



CATHEDRAL JUST FOR FUN HOCKEY

GAME RULES:

CJFFH is intended to be a safe, fun, non-contact community hockey program. Game rules must be observed by all participants. There will be zero tolerance for fighting or abusive language/behavior toward coaches or other players. Cathedral Area Community Association and the CJFFH organizers reserve the right to suspend or expel players from the program without refund for violation of game rules.

Eligibility: Participants must be registered in the program and complete a registration form/waiver prior to playing. Under no circumstances can a player who is not registered play in the Cathedral Just for Fun Hockey program.

Game Play Rules

1. No BODY CHECKING and NO SLAP SHOTS are allowed.
2. HEAD SHOTS on the goaltender will result in an immediate stoppage in play, and the referee shall check to ensure the goaltender is OK to continue before resuming play.
3. All games are run time. Period lengths are 3 x 15 mins with a 10-minute warm up, subject to mutual agreement of coaches and officials.
4. Offsides or icing will NOT be called in U11 (age 8-11 years). Offsides and icing WILL be called in U14 and U18 age categories. Referees may coach the offending team out of the zone.
5. Teams shall switch goal tenders at the end of every period.
6. The maximum number of goals an individual player may be credited for is 3 per game. Additional goals scored by an individual player will be disallowed and play will resume with a face off at centre ice.
7. Coaches are required to make every effort to ensure EQUAL ICE TIME for all participants.
8. A maximum of a 5-goal differential will be put onto the time clock. In the event of a 5-goal deficit, the trailing team may recruit any one player of their choosing from the opposing bench for the remainder of the game.

Penalties

1. All minor penalties will result in a penalty shot.
2. Any individual receiving 3 minor penalties in one game will receive a one game suspension. The player may be expelled for the remainder of the season if this is a consistent problem.
3. Coincidental minor penalties will result in no penalty shots for either team. The timekeeper will mark this penalty down to be counted toward the maximum of 3 minor penalties before receiving a game ejection. Coincidental minor penalties will result in a face-off at centre ice.
4. A major penalty will result in the offending player(s) ejection from the game and two penalty shots being awarded to the opposing team.

5. Major penalties or incidents of verbal abuse or misconduct will be reported by the referee to the program coordinator to determine if suspension or expulsion of the offending player is justified. The decision of the program coordinator and Cathedral Area Community Association will be final. There will be zero tolerance for fighting or abusive language/behavior toward coaches or other players. Expulsion from the league WILL result for fighting. A player suspended or expelled from the league for any reason will not be entitled to any refund or credit.
6. All checking from behind and intentional checking to the head penalties will accompany an ejection from the game and an additional minimum one game suspension.
7. During the course of the game, referees' decisions are final. A zero-tolerance approach will be used by referees towards aggressive and/or abusive coaches, players and spectators.
8. Penalty Shot Procedure:
 - a. When a penalty is called, the clock will continue to run.
 - b. Penalty shot must be taken by the player infringed upon.
 - c. The player taking the penalty shot will line up at centre ice.
 - d. All other players from both teams will line up at the far blue line.
 - e. All players will start from a standing position.
 - f. Referees will blow their whistles to start play.
 - g. Once the player taking the penalty shot has reached the far blue line, players on the penalized team are allowed to "chase" the player taking the shot and can prevent it if able to do so
 - h. Should the player miss the penalty shot, play will continue.
 - i. If a goal is scored, play will resume with a face off at centre ice.

Protective Equipment

1. Goaltenders must use CSA approved helmets and masks.
2. Helmets are mandatory and must be worn by all players. Helmets must be CSA approved with properly fastened chinstraps. A minor penalty will be assessed to any player that does not have his/her helmet chin strap fastened properly. This rule will be enforced by the referees and league officials for all games.
3. Face shields are mandatory and must be worn by all players. Players will be required to wear a CSA approved full face shield. Failure to do so will result in the player being ejected from game.
4. Neck guards are mandatory and must be worn by all players. Failure to do so will result in player being removed from the game.

Other

- Coaches and/or program organizers may waive floods pursuant to timing issues.
- WARM UPS: There is a 10-minute time limit for instruction/warm-ups prior to the start of the games. Coaches are encouraged to jointly teach one skill each week (skating, puck handling or teamwork) prior to splitting into scrimmage teams and beginning game play.
- DRESSING ROOMS: Dressing room space is limited at Optimist Arena and players are asked to vacate dressing rooms within 20 minutes from the conclusion of their game to make room for the next group. Please show your appreciation for the space the City of Regina has made for our program by treating City staff with respect and leaving the dressing room facilities in a clean and tidy condition.
- REFUND POLICY: If a participant is unable to take part in the program due to injury or medical reasons, the participant will need to provide a doctor's note. Once approved by the Program Coordinator and Community Association Administrator, the participant will receive a refund, proration will apply and an administration fee will not be charged. No refund will be given to a

player who is suspended from the league. In the event that a player is unable to attend a game, no refund will be given.

- **CRIMINAL RECORD CHECK** - All volunteers are required to submit a Criminal Record Check to the Cathedral Community Association before participating in the program. The CRC must be valid within 1 year.