to being eligible to play again. This is in addition to the automatic 10 game suspension that is already in our rules.

D. Complaints about officials:

If a team has a complaint about an official they may make a registered complaint with the league within 48 hours of the game they wish to complain about. **The complaint must be in writing and come from one of the three legitimate registered team representatives only.** Players who have a complaint must have their complaint delivered by their team representatives. The complaint must include specific details in regards to what the problems with the official were. The complaint must be emailed to the league administrator at admin@recsms.com .

Under no circumstances will a team or players be permitted to make a complaint verbally, doing so could result in team fines and will void the complaint. We want to keep our officials accountable. We do not want to deal with an endless string of complaints that are not legitimate. If a problem exists take the time to write it down and email it to the administrator.

4. Playing Suspended Players:

Any team that allows a player that is under suspension to play will default the game that the player participates in. The players original suspension is doubled. In addition the team will be fined \$200.00 for the first incident and \$500.00 for a second incident. The offending team and the players registered to play for that team may also be expelled from the P.G. Rec. Hockey League. Any team representative that allows a suspended player to play puts himself and the P.G. Rec. Hockey League at risk to liability law suits should an incident occur involving the suspended player. **If you even think that there is a possibility that a player has been suspended, you must not let that player play.**

It is the team's responsibility to review their copy of every game sheet following the game.

5. Problem Players or Teams

The League Executive can be notified in writing about problem situations involving individual players or teams. The League Executive can remove any player or team if it is in the best interest of the League.

Playoff Suspensions:

If a player is assessed a penalty that will require a suspension in their last game of the playoffs that player will receive double the normal suspension. This measure is taken to stop an incident where a player knowing they are out of the playoffs may take actions they would not normally and to prevent players from using an infraction to gain advantage over an opponent on a final or semi-final game. For example, if a

player is involved in a fight in their last game of the playoffs and they had a previous fight during the current season they will be suspended for 10 games instead of 5 games.

Tie Breaker Rule for Final Regular Season Standings:

If at the conclusion of the season 2 teams are tied for points their final position in the standings will be determined as follows.

First Tie Breaker: Head to head record.

Second: Most wins.

Third: **Goals For Divided Into Goals For + Goals Against** (If head to head play or most wins can not be used to break the tie then this formula will be used. Here is an example of how it works. At the conclusion of the season team A has 14 goals for and 10 goals against. You would take 14 and divide it by 24 to give team A a **.583** average. Team B has 17 goals for and 13 against 17 divided by 30 for a **.566** average.

Team A would advance with the higher average.

PLAYOFFS

4. Timing of Playoff Games

The timing of playoff games is the same as regular season.

Game Timing and procedures:

5. There are no shoot-outs in the playoffs.

6. Tie Games Round Robin: Amended March 2025.

7. There will be a five-minute stop time sudden death overtime period played **3 on 3 if teams are tied at the conclusion of regulation time. Each team will receive a single point and if the game is decided in the overtime the winning team will get 2 points. The 2 points will be displayed as a shootout win (SOW) on the website. If a goal is not scored in the sudden death period, the game will remain a tie in the standings.**

8. Penalty Procedure in Overtime:

- If a team is short handed and that carries over into the over time or if a team receives a penalty in the overtime the teams will play 4 on 3.
- If there has been offsetting penalties called that carry over into the overtime or if offsetting penalties are called in the overtime the teams play **3 on 3**.
- If a team already shorthanded in the overtime receives another penalty the non-offending team adds a player and the game is played 5 on 3 until the conclusion of the first penalty. The first penalized player returns to the ice creating a 5 on 4. Following the conclusion of the first penalty and at the first stoppage in play the teams will go back to 4 on 3 until the second penalty ends.

9. Timing of (Best of) semi-final and final is as follows: **(Updated March 2023)**

For any division playing a best of series (ex: Best 3 no finals) and all Semifinals and Finals every game must be decided.

If at the end of regulation, there is a tie teams will change ends. 20 minutes will be put on the clock and run stop time. The teams will play 5 on 5 sudden death until a winner is determined. **A flood will be required if there is no winner after the first 20-minute overtime.**

10. All games including Semifinals and finals will be timed and played the same as regular season. The last 5 minutes of the 3rd is stop time with no floods. The officials at their discretion can ask to have the clock stopped at any time during the game if there is a long delay due to and injury or other reason.

11. Teams that are delaying the game to gain advantage in the 3rd period could be penalized for delay of game.

12. For the finals there will be a short trophy presentation following each game prior to the flood.

Player Eligibility for Playoffs

See 2D in Player Eligibility Section. On Page 8

Ice Times

The same as the regular season except for semi-final and final games.

Suspensions

All regular season suspensions carry over to playoffs.

Tie breaking formula for playoffs

Tie Breaking Formula: The following formula will be used if 2 or more teams are tied at the conclusion of the round robin. The following are listed in the order they would be used to break a tie.

#1 Head to Head Play (If only 2 teams are tied and they played each other in the round robin the winner of that game would advance.)

If 3 teams are tied and team A and B beat team C then A and B are positioned higher with their head to head deciding final position.) For example if A defeated B in their head to head A is higher in final standings than B and C is behind B.

#2 Goals For Divided Into Goals For + Goals Against (If head to head play can not be used to break the tie then this formula will be used. Here is an example of how it works. At the conclusion of the round robin team A has 14 goals for and 10 goals against. You would take 14 and divide it by 24 to give team A a **.583** average. Team B has 17 goals for and 13 against 17 divided by 30 for a **.566** average.

Team A would advance with the higher average.

#3 Most Goals For If the formula above does not break the tie the team with the most goals for would advance.

#4 Least Goals Against If teams are still tied after # 3 the team with the least goals against would advance.

#5 Least Penalty Minutes If teams still tied after # 4 the team with the least penalty minutes advances.

#6 Least Aggressive Penalty Minutes If still tied after # 5 the team with the least aggressive penalty minutes based on aggressive minor penalties will advance.