

P.G. Rec. Hockey League Rules & Discipline

Aggressive Points System

1. Point Accumulation

Aggressive Points are awarded to players who receive an Aggressive Penalty during league play. An Aggressive Penalty is defined as any minor penalty with the exception of tripping, holding, hooking, too many men, delay of game, and interference. It is important to note that goaltender interference is classified as aggressive within the league's disciplinary system.

The calculation of Aggressive Points is as follows:

- Each Aggressive Minor results in 0.2 points.
- Two Aggressive Minors in the same game result in 1.0 point.
- Three Aggressive Minors in the same game result in 2.0 points and an automatic Game Misconduct penalty.

2. Suspensions

Rec A, B, C Divisions

Suspensions are determined by the accumulation of Aggressive Points:

- 5 Points: 1-game suspension
- 6 Points: 2-game suspension
- 7 Points: 3-game suspension
- 8 or more Points: Indefinite suspension, subject to review by the League Executive

Masters Division

Suspension thresholds in the Masters Division are:

- 4 Points: 1-game suspension
- 5 Points: 2-game suspension
- 6 Points: Additional 3-game suspension
- 7 or more Points: Indefinite suspension, pending review by the League Executive

Rec D Division

Suspension thresholds for Rec D Division are:

- 3 Points: 1-game suspension
- 4 Points: 2-game suspension
- 5 Points: 3-game suspension
- 6 Points: Indefinite suspension, pending review

Special Conditions

- Players assessed a minor Aggressive Penalty must serve the entire two-minute penalty, regardless of any goals scored during that time.
- Players who have played fewer than 10 games and reach 3.0 Aggressive Points will be subject to review. This condition does not apply to Rec D Division.
- In Rec A, B, and C Divisions, players with fewer than 25 games played who reach 4.0 Aggressive Points will be reviewed.

3. Tracking and Enforcement

The League Administrator is responsible for notifying teams when a player reaches the suspension threshold due to aggressive points in any division. If desired, players may begin serving their suspension prior to the official notification, provided the League Administrator is informed in advance by email at admin@recsms.com.

4. Carry-Over of Aggressive Points

Rec A, B, C Divisions

Players who finish a season with six or more Aggressive Points will begin the following season with additional Aggressive Points as outlined below:

- 6 Points in previous season: Start with 1 Aggressive Point
- 7 Points in previous season: Start with 2 Aggressive Points
- 8 or more Points: Start with 3 Aggressive Points
- Players with 4-5 Points and fewer than 25 games played: Start with 1 Aggressive Point

Masters Division

Masters players who finish a season with five or more Aggressive Points will begin the next season with:

- 5 Points in previous season: Start with 1 Aggressive Point
- 6 Points in previous season: Start with 2 Aggressive Points
- 7 or more Points: Start with 3 Aggressive Points

Rec D Division

Rec D players who finish a season with four or more Aggressive Points will begin the next season with:

- 4 Points in previous season: Start with 1 Aggressive Point
- 5 Points in previous season: Start with 2 Aggressive Points