

CENTRAL HOCKEY LEAGUE



OPERATIONAL RULES 2025-2026

GENERAL

1.1 PRINCIPLES

The rules of the single letter leagues of the region Lac St-Louis are in addition to or in addition to the rules of LAC ST LOUIS, HOCKEY QUÉBEC, and HOCKEY CANADA. All members are subject to these rules as they are subject to the LAC ST LOUIS, HOCKEY QUÉBEC, and HOCKEY CANADA rules.

1.2 JERSEYS

The home team will wear their dark jerseys. The visiting team will wear the light-colored jersey. In the event that both teams show up on the ice with identical jerseys, the home team will have to change jerseys.

1.3 RESURFACER (ZAMBONI)

No one, including the referees, may be on the ice before the resurfacer leaves. Players and officials must wait until the exit doors of the resurfacer are completely closed. This includes players' arms and legs as well as team equipment such as pucks, water bottles and sticks.

1.4 ABSENCE OF OFFICIALS - HOCKEY CANADA RULE

If due to misadventure or illness, the referee and linesmen duly appointed cannot attend.

- A) The manager or coach of the receiving team shall attempt to contact the assignor or his or her organization's or association's chief referee to obtain the services of officials.
- B) In the meantime, the two teams will start the game as follows: the managers or coaches of the two teams involved will have to agree on the choice of a referee and or two linesmen.

If properly assigned officials arrive during the game, they shall immediately replace the temporary officials.

- C) In the event that the managers or coaches of both teams cannot agree, and the game is not played, the game will be rescheduled at a later date.
- D) Considering the above, if the coaches agree to play the game, it will be considered legal.

*** Considering the cost of ice time and team travel, if the staff of both teams cannot agree on non-sanctioned officials, they may still play an exhibition game, but we must receive a game sheet with the notation EXHIBITION GAME. Any suspension received during an exhibition game must be served at the next game (regular season, championship or tournament) ***

1.5 NUMBER OF OFFICIALS

- A) M13 A, M15 A-B-C, M18 A-B the use of 3 officials is required. In the event that one official is absent due to conflict, the game is permitted to be officiated by the remaining two officials.
- B) M11 A-B-C, M13 A-B the use of 2 officials is required. In the event that one official is absent due to conflict, the game is permitted to be officiated by the remaining one official.

1.6 OFFICIALS' ROOM

It is strictly forbidden for any member of a team, association, or organization to enter the officials' room without consent. Any team member who violates this rule will be issued a D99, in addition to any other code that may be issued.

1.7 USE OF THE SCORESHEETS SOFTWARE

Associations or groups must use the **official software recognized by the Central Hockey League** to submit ice time to the leagues.

1.8 RESPONSIBILITY

The Head Coach is responsible for his team at all times, for the application of Hockey Canada and Hockey Québec rules and regulations as well as for the supervision of his team on and off the ice.

REGISTRATION OF MEMBERS

2.1 MEMBER OF A TEAM

Before a person can participate in the activities of a team, he or she must be a registered member of HCR with that team.

2.2 PROCEDURE

Prior to a team's first regular season game, the organization registrar must have registered the players for each team, all games not complying with this rule will be lost by default.

2.3 ELIGIBILITY OF MEMBERS

Upon request, the organization or association registrar shall provide the league office with the necessary documents to prove the eligibility of a member within 48 hours.

Any person who has not met the eligibility requirements of the rules is considered ineligible. The use of such a person will result in a loss of games and may result in other sanctions.

The team at fault will lose its points in the standings, including the Franc Jeu point. This measure is applicable to all types of activities (regular season, end of season series, regional and interregional finals, provincial championships and tournaments). (Reference Hockey Québec 2.3)

2.4 MINIMUM PLAYERS SIGNED

The minimum number of regular players that each single-letter team in the M11 to M18 division must register before the first (1st) game is nine (9) players plus one (1) goaltender. (Reference Hockey Québec 5.3.2 A)

The minimum number of regular players that each team in the M9 division must register before the first (1st) game is six (6) players plus one (1) goaltender (Reference Hockey Québec 6.3.2)

SCORESHEET

3.1 GAME NUMBER, DATE AND TEAM NAME

The game number, date and team name must be indicated in the appropriate place for both teams.

3.2 NAMES AND NUMBERS OF PLAYERS

(Regional leagues and single letter)

All first names, surnames and numbers of players present must be listed on the complete score sheet. White computerized labels are mandatory and must be affixed to each of the 5 copies of the score sheets. A team minor penalty (A-87) will be assessed to the offending team at the beginning of the game. In addition, the head coach of the offending team will be issued a warning and on the 4^e and subsequent offenses, will receive a one game suspension. The computerized tags must be written so that the player numbers are in ascending order.

3.3 CAPTAIN AND ASSISTANTS

The captain and assistants must be indicated by the corresponding letter (C or A) in the appropriate place on the score sheet.

3.4 AFFILIATED PLAYER

When a team uses an affiliated player, it must indicate him on the scoresheet in the appropriate place by the initials J.A. until he obtains the status of graduated player. The absent player must be crossed out on the label (Reference Hockey Québec 7.2.3 C)

The replacement of an absent player or goalkeeper is made from the same position. A goalkeeper replaces a goalkeeper and a player replaces a player. It is forbidden to replace a goalkeeper by an affiliated player or vice versa (Hockey Québec reference 5.6.1 E).

A player may be affiliated with two (2) teams (according to the Hockey Québec affiliation chart) for a maximum of 10 games in total during the regular season and not separately for a total of 20 games. A goaltender may be affiliated with three (3) teams (according to Hockey Québec's affiliation chart) for a maximum of 10 games in total during the regular season and not separately for a total of 30 games. After this 10th game, the player or goaltender may no longer substitute on these teams as an affiliated player and must play only on the team on which he is registered as a regular player. This rule does not apply to playoffs, tournaments or provincial championships. (Reference Hockey Québec 5.6.1 F)

3.5 SUSPENDED MEMBER

The number and name of any suspended member shall appear on the score sheet in the designated area and shall be crossed out on the labels.

3.6 SIGNATURE OF THE COACH

Before each game, the head coach of the game must sign the score sheet in the appropriate place.

3.7 WHEN TO COMPLETE IT

Teams must prepare the score sheet in a timely manner and submit it to the official scorekeeper. The home team is responsible for providing the score sheet and the visiting team must complete the score sheet first. When possible, the score sheet should be done with the digital system of www.scoresheets.ca

3.8 ELIGIBILITY

Any person officiating behind the bench must be a registered member on the official team form. Failure to do so will result in the team losing the game if there is an eligibility dispute. His name and number must be written on the score sheet. (Reference Hockey Québec 7.2.3 B)

A maximum of five (5) members are allowed behind the bench, one of whom must hold a valid Health and Safety qualification.

3.9 PARTICIPATION IN A GAME

Any member is considered to have taken part in a game if his/her name appears on the score sheet.

3.10 FOLLOW-UP OF SUSPENSIONS

The coach is responsible for recording in the top corner of the score sheet the name of any player serving a suspension and the number of games to be served.

When the suspension is served in a tournament, the team manager shall provide the league with a copy of the score sheet clearly indicating that the suspension was served during the tournament.

The league will keep track of all suspensions. It will ensure that suspensions have been served according to the rules and recorded on the league website. The league will keep track of all outstanding suspensions and ensure that they are served the following season.

GAME PROGRESS

4.1 DURATION OF THE GAMES

M11 A-B-C, M13 A-B-C, M15 A-B, M18-A-B

Duration: 60 minutes

Warm-up time: three (3) minutes

Periods: (10) timed minutes + 3^e period** (see below)

M9 A-B-C-D

Duration: 60 minutes

Warm-up time: three (3) minutes

Periods: (21) running time minutes – changes every 90 seconds

****3rd PERIOD**

The duration of the 3rd period will be determined by the remaining time available for ice time and according to the following principle:

The referee shall divide the available time by two (2) and add five (5) minutes to this time to determine the duration of the 3rd period. This time must be indicated on the score sheet.

4.2 WARM-UP

A three (3) minute warm-up period is allocated for all divisions. The warm-up period begins as soon as the exit doors for the ice resurfacer are closed and when the first player appears on the ice.

For all divisions and classes, the off-ice official sounds the buzzer with one (1) minute remaining in the warm-up.

At the end of the warm-up, the off-ice official will sound the buzzer. Both teams must be ready to shake hands and be at center ice (i.e., have collected the pucks and performed their team cheer).

If a team is not ready, the referee **MUST** call a minor penalty for delaying the game (A92) on the offending team. If both teams are not ready, both teams will receive a minor penalty for delaying the game (A92).

4.3 HANDSHAKE

M9-M11-M13-M15-M18: at the beginning of the game, after receiving the signal from the official, both teams must shake hands.

4.4 END OF THE GAME

Officials shall consult with the home team as to the time the game is to end and notify the opposing team prior to the start of the game. The game officials are responsible for stopping the game at the 3^e period when the allotted time has expired and the result is final and not subject to appeal. The arena attendants and/or the official timekeeper may also stop the game.

4.5 LEGAL GAME

Two (2) completed periods.

Note: After investigation by the Regional Office or the single letter leagues, for exceptional reasons, a game may be declared legal and final even if two (2) periods have not been completed.

If the game is interrupted before the end of the first period, it will be replayed in its entirety at a later date after investigation by the single letter leagues.

If the second period is not completed, only the time remaining in the second period shall be played at a later date. This may be played before the next game between the two teams after investigation by the Single Letter Leagues.

If no other game is scheduled between the two teams, the Single Letter Leagues, depending on the impact on the standings, will decide if the game should be completed.

4.6 END OF GAME

At the end of the game, players must remain at their respective benches or penalty box, and those on the ice must go to their respective benches immediately.

Based on the location of the exit door, the referee will decide which team will leave the rink first. Unsportsmanlike conduct will not be tolerated.

4.7 TIME-OUT

No time-outs will be allowed during the regular season.

4.8 SEVEN (7) GOAL DIFFERENCE

During the regular season, when there is a difference of seven (7) goals, the time will no longer be timed after two periods of play, starting with the face-off following the 7th goal difference, until the end of the game.

Minor and major penalties will be timed.

Furthermore, at any time during the game, if the difference is seven (7) goals, the official scorekeeper of the game will stop recording goals on the scoreboard, as long as the seven (7) goal difference persists.

4.9 ABSENCE FROM A GAME

A team that fails to show up for a game with the minimum number of players required will lose the game by default.

4.10 MINIMUM NUMBER OF PLAYERS

In single letter for the season, playoffs, tournaments and regional championships, a team must present itself at the beginning of the game with a minimum of six (6) players + one (1) goalie. (Reference Hockey Québec 7.2.1 A)

4.11 LATE FOR A GAME

- A) A team that does not show up at the scheduled start time of the game will be given a fifteen (15) minute delay, including the warm-up period, in order to have the minimum number of players on the ice to start the game. In addition, a penalty of two (2) minutes will be imposed for delaying the game. After this delay, the team loses by forfeit (0-1) as well as its Franc Jeu point. (Reference Hockey Québec 7.2.9)
- B) A player or team official may join the game before the end of the 2nd period as long as the team in question notifies the referee at the beginning of the game and the name of the member is not crossed out on the score sheet.

Note - Any player or team official who arrives after the 2nd period is not allowed to participate in the game, including overtime and shootouts if necessary.

4.12 DELIBERATELY DELAYING A GAME

A penalty shot shall be awarded to the non-offending team if, during the last two (2) minutes of the allotted time to play a **regular season game**, a member deliberately delays the game in order to run out the allotted time to take advantage of it.

In the event that a penalty shot is awarded and the arena attendant (Zamboni) terminates the game and does not want to give the necessary time to complete the shot, the referee shall report the matter to the League President.

4.13 STARTING TIME OF THE GAMES

DIVISIONS	MAXIMUM GAME START TIME AT :
M11	19h30
M13	19h30
M15	20h30
M18	21h30
JUNIOR	22h00

N.B. Any game outside of these limits must be approved by both organizations involved.

GAME CHANGE

5.1 CANCELLED GAME

No games may be cancelled for exhibition or cultural exchange matches. Only requests for game changes from tournament teams will be accepted. All requests must be sent to the ice scheduler in question at least two (2) weeks in advance. The game will be lost by the offending team if the deadline is not met. A date must be provided at the time of the game change request (for home games). Any request outside of these limits must be approved by both organizations involved.

5.2 REQUEST FOR CHANGE

In uncontrollable circumstances, only the President or the Ice scheduler may request a game change from the league. No requests from team officials will be processed. The league, at its discretion, may accept or deny the request.

The organization making the request must first reach an agreement with the person in charge of the organization in question and then inform the person in charge of the new date via the scoresheets software. The reason for the change must be indicated in order for the change to be valid.

When a game is not played due to an administrative error, the MHA at fault has 10 business days to determine a new date or the game will be lost by default.

If a date cannot be found, the game will be put on the "TBRs" list. The game cannot remain on this list for more than 2 weeks, otherwise the offending team (home team) will be fined \$20 per day.

5.3 DEADLINE FOR RESCHEDULING A GAME

The team requesting the cancellation takes the risk of losing the game if it is not rescheduled before the end of the regular season.

5.4 TOURNAMENTS ON THE SAME DATES

A team may not register for tournaments that are held on the same dates but may register for tournaments with overlapping dates. In such a case, the team must advise both tournaments concerned at least thirty (30) days prior to the beginning of the two tournaments and must not withdraw from one of these two tournaments, failing which, the team may be refused permission to participate in another tournament during the season by Hockey Québec. (Reference Hockey Québec 9.9.3)

DISCIPLINE

6.1 TABLE OF PENALTIES

The penalty chart is a summary of the Central Hockey League Discipline Code and applies to all games.

All suspensions listed are automatic and without appeal.

6.2 THREE (3) STICK AND CONTACT TO THE HEAD PENALTIES

Any player accumulating a total of three (3) or more penalties for stick or contact to the head infractions during the same game shall be ejected from the game.

For the purpose of this rule, stick offenses are considered to be: high sticking, cross-checking, hitting, spearing.

6.3 GOALTENDER

When a team has only one goaltender in uniform and that goaltender leaves the game because of a game misconduct **or because of injury**, the offending team is given 15 minutes to dress another goaltender. (Hockey Canada Reference 4.11 B)

Note: Minimum equipment for a goalie: certified face protector, rigid throat protector (in addition to the neck protector (B.N.Q.), leggings for U13 to Junior divisions and a goalie stick.

6.4 SUSPENSION TO THE COACH

After investigation, any coach who is suspended or who has just been expelled from a game and who, in any way, influences the progress of a game shall receive three (3) additional games of suspension. Under this rule, penalties may be assessed by the official at any time: before, during and after the game (Reference Hockey Canada 4.1 B)

6.5 DISCIPLINARY REPORT

When a team plays a game that is not on the league's schedule (e.g., tournament), the team must submit to the league within (48) hours of the game, the game sheet in all cases where:

- A) Team member serves one game suspension
- B) A team member is assessed a penalty involving a suspension.

When a suspension is served during a game played in a tournament, the team must send the proof (score sheet indicating that the member served the game) ten days after the end of the tournament, failure to comply will result in a \$25 fine.

6.6 DISCIPLINARY COMMITTEE

Any person appearing before a Discipline Committee may be accompanied by a person of his choice; this person does not have the right to speak. A minor member must also be accompanied by a parent or legal guardian who will have the right to speak (Reference Hockey Québec 11.5).

6.7 NOTICE OF PENALTY

When a notice of sanction is issued, the notice will also be sent via email to the MHA President. The date considered for the appeal period is the date of receipt.