



OFFICIAL RULEBOOK

ASHL MISSION STATEMENT

To provide players of all ages and skill levels with a professionally managed recreational hockey league that is both safe and fun.

ASHL RULES AND REGULATIONS

Last Updated: September 2024

The current Hockey Canada / USA Hockey rules (where applicable), will govern all games, with the exception of a number of rules specific to ASHL Leagues and / or Tournaments. The addition, deletion, and modification of ASHL rules will coincide with the beginning of the Summer season and/or the Winter season. League Managers assume no responsibility for any claims arising through the operation of the League.

No allowances will be made for ignorance of the rules.

TEAM REPRESENTATIVE MEETING

Attendance by the designated Team Rep (or Alternate) is mandatory. Prior to each season, League Managers facilitate one (or more) Team Representative meeting(s) to discuss expectations, review rule or policy changes, introduce staff members, field questions, present important season details, and distribute a preliminary schedule.

AFFILIATE LEAGUES

The Adult Safe Hockey League has introduced and successfully implemented an Affiliate League initiative in selected communities that do not have a Canlan Sports facility in their area. These programs have enabled teams and leagues currently playing outside Canlan facilities an opportunity to become participating members of the ASHL and to enjoy many league benefits.

For more information, visit the Affiliate League pages of ashl.ca or send an e-mail to ashl@canlansports.com or visit ashl.ca/affiliate

BENEFITS OF ADULT SAFE HOCKEY LEAGUE MEMBERSHIP

The ASHL is the official partner of Hockey Canada for Adult Recreational Hockey. As a result, all members of the ASHL are members of Hockey Canada. ASHL players in the US are governed by USA Hockey but still enjoy many of the features outlined below:

- Standardized rule book prioritizing safe play
- Online registration with payment integration
- Player sport accident insurance
- Real time online stats, schedules and administration
- Online team management tools and features
- Online and in-facility contests and promotions
- Balanced schedules
- Divisional parity
- Operator liability insurance
- Access to ASHL Tournaments and National Championships

To review the complete list of benefits associated with each category, visit ashl.ca

ASHL NATIONAL CHAMPIONSHIPS

The ASHL National Championships is the largest qualification-based rec hockey event in Canada with participating teams from across North America. Host locations for the National Championships have included: Regina, SK; Burnaby, BC; Montreal, QC; Calgary, AB; San Jose, CA; and Chicago, IL.

For more information on the next edition of the National Championships, tentatively slated for May 14-17, 2026, visit ashl.ca/national-championships

FACILITY CHAMPIONSHIPS

At the conclusion of every season, each ASHL location will stage a Facility Championship to determine the divisional winners. Contact your facility League Manager for verification of qualifying divisions in your area.

NATIONAL CHAMPIONSHIP QUALIFIERS

The ASHL organizes and operates special Tournaments for its sanctioned League members. Division Champions and Finalists are invited to participate in the ASHL Nationals.

For information on the next qualifying events, visit ashl.ca/tournaments.

TABLE OF CONTENTS

SECTION ONE: THE ARENA	6	SECTION THREE:	
1.1 Arena Property	6	PROTECTIVE EQUIPMENT	18
1.2 Alcohol, Containers & Smoking Policies	6	3.1 Protective Equipment	18
1.3 Illicit Drug Use	6	3.2 Helmets & Goalie Masks	18
1.4 Personal Property	7	3.3 Facial Equipment	18
1.5 Notices	7	3.4 Neck Guards	18
1.6 Accidents	7	3.5 Goaltender Skates	18
		3.6 Mouth Guards	19
		3.7 Goaltender Equipment	19
SECTION TWO:			
LEAGUE ADMINISTRATION	7	SECTION FOUR: PLAYING RULES	19
2.0 Management Rights	7	4.1 Icing	19
2.1 Eligible Players	8	4.2 Stick & Equipment Measurements	19
2.2 Player Registration & Photo Identification	8	4.3 Defaulted or Forfeited games	19
2.3 Carded Players	9	4.4 Procedure for start of games	20
2.4(a) Playoff Eligibility – Players	9	4.5 Time Outs	21
2.4(b) Playoff Eligibility – Goaltenders	10	4.6 Goal Crease	21
2.4(c) Playoff Eligibility – Backup Goaltenders	10	4.7(a) Overtime – Regular Season	21
2.5 Substitute Goaltenders – Regular Season	10	4.7(b) Overtime – Playoffs	22
2.6 Goaltender Injury	10	4.7(c) Overtime – Shootout	23
2.7(a) Goaltender Ejection	10	4.8 Length of Game	23
2.7(b) Serving Goaltender Penalties	11	4.9 15 – second Face-off Rule	24
2.8 Team Jerseys	11	4.10 Player Injury – Blood Drawn	24
2.9 Roster Limit	11	4.11 Special Divisions	24
2.10(a) Signing of Game Rosters	11	4.12 Goaltender Safety	24
2.10(b) Bench Attendance	11		
2.11 Age-Restrictive Divisions	12		
2.12 Divisional Structure	12		
2.13(a) Skill Levels – Teams	12		
2.13(b) Skill Levels – Players	13		
2.14 Ties in Standings – 2 or More Teams	14		
2.15(a) Suspensions	14		
2.15(b) Suspensions – Appeals	15		
2.16 Referee Qualifications	16		
2.17 Game Protests – Playoffs	16		
2.18 Playoff Brackets	17		

SECTION FIVE: PENALTIES	24		
5.1 Boarding/Body Checking/Charging	25	5.23(b) Team Penalty Minute Limits	32
5.2 Checking from Behind, Checking to the Head & Slew-footing	25	5.24 Face-Off Location - Penalties	33
5.3 Butt-Ending	25	5.25 Face-off Location - High Stick	33
5.4 Cross-Checking	26	5.26 High-Stick Goalie Procedures	34
5.5 Elbowing & Kneeing	26		
5.6 High Sticking	26	SECTION SIX: NORTH	
5.7 Slashing	26	AMERICAN CHAMPIONSHIPS	34
5.8 Spearing	27	6.1 Length of Game	34
5.9 Delay of Game	27	6.2 Rosters	34
5.10 Holding/Holding the Stick	27	6.3 Ties in Standings	34
5.11 Hooking	27	6.4 Overtime	34
5.12 Interference	27	6.5 ASHL National Championships Qualification	34
5.13(a) Roughing	28	6.6 ASHL National Championships Divisional Alignment	35
5.13(b) Roughing - After the Whistle	28		
5.13(c) Roughing - Head Contact	28	ASHL LOCATIONS	35
5.14 Tripping	29	Pacific Region	35
5.15(a) Unsportsmanlike Conduct - Unnecessary Involvement	29	Central Region	35
5.15(b) Unsportsmanlike Conduct	29	Eastern Region	35
5.16(a) Fighting	29	United States Region	35
5.16(b) Fighting - Off the Playing Surface	29		
5.17 Game Ejection	30	APPENDIX A: PLAYOFF RULES	36
5.18 Misconducts	30	APPENDIX B: RULE CHANGE SUMMARY	37
5.19 Game Misconducts	30		
5.20(a) Gross Misconducts	30		
5.20(b) Gross Misconducts - Discriminatory Behaviour	31		
5.21(a) Match Penalties - Involving a Player	31		
5.21(b) Match Penalties - Involving a League Official	31		
5.22 Disqualified/Ejected Players	31		
5.23 (a) Individual Penalty Minute Limits	32		

SECTION ONE: THE ARENA

1.1 ARENA PROPERTY

Any damage to Canlan Sports property will be paid for by the individual(s) responsible, prior to participation in any further League games. Non-compliance constitutes automatic indefinite suspension from the League and possible legal action. If the individual(s) responsible for the damage cannot be identified, the Team will be removed from the League until the damages are paid in full.

1.2 ALCOHOL, CONTAINERS & SMOKING POLICIES

As of May 1st 2013 all Canlan Sports owned and operated facilities have adopted a ZERO tolerance policy on Alcohol consumption and transport as well as Smoking in unlicensed areas of our facilities. This includes, but not limited to, lobbies, parking lots, arena playing surfaces, surrounding areas, and dressing rooms. Any player/team found consuming or carrying alcoholic beverages or smoking in non-designated areas will receive a warning letter (1st offence) outlining the policy and expectations moving forward. A second offence by the same team/player will result in a \$500 refundable performance bond that will be taken immediately. This will be returned in full at the conclusion of the season if no further incidents arise. If a 3rd offence occurs, the \$500 bond will not be returned and the team/player will be suspended indefinitely from ASHL participation and must apply for reinstatement at a later date. No refunds will be issued for league fees under any circumstances.

We remind all members that the consumption of alcohol in unlicensed locations and smoking indoors is against the law and that serious liability issues may arise from this action. Teams are to be out of the dressing rooms after their games in the specified time period outlined by the facility.

Players will be asked to voluntarily withdraw from any League game if any League Official suspects that a Player or Team is participating under the influence of alcohol or drugs (before or during a game). If a Player refuses to leave the playing surface, the game will be temporarily stopped until the Player in question withdraws from the game. Failure to comply may result in the offending Team forfeiting the game. Supplementary discipline may be levied against the Team and/or Player(s) involved.

1.3 ILLICIT DRUG USE

Illicit drug use in recreational facilities is strictly prohibited. Teams or individuals found in violation of this policy will be expelled from the League. No refund will be issued.

1.4 PERSONAL PROPERTY

The League accepts no responsibility for lost or stolen personal property. We strongly suggest that no valuables be taken into the Arena. Locks are not provided for dressing room doors so it is the Team's responsibility to lock their dressing room before going on the ice.

NOTE: Some facilities have dressing room keys/locks available in exchange for a deposit or car keys (contact your facility League Manager for verification).

1.5 NOTICES

All Team Representatives are responsible for checking email or voicemail when contacted by the league with updates. If you, as a team rep, do not check often we highly recommend appointing an alternate rep to ensure items are not missed. We also recommend checking your team information and site weekly for standings and League news. Team Representatives are encouraged to check in with the League Office before each scheduled game and communicate all concerns to the League Manager.

1.6 ACCIDENTS

All accidents and injuries must be reported to Arena Management immediately. An incident report must be completed and forwarded to the League Manager.

SECTION TWO: LEAGUE ADMINISTRATION

2.0 MANAGEMENT RIGHTS

League Management reserves the right to suspend or remove Players or Teams that are not displaying the appropriate behaviour and/or sportsmanship that reflects the image of the League. Players may be suspended regardless of whether a penalty has been assessed by the Referees.

League Management also reserves the right to restrict Player movement and (re)align Teams in any division based on game performance and/or their assessment of individual or group skill levels (refer to Rule 2.13(B) for the recognized categories of hockey experience used to rate Teams and Players). The League Manager or League Official (Convenor or Designate) makes the final decision on whether a game is defaulted due to one of the Teams not having enough Players to play. Referees are to consult with the League Management for a final ruling.

In extreme circumstances, League Management has the authority to make decisions if it's in the best interest of the league, sportsmanship, and safety. This type of decision may be appealed to the ASHL Corporate office using the steps outlined in Rule 2.15(B).

2.1 ELIGIBLE PLAYERS

Only Players registered with the League may participate. All players must legibly print and sign their own names on each official game roster. Forging of signatures or use of abbreviated signatures may result in a Player's disqualification or a Team default of the game. It is the responsibility of the Team Representative to ensure all Players have printed and signed their names on the game roster and that all Players are eligible for participation in the game. Players who enter a game without signing the game roster may be assessed a Minor penalty for Delay of Game. Players must be dressed and ready to play before the start of the last period of regulation time. Any Player arriving after the last period of regulation time has begun will not be permitted to participate.

If there is a discrepancy between the number of Games Played listed for a Player on his/her online roster and the number of Official Game Rosters signed by the Player, then the number of properly signed Official Game Rosters will be used to determine eligibility. The Team Rep (or designated Alternate) is responsible for ensuring their online roster accurately reflects the correct Games Played statistics for all of his/her Players.

All Players participating in a League game must be age of majority or older. Any Player under the age of majority must acquire the League Manager's approval, submit written parental consent and sign an under-age waiver prior to registration/participation in any League game.

NOTE: Age of majority in the provinces of British Columbia, New Brunswick, Nova Scotia, and Newfoundland is 19

2.2 PLAYER REGISTRATION AND PHOTO IDENTIFICATION

All Players participating in the Adult Safe Hockey League (including ASHL Affiliates) are required to register online at ashl.ca, and to complete their registration by signing the online waivers before they participate. Upon completion of this process, each Player will be issued a seasonal eligibility Helmet Sticker. It is a requirement that each Player affix the sticker to the back of his/her helmet before they participate. The sticker must be applied such that it is in plain view of the on-ice Officials.

Any Team with a Player that does not have the sticker properly placed and visible on his/her helmet may be assessed a Minor penalty for delay of game by the Referees and the Player will be sent off the ice and not permitted to return until the sticker is properly affixed. If the sticker is lost a replacement may be purchased from the League Office at a cost of ten dollars (\$10). Additionally, all Players must carry government-issued photo identification (ID)

in the facility on their person and be prepared to produce it for League staff upon request. Checks for ID may be randomly conducted and failure to produce ID will prevent the Player from being permitted on the ice.

NOTE: Government-issued photo IDs are mandatory for participation in all playoff games.

2.3 CARDED PLAYERS

Carded Players are discouraged from playing in the League due to their commitment to their junior or senior Teams. Enrolment of a carded Player is at the discretion of the League Manager.

2.4(A) PLAYOFF ELIGIBILITY – PLAYERS

For a Player to be eligible for playoff competition, they must meet or exceed a minimum of 33% of regular season games played for that team and be rated at the appropriate skill level for the Division as per Rule 2.13(B).

EXAMPLE 1: Player participates in 10 of 32 regular season games = 31.25% and is ineligible for playoff participation.

EXAMPLE 2: Player participates in 10 of 30 regular season games = 33% and is eligible for playoff participation.

The only exception to this rule is severe Player injury. If a Player misses a minimum of 3 or more consecutive regular season games due to a serious injury, an exception will be considered. A valid doctor's certificate will be required that specifically indicates the date the injury was reported. The doctor's certificate must be submitted to the League Manager before the player returns to the ice. The League Manager will then subtract the games missed due to injury from the Team's total games, and the Player will be deemed eligible if they have played in at least 33% of the games that were not covered in the doctor's certificate. Players shall not receive credit for games towards playoff eligibility while under suspension.

A Team found guilty of using an ineligible Player during the playoffs will be assessed a default loss for that game. If an ineligible Player is discovered after the second game of a two-game playoff series, the offending Team will be disqualified regardless of the results of game one.

NOTE: Playoff eligibility is restricted to one category below the player's experience level. Playoff eligibility is restricted based on the rules outlined in 2.13(B) if a player plays on multiple teams.

2.4(B) PLAYOFF ELIGIBILITY – GOALTENDERS

For a Goaltender to be eligible for playoff competition, they must meet or exceed a minimum of 15% of regular season games played as a goaltender for that team.

2.4(C) PLAYOFF ELIGIBILITY – BACKUP GOALTENDERS

If your primary goaltender is unavailable due to unforeseen circumstances or injury, the ASHL office will attempt to provide a suitable replacement goaltender that is approved by the League Manager and meets all registration and eligibility requirements of the ASHL (Rules 2.1, 2.2 and 2.13 (B)). A 24 hour grace period is required to ensure maximum time to find a suitable replacement.

NOTE 1: In the case of an emergency, a team may use a goaltender from another ASHL sanctioned facility that meets the requirements outlined in rules 2.4(B), 2.4(C), 2.13(B).

NOTE 2: In the case of an emergency, a team may use a goaltender provided by the League Manager if available. Rule 2.13 (B) still applies with no exceptions.

2.5 SUBSTITUTE GOALTENDERS – REGULAR SEASON

During the regular season Teams may use any consenting Goaltender registered with the League that is of the appropriate skill level. League Management reserves the right to approve substitute goalies during the Regular Season.

2.6 GOALTENDER INJURY

If a Goaltender goes to the Players' bench due to an injury, they shall retire from the ice and their place shall be taken by an alternate Goaltender and no warm-up will be permitted. This rule will only apply when an alternate Goaltender is dressed. When an alternate Goaltender is not dressed, the injured Goaltender will be allowed ten (10) minutes to recuperate. If a replacement is necessary for the injured Goaltender, an additional five (5) minutes will be allowed, or the Team may continue with six skaters for the duration of the game or default the game. During playoff games, time allotted for Goaltender replacement is at the discretion of League Management.

NOTE 1: If a Player starts a game as a Goaltender , they may be substituted and return as a skater.

2.7(A) GOALTENDER EJECTION

If a Goaltender is assessed a Game Misconduct, Major (except for accidental high-sticking) or Match penalty, the game will be defaulted if the Team cannot find a suitable replacement within ten (10) minutes. In this event, a substitute

Goaltender is permitted to join the game at any point. (See rule 2.1)

If a Goaltender receives a Game Ejection penalty for any reason, he will be allowed to remain in the game and will be suspended for his/her next scheduled game.

2.7(B) SERVING GOALTENDER PENALTIES

No player shall be required to serve a non-time penalty assessed to a goaltender.

2.8 TEAM JERSEYS

All Players must wear matching jerseys, which must be uniquely numbered. Jerseys without numbers are not permitted. In the event of a conflict of Team colours (the Visiting Team Representative and/or Referees will determine if there is a conflict), the visiting team will wear their alternate jerseys or the League jerseys (cover-ups), provided they are available and requested.

For the purpose of communicating with the on-ice Officials, each Team is strongly encouraged to assign one Captain and up to two (2) Alternate Captains. The Captain's "C" and Alternate "A" must be clearly identified on the sweater.

2.9 ROSTER LIMIT

Teams are limited to 20 total players including goaltenders on the active roster for a game.

NOTE: For the purpose of regular season or playoff awards, the League will recognize 15 Players and 1 Goalie per Team

2.10(A) SIGNING OF GAME ROSTERS

Due to insurance and eligibility requirements, official game rosters must be signed by each Player prior to every game. All players must legibly print and sign their own names on each official game roster. Any persons behind the bench must be registered and also sign the official Game Roster for insurance purposes

2.10(B) BENCH ATTENDANCE

All individuals on the player's bench area must be currently registered with the League.

Players currently serving a suspension are not permitted on the player's bench or in the immediate area surrounding the player's benches.

2.11 AGE-RESTRICTIVE DIVISIONS

To participate in any age-restrictive division, all Players must be the minimum allowable age (e.g. 30+, 40+, 50+, etc) as of December 31st of the year in which the season began.

Teams in 40+ and 50+ divisions may request a "no slap-shot" rule. The League Manager and each divisional Team Rep will receive one vote; a majority decision will rule. Beyond the Facility Championships, all 40+ games will be played with full slap-shot.

NOTE: There is zero tolerance for fighting in the 40+, 50+, 60+ and CoEd Divisions of the ASHL. Any Player assessed a Fighting Major in any of these divisions will be suspended for the balance of the season.

2.12 DIVISIONAL STRUCTURE

ASHL/ASHN recognized divisions include:

- a) Men's A, B1, B2, C1, C2, D1, D2 and E
- b) Men's 30+ A, B, C, D and E
- c) Men's 40+ A/B, C/D
- d) Men's 50+ A/B, C/D
- e) Men's 60+
- f) Women's A (Competitive), B/C (Intermediate) and D/E (Recreational)
- g) Women's 40+

All of these divisions are recognized for North American Qualifier/ North American Championship participation. Additional divisions (e.g. 40+, 50+, CoEd, etc) may be added by the North American Qualifier host where applicable, and to the North American Championships based on customer demand

2.13(A) SKILL LEVELS – TEAMS

League Management reserves the right to move a Team (or Player) to a higher or lower division based on:

- a) Overall and/or individual Player skill level
- b) Win/loss record
- c) Age of Players
- d) Any other statistical data

This rule is applicable at any time during the season.

2.13(B) SKILL LEVELS – PLAYERS

Players are rated based on their experience in hockey as per the online registration guidelines:

- A** Pro, Semi-Pro or Minor Pro, NCAA, USports, Major Junior Women's (or Girls) AAA, AA.
- B** Canadian College (OCAA, MCAC, ACAC, etc), Senior Hockey, Junior A, Québec Junior AAA; Women's (or Girls) A, BB or B.
- C** Junior B or C, Québec Junior AA or A, Rep AAA, AA or A; High School, Women's (or Girls) C
- D** Select League, House League, Minor Hockey B, C, D
- E** No experience with an organized League, started playing hockey as an adult

Based on these categories, each Team by division (i.e. A, B, C, D, and E) should contain a majority of Players (51% or more) at these individual skill levels. Playoff eligibility is restricted to one division/category below the player's experience level (e.g. a 'C' rated Player will not be permitted to participate in the 'E' division during the playoffs).

NOTE 1: An "average" Player skating for a C division Team will have a Junior B, C or Rep caliber hockey background.

NOTE 2: This does not automatically exclude Players with Major Junior, University or even House League experience from C division participation during the regular season.

NOTE 3: League Management will take a Player's age into consideration when determining their skill level and playoff eligibility (e.g. a 45 year-old with 'B' experience can typically skate with a 35 year-old in 'C' division or a 25 year-old in 'D' Division)

For Players skating with more than one Team, the highest division they are participating in will be used to determine playoff eligibility (e.g. a Player that plays for a 'B' Team and a 'D' Team will be restricted to the 'B' Team roster during the playoffs, assuming conditions of Rule 2.4(A) are met).

NOTE: In some cases where ASHL facilities use sub categories (Example C2 Pool B), the League Manager may further restrict player eligibility and movement throughout divisions.

2.14 TIES IN STANDINGS – 2 OR MORE TEAMS

In the event of a tie in the standings the following steps (a – f) will be used to break the tie:

- a) Best record in head-to-head games amongst the tied Teams
- b) Most Wins
- c) Largest Goal Differential (Goals For minus Goals Against)
- d) Least Goals Against
- e) Least Penalty Minutes (Average per Game)
- f) Coin Toss

Final regular season standings and playoff rankings will be determined by a Team's winning percentage (Win PCT) against Teams in their current division.

NOTE 1: If there are still Teams tied after a step (no one team is advanced), only the tied Teams from that step move on to the next step of the procedure. This process continues until there is only 1 team remaining.

NOTE 2: Once one team has been advanced using this tie-breaking procedure, it then reverts back to tie-breaking procedure (a) to break the remaining tie and so forth until no more ties still need to be broken.

NOTE 3: No Team shall advance in the playoffs if they have defaulted a game in a 3-team Round Robin. The game results involving the defaulting team are removed and the final ranking is based on the game involving the non-offending teams.

NOTE 4: If all tied Teams have not played head-to-head, 2.14(A) will be skipped and the process will begin with Most Wins.

2.15(A) SUSPENSIONS

All infractions occurring before, during and after any scheduled game are subject to review by League Management. League Management has the authority to levy suspensions in accordance with the minimum standards and, at their discretion, increase or decrease suspensions due to extenuating circumstances. Players may be suspended regardless of whether a penalty has been assessed by the Referees.

A player receiving a suspension is suspended from all teams until his/her suspension is completed (i.e. their return date is achieved). For example, a Player is playing for Team 'A' and Team 'B.' The Player receives a 3-game suspension while playing for Team 'A.' The Player must sit out three of Team 'A's' games before they are eligible to play again for Team 'A' or Team 'B.' Therefore, if Team 'B' has 2 games in that period of time, the Player will sit out a total of 5 games for the infraction.

NOTE: League Management has the authority to review the suspension (if warranted) from other teams that a player may participate on

OFFENSE	MINIMUM RECOMMENDED SUSPENSION
Game Ejection	Balance of Game
Game Misconduct	Balance of Game and Review by League Manager
Game Misconduct (last 10 minutes of regulation)	1 Game and Review by League Manager
Major Penalty (First Offense)	2 Games and Review by League Manager
Major Penalty (Second Offense)	4 Games and Review by League Manager
Major Penalty (Third Offense)	Balance of Season*
Fighting (First Offense)	5 Games and Review by League Manager
Fighting (Any Subsequent Offense)	Balance of Season*
Gross Misconduct	Automatic indefinite suspension pending review by League Manager
Match Penalty	Automatic indefinite suspension pending review by League Manager
Fighting, Gross Misconduct, Match (Any 2 in 1 Season)	Balance of Season*

***Performance Bond required for reinstatement**

Any Player knowingly participating in a League game while under suspension will automatically have their teams' points removed for that game and the suspension length will be doubled (at minimum). If the Team Rep knowingly permits a suspended or ineligible Player to participate in a League game, the Team Rep will face disciplinary action.

2.15(B) SUSPENSIONS – APPEALS

A Team Representative, on behalf of a Player, may appeal a suspension of five (5) or more games by filing a written submission with the League Manager and paying a two hundred dollar (\$200) review fee. The fee and the appeal letter must be submitted to the League Manager within seven (7) days or by the next scheduled game after the suspension has been issued (whichever comes last). A suspension appeal may only be made by the Team Representative. The letter must outline the basis for the appeal (e.g. Player's penalty history, comparable suspension length for a similar incident, etc) and include a registered charity of choice.

Upon receipt of an appeal letter and review fee, the appeal will be directed to the ASHL Corporate office for formal review.

The following information may be considered relevant to any review:

- Player Suspension and Penalty history specific to the ASHL
- Officials Game Reports
- Convenor Report(s) and/or Complex Management Report(s)
- Timekeeper Report
- Video Footage (if available from the facility)

NOTE 1: If the suspension is reduced, the appeal fee will be refunded when the verdict is rendered. If the suspension is upheld, the money will be donated to a registered charity of the offending player's choice indicated on the original appeal letter.

NOTE 2: Adult Safe Hockey League and ASHL Affiliate Players receiving a permanent suspension or facility ban will follow the process as outlined in 2.15(B).

2.16 REFEREE QUALIFICATIONS

Every Referee is required to attend an annual ASHL officiating clinic as part of their certification. Every Referee is required to pass a written exam and meet all initial and ongoing requirements of the ASHL Officials Code of Conduct

2.17 GAME PROTESTS – PLAYOFFS

Protests during the playoffs must be made within 24 hours of the conclusion of the scheduled playoff game. It is the responsibility of the Team Representative to notify the League Manager of a protest in the prescribed timeframe above. The Team Representative must then file a written submission with the League Manager and pay a two hundred dollar (\$200) review fee. The letter and fee must be submitted before the League Manager will review the protest.

Any written submission must outline the basis for the protest. Game calls such as missed penalty, offside, icing or disallowed goals are not basis for protest.

The League Manager will meet with the Team Representative, another League Official and at least one of the Referees involved in the game (if the League Manager deems their participation necessary). Attendance by the opposing Team Rep is optional. If the ruling is reversed the \$200 fee will be refunded. If however, the ruling is upheld, the \$200 fee will be donated to the registered charity of the appealing Team's choice.

NOTE 1: Game protests are only permitted during the playoffs.

NOTE 2: In situations where the subsequent game is scheduled 48 or less from the completed game, the team rep must contact league management

within an hour of the completed game to state their intention to protest. League management will then discuss a timeline with the team rep so that the protest can be heard, and the bracket updated in a timely fashion.

NOTE 3: Any questions about the skill level of a player must be presented to League Management, in writing, at least 6 hours in advance of a scheduled playoff game. This does not require a formal protest, simply a request for clarification of the player, along with evidence to dispute their declared hockey experience level. Official protests based on player skill level will not be accepted after a playoff game unless there is deception on the part of the offending team to conceal a player's identity, or if the player in question is a substitute goaltender that is not from the team's regular roster. Deception includes but is not limited to: providing a false ID, signing under someone else's name, providing an incorrect date of birth, etc.

2.18 PLAYOFF BRACKETS

Divisional playoffs will follow the official ASHL format. The brackets will be posted online (or distributed to Team Reps) approximately one (1) month prior to the first playoff game.

In a 2-game series, Games will not have OT and can end in a tie. At the conclusion of Game 2, if the series is tied (i.e. both teams have won a game in regulation or both games were tied), then a mini-game will be played to decide the winner of the series. This mini-game consists of a stop-time, sudden victory, five (5) minute overtime period followed by a shootout (if necessary). (See Rule 4.7 (B)) This mini-game is considered an extension of Game 2 when taking into account the serving of any suspensions that were in place coming into the game, and when considering any ejections that occurred during regulation time of Game 2. No new players may be added to the roster for the mini-game that did not participate in Game 2.

In a 3-team Round Robin, all games must have a winner. Any game tied at the end of regulation will proceed to OT, followed by a shootout (if needed). (See Rule 4.7 (B))

NOTE 1: If a team defaults Game 1 of a 2-game series they will get a loss for that game and are allowed to participate in Game 2. If a team defaults Game 2 of a 2-game series, they will automatically lose the series.

NOTE 2: In consultation with the ASHL National Office, League Management may alter the standard format due to exceptional circumstances.

SECTION THREE: PROTECTIVE EQUIPMENT

3.1 PROTECTIVE EQUIPMENT

Unless otherwise addressed in the Rules, all protective equipment must be ice-hockey specific and shall be worn in accordance with the manufacturers original design and in a manner to ensure player safety. If after one warning by a Referee, a player refuses to correct his/her equipment deficiency or, continues to wear the equipment apart from its original design intent, a Misconduct penalty will be assessed to the offending Player.

3.2 HELMETS & GOALIE MASKS

Helmets are mandatory and must be worn by all Players and Referees. 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 and during warm-ups. Ear-guards for helmets are not mandatory.

If a Goaltender chooses to use a non-CSA approved cage (i.e. Cat's Eye Mask), a waiver is included within the online registration that is completed prior to the first game, absolving the ASHL of any responsibility for any injury incurred.

3.3 FACIAL EQUIPMENT

As of September 1st, 2013 the ASHL has instituted a mandatory facial protection policy for all players. Any player not wearing a minimum of a half visor or cage will be asked to leave the ice surface immediately and will not be permitted to return until they have the proper facial protection in place. The visor/cage must be fastened securely to the helmet as per CSA Approved Regulations with all straps firmly attached as per manufacturer's design. If a player other than a goaltender, loses their visor/cage during the course of play, they must not intentionally participate in the play and return to their bench. Should the player intentionally participate in the play, the official will immediately stop play and assess a minor penalty to the offending player for delay of game/ineligible player.

NOTE: Every league game official will be required to wear a half visor.

3.4 NECK GUARDS

Neck guards are recommended for all Players in all divisions. Goaltenders are strongly encouraged to wear a CSA approved neck guard in all League games.

3.5 GOALTENDER SKATES

Only Goaltenders are permitted to use Goaltender skates.

3.6 MOUTH GUARDS

Mouth guards are strongly recommended for all Players in all divisions.

3.7 GOALTENDER EQUIPMENT

A goaltender must wear protective equipment specifically designed for ice hockey goaltenders and be complete with approved; Mask, Leg Guards (Pads), Chest Protection and Gloves designed for use by goaltenders.

SECTION FOUR : PLAYING RULES

4.1 ICING

All provisions of the Icing rule in the Hockey Canada rules will apply with the exception that if a Goaltender leaves the crease area for the purposes of playing the puck and in doing so affects the play of the game, any potential icing will be nullified.

NOTE: Many ASHL locations now use blue-line icing to reduce stoppages and increase playing time. Consult your League Manager to confirm the icing line in use at your arena(s).

4.2 STICK & EQUIPMENT MEASUREMENTS

Stick and equipment measurements will not be permitted. However, if in the opinion of an Official, any stick or equipment poses a threat to the safety of other Players, the Player will be asked to remove it from the game.

4.3 DEFAULTED OR FORFEITED GAMES

The following situations will result in a defaulted game:

- If either Team does not have a minimum of 5 Players and a Goalie on the ice by the start of the second period or if either team is unable to field the minimum requirements after the first period has elapsed (as per rule 4.5) with the exception of a goalie injury.
- If a Player who has been ejected from the game for any reason does not leave the ice in a timely manner (discretion of Referee or off-ice Official). It is the Team's responsibility to ensure an ejected Player leaves the ice surface and returns to their assigned dressing room (see Rule 5.22).
- If a Goaltender is ejected from the game and is not replaced within the ten (10) minutes allotted (see Rule 2.7(A)).
- If a Team chooses not to continue the game after an injury to their Goaltender (see Rule 2.6).
- If either Team cannot field the minimum number of Players at any point during the game due to penalties or Players being ejected.
- If either Team refuses to continue the game for any reason other than safety concerns agreed to by the Referees and League Official.
- If either Team fails to meet the financial payment terms of the League.

- h) In the event that one (or both) team(s) cannot immediately replace players that have been assessed coincidental penalties in the first period, the Referee(s) can allow the game to continue in a 4 on 4 format. Under no circumstances will the game continue in a 3 on 3 format if the teams are unable to ice a team after this concession.

In the event that a Team does not have a Goaltender ready to begin the game, the Team may ice six skaters for the first period. If an eligible Goalie is not fully dressed prior to the start of the second period the Team will default the game. If a Team is aware that their Goalie will be absent for a game, they may contact the League to assist in obtaining a replacement. Team Reps are also encouraged to secure back-up or spare goaltenders using the online Hockey Finder tool on ashl.ca.

The team who did not default may use the game ice slot for scrimmage or practice. Referees and Timekeepers will not stay on the ice once the game has been declared a default by a league official. The game will be listed as a 1-0 win for the non-offending team. The game will not be rescheduled.

In accordance with the Defaulted or Forfeited Game Policy, penalties will be levied against any team that does not provide written notice to League Management at least 48 hours in advance of their game that they will not be able to field a team. League Management will outline the facility-specific policy during the Team Representative meeting prior to each season.

In a situation where both Teams mutually default, the game will be cancelled and both Teams will receive a loss and no compensation shall be awarded.

NOTE: Forfeited games will not be replayed.

4.4 PROCEDURE FOR START OF GAMES

The following procedure will be in place for the start of all games:

At the start of the scheduled ice time or once the ice resurfacers doors close (whichever comes last), the warm-up time will start running down. The buzzer will sound (or the Referee will blow their whistle) with one minute remaining to make Players aware that the warm-up session is nearly complete. Teams must then send their starting lineup onto the ice and prepare for the opening face-off. The clock will continue to run until the first stoppage in play.

NOTE: The clock will stop if there is no Referee present at centre ice to start the game at the conclusion of the warm-up time.

In situations where one or both Teams are unable to field the minimum 6

Players at the end of the warm-up or are not ready for the face-off, the following procedure will apply:

- a) The clock will continue to run into the game time.
- b) If one of the teams is unable to field the minimum number of players at the conclusion of the warm-up, a 2-minute minor for delay of Game will be issued. This penalty will start once the game begins..
- c) After the first period has elapsed: the game will be defaulted (see Rule 4.4).

If the offending Team manages to meet the minimum Player requirement during this process, the game will be started immediately. The clock will not be stopped until the first stoppage in play. Game time will not be added back onto the clock.

4.5 TIME OUTS

Each Team is permitted one thirty (30) second time out per game. Both Teams are not permitted to take their time out during the same stoppage in play. There will be no time outs in overtime, during running time, or before the start of the first period.

NOTE: Teams may use their time out during the overtime period of a playoff game (provided it was not used during regulation time).

4.6 GOAL CREASE

Players in the offensive zone are not permitted to enter the crease area under any circumstance before the puck enters the crease. If a Player's skate(s) enters the crease voluntarily in any manner, the Referee will blow down the play, and a face-off will take place at the nearest spot in the neutral zone.

NOTE: If however, in the opinion of the Referee, the defending team has possession of the puck with a clear path to move out of the defending zone, the Referee shall allow play to continue.

4.7(A) OVERTIME – REGULAR SEASON

The format for overtime will be a 3 on 3, sudden victory, five (5) minute running time period. At the conclusion of regulation time, five minutes and thirty seconds (5:30) will be placed on the clock and running time will be initiated by the Timekeeper (provided there are no unexpired penalties currently being served, in which case the game clock will be set to 5:00 and the clock will not start until the Referee drops the puck). The last minute of play will be stop time.

Player changes will be done "on the fly" and will not be allowed during any stoppage of play. The Referee may assess a Minor penalty for Delay of Game if a Team attempts to complete a Player change during a stoppage in play. The

15-second face-off rule will be used (see Rule 4.10).

If a penalty occurs in overtime (or there is an unexpired penalty at the conclusion of the third period) the non-offending Team will play with 4 skaters and a Goaltender, and the offending Team will play with 3 skaters and a Goaltender. When the offending Team's penalty expires, the penalized Player is permitted to rejoin the play. At the first stoppage following the expiration of the penalty, Teams will revert back to 3 skaters and a Goaltender.

All timed overtime periods in the League are sudden victory. The losing team in overtime will receive one (1) point for the tie from the regulation time game. Regular season overtime sessions may be cancelled due to schedule constraints (Teams to be notified by League Management).

4.7(B) OVERTIME – PLAYOFFS

The format for overtime will be a 3 on 3, sudden victory, five (5) minute stop time period. Player changes are permitted during play stoppages. All round robin playoff games tied after regulation and 2-game series that are tied after Game 2 will be decided by a 3on3, sudden victory, five (5) minute stop time period. Undecided games will continue with a shootout to determine a winner (refer to Rule 4.8c). The winning team will be awarded two points; the losing team will be awarded zero points for the overtime loss.

NOTE 1: Any player(s) ejected from Game 2 of a 2-game series will not be permitted to return for the mini-game overtime period or shootout under any circumstances.

NOTE 2: Any player(s) suspended for Game 2 of a 2-game series will not be permitted to return for the mini-game overtime period or shootout under any circumstances (this includes players that have served their complete suspension at the end of Game 2).

NOTE 3: For the purposes of on ice manpower, any unexpired time penalties in Game 2 of a 2-game series will NOT be carried over into the mini-game overtime period. The time penalty for the penalized player(s) will be removed from the score clock and both teams will begin the mini-game at full strength. If the player who was assessed the time penalty is serving the penalty, that player is ineligible for play and must remain in the penalty bench until the first stoppage in play following the time at which their penalty would have expired. If a substitute was serving the penalty noted above, they are eligible for play at the start of the mini-game. This rule is only applicable for the mini-game overtime period after Game 2 of a 2-game series.

4.7(C) OVERTIME – SHOOTOUT

Should the game remain tied following the conclusion of the overtime period in a playoff game, a shootout will be conducted to determine a winner. For the shootout the following will occur:

- a) Goaltenders will not switch sides
- b) 3 shooters per Team
- c) Any penalty in the overtime period, that has not expired, will eliminate the penalized Player from shootout participation.
- d) The Home Team will choose which Team shoots first.
- e) Once a Player has attempted his/her shot, they shall move to the side of the rink opposite the Players' bench.
- f) Referees use Hockey Canada/USA Hockey procedures for penalty shot.
- g) If a player is serving a penalty for a teammate and did not commit the infraction, c) does not apply.

If the game remains tied following the first three shooters, sudden victory will decide the game winner (i.e. one Team scores, the other does not).

Every eligible Player must shoot once before any Player takes a second shot. The deciding factor will be the smaller bench strength, before a Player takes a second shot.

4.8 LENGTH OF GAME

In the event that a game is running behind due to an occurrence in the game, the clock will be cut to three (3) minutes stop time when there is five (5) minutes left in the time slot.

In the event there is a five (5) or more goal spread in the last five (5) minutes of the third period, the game clock will revert to running time. If the game is starting to get out of hand, the game will be terminated at the Referee's discretion.

NOTE: The game clock will revert to stop time if the goal difference is reduced to four (4).

Any game in which there is a five (5) or more goal differential may revert to running time with the approval of both Team Reps (e.g. if a Team is losing by 5 or more goals in the first or second period the Team Reps may elect to move to running time at any point during the game).

In the event that a game is being played in an unsafe manner, the Referee or League Official (Manager, Convenor or Designate), may decide at their joint discretion, to cause the game clock to convert to run-time or, end the game at any point. For these events, a full report must be forwarded to the league office.

4.9 15-SECOND FACE-OFF RULE

After each stoppage in play, the 15-second face-off rule will be used. The Referee will use the following procedure: ten (10) seconds following any stoppage in play, the Referee administering the face-off will blow his/her whistle to indicate that in five (5) seconds the puck will be dropped. Teams should line up at the face-off location accordingly.

4.10 PLAYER INJURY – BLOOD DRAWN

If a Player is cut during a game and blood is drawn, the Player must leave the ice to clean and bandage the wound prior to being allowed to return.

4.11 SPECIAL DIVISIONS

For additional rules governing CoEd and 3 on 3 play, please contact your facility League Manager. A complete list of rules specially designed for these divisions will be reviewed at the pre-season Team Rep meeting(s).

4.12 GOALTENDER SAFETY

In the event that a Goaltender is struck in the mask or helmet with a shot the referee shall stop play as soon as practicable. The resulting face-off shall take place at the nearest end-zone face-off spot to where the shot was taken.

NOTE 1: If a shot hits the goaltenders' mask/helmet and deflects into the goal (directly or otherwise) prior to the official stopping play, the goal shall count.

NOTE 2: For the purposes of this Rule, the goaltender's mask/helmet does not include optional neck protection regardless of how it is attached to the mask/helmet.

NOTE 3: Any attacking player making physical body contact with the opposing goaltender in the crease area will be assessed a minor penalty or major penalty and a game misconduct for goaltender interference. If the attacking player was guided into the goaltender by a defending player, both players may be assessed penalties. If the contact is initiated by the goaltender for the purposes of drawing the opposition penalty, the goaltender will be penalized accordingly.

SECTION FIVE: PENALTIES

In the Adult Safe Hockey League and ASHL Affiliates, unless a Major or Match Penalty is assessed, the following infractions are assessed as Double Minor penalties (i.e. four minutes).

- Boarding
- Body Checking
- Elbowing
- Butt-Ending
- Charging
- Kneeing
- Cross-Checking
- High Sticking
- Head Contact
- Slashing
- Spearing

In the event the non-offending Team scores with the man advantage during the first two minutes of a double minor penalty, the penalty time on the game clock will be reduced two minutes (2:00).

In the event the non-offending team is awarded a Penalty Shot due to any infraction of the rules that calls for a double minor penalty to be assessed, a 2-minute time penalty will be assessed to the offending team/player, regardless of whether a goal is scored on the Penalty Shot.

5.1 BOARDING/BODY CHECKING/CHARGING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who boards/body checks/charges or attempts to board/body check/charge an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed. Any incidental collisions or accidental contact will be judged by a Referee based on the Hockey Canada/USA Hockey definition of checking. A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by boarding/body checking/charging. Deliberate boarding/body checking/charging is not permitted anywhere on the ice.

Any Player receiving a 2nd Major penalty for boarding/body checking/charging in one season will receive an automatic minimum four (4) game suspension and must attend an interview with League Management before returning to play.

Head Shots: If the official deems that the "Body Check" involved a "Head Shot" they are permitted to call a "Major" or "Match" penalty.

5.2 CHECKING FROM BEHIND, CHECKING TO THE HEAD & SLEW-FOOTING

A Major penalty and a Game Misconduct penalty or, at the discretion of the Referee, a Match penalty shall be assessed to any Player who checks from behind, checks to the head or slew-foots an opponent. Any Player that persists in committing these infractions will be removed from the League.

5.3 BUTT-ENDING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who butt-ends or attempts to butt-end an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by butt-ending.

5.4 CROSS-CHECKING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who cross-checks or attempts to cross-check an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by cross-checking.

5.5 ELBOWING & KNEEING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who elbows/knees or attempts to elbow/knee an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by elbow/knee.

5.6 HIGH STICKING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who high-sticks or attempts to high-stick an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed. If the infraction is deemed to be accidental, a Major penalty and Game Ejection penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by high-sticking.

NOTE: It is the responsibility of all players to be in care and control of their stick at all times during the game.

5.7 SLASHING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who slashes or

attempts to slash an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by slashing.

5.8 SPEARING

A Double Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who spears or attempts to spear an opponent.

If injury results, a Major penalty and Game Misconduct penalty shall be assessed. A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by spearing.

5.9 DELAY OF GAME

A Minor penalty shall be assessed to a Team or Player whom, in the opinion of the Referee, is deliberately delaying the game in any manner.

If any Player enters the ice surface before the ice-resurfacers doors are closed, their Team will be issued a Minor penalty for Delay of Game. Players who enter a game without properly signing the game roster may be assessed a two-minute Minor penalty for Delay of Game.

Any Team with a Player that does not have the seasonal eligibility Helmet Sticker properly placed and visible on his/her helmet will be assessed a Minor penalty for Delay of Game (see Rule 2.2)

5.10 HOLDING/HOLDING THE STICK

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who holds an opponent or the opponent's stick with his/her hands, stick or any other manner.

5.11 HOOKING

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who impedes or seeks to impede the progress of an opponent by "hooking" or "butt-end hooking" with his/her stick. This includes the action of "hooking" an opponent's stick.

5.12 INTERFERENCE

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who:

- a) Interferes with or impedes the progress of an opponent who is not in possession of the puck, or
- b) Deliberately knocks the stick out of an opponent's hand, or
- c) Prevents an opponent who has lost or dropped his/her stick from regaining possession of it.

5.13(A) ROUGHING

A Minor penalty, or at the discretion of the Referee, a Major penalty and a Game Misconduct penalty shall be assessed to any Player who is guilty of unnecessary rough play.

If injury results, a Major penalty and Game Misconduct penalty will be assessed. A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by roughing.

Any Player with cumulative rough play penalties will be reviewed by League Management and may be suspended

5.13(B) ROUGHING – AFTER THE WHISTLE

The Player first identified of engaging in rough play after the whistle shall be penalized.

If retaliation occurs, then the Player first identified as engaging in the unnecessary rough play after the whistle may be assessed two Minor penalties (one for roughing and one for unsportsmanlike conduct) while the retaliator will be assessed a Minor penalty.

If injury results from any of the above, a Major penalty and Game Misconduct penalty will be assessed.

A Match penalty shall be assessed to any Player who deliberately injures or attempts to injure an opponent by roughing after the whistle.

5.13(C) ROUGHING – HEAD CONTACT

Unless assessed a Major or Match penalty, any player who makes intentional contact with the head of an opponent shall receive a Double Minor penalty. This does not eliminate the possibility of the player incurring any other penalties that would result in suspension. Any player that has received three (3) penalties of this nature in one season will receive an automatic one (1) game suspension. Any subsequent offense of this nature thereafter will carry an automatic indefinite suspension that will be reviewed by the league.

5.14 TRIPPING

A Minor penalty shall be assessed to any player who trips an opponent. If injury results, the referee has the discretion to assess the offending player a Major penalty or, a Major penalty and a Game Misconduct.

5.15(A) UNSPORTSMANLIKE CONDUCT - UNNECESSARY INVOLVEMENT

Any player that in the opinion of the referee enters an existing altercation, instigates a further altercation during the same stoppage of play, or attempts to act as a peacemaker, shall be assessed a Game Ejection in addition to any other penalty that may be assessed to the player.

5.15(B) UNSPORTSMANLIKE CONDUCT

A Minor penalty shall be assessed to any Player or Team Official who challenges or disputes the rulings of any Official during the game or who displays unsportsmanlike conduct. If a Player persists, they shall be assessed a Misconduct penalty and any further disputes will result in a Game Misconduct penalty being assessed to the offending Player.

- a) Uses obscene, profane or abusive language or gestures to any person.
- b) Persists in disputing or shows disrespect for the ruling of an Official.
- c) Intentionally knocks or shoots the puck out of reach of an Official.

NOTE: If the Referee is unable to identify the person(s) responsible for the use of obscene, profane or abusive language, a Bench Minor shall be assessed to the offending Team

5.16(A) FIGHTING

If a Player or Players drop their glove(s) and do not continue an altercation, an automatic Game Ejection will be assessed. Dropping the gloves is subject to further review by League Management. All first offence Fighting Majors will result in a minimum five (5) game suspension.

Any Player assessed a Fighting Major in 40+ (or older) or Co-Ed divisions will be suspended for the balance of the season.

Any subsequent Fighting Major (with the same Team or any other during the same season) will result in the repeat offender(s) being suspended for the balance of the season (regular season plus playoffs) and may result in permanent suspension (see Rule 2.15(A)).

5.16(B) FIGHTING – OFF THE PLAYING SURFACE

A Major penalty plus Game Misconduct penalty shall be assessed to any Player who is involved in a fight with another Player off the playing surface. The League will not tolerate this behaviour and an indefinite suspension of all Players

involved will occur, pending a review by the League Manager.

5.17 GAME EJECTION

A Player incurring a Game Ejection penalty in accordance with the rules shall be ordered to the dressing room for the remainder of the game.

Any Player assessed three (3) Minor penalties, two (2) Double-Minor infractions or any combination of three (3) penalties (of any duration) in one game will receive an automatic Game Ejection penalty.

Any player who in the opinion of an official engages in conduct that is deliberately reckless or endangers his/her opponent's safety, may be assessed a Game Ejection penalty and ruled off the ice for the remainder of the game. A repetition in Game Ejections for any Player or Team can result in suspension.

NOTE: For rules pertaining to goalies please (see rule 2.7(B)).

5.18 MISCONDUCTS

Any Player, except a Goaltender, incurring a Misconduct penalty, shall be ruled off the ice for a period of ten (10) minutes actual playing time.

A substitute for the penalized Player shall be permitted immediately. A Player serving a Misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiration of their penalty.

Any Player who is assessed a second Misconduct penalty in the same game shall automatically be assessed a Game Misconduct penalty. An automatic (minimum) one (1) game suspension will be assessed.

All Misconduct penalties are subject to review by the League Manager. No Player shall be required to serve a Misconduct penalty for another Player.

5.19 GAME MISCONDUCTS

Any Player or Team Official incurring a Game Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reported to League Management for further action. If this penalty is assessed in the last ten (10) minutes of regulation time, an automatic (minimum) one (1) game suspension will be assessed. All Game Misconduct penalties are subject to review (and possibly further suspension) by the League Manager.

5.20(A) GROSS MISCONDUCTS

Any Player or Team Official incurring a Gross Misconduct penalty shall be ordered to the dressing room for the remainder of the game and shall be reported to League Management for further action. This penalty will be assessed to any Player, Coach, or Team Official who conducts themselves in such a manner as to make a travesty of the game.

5.20(B) GROSS MISCONDUCTS – DISCRIMINATORY BEHAVIOUR

Any Player or Team Official who engages in verbal or non-verbal taunts, insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language) shall be assessed a Gross Misconduct and be suspended according to the rules of the League. There will be no tolerance for this type of behaviour and the League will be very harsh with their assessment of suspensions. Should the Player who committed the offense is not discovered, the team representative will be automatically and indefinitely suspended pending a review by League Officials and/or Facility Management.

5.21(A) MATCH PENALTIES – INVOLVING A PLAYER

This penalty will be assessed when any Player physically abuses another Player with intent to injure (whether or not an injury occurs) or verbally threatens to injure another player. A Match penalty will result in an automatic indefinite suspension from the League. There is no minimum suspension.

An attempt to injure is an automatic Match penalty, regardless of whether it causes injury or not will be reviewed by the League Manager. The results of the injury will be considered by the League Manager when determining the length of the suspension and whether additional penalties are to be handed out.

5.21(B) MATCH PENALTIES – INVOLVING A LEAGUE OFFICIAL

This penalty will be assessed when a Player, Coach or Team Official verbally or physically threatens or abuses any League Official (Managers, Referees, Timekeepers, etc). A Match penalty will result in an automatic indefinite suspension from the League. There is no minimum suspension.

Any Player(s) or Team Official(s) that strikes, trips, pushes or body-checks a Referee, Linesman or off-ice Official before, during or after a game shall be assessed a Match penalty and shall be reported to the League Manager. A Match penalty will result in an automatic indefinite suspension from the League. Such Player or Team Official may be suspended for one year or more.

5.22 DISQUALIFIED/EJECTED PLAYERS

Teams are responsible for ensuring that Players who are disqualified or ejected from any game, for any reason, immediately leave the playing surface and retire to the Team's dressing room. The Team Representative or Captain is additionally responsible for ensuring the ejected Player remains in the dressing room for the balance of the game (unless otherwise permitted to watch the remainder of the game by League Management). Ejected Players who remain at rink side or who refuse to retire to the dressing room will be subject to further suspension and/or possible expulsion from the League. In this situation, League Officials can

end the game prematurely and charge the offending Team with a default (see Rule 4.4 b).

Any Player who has been ejected from a game that returns to the ice surface will face an automatic indefinite suspension pending review by League Management.

5.23(A) INDIVIDUAL PENALTY MINUTE LIMITS

Participants in the Adult Safe Hockey League are expected to play with integrity, sportsmanship, and contribute positively towards a safe environment for all participants.

During each regular season, league management will monitor team rosters to identify players who fail to adhere to the following penalty minute thresholds, which, if violated, shall result in the following supplemental discipline being levied:

- i.) Any participant who accumulates 20 or more penalty minutes over a five (5) game or less span shall receive a "First Warning Letter" from league management, formally notifying them that subsequent acts will result in supplemental discipline being issued.
- ii.) Following the issuance of a "First Warning Letter", any participant that accumulates another 20 or more penalty minutes over a five (5) game or less span in the same season will automatically be issued a minimum one (1) game suspension, with league management reserving the right to levy additional supplemental discipline, up to and including expulsion from the league.

The suspension letter shall indicate that additional violations of ASHL Individual Penalty Minute limits will result in additional supplemental discipline, as indicated by 5.23(A), subsection (iii)

- iii.) Following the issuance of a minimum one (1) game suspension, any participant that accumulates another 20 or more penalty minutes over a five (5) game or less span in the same season will be automatically expelled from the ASHL season, including playoffs, and must formally apply for reinstatement to be eligible for any future ASHL gameplay. No refund or credit for missed games will be issued.

5.23(B) TEAM PENALTY MINUTE LIMITS

ASHL teams are expected to play with integrity, sportsmanship, and contribute positively towards a safe environment for all participating teams.

During each regular season, league management will monitor standings to

identify teams that fail to adhere to the following penalty minute thresholds, which, if violated, shall result in the following supplemental discipline being levied:

- i.) By or before the midpoint of the regular season – calculated by the total number of guaranteed regular season games divided by two – any ASHL team that accrues an average of 10 or more penalty minutes per game (calculated by the total number of the team's penalty minutes, divided by the midpoint number of games) will receive a letter from league management, formally notifying them that subsequent acts will result in supplemental discipline being issued, up to and including expulsion from the league.

The suspension letter shall indicate that additional violations of ASHL Team Penalty Minute limits will result in additional supplemental discipline, as indicated by 5.23(B), subsection (ii)

- ii.) By or before the end of the regular season, any team that accumulates 10 or more penalty minutes per game (calculated by the total number of the team's penalty minutes, divided by the total number of regular season games) will be automatically expelled from the ASHL season, including playoffs, and must formally apply for reinstatement to be eligible for any future ASHL gameplay. No refund or credit for missed games will be issued.

5.24 FACE-OFF LOCATION – PENALTIES

Any penalty will result in a face-off at the nearest face-off location in offending team's defending zone.

In the event both teams are assessed penalties at the same stoppage of play, the position of the face-off will be determined by accounting for the time penalties assessed during the stoppage. If a team is assessed more time penalties than its opponent, the face-off will take place at the nearest end-zone face-off spot of the team incurring more time penalty minutes. In the event both teams were assessed penalties in the same stoppage of play and there was no time penalty difference, the face off location will be the nearest face-off location to where the play was stopped.

5.25 FACE-OFF LOCATION – HIGH STICK

In the event that a player makes contact with the puck above the normal height of the shoulders, a player from the non-offending team must be the first to gain possession and control of the puck. In the event the puck is directed out of play or a player from the offending team is first to gain possession of the puck, the official shall signal the play dead and a face-off will be conducted at the nearest face-off dot in the offending team's end zone. In the event no player from the non-offending team makes an attempt to play a puck that

has been "high sticked" the official shall signal the play dead. A face-off will be conducted at the nearest location from where the high stick contact was made with the puck.

5.26 HIGH-STICK GOAL PROCEDURES

Notwithstanding Rule 5.25, when a player contacts the puck above the height of the crossbar and the puck goes directly into the opposing team's goal before an opposing player can gain possession and control of the puck, the goal shall not count. In this case, the game officials are to conduct the face-off at the nearest face off spot in the neutral zone.

SECTION SIX: ASHL NATIONAL CHAMPIONSHIPS

For more information on the next edition of the National Championships, May 16-19, 2024 Chicago, visit ashl.ca

6.1 LENGTH OF GAME

Unless noted otherwise, all games at the ASHL National Championships will be 12-12-12 stop time.

6.2 ROSTERS

Team rosters must be declared in advance of the ASHL National Championships. All roster players must be currently registered with an ASHL team.

Only playoff eligible Players and Goaltenders (as outlined in Rules 2.1, 2.2, 2.3, 2.4, 2.5 and 2.6) shall be permitted to participate in the ASHL National Championships. For additional rules governing eligibility and acceptable roster substitutions, contact the ASHL Office at ashl@icesports.com or visit ashl.ca

All Players on the roster must have turned at least 18 years old by December 31st of the qualifying season to compete at this Tournament.

6.3 TIES IN STANDINGS

Teams tied in the standings after the round robin will be advanced according to the standard tie-breaking formula (see Rule 2.14).

6.4 OVERTIME

Overtime period formats will be communicated to all team reps prior to the ASHL National Championships.

6.5 ASHL NATIONAL CHAMPIONSHIPS – QUALIFICATION

The ASHL National Championships are open to qualified ASHL teams and ASHL National Championship Qualifier teams. It is the premier event in Adult

6.6 ASHL NATIONAL CHAMPIONSHIPS – DIVISIONAL ALIGNMENT

The tournament committee reserves the right to re-tier divisions after two (2) round robin games in the interest of sportsmanship, and integrity of the game. All decisions of this nature will be treated on a case by case basis and the result of moving a team up or down based on the results will be discussed and reviewed with all teams that are impacted. These decisions are not appealable and are final.

LOCATIONS

PACIFIC REGION

Burnaby, British Columbia
 Langley, British Columbia
 North Vancouver, British Columbia
 Okanagan Valley, British Columbia (Affiliate)

EASTERN REGION

Etobicoke, Ontario
 Mississauga, Ontario (Satellite League)
 North York, Ontario
 Oakville, Ontario
 Oshawa, Ontario
 Scarborough, Ontario

CENTRAL REGION

Calgary, Alberta (Affiliate League)
 Edmonton, Alberta (Affiliate League)
 Saskatoon, Saskatchewan
 Regina, Saskatchewan (Affiliate League)
 Winnipeg, Manitoba

UNITED STATES REGION

Romeoville, Illinois
 West Dundee, Illinois

APPENDIX A: PLAYOFF RULES

The following rules contain specific information pertaining to **ASHL** Playoffs:

2.2 Player Registration and Photo Identification (pg. 8)

2.4(A) Playoff Eligibility – Players (pg. 9)

2.4(B) Playoff Eligibility – Goaltenders (pg. 10)

2.4(C) Playoff Eligibility – Backup Goaltenders (pg. 10)

2.6 Goaltender Injury (pg. 10)

2.13(B) Skill Levels – Players (pg. 13)

2.14 Ties in the Standings – 2 or More Teams (pg. 14)

2.17 Game Protests – Playoffs (pg. 16)

2.18 Playoff Brackets (pg. 17)

4.5 Time Outs (pg. 21)

4.7(B) Overtime – Playoffs (pg. 22)

4.7(C) Overtime – Shootout (pg. 23)

APPENDIX B: RULE CHANGE SUMMARY

The following rules have been added or amended since the last version was published:

2.0 Management Rights (pg. 7)

Added to the first paragraph: "Players may be suspended regardless of whether a penalty has been assessed by the Referees."

2.9 Roster Limit (pg. 11)

Rule changed to: "Teams are limited to 20 total players including goaltenders on the active roster for a game."

2.10(B) Bench Attendance (pg. 11)

Added the following: "Players currently serving a suspension are not permitted on the player's bench or in the immediate area surrounding the player's benches."

2.15(A) Suspensions (pg. 14)

Minimum suspensions have been increased, please refer to the table included in that rule.

Added: "Players may be suspended regardless of whether a penalty has been assessed by the Referees."

2.15(B) Suspensions - Appeals (pg. 15)

Changed the second sentence to read: "The fee and the appeal letter must be submitted to the League Manager within seven (7) days or by the next scheduled game after the suspension has been issued (whichever comes last)."

2.18 Playoff Brackets (pg. 17)

Wording has been changed to clarify 2-game series procedures.

3.2 Helmets & Goalie Masks (pg. 18)

Wording changed to indicate that there is a waiver for wearing a Cat's Eye Mask included in the online registration waiver.

4.7(B) Overtime – Playoffs (pg. 22)

Wording has been changed to clarify Overtime format for playoff games.

5.1 Boarding/Body Checking/Charging (pg. 25)

Updated the suspension for a 2nd major penalty to 4 games.

5.16(A) Fighting (pg. 29)

Minimum suspension has been updated to 5 games.

5.21(A) Match Penalties – Involving a Player (pg. 31)

A Match penalty can now be assessed for a player threatening to injure another player.

NOTES

NOTES

NOTES

 **CANLAN SPORTS™**

FOLLOW US @ASHL | @CANLANSPORTS

