

INTERDEK HOCKEY

PREFACE

INTERDEK HOCKEY (The league) was created for individuals/teams to experience an entertaining and organized hockey. Our mission is to provide our members with a professional-quality indoor hockey in a safe environment.

INTERDEK HOCKEY advocates a cordial atmosphere between the players, the referees, the visitors and all staff of the league and facilities.

Any unsightly behavior that may occur towards the establishment is strictly prohibited.

The player or team at fault for any damage caused will be responsible.

The player or the team will therefore have to pay for the damage(s) caused and for any repair(s) /replacements due to his/her fault and may be suspended from the league for period of time

INTERDEK HOCKEY is **not responsible for any theft that may occur on the site.**

1. PRE-GAME

1.1 CAPTAIN

- Each team must be represented by a captain or an assistant or if these 2 are absent, a member of the team must take responsibility.
- The captain and the assistant are responsible for knowing all the rules of the league in order to inform their players of the regulations and all other information and updates of the league.
- Each player is responsible for his actions. Each team is responsible for his players. Sanctions may be imposed on a team or the captain whose player behavior does not comply with the league rules.
- The teams are responsible for the actions of their spectators. Sanctions could be awarded to the captain of the team responsible. Spectators are not allowed on the players' bench, for security reasons.
- A player who is under a strong influence of alcohol, drugs, or other substances that may change the attitude of a player may be denied access to the game. The captain is responsible for the acts of the offending player, just as the player in question is responsible for his actions in such circumstances.

1.2 ROSTER SHEET

- The captain or his assistant is responsible for handing their alignment sheet to the Manager before the start of the game.
- Otherwise, a minor penalty of two (2) minutes will be awarded to the captain of the team in default for delaying the game.
- Captains are entitled to view the opposing team's alignment sheet.
- There will be no warning and the sanction will take place from the first offense.

1.3 TEAM

- A team must consist of at least 5 players, including the goalie.
- Each player must wear a jersey with a different number printed on the back, which is the same style of color as the rest of the team.
- Before season starts, team must submit their roster, for an approval of the league.
- A player is inadmissible to play if he is not registered on the roster sheet. To be able to play the rest of the game, the late player must have made at least one presence before the 2nd period is over.
- Only players who have participated in the game will be credited with a match played. Missing players will be stricken from the game's alignment sheet and will not be credited for a game played.
Exception: A player could be credited with a game played if he is on the bench with his team (ex: injured player or suspended player)
- The Manager is entitled to require a piece of ID from a player and the player must provide it immediately before the game can begin or continue.
- In the situation that a captain included a player under a false name on his roster, the captain and the player in question will be expelled from the game. All points accumulated by the players at fault during the game will be completely lost. If there is a repeat offense, the captain will be suspended for the remainder of the season as well as for the playoffs. If a team is caught in the act by having an illegal player during the playoffs, the offending team will automatically lose the series. "Offense" means any player using a false name or a player who has not played the minimum number of matches required to take part in the playoffs. To avoid any misunderstanding, the captain is invited to validate with the Manager the eligibility of his player.
- A player cannot play for another team in the same division.
- A team may use a regular goalie from another team; however this one will start the game shorthanded.
- "Regular" goalie means being the one designated at the very beginning of the season when submitting the team roster.

1.4 THE GAME

A game includes:

- 3 minutes of warming
- 1st period of 15 minutes (continuous time)
- Intermission of one minute (the teams change side / opposite of their bench)
- 2nd period of 15 minutes (continuous time)
- Intermission of one minute (the teams change side / near their bench)
- 3rd period of 20 minutes (last 2 minutes will be in stopped time if the goal difference is 3 or less)
- If the game is tie after 50 minutes, there will be 5 minute overtime at 3 vs. 3
- Each team may claim one (1) 30 second stopping time at any time during the game.

1.5 GAME BY DEFAULT

For a team to start a game there must be a minimum of four (4) players and a goalie dressed as part of the alignment sheet (1.2).

They must present themselves on the playing surface, within the prescribed time.

The offending team will have 18 minutes to present a proper alignment before losing the default game

Example:

- 19:00 - warming
- 19:03 - start of the game, the offending team will start with a minor penalty
- 19:08 - 1 goal will be awarded to the opposing team
- 19:13 - 2nd goals will be awarded to the opposing team
- 19:18 - defeat by a score of 3-0

1.5.1 CONSEQUENCE OF A GAME BY DEFAULT (3-0):

A team that doesn't show up for their game without notifying the league with a 48-hour notice:

- will be fined \$50 payable at their next game
- will lose 1 point in the standings
- No match played will be granted to players
- A match played will be awarded to all players of the opposing team, having already played a game during the season.

1.6 ELIGIBILITY - SEASON

- A team cannot add a new player who has not played at least one game during the season in the last 2 games of the regular season.

1.7 ELIGIBILITY - PLAYOFFS

Players must have played a minimum number of games (5) required to play in the playoffs.

Goalies must have played a minimum number of games (2) required to play in the playoffs.

1.8 TIEBREAKER

In the event of a tie in the standings, the tiebreaker will be as follows:

- 1 - Wins
- 2 - Winner of games between the 2 teams
- 3 - Differential
- 4 - Goals for
- 5 - Goals against
- 6 - Head or tail

2. GENERAL RULES

2.1 TIME OF PLAY

- Game is divided into 3 periods: 15-15-20 minutes each with a 1minute intermission.
- If there is a gap of less than 3 goals in the last two (2) minutes of the 3rd period, the time will be stopped.
- If there is a tie after 3 periods, an overtime of 5 minutes continuous time will be played (3 vs. 3)
- If a penalty is in progress towards the end of the 3rd period, it will continue in overtime (4 vs. 3)
- The winning team will collect 2 points in the standings and the losing team will have 1 point.
- If after 5 minutes, the game remains tied, each team will get 1 point in the standings.

2.2 OFF-SIDE

There is no offside at Le Rink

2.3 PLAY THE BALL BEHIND ITS GOAL

In order to have exciting, fast play without stopping play, the player in possession of the ball behind the net will have a maximum of 5 seconds to release the ball and his entire body from the bounded area of protection. In the absence of such a zone, the goal posts will be used as a reference.

2.3 ICING

An icing occurs when the ball is thrown behind the player's net to the other end without any of his teammates touching the ball before it crosses the other goal line.

2.4 STOP GAME

- When the ball is out of bounds
- When the ball touches anything except the protective nets (wall, ceiling, stage)
- When the handing of the ball is done behind his net, the player may not throw directly at the opposing goalie. If it does, ball will be taken over by the opposing.
- The team having possession of the ball behind the net will have 5 seconds to put the ball back into play and the opponent must allocate a distance of 3 feet (a stick's length).
- If the ball is put in play even before the referee whistled for the countdown of 5 seconds, the opposing team takes possession of the ball.
- When a goalie stops the ball, play resumes behind his net.
- If a team is assessed a penalty, a faceoff will be played in the team's foul zone.
- If the referee fails to determine the last team that touched the ball, a faceoff will be held at the closest point of engagement.

2.5 POWER PLAY

- *in regulatory periods*

If a team has a power play of two players, the game will be played 5 x 3.

When the first penalty is over, the game will continue at 5 to 4 until the next whistle to return to normal (4x3)

- *in over time*

A penalty at the end of the 3rd period will be extended on overtime and will be played 4 vs. 3.

If a second penalty occurs, the game will be played 5 vs. 3.

2.6 Handling the Ball with the Hands

- A pass with the hand can only be done in the defensive zone
- If a player closes his hand on the ball, then drops it immediately on the rink in front of himself and gains no advantage by this action or makes no attempt to gain any advantage, play continues. If there is any infraction, play shall be stopped. When a player holds the ball more than 3 seconds or takes a few steps with the ball, a Minor Penalty shall be imposed.
- A penalty shot will be awarded to the opponent if a player closes or protects the ball in the goalie's area.

2.7 CONTACT

NO INTENTIONAL CONTACT is allowed

2.8 SLIDING

When a player makes a slide to try to block the ball and it makes the opponent fall, he will receive a minor penalty of 2 minutes for contact, even if he touches the ball while sliding before touching the opponent. This is to avoid knee injuries that could be caused by this action.

2.9 MERCY RULE

If the difference in score is 9 goals from the THIRD PERIOD of the game, the game will be declared over.

2.10 NET MOVED

If the net is moved, play will be whistled by the referee and a set-off will take place in the offending area. A minor penalty could be awarded if the referee judges the goalie or player to voluntarily move the net.

2.11 EQUIPMENTS

The league is not responsible for injuries caused during sports activities. However, we strongly suggest that you equip yourself accordingly:

- Wear a helmet with a full visor or protective goggles
- Shin pads
- Gloves
- A mouth guard

2.12 SPECIAL RULES FOR GOALTENDERS

- Teams cannot pull their goaltender until the last two (2) minutes of the 3rd period with the exception of delayed penalties.
- Clearing the ball directly out of play without touching the boards first or the glass will automatically result in a minor penalty. Note that this rule does not apply in the Le Rink unless the referee rules this act was done intentionally.
- They cannot be captains. They may be assistant captains.
- Once a goalie has removed his equipment, he may play as a regular player in the same game.
- A goaltender can wear any color hockey jersey that covers his entire upper body equipment, and a number is not required.
- Goaltenders that leave their crease to join an altercation shall receive a minor penalty.
- Goaltenders who receive a Game Misconduct, Match or Gross Misconduct will be ejected from the game and must be replaced.

3. PENALTY

3.1 TYPES OF PENALTIES

Penalty	Length	Consequence
minor	2min stopped time	Shorthanded
double minor	4min stopped time	Shorthanded
simultaneous double minor	3min continuous time	even (after the first whistle)
major	5min time stopped	Shorthanded + game misconduct
misconduct	10min continuous time	even
Game misconduct	expulsion from the match	even
Serious misconduct	expulsion from the match	even + suspension
Game penalty	expulsion from the match	even + suspension

3.2 MINOR PENALTY

- If a player receives 3 minor penalties or a major (5min) and a minor (2min), he will be expelled from the game.
- An expelled player must leave the field immediately and a player from his team must be in the penalty box.

3.3 FIGHT

- A player involved in a fight automatically receives game misconduct followed by a MINIMUM 3-game suspension.
- The instigator of a battle receives an additional punishment and an additional part of suspension.
- The 3rd man in a battle receives party misconduct.
- A player who does not cooperate with the officials during an incident could receive additional suspensions.

3.4 LEAVING THE BENCH DURING A FIGHT

No player(s) can leave the player's bench during a fight/altercation.

Any offending player will be severely punished in the following way:

Jump over the board but stay near the bench	1 game
Head for the altercation then return to the bench without being involved	3 games
Go to the altercation and take part	5 games

In all cases, the additional suspensions are cumulative, that is to say if a player leaves the bench to join an altercation (5 games) and fights (3 games), and he will have to serve 8 suspensions matches.

Any player who passes behind the timekeeper and approaches the penalty bench or the opposing player's bench in an "anti-sports" manner will be automatically suspended for one match.

4. SUSPENSIONS

- The league reserves the right to suspend a player or team in the event of a bad attitude and / or conduct that is detrimental to the proper functioning of the league.
- Serious incidents reported to league officials may merit more severe suspensions.
- The league reserves the right to suspend a player without monetary compensation.
- If a substitute player receives suspension matches for any reason, the captain will receive a one-game suspension at the next game.

5. INJURIES, ABUSE OR THREATS TO A REFEREE

- LACK OF RESPECT: Any disrespectful player by addressing insults and / or threats to an umpire or other official before, during or after a game is subject to harsh discipline. An insult to an umpire results in a penalty for unsportsmanlike conduct and may extend to the expulsion of the match or season.
- ABUSE: Any player, instructor or leader who intentionally attempts or strikes a referee or other official during or after a game will be suspended.

6. THREAT TO A MEMBER OF THE ORGANIZATION

Any threat to a member of the organization (leaders, employees, volunteers, etc.) will result in suspension for any player. This gesture will also be subject to a prolonged suspension or a prohibition to participate and / or to be on the premises of the center.

7. CLASSIFICATION OF PLAYERS

- The ranking list of players is produced by a league committee and it is available on the league's internet site (forthcoming).
- The composition of the teams is available on the league website.
- The league reserves the right to make adjustments to the ranking list of players and the composition of the teams for each division in a timely manner.
- A player who comes to play for the first time in the league will be on probation for a few games for talent assessment.

8. AMENDMENTS OR ADJUSTMENTS TO REGULATIONS

The league reserves the right to change or add regulations at any time.