



**2021 Sensplex Summer AAA League**  
**August 7 - 29, 2021**  
**LEAGUE RULES AND REGULATIONS**

**Playing Rules**

1. The playing rules will be pursuant and in accordance with the rules set forth by the rules governing hockey by Hockey Canada. Rules, regulations and a Code of Discipline shall apply to all teams. The Code of Discipline referred to is the Code of Discipline of the HEO.
2. Neck guards & Mouth guards: Both are **STRONGLY** recommended.
3. Body Checking is not permitted in any divisions.
4. Game Length:
  - a) Two (2) stop-time 16:00 minute periods. Two periods are being played instead of three to maximize time for gameplay in hour-long ice blocks.
  - b) Period times are subject to change at the discretion of the league coordinator.
  - c) Running time – Games will utilize running time (clock will not stop during stoppages) should the goal difference be seven (7) or more at any point in the game, or 5 or more in the final ten (10) minutes of play. Once a game turns to running time, it will not revert to stop time unless the goal differential is reduced to one (1) or less.
5. Time-Outs: One (1) thirty (30) second time out will be permitted in **ALL** games
6. Overtime: Overtime will only be played in playoff and championship games if regulation time produces a tie. Overtime shall consist of:
  - a. One sudden-death 5-Minute stop time period with teams playing three (3) skaters plus a goaltender.
  - b. If still tied a shootout 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 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.
  - c. 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. Whichever team shot first in the previous round, will once again shoot first.
  - d. Repeat point d. until no skater remains that has yet to participate. At this point, the shootout will continue in reverse order, starting with the player who has most recently shot. Teams will continuously work up and down their list of shooters until a winner has been declared.
7. Round Robin Standings: Standings will be based on points: two (2) points for a win, one (1) point for a tie, and zero (0) points for a loss.
8. Goal Differential: The MAX 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.
9. Tie-Breaker, Round Robin: If tied in points, standings (seedings) will be determined based on the following order:
  - a. The head to head result involving the teams tied (two way ties, or if one team has beaten all others they are tied with).
  - b. The team with the most wins in round robin play.
  - c. The highest total of goals for minus goals against. Note that a maximum spread factor of 7 goals will be used for each game (e.g. a 10-0 result will be posted as 7-0, while a score of 10-2, would be posted as 9-2).
  - d. The team with the lowest number of penalty minutes accumulated in round robin play
  - e. The team with the lowest number of goals against

- f. The team with the most goals for
- g. 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).*

10. Stick Measurements: Teams are NOT allowed to request the measurement of any stick during league games. If teams have a concern with an opposing player's stick, they must bring it forward to the attention of the referees, whom will use their discretion in the matter.
11. Game Misconduct Penalties: Any player or team official receiving a game misconduct penalty will be penalized at a MINIMUM according to the code of discipline, but may be penalized further by the league. This will involve at least a ONE-GAME suspension for all Game Misconducts.
12. Gross Misconduct Penalties: Any player or team official receiving a gross misconduct penalty will be penalized at a MINIMUM according to the code of discipline, but may be penalized further by the league. This will involve at minimum a TWO-GAME suspension.
13. Suspensions: Any player/coach/team official who receives a penalty that is considered to be a suspendable offence (M, GM, GRM, MP, etc.) will be required to serve the entire duration of such suspension during the course of the league. Should this suspension not be entirely served by the end of the league, the suspension(s) will carry over to other Sensplex Leagues and possibly other spring leagues.
14. Any player who receives three (3) stick-infracton penalties (cross-checking, high sticking, butt-ending, slashing, spearing) in the same game will receive an automatic game ejection.
15. For playoff and championship games, the home team will be the team with the highest seeding after the round robin portion in the league.

### **COVID-19 Related Rules and Regulations**

1. Team officials on the players bench must wear a mask at all times. Referees will issue one warning per game to a team that is violating this rule, and should another violation occur, the referee will have the ability to give the team a minor penalty.
2. Players must fill in the COVID screening form each day that they enter the facility. Failure to do so, could result in a game suspension, or expulsion from the league, at the discretion of the league coordinator.
3. Team safety officers must ensure that their team has no more than 25 spectators in the stands. Should a team exceed this number, the team may be given a penalty, at the discretion of the league coordinator.

### **General and Administration Rules**

1. 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 Bell 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.
2. 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.
3. Player Eligibility:
  - a. No player may be added to a team's roster after the first game, without consent from the league committee.
  - b. A player may register with, and play on one (1) team **only** in a given division. Players may play on more than one team if the teams are in different divisions.
  - c. Should a team be eliminated from further play, players are ineligible to be picked up by other teams for the playoffs and/or championship games
  - d. 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 may result in the player being ruled ineligible to play.
  - e. 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.
4. Referee's Decisions: All referee's decisions are final and may not be appealed.
5. 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 the League Manager 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 Ottawa Senators charity foundation.

6. 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.
  - a. Should a team who previously forfeited a game during the league be in contention for a playoff spot, that spot will be automatically forfeited should it come down to a tiebreaker whereby the goal ratio becomes the deciding factor.
7. Scheduled Game times are approximate. **TEAMS MUST BE PREPARED TO START THEIR GAMES NO LESS THAN 15 MINUTES BEFORE THEIR SCHEDULED START TIME. Teams not prepared to start at least 15 minutes ahead of their scheduled time, may receive a delay of game penalty or forfeit their game at the discretion of the league committee.**
8. 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!
9. 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.
10. Teams may be **ejected from league play** if they are found to be responsible for damage to league facilities (including host hotels) or unacceptable dressing room conditions.
11. No alcoholic beverages or "tailgating" is permitted on **ANY** Sensplex property.
12. Team Benches & Dressing Rooms: Teams may be required to provide a person to operate the penalty gate. No one, other than players, coaches and trainers are allowed in the dressing rooms and the hallways leading to the dressing rooms before and after games. A maximum of four coaches and one trainer are permitted.
13. Team Warm-Ups: Note that due to concerns with the safety of their patrons, the Sensplex facilities do not permit 'running' in public areas of their facility.
14. Teams should also read and understand the building rules and regulations that can be found posted in the front lobby of the Bell Sensplex
15. **Sensplex Leagues 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.**
16. **\*\*\*ALL RULES MAY BE SUBJECT TO CHANGE BASED ON COVID-19 PROTOCOLS/RESTRICTIONS\*\*\***