



Sensplex Summer AAA League – Rules and Regulations
(In accordance with COVID-19 provincial guidelines to allow competition modified to reduce physical contact)
Presented by the SSHD AAA Hockey Club

Gameplay Rules

1. While this is a competitive league, the focus is first and foremost to allow players to get back to playing hockey games. Coaches and players must adhere to the highest possible standard of sportsmanship. League officials will have a zero-tolerance policy for conduct which does not meet this standard.
2. For all divisions except 2013 Pre-Novice, games will be played with 4 skaters + 1 goalie on the ice, and played on full ice.
3. 2013 Pre-Novice games will be played with 3 skaters + 1 goalie on the ice, and played on a modified half-ice surface (allowing each team to occupy their own bench).
4. 2011-2013 divisions will use a 90 second line change buzzer. All other divisions will be permitted to change when they desire. When the line change buzzer sounds, players must return to their bench, and not touch the puck after the buzzer. The puck will remain in its position and play will resume immediately as new players come on the ice.
5. Games will consist of two (2) 22:30 minute running time halves. **Teams will not change ends at any point during the game**, to avoid unnecessary crossing of players.
6. A warm-up of 3 minutes will be permitted, however to ensure no more than 20 persons on the ice at a time (including officials), a maximum of 9 players per team may warm-up at a time. For this reason, coaches' should designate who warms up when and are permitted to omit their on-ice warm-up if they choose.
7. There are no faceoffs at any point in the game.
 - a. The home team will begin the game with possession of the puck in their own zone (behind the blue line), while the visiting team will begin on their own half of the ice (behind the centre ice red line). The losing team will begin with the puck to start the second half. If the teams are tied, the visiting team will start with possession.
 - b. After a goal, the puck will go to the team who was scored on. All players on the scoring team must retreat past the centre line (to their own half), before re-attacking. All players must be over the centre line at the same time before advancing past it again (like tagging up after an off-side).
 - c. When the goalie freezes the puck, possession will go to the defending team. The offensive team must retreat past the near blue line before re-attacking. All players must be over the blue line at the same time before advancing past it again (like tagging up after an off-side). As soon as the goalie freezes the puck, all players must retreat. No "digging" at the goalie for the puck will be tolerated (a penalty shot will be awarded for violation of this rule).
 - d. Any other game events that would regularly result in a faceoff (for example, icing, offside, the puck leaves the playing surface, frozen puck) will result in the non-offending team gaining possession of the puck, and the opposing team needing to retreat one zone. For example, if the offensive team shoots the puck over the glass in their opponent's zone, they must all retreat past the near blue line, before re-attacking.
8. If at any point the referee blows the whistle, players must immediately back off and distance themselves from the opposition. This could occur at any of the above-mentioned instances or:
 - a. Any prolonged physical contact (a puck battle lasting more than two seconds) will result in a whistle. The non-aggressor team will gain possession of the puck. If the contact was mutually created, the defensive team will get possession of the puck.
9. All penalties will result in a penalty shot, and no time spent in the penalty box. The fouled player will be the shooter. If no specific player was fouled, the offensive team may choose any one player on the ice to take the penalty shot.
 - a. All players besides the shooter must remain six feet from their bench and six feet from any other player. After the penalty shot, play will be dead and the defensive team will get immediate possession of the puck. The offensive team will have to clear the zone and may not re-attack until the referees signals.

- b. Players may not come to a complete stop on a penalty shot attempt. Players may not score on a rebound.
 - c. Regular penalties (ex. Tripping, hooking) will be called, as well as:
 - d. Any intentional physical contact will result in a penalty being called and a warning issued to the offending player, OR, at the discretion of the referee, game ejection will be issued. **A second instance of intentional physical contact by the same player in one game will automatically result in a game ejection.**
 - e. Penalties for intentional physical contact will be tracked, and if a player accumulates four of these penalties, they will need to miss a game. After six of these penalties, further discipline up to a permanent league suspension will be enforced.
10. Body checking is not permitted in any division. Per Rule 8 (d) above, after an initial warning, or at the discretion of the referee, a game ejection will be issued.
11. No time-outs are permitted at any time in any game.
12. Full equipment as mandated by Hockey Canada minor hockey rules, is required.
13. Overtime: Overtime will only be played in elimination games; regular season games can end in a tie. Overtime will consist of:
- a. A sudden-victory 5 minute running time period, played 3-on-3 plus a goaltender.
 - b. If still tied, a shootout will take place with 3 skaters from each team. The coach of each team will provide the game officials with the list of these three players immediately following the final overtime period. The team that scores the most goals with these three skaters will be declared the winner. The HOME team will have the option of shooting first or last. Once the order is determined, it will remain the same for all future rounds of the shootout. A player from one team will go, followed by a player from the other team, and so on until all 3 designated players have shot.
- a. If still tied a sudden-death shootout with one player from each team. Each shooter must not have participated in any prior round of the shootout.
 - b. Repeat step above until every skater has shot. Should a team use all its players, that team will use its skaters in reverse order, continuously moving up and down their shooting order, until a winner is decided.

General and Administration Rules

1. There is a maximum of 3 team officials on the bench. One official must be a certified trainer, and one official must be a trained NCCP coach (a valid NCCP coach number is required with roster submission). All of these team officials must be wearing a mask at all times.
2. There is a zero-tolerance policy for yelling from team officials towards officials. If this occurs, the team official will be ejected from the game, and could face additional discipline from league officials. **A second offence will result in permanent suspension of the team official.**
3. Any player/coach receiving a game misconduct, will be ejected from the current game and will be required to sit out a minimum of one (1) additional game, and may be suspended for additional games, with no maximum.
4. Any player/coach receiving a gross misconduct, will be ejected from the current game and will be required to sit out a minimum of two (2) additional games, and may be suspended for additional games, with no maximum.
5. Rosters will consist of a maximum of 11 players. This is a combination of players and goalies. Exceptions to this rule will be granted for host SSHD teams, as well as other teams, at the discretion of the league committee. **Rosters may not be changed at any point during the season.** If a player must miss a game(s) they may not be replaced by players who aren't on their official roster. Only rostered players may participate at any point during the season. Rosters will be set prior to the beginning of league play when requested by the League.
6. Regular Season Standings: Standings will be based on points: two (2) points for a win, one (1) point for a tie, zero (0) points for a loss.
7. Goal Differential: The MAXIMUM goal differential a team can obtain in a single game is 7 GF (Goals For). EX: If a game results in a score of 10-2, the score applied to the standings will be 9-2. If the score is 10-0, the score will result in a 7-0 final.
8. Tie-Breaker, Regular season: If tied in points, standings (seedings) will be determined based on the following order:
 - a. The head to head result involving the teams tied (most wins between tied teams when playing each other. If multiple teams are tied, they must have played each other an equal amount of times for this tiebreaker to be used).
 - b. The team with the most wins in regular season play.
 - c. The highest ratio of goals for divided by goals for plus goals against $[GF/(GF + GA)]$ (up to the 5th decimal)
 - d. The team with the lowest number of penalties accumulated in regular season play.

- e. The team with the lowest number of goals against
- f. Coin toss by the league coordinator or a designated representative.

Note: in the event that three or more teams are tied, there will be no reverting back to a previous tie-breaking step as each seed is determined. Should two of three teams still be tied after a tie breaker, those two teams will continue down the list of tie breakers, and the single team will either be eliminated (if they fell below the other two teams), or be skipped above (if they stood above the other two teams). Furthermore, please note that the highest ratio tie breaker heavily favors fewer goals against as opposed to higher goals for.

9. Playoff Format: Is as per the schedule which will be posted on-line at www.sensplex.ca in advance of the championship weekend.
10. For playoff and championship games, the home team will be the team with the highest seeding after the regular season portion of the league.
11. ZERO Tolerance: Taunting or berating of any players, officials, staff, or league volunteers will NOT be tolerated under any circumstances by parents, players, team officials or other spectators. The Sensplex reserves the right to eject any person whom it deems in its sole discretion to be acting in an improper manner and we accept no liability in connection with such ejections.
12. Jersey Colours: "Home" teams will wear their light coloured jerseys and "Away" teams will wear their dark coloured jerseys. In the event of a jersey conflict, either team may be required to change sweaters at the discretion of the league committee.
13. Player Eligibility:
 - a. All players must be included on a team's roster submission prior to the league. No players may be added to a team during the league.
 - b. Birth certificates and/or a photocopy of the official birth certificate must be available at all times upon request. Failure to produce such proof of age will result in the player being ruled ineligible to play.
 - c. Any teams using illegal players will be removed from the league with a loss of entry fees. It is the manager's responsibility to submit a list and be able to prove the eligibility of all his/her players.
14. Referee's Decisions: All referee's decisions are final and may not be appealed.
15. Protests: All protests must be accompanied by a \$200.00 deposit that will be returned only if your protest is successful. A protest will only be heard if it is brought to the attention of league staff or their delegate within fifteen (15) minutes of completion of the game in question. A hearing and ruling will be completed prior to the team's next scheduled game. All decisions made by the league committee are final and MUST be respected. In the event of a lost protest, the fee will be donated to the Sens Foundation on behalf of the league itself.
16. In the event of a suspended game by way of forfeiture or forfeit, the score shall be recorded as zero for the loser and three (3-0), or the greater margin of victory at the time of the forfeiture, for the winner.
17. Team officials are responsible for the conduct and supervision of all of their team's participants at all times. No shooting, stickhandling, or passing of any objects is permitted anywhere in the facility other than the ice surfaces!
18. Team management MUST notify league or arena staff of any pre-existing damage to dressing rooms BEFORE they go onto the ice for their games. Teams will be held financially responsible for any damage caused to rooms which have not been pointed out before their game.
19. Team Warm-Ups: Note that due to concerns with the safety of their patrons, the Sensplex facilities does not permit 'running' in public areas of their facility.
20. Teams should also read and understand the building rules and regulations that can be found posted in the lobby of each facility.
21. Teams who participate in this league, will not be permitted to participate in games against other teams, outside of this league.
- 22. League Management reserves the right to change or alter these rules at any time without prior notice in order to act in the best interests of the league.**

Key COVID-19 Rules and Regulations

1. All players and coaches will need to fill out a daily screening form EACH day that they enter the Sensplex, on the SAME day that they enter the Sensplex. This can be found online at <https://www.sensplex.ca/covidresponseplan/>
2. No spectators will be permitted into the facility.
3. All people entering the Sensplex will be required to wear a mask. Masks must remain on at all times inside the facility, with the exception of players and referees, who may remove their mask directly prior to leaving their dressing room to go on to the ice.