

## GMHL RULES SYNOPSIS

### RULE 2 - TEAMS

#### Captain of Team

SECTION 2. a. One captain per team, only player allowed to discuss with the referee any question relating to interpretation of rules, no dispute of judgement allowed. Team may designate another player if the captain is unavailable because of injury or penalty.

d. Team captain shall meet with the referees before the start of each game.

e. During an altercation, captain may not speak with officials until the referee has entered the referees crease. (Penalty – Misconduct)

#### Players in Uniform

SECTION 3. a. A maximum of 21 players including not more than three nor less than 2 goalkeepers shall be permitted to participate in each game. (Penalty – Bench Minor)

A substitute goalkeeper must be on the bench at the start of the game. A team shall not start the game with less than two goalkeepers. (Penalty – Forfeiture, score will be recorded as 1-0)

If a team is unable to dress two goalkeepers due to injury or other extenuating circumstances, a forfeiture shall not be called. Officials are instructed to play the game but report it to the league rules committee for review and possible repercussions.

#### Starting Lineup and List of Eligible Players

SECTION 4. a. Game sheets with complete lineups shall be submitted to the official scorer or referee 15 minutes prior to the start of the game. Changes or additions may not be made prior to the start of the game once submitted. (Penalty – Bench Minor whether deliberate or unintentional. Forfeiture if, after the game, it is determined violation was deliberate)

- b. Changes in the lineup, shall not be made until the game is actually in progress unless a penalty changes the on-ice strength or an injury occurs before the opening faceoff. (Penalty – Bench minor if brought to the attention of the referee before the second faceoff in the first period.
- c. Teams shall be ready to play promptly at the beginning of each period, the home team shall take the ice first, and all players except the starting lineup shall go directly to the players' bench. (Penalty – Bench minor)

### RULE 3 - EQUIPMENT

#### Helmet

SECTION 5. a. It is recommended that all players wear HECC/CSA approved hockey helmets. Players 16 years of age and under must wear a full face mask until the conclusion of that season, even after turning 17 years old. (Penalty – warning, then Misconduct)

#### Mouth Guard

SECTION 6. All players, including goalkeepers are required to wear internal mouth guards. (Penalty – offending player immediately replaced, warning of misconduct to any subsequent violation.)

### RULE 4 – PENALTIES

#### Minor penalties

SECTION 2. d. If a referee signals a delayed penalty against a team already shorthanded, and a goal is scored by the non-offending team, the existing penalty is terminated, and the delayed penalty is assessed.

- d. Co-incidental minor penalties shall be served without substitution, meaning 4 on 4, provided no other penalties are in effect. Co-incidentals called with existing co-incidentals being served, no substitution is allowed and teams may play 3 on 3. Where penalties are being called in addition to

co-incident minors on the same stoppage, or where penalties already in effect provide a manpower advantage, co-incident minors require immediate substitution.

#### Major Penalties

SECTION 3. a. Major Penalties are served by the offending player, including goalkeepers, and may or may not be subject to the player being removed from the game, according to further rules and discretion of the referees.

- b. Coincidental Major penalties are dealt with in the same manner as coincidental minor penalties regarding manpower.

#### Misconduct Penalties

SECTION 4. a. Misconduct penalties are served by the offending player, including goalkeepers, and may or may not be subject to the player being removed from the game, according to further rules and discretion of the referees.

- b. A game misconduct penalty involves the removal from the game of any player, coach, or any other non-playing personnel for the balance of the game. No communication with any team personnel in any manner until the game is completed.

#### Disqualification Penalties

SECTION 5. a. A DQ penalty involves the removal of a player, including the goalkeeper, for the remainder of the game, plus a major penalty, and may be assessed before, during or after the game. A player may be assessed more than one DQ penalty in a game.

- b. The progressive game-disqualification structure shall be:

1. First DQ penalty – that game plus one.
2. Second DQ penalty – that game plus two.
3. Third DQ penalty – that game plus three.
4. Fourth DQ penalty – that game plus four.

The progression shall continue after the fourth DQ penalty.

- c. Progressive DQ penalties shall carry over to the following season.
- d. DQ penalties apply immediately to the team's next scheduled regular season or tournament games against GMHL member clubs. Exhibition games cannot be used to fulfill suspension requirement.

#### Penalty Shot/Optional Minor Penalty

SECTION 6. a. When an minor infraction occurs that results in a penalty shot being assessed, the non-offending team shall be given the option of accepting the penalty shot or having a minor penalty assessed to the offending player. This option is not available when a major penalty, DQ or misconduct penalty is incurred with the penalty shot.

#### Goalkeeper's Penalties

SECTION 7. a. A goalkeeper shall not be sent to the penalty box for a minor penalty.

b. If a goalkeeper incurs a major or misconduct penalty, the goalkeeper shall serve the time penalty. A substitute goalkeeper shall be allowed in the game immediately. If a major penalty is assessed, a skater shall go to the penalty box with the goalkeeper, and shall re-enter the game in place of the goalkeeper when the penalty has expired. The goalkeeper may leave the penalty box at the first stoppage in play after the penalty expires.

d. Within the rectangular area bounded in the rear by the player's end of the rink, in front by an imaginary line connecting the faceoff dots and on the sides from the faceoff dots to the end boards, the goalkeeper has certain privileges. When outside of this area, the goalkeeper must play the puck in the same manner as other players. The goalkeeper shall not body check an opponent in the privileged area. (Penalty – Minor)

#### Supplementary Discipline

SECTION 10. The proper disciplinary authority – ie. The GMHL rules committee, represented by a member of each league member – at its discretion, investigate any incident that occurs on or off the ice, in connection with any game and may assess additional penalties, independent of whether such actions were penalized by the referee.

### RULE 5 - OFFICIALS AND OFFICIATING SYSTEMS

#### Officiating Systems

SECTION 2. Approved officiating system consist of two referees and one linesman.

a. The Linesman and Assistant Referee should arrive on the ice at the beginning of the warm-up period before the start of the game and shall remain on the ice at the conclusion of each period until all players have left the ice surface.

### RULE 6 – PLAYING RULES

(Penalties assessed are at the discretion of the referees depending primarily on severity)

#### Abuse of Officials and Other Misconduct

SECTION 1. a-1. (Penalties - Minor, Misconduct, Game Misconduct, Disqualification at the discretion of the referees)

m. A player shall physically or deliberately make contact with an official before, during or after the game. (Penalty – DQ)

#### Boarding

SECTION 3. Minor or major.

#### Broken Stick

SECTION 4. Minor

#### Buttending

SECTION 5. Major and game misconduct or DQ.

#### Charging

SECTION 6. Minor or major.

#### Clipping

SECTION 7. Minor or major or DQ.

#### Contact to the Head

SECTION 8. Minor or major or DQ.

#### Crosschecking

SECTION 9. Minor or major or DQ.

#### Delaying the Game

SECTION 10. Minor; penalty shot/optional minor; awarded goal.

#### Diving

SECTION 11. Minor.

#### Elbowing

SECTION 12. Minor, major or DQ.

#### Excessive Roughness

SECTION 13. A player shall not commit an action not permitted by the rules that may cause an injury to an opponent, to team personnel or to a game official. Penalty – DQ.

Face Masks (Face Masking)

SECTION 14. Minor or major.

Falling on or Diving for the Puck

SECTION 16. Minor; Penalty Shot/Optional Minor

Fighting or Punching

SECTION 17. a. A player initiates, pursues, or instigates a fight – Major and DQ.

b. A player fights only to defend himself against an aggressor or instigator of a fight – Major.

Head-Butting

SECTION 20. Major or DQ.

High Sticks

SECTION 21. a. Carrying sticks above the height of 4 – the height of the goal cage – is prohibited.  
(Penalty – Minor)

b. Violently using the stick for contact to the head or neck region of the opponent (Penalty – Major or DQ)

Hitting from Behind

SECTION 23. a. Open Ice (Penalty – Minor or major)

b. Boards or Goal Cage (Major and Game misconduct or DQ)

Holding

SECTION 24. Minor.

Holding the Stick.

SECTION 25. Minor

Hooking

SECTION 26. Minor

Icing

SECTION 27. a. Automatic Icing, initiated from behind the Centre Red Line.

f. Icing may be waved off on attempted passes if the referee or linesman deem those passes receivable.

Instigating

SECTION 28. Minor

Interference

SECTION 29. Minor

Interference by Spectators

SECTION 30. Warning or bench minor against offending fans' team for delay of game.

Kicking a Player

SECTION 31. DQ

Kicking the Puck (Kick Shot)

SECTION 32. Misconduct

Kneeing

SECTION 33. Minor or major or DQ.

Leaving Penalty Bench or Entering Game Illegally

SECTION 34. a-e. Bench minor; penalty shot/optional minor; awarded goal.

f. A player leaving bench or penalty box during an altercation. (Penalty – DQ)

### Roughing

#### SECTION 45. Minor

### Shooting Puck After the Whistle

SECTION 46. a. A player shooting the puck away from an official after the whistle has blown.

(Penalty – Misconduct)

b. A player shooting the puck at the goalkeeper or bench after the whistle.

(Penalty – Minor and misconduct, game misconduct or DQ)

### Slashing

SECTION 47. a. Slashing an opponent whether contact occurs or not.

(Penalty – Minor or major)

b. Swinging the stick at another player in the course of an altercation.

(Penalty – Major and game misconduct or DQ)

### Spearing

SECTION 48. Major and game misconduct or DQ.

### Spitting

SECTION 49. Game Misconduct.

### Spraying the Goalkeeper

SECTION 50. Minor

### Taunting

SECTION 52. Player to player: Minor, or minor and game misconduct

Player to official: Misconduct, game misconduct, or DQ.

### Throwing Stick

SECTION 53. Minor; penalty shot/optional minor; awarded goal; misconduct.

### Tied Games

SECTION 54. a. In the event of a tied game in regular season, the teams will take a break of 2 minutes, followed by a 5 minute overtime sudden-death period. If still tied, there will be a 3-man shootout. If still tied, penalty shots will continue until one team outscores the other after an equal number of shots.

b. Any penalties being served must be carried over to the overtime period.

c. In the event of a tied game in playoff season, the teams will take a break of two minutes, followed by an sudden-death overtime period of 10 minutes in length. If still tied, there will be a 12 minute intermission, followed by a 20 minute overtime period. This will be continued until a goal is scored to determine the winner.

### Timeouts

SECTION 57. Each team will be allowed one 60 second time out. The timeout may be used for warming up a goalkeeper or any other purpose, with the opposing team having the same rights during that same timeout.

### Tripping

SECTION 58. a. Minor; Penalty Shot/Optional Minor

## RULE 8 – GAME PROTOCOL

Due to the unavailability of the arena and scoreclock, we are unable to adhere to the NCAA's Pregame Protocol beginning with 60 minutes on the clock, and fulfilling certain requirements at specified intervals.

However, as previously noted (RULE 2, SECTION 4a), completed game sheets must be submitted to the official scorer or officials fifteen minutes prior to the start of the game.

#### Pregame

- SECTION 1. a. Home team personnel are required to inform both teams and the officials that 2 minutes remain before teams are to take to the ice for warm-up.
- b. Linesman and Assistant Referee shall take to the ice first, and signal the teams to enter the ice surface.
- c. 20 minutes on the clock shall commence.
- d. 2 minutes remaining, the horn sounds, signaling 2 minutes left in warmup, and team captains should proceed to penalty box area to meet with officials.
- e. 1 minute remaining, the visiting team shall leave the ice, and the home team should gather up all pucks to remove them from the ice.
- f. When 20 minutes has expired, the horn will sound, indicating both teams should be off the ice, and the flood can begin.

#### Intermission

- a. 12 minutes should be placed on the clock for this and any other intermission, except where special activities are planned, then 15 minutes should be placed on the clock.
- b. Home team personnel are required to inform both teams and the referees that 2 minutes remain before teams are to take to the ice for the start of the game or the next period.
- c. Officials shall take to ice immediately, the home team takes to the ice with one minute remaining, and the visiting team take to the ice 10 seconds after the home team.

#### APPENDIX A

##### GMHL Shootout Protocol

1. At the end of the five-minute overtime period, the head official will instruct the timekeeper to put two minutes on the clock and immediately start the clock.
2. The other two officials will request a list of three shooters from each coach.
3. The head official will meet at centre ice with the captains to explain the protocol during the two-minute period.
4. The goalkeepers remain in the same ends as the overtime period.
5. The home team has the option of shooting first or defending first.
6. If the shootout remains tied at the end of the first round, the shots continue, this time in a sudden death situation. Each team has an equal number of chances to shoot before a winner is declared.
7. Players involved in the first round of 3 shots are not eligible to shoot again unless the shootout extends long enough that all players have participated, at which time all players are again eligible in the same order.

#### Notes

- Players serving penalty time shall not be eligible for the shootout.
- Goalkeepers may be substituted during the shootout, but a goalkeeper being replaced because of injury may not re-enter the shootout.