

LIGUE DE
GARAGE
LEAGUE HOCKEY

League Information and Rulebook

Version 1.0

Updated September 24, 2022

Season Logistics

Teams - For the 2021-22 Season, the GLH will consist of four teams.

Preseason Scrimmages - All players will have two pre-season scrimmages before the regular season. These scrimmages will not necessarily take place within regular season teams. Scrimmages will serve to allow players to get into game shape, meet other players and for league organizers to assess new players and form balanced teams.

Team Draft - During the pre-season, league organizers/ team reps will draft teams from all registered GLH players. Each year, new teams will be drafted to promote league parity and develop league community values.

Team Names - Teams will decide upon their own team name for the season.

GLH Jerseys - All GLH Players have home (dark) and away (light) jerseys. GLH teams all wear the same jerseys to enhance league community and to enable players moving between teams from year to year.

Regular Season - Each team will play fifteen regular season games

Playoffs - Each team will play 4 playoff games, in two rounds

Round 1: 1st vs 4th and 2nd vs 3rd

Round 2: Winner 1/4 vs Winner 2/3 and Loser 1/4 vs Loser 2/3

Playoff Tiebreak: Before game 2 of each series, a shootout will take place to determine the winner in the case of a tie in games won in the series.

Trades - If due to unforeseen circumstances (injury or severe illness), teams become very imbalanced, a trade might be made from one team to another, after consultation with team reps and affected players.

Substitute Players. Teams who have less than ten skaters and 1 goalie are permitted to add substitute player to their game roster to bring their roster to 10 skaters and 1 goalie. Substitute players should not be added to significantly increase the skill level of the team, but should match the skill level of the absent player. Substitute players should be selected from our GLH sub list as far in advance as possible. The GLH sub list players are members of our community and aware of league values. This sub process is to ensure parity among teams and players and to uphold the values of our league.

Game and Season Format

Game Time - Each 60 minute ice time will consist of a 3 minute warmup followed by three 12-minute stop-time periods with 1 minute intermissions.

Running Time - If the game is running late, or if the goal differential is 5 or greater, the game clock will be run.

Overtime - If the game is tied after regulation, one 5 minute running time 3 on 3 overtime period will take place. During overtime, player substitutions are only allowed while the puck is in play.

Shootout - Playoff games that are still tied after overtime are decided by shootout.

- a) The shootout begins with three shooters from each team. If still tied after three shooters, each team will send a single shooter until a winner is determined. All skaters on the team must shoot before any player takes a second shot
- b) Players still serving penalties at the end of overtime are not eligible for shootout

Point System - 2 points per win, 1 point per tie

Tie Break - Ties in the standings will be broken as follows:

- a) Least penalty minutes
- b) Most penalty-free games
- c) Head to Head score between the tied teams
- d) Most wins
- e) Least Goals Against
- f) Most Goals For
- g) Coin Toss

Rules

In general, GLH officials will enforce typical Hockey Canada rules of play, as can be found at : <https://www.hockeycanada.ca/en-ca/hockey-programs/officiating/downloads>

Some highlights or exceptions to these rules can be found below:

Penalties

Intent to Injure - Any infraction that is intended to injure (intentional stick infraction, body checking, fighting), will result in a 5 minute major penalty and game misconduct

Roughing and Unsportsmanlike Conduct - Will result in a minimum 4 minute double minor penalty and could result in 5 minute major penalties or 10 minute misconducts

Stick Infractions - High sticking, cross checking and slashing will result in a minimum 4 minute double minor penalty

Body Checking - Incidental or accidental body checking will result in a minimum 4 minute double minor penalty

Tripping and Hooking - Will result in a minimum 2 minute minor penalty

Too Many Players or Delay of Game - Will result in a 2 minute minor penalty

Penalty Limits - Players that receive three minor penalties or two double minor penalties will be ejected from the game.

Offsetting Penalties - Do not affect the number of players on the ice.

Suspensions - Any player ejected from a game will be reviewed to decide whether a suspension or expulsion is necessary. GLH reserves the right to expel anyone for any intolerable act or increase suspensions when warranted.

- a) If a player receives a major penalty in the last 5 minutes of a game s/he is automatically suspended for his/her next game.
- b) After a player has received two game ejections, they are automatically suspended for a minimum of two games.

Game Play Logistics

Playing Equipment - Players must wear full equipment to play, and all equipment must be in safe and adequate condition. Players must wear skates, shin pads, protective pants, elbow pads, hockey gloves and a CSA approved helmet with visor or cage. The League also recommends the use of neck guards, mouth guards, jocks and shoulder pads. A player losing their helmet during play must either immediately skate to the bench or stop and put the helmet back on.

Team Roster - Team reps must submit a game sheet roster with a maximum of 16 players to the scorekeeper before warmup begins. Only players on this roster are eligible to play in the game.

Minimum Roster - A game will not begin unless both teams have at least 5 skaters and 1 goalie eligible to play. If officials are ready to begin the game and a team cannot comply with this rule, the clock will run and continue to run until 15 minutes has expired and the game will end in a forfeit or; if the offending team is in compliance 7:30 into the game time one minor penalty will be assessed, or between 7:30 and 15:00, a double minor penalty will be assessed.

Goalie Injury - In the event a goalie is injured during the game; the team may be given 15 minutes to dress a substitute. They may also play with 6 skaters. In the event the goalie is ejected from the game, there is no time given to dress a substitute.

Timeouts - Each team may take one 30-second timeout per game. No timeouts are permitted in overtime.

Centre Red Line - Two-line passes are permitted

Automatic Icing - Is called when the puck is iced from behind the red line.

High Stick - When the puck is contacted with a stick above the shoulders, the play is immediately whistled, and the ensuing faceoff is in the offending teams zone. 5

Goalie Helmet - The play will automatically be blown dead when the goalie gets hit in the helmet/mask.

Crease Infraction – If a player remains in goalie crease for three seconds, the play will be stopped and face-off will occur outside the zone.