



Red Circle Hockey Club House League Rules

**Prepared By: Red Circle Hockey Operations
Approved By: Red Circle Board of Directors**

Effective Date: October 24, 2025

Revision History

Revision	Date	Prepared By	Description of Change
1.0	Oct 24, 2025	Adam Brophy	Created Revision document from 2024/2025 rules. Update formatting. Readded appendix A to H.

1.0 GENERAL

- 1.1 **CURRENT HOCKEY CANADA RULES ARE TO APPLY** in addition to the rules listed below. A copy of these rules is available in the Red Circle Office and on the Red Circle Hockey Club website.
- 1.2 Refer to Red Circle Policies found on the Red Circle Hockey Club website in the Risk Management section.
- 1.3 Smoking/vaping is only permitted in designated areas, however the use of alcoholic beverages and/or illegal or recreational drugs or narcotics in and/or around the recreational facilities at any time is forbidden. Refer to Drug and Alcohol Policy.
- 1.4 **No fund-raising is to take place unless approved by the Board of Directors.**
- 1.5 The registrar and treasurer are to ensure that all players are registered and that their registration fees are paid in full prior to the start of the season of each year.
- 1.6 Only approved registrants can be on any Red Circle ice times.
- 1.7 Late registration (after final registration) will only be accepted by Hockey Operations if a player is needed for that division.
- 1.8 All players must be evaluated in the division of their own age group. However, Hockey Operations shall have the right to request a player to move up or down a division.
- 1.9 Players may be brought up one (1) level during the regular season schedule if the team will have less than ten (10) skaters and the number of skaters brought up will bring the team to ten (10) skaters. Coaches must go through their own division convenor to bring players up. Coaches not going through their convenor are subject to disciplinary action. Any player called up will dress, must be played on a regular rotation, and must be on the game sheet. Any one player may only be called up to a maximum of ten (10) games. If at the start of a game a team has fewer than eight (8) skaters, only then can a player from the same division be asked to play, with the approval of the opposing coach and convenor and only to bring the team to eight (8) skaters.
 - 1.9.1 Goalies may be brought up one (1) level during the regular season schedule only if no team goalie is available. Coaches must go through their own convenor to bring a goalie up. If at the start of a game a team has no goalie, only then can a goalie from the same division be asked to play, with the approval of the opposing coach and convenor.
- 1.10 All players will be placed individually. The number of players per team is subject to registration and availability of ice. Teams with two (2) goalies will assign each goalie 50% of the goaltending duties per game. (See Rule 6.4)
- 1.11 The allotment of players and balancing of teams in each division will be supervised by Hockey Operations.

- 1.12 All players are required to attend all scheduled Red Circle House League games and practices. Players must notify the coach or team manager if they are not able to attend any games or practices. At the discretion of the convenor, failure to notify may result in suspension for one period, one game or more. Failure to attend House League ice time will affect Select eligibility.
- 1.13 All house league rules pertaining to players will be reviewed with the players by coaching staff throughout the season.

2.0 EQUIPMENT

- 2.1 All players must be fully equipped to play or practice hockey with CSA approved hockey equipment. BNQ approved neck protectors must be worn. CSA approved helmets must have all straps fastened (i.e., 1 for helmet under chin and 2 for face mask, left and right side) at all times. Failure to do this may result in a minor penalty.
- 2.2 All equipment must be worn properly from the time the player enters and until the player exits the ice surface. The player and the coach can be given a one (1) game suspension. Any player intentionally removing their equipment can be given a one (1) game suspension, in addition to any other suspensions that may result.
- 2.3 Mouth Guards are highly recommended for all players. Mouth guards, if used, must be always worn properly while on the ice surface.
- 2.4 Any team representing Red Circle, in House League, Select or Tournament must wear a Red Circle approved jersey.

3.0 PENALTIES

- 3.1 Any player or coach involved in an altercation before or after a game will be suspended from all further games until notification by Hockey Operations.
- 3.2 Hockey Operations is obligated to review all incidents and penalties brought to its attention.
- 3.3 Hockey Operations is obligated to review all incidents and penalties more than a double minor.
- 3.4 If a player's helmet comes off during play, the player must go directly to the bench. Continuing to play will result in a minor penalty. Play shall be stopped at the discretion of the referee if the player without the helmet is at risk of injury. No penalty will be assessed.
- 3.5 If any three (3) minor penalties or a combination of three (3) penalties (a double minor counts as two (2) penalties) are assessed to the same player in the same game, the player will be suspended for the remainder of that game. Upon any player's second game ejection, Hockey Operations will review for further possible suspension.

3.6 MINOR PENALTY

- 3.6.1 Shall be two (2) minutes of clock time in the U11 to U21 divisions.
- 3.6.2 Shall be for the remainder of the shift in the U7 (Mite) and U9 (Novice) divisions.
- 3.6.3 A minor penalty shall be assessed to any player in the U9 (Novice), U11 (Atom) and U13 (Peewee) divisions whose stick contacts the puck above the shoulders. If the offending player causes the puck to go into their own net, a goal shall be awarded, and the penalty will be cancelled.

3.7 MAJOR PENALTY

- 3.7.1 Shall be five (5) minutes of clock time for the U11 (Atom) to U21 (Juvenile) divisions, shared by players from the ice. The player receiving the major penalty will be suspended for the balance of the game, plus a minimum one (1) game suspension and will be reviewed by Hockey Operations.
- 3.7.2 Shall be for the remainder of the shift plus three (3) minutes of clock time in the U7 (Tyke) and U9 (Novice) divisions. The player receiving the major penalty will be suspended for the balance of the game. No player shall sit in the penalty box however, the team will play short-handed.
- 3.7.3 Recurring major penalties may lead to further disciplinary action by Hockey Operations.

3.8 MISCONDUCT PENALTY

- 3.8.1 Shall be ten (10) minutes of clock time. All misconduct penalties will be reviewed by Hockey Operations for possible further disciplinary action.

3.9 GAME MISCONDUCT

- 3.9.1 Any player or coach receiving a game misconduct will be suspended immediately for the remainder of the game and will remain suspended until reviewed by Hockey Operations. **This will include but not limited to profane language or behavior towards any player, coach or official, fighting, instigator, aggressor, and checking from behind with no intent to injure (first offence).**

3.10 GROSS MISCONDUCT PENALTY

- 3.10.1 Any player or coach receiving a gross misconduct penalty will be suspended immediately for the remainder of the game and the player will remain suspended until reviewed by Hockey Operations. **This will include but not limited to making a travesty of the game, obscene gesture, discriminatory slur, racial slur, trash talking, and harassment of any game official (timekeepers, referees, convenors, and any team official).**

3.11 MATCH PENALTY

- 3.11.1 Any player or coach receiving a match penalty will be suspended immediately for the remainder of the game plus a minimum three (3) game suspension pending review by Hockey Operations. **This will include but not limited to any intent to injure, kicking, butt ending, checking from behind with intent to injure, hit to the head with intent to injure and head butting.**

3.12 COINCIDENTAL PENALTIES

- 3.12.1 All divisions play five (5) skaters a side when coincidental penalties occur.

3.13 FIGHTING PENALTY

- 3.13.1 Any player receiving a fighting penalty will be ejected for the balance of the game plus a minimum THREE (3) game suspension pending review by Hockey Operations. Any further fighting offence in the same season the player will be suspended immediately for the remainder of the game and will remain suspended until reviewed by Hockey Operations. The player's team will be assessed a major penalty and will be served as per 3.7 MAJOR PENALTY. During any altercations on the ice, players not involved are to go directly to their team's bench or a misconduct penalty will be assessed.

3.14 BODY CHECKING

- 3.14.1 In all divisions, a minor penalty or, at the discretion of the referee, a double-minor or a major penalty and a game misconduct penalty shall be assessed to any player who, in the opinion of the referee, intentionally body checks any opposing player. If a player is injured, a major penalty and a game misconduct penalty must be assessed. A body check must be an intentional motion by the offending player. **Where, in the opinion of the referee, accidental contact has taken place, no penalty shall be assessed.**

3.15 CHECKING FROM BEHIND

- 3.15.1 A player checking from behind will be assessed a major and a game misconduct. This will include but not limited to (Any infraction to the back including and not limited to a punch, elbow, stick or knee).
- 3.15.2 A player checking from behind who deliberately injures an opponent will be assessed a match penalty.

Referees are instructed not to substitute other penalties when a player is checked from behind with significant impact.

3.16 HEAD CONTACT

- 3.16.1 Any player who accidentally contacts an opponent in the head, face, or neck with his or her stick or any part of the players' body or equipment, will be assessed a minor penalty.
- 3.16.2 Any player who intentionally contacts an opponent in the head, face or neck with his or her stick or any part of the player's body or equipment, will be assessed a double minor penalty, a major plus a game misconduct penalty, or a match penalty at the discretion of the referee and based on the degree of violence of impact.

3.16.3 Any player who injures an opponent under this rule will be assessed a major and a game misconduct penalty.

3.16.4 Any player who deliberately attempts to injure or deliberately injures an opponent under this rule will be assessed a match penalty.

3.17 **SUSPENSIONS**

3.17.1 Any multiple-penalty suspensions will be reviewed by Hockey Operations and may result in an ejection from the Red Circle Hockey Club organization. Ejected players are not eligible for a refund.

4.0 COACHES AND ASSISTANT COACHES

4.1 Hockey Operations must approve all coaches and assistant coaches. No person shall be permitted on the ice at any time without Hockey Operations approval.

4.1.1 All coaches must complete a Vulnerable Sector Check dated no earlier than May 1st for the upcoming season for new checks. Police checks will be valid for ONE (1) year. If a volunteer requires finger printing for their VSC, their VSC will be valid for two (2) years with a signed Offence Declaration Form indicating no change for year two (2). All forms must be submitted by November 15. Temporary authorization may be granted by completing a Screening Disclosure Form prior to going on the bench. Refer to Vulnerable Sector Screening Policy and Forms.

4.2 All coaches and assistant coaches must be fourteen (14) years of age or older.

4.3 All coaches and assistant coaches, while on the ice running practices, must wear an approved CSA helmet. Helmets must be fastened properly. Face guards are not required.

4.4 All coaches and assistant coaches under the age of 18 must wear a CSA approved helmet with a face guard on the bench for games.

4.5 There must be a coach or an assistant coach available to attend all meetings called by the convenor and/or Hockey Operations.

4.6 All coaches and assistant coaches shall be responsible for the conduct of their players during the game and in the dressing room. Coaches may be held responsible for any damage to the dressing room while occupied by their team.

4.7 All coaches have the right to fairly discipline players in consultation and agreement with the convenor before, during or after a game.

4.8 Approved coaching staff (on bench or on ice) shall consist of a maximum of four (4) people except in U7 where the number of coaches may be more at the discretion of the Convenor with Hockey Operations approval. Any player or coach not participating in the game due to suspension will not be permitted on the bench. Any player not participating in the game due to injury will be permitted on the bench with prior notification and approval of the convenor. Players under the age of 18 must wear a CSA approved helmet with a face

guard while on the bench.

- 4.9 Any coaches or assistant coaches whose attitude or demeanor is detrimental to their team or the Red Circle Club, will be dealt with on an individual basis by Hockey Operations with a possible indefinite suspension.

5.0 GAMES

5.1 LENGTH OF GAMES

- 5.1.1 Except for special circumstances, at the convenor's discretion, the buzzer will sound at two (2) minutes after the start time of game and the clock will start no later than three (3) minutes after scheduled time. Any team not ready to play at the start of game will receive a delay of game penalty. Any team not on the ice five (5) minutes after the referee's start the game will forfeit the game. The game will end no later than ten (10) minutes before the next scheduled start time. (E.g., 7:00 game will end at 7:50, 7:30 game will end at 8:20).

5.1.2 U7 AND U9 (NOVICE) DIVISIONS

- 5.1.3 The 1st and 2nd period will be fifteen (15) minutes running time. The 3rd period will be fifteen (15) minutes running time or the time remaining on the city clock time, whichever is the least. There will be a three (3) minute buzzer for line changes. No time out will be available in these divisions.

5.1.4 U11 (ATOM) – U21 (JUVENILE) DIVISIONS

- 5.1.5 All three periods will be twelve (12) minutes stop time.
- 5.1.6 There will be no time outs during regular season play.

5.2 GAME SHEET

- 5.2.1 The first team on the schedule is the visiting team and the second team on the schedule is the home team (i.e., 7vs2 - team 7 is visitor and team 2 is home)
- 5.2.2 The visiting team coach must fill out the game sheet first with the proper names and numbers of each player. The game sheet must be handed over to the home team coach at least fifteen (15) minutes before the game starts, so that it can be filled out in the same manner.
- 5.2.3 The convenor or delegate will ensure that the game sheet is filled out accurately.

5.3 ENTERING AND EXITING THE ICE

- 5.3.1 Coaches need to establish proper dressing room and door use by their team. The intent of this rule is to ensure teams do not cross paths after the game on the ice or in the lobby.

5.4 DRESSING ROOMS

- 5.4.1 An assistant coach must always accompany a coach or an adult, if the coach is not available, in the dressing room. No adult or coach shall be permitted in the dressing room alone with an unrelated child. There must be another adult present at all times.
- 5.4.2 Refer to Dressing Room Policy.
- 5.4.3 Dressing Etiquette
U7 (Mite), U9 (Novice) and U11 (Atom) Divisions:
All players are required to come to the arena dressed in suitable undergarments so that there is no need to expose any sensitive areas of their body while they don their hockey equipment and garments. Under no circumstances should any player undress past their undergarments while in the main dressing area and/or within the immediate presence of teammates, coaches, or parents.
Parents/Guardians are welcome to enter team dressing rooms to assist their children in donning/doffing their hockey equipment and garments.
- U13 (Peewee), U15 (Bantam), U17 (Midget) and U21 (Juvenile) Divisions:
Any player who needs to undress past their undergarments should do so in a private toilet stall or discreetly at the enclosed shower area of the change rooms. Players are prohibited from undressing past their undergarments in the main dressing room area and should be mindful and conscientious of how their undressing may impact those around them.
Parents/Guardians are prohibited from entering team dressing rooms.
- 5.4.4 Gender equity change rooms are available. Children in the minority gender within their team in the U13 (Peewee), U15 (Bantam), U17 (Midget) or U21 (Juvenile) age classification groups must dress in RCHC's designated gender equity change rooms. Each team must designate a 'gender chaperone' to supervise any children who require the use of the gender equity change rooms. Parents/guardians are prohibited from entering gender equity change rooms to ensure we maintain a private and respectful environment for all players to dress in.
- 5.4.5 Parents are allowed in the team dressing room in the U7 (Mite), U9 (Novice) and U11 (Atom) divisions only.
- 5.4.6 Parents are prohibited from entering team rooms in the U13 and higher divisions.
- 5.4.7 For U7 (Mite), U9 (Novice) and U11 (Atom) divisions, all parents must leave the dressing room ten (10) minutes prior to game time unless the coach is unaccompanied by an assistant coach. Children using the gender equity room should join their team by ten (10) minutes prior to game time.
- 5.5 **TIMEKEEPERS**
- 5.5.1 A minor official (timekeeper) shall be provided by the league, unless otherwise informed by the convenor. No persons are to be allowed in the penalty box or the timekeepers box unless authorized by the convenor, Timekeeper in Chief or Hockey Operations. Timekeepers are instructed to only display a maximum of a five (5) goal differential on the time clock.

5.6 **INJURIES** (refer to Addressing Physical Injuries Policy).

- 5.6.1 In the case of injury, the play is to be stopped immediately. If the play has been stopped because of the injury or if the game is delayed in restarting, the player injured must leave the ice and be replaced by the player next in shift. The referee or convenor shall determine whether the rule is being abused, which may then be furthered reviewed by Hockey Operations.
- 5.6.2 No parent or spectator is allowed on the ice surface at any time. During games, coaches are allowed on the ice only at the request of an official.

6.0 GOALTENDERS

- 6.1 A player registering and starting the season as a goaltender must only play as a goaltender for the balance of the season, unless space is available, and approval is given by Hockey Operations.
- 6.2 Other than for a delayed penalty, a goaltender can only be removed during the last three (3) minutes of clock time or curfew time. The next skater in line can be used as the sixth skater when the goalie is pulled.
- 6.3 If a goaltender is injured, no warmup is allowed for the incoming goaltender. The team will use their alternate goalie or six skaters. The sixth skater will act as a player allowed to cross Centre ice, use a regular stick, and have no goalie privileges.
- 6.4 If a team has two (2) goaltenders, the time shall be split equally in every game. The goalies will be rotated at the stoppage of play nearest to the halfway point in the game. NO EXCEPTIONS.
- 6.5 If the goaltender loses equipment during play (not the stick), play shall be stopped immediately. Referees are instructed to call a delay of game penalty if this action is being abused.
- 6.6 Play shall be stopped at the discretion of the referee if the goaltender is hit in the head with the puck.

7.0 ROTATION

- 7.1 All skaters, regardless of numbers, must be equally rotated as per rotation sheet or "Shifting without a buzzer system" provided with rules (see Appendix H).
- 7.2 Coaches in the U7 (Mite) and U9 (Novice) divisions must complete and turn in a rotation sheet to the timekeeper at the end of each game. Failure to comply may result in a minimum one (1) game suspension.

- | | | | | |
|-------|--------|------|-----------------|------------------|
| 7.2.1 | Nine | (9) | player rotation | - see appendix A |
| 7.2.2 | Ten | (10) | player rotation | - see appendix B |
| 7.2.3 | Eleven | (11) | player rotation | - see appendix C |
| 7.2.4 | Twelve | (12) | player rotation | - see appendix D |

- 7.2.5 Thirteen (13) player rotation - see appendix E
- 7.2.6 Fourteen (14) player rotation - see appendix F
- 7.2.7 Fifteen (15) player rotation - see appendix G

7.3 **DOUBLE SHIFTING**

- 7.3.1 It is the convenor or delegate's duty to police double shifting. Intentional infractions will be reviewed by Hockey Operations, with a possible forfeiture of the game and or potential suspension of the coach.

8.0 **REFEREES**

- 8.1 **There will be no protesting a referee's decision.**
- 8.2 Only the captain or the assistant captain have the right to ask the referee his interpretation of a call and must be on the ice to ask the question. They must ask politely and be courteous. If further interpretation is needed, the coach may ask the referee for clarification.
- 8.3 All teams in the U9 (Novice) through U21 (Juvenile) division must have a captain and up to three (3) assistant captains. Goalies cannot be a captain or assistant. These cannot be rotated.
- 8.4 No player, parent or coaching staff is allowed to approach the referee's room at any time to dispute a game or altercation. Such violation will be subject to suspension.
- 8.5 Any coach, parent or spectator harassing the officials or players will be ejected from the arena. **THERE WILL BE ZERO TOLERANCE FOR THIS BEHAVIOR.** R-Zone is in effect in all arenas. Refer to Code of Conduct Policy.

9.0 **PROTESTS AND APPEALS**

- 9.1 Anyone suspended (except for an automatic suspension), has the right to appeal, in writing, within 48 hours after the suspension. This is to be submitted to Hockey Operations through the convenor.
- 9.2 To protest a game, the protest must be in writing between twenty-four (24) and forty-eight (48) hours from the completion of the game in question. The protest must be given to the convenor or Hockey Operations. **A fifty (50) dollar cash fee must accompany the protest and is only refundable if the protest is upheld.**
- 9.3 **RED CIRCLE HOCKEY OPERATIONS' DECISION SHALL BE FINAL.**

10.0 **PRACTICES**

- 10.1 Every division is subject to having practices run by the Red Circle Club at the discretion of Hockey Operations.

- 10.2 Every division from the U11 (Atom) division and up must have at least ten (10) minutes of full ice drills at the beginning of each practice. Novice division will have fifteen (15) minutes of full ice drills at the beginning of each practice.
- 10.3 It is the coach's responsibility to ensure there is proper supervision on the ice for all practices.
- 10.4 Players and goalies are only allowed to attend their own scheduled practices. An exception can be made for a goalie, with the convenor's approval, if the team's regular goalie cannot attend the practice.

11.0 RULES SPECIFIC TO DIVISIONS

11.1 U7 (MITE) - U9 (NOVICE) DIVISION

- 11.1.1 Any player receiving a penalty will serve their penalty for the remainder of their shift only.
- 11.1.2 U7 (MITE) - The center red line shall be eliminated and there will be no icing.
U9 (Novice) - Blue line icings will be used. Any puck shot from the neutral zone past the goal line shall not be classified as icing.
- 11.1.3 No free line change is allowed (i.e., No shifting on the fly).
- 11.1.4 The buzzer is to sound at the end of every three (3) minutes of the running time.
- 11.1.5 Line changes are to be made as quickly as possible at the end of every shift. Tardy line changes may result in a penalty.
- 11.1.6 It is the coach's responsibility to ensure each player is evenly rotated through the starting lineup on a game-by-game basis.

11.2 U11 (ATOM) – U21 (JUVENILE) DIVISION

- 11.2.1 Blue line icings will be used. Any puck shot from the neutral zone past the goal line shall not be classified as icing.
- 11.2.2 Line changes are to be made as quickly as possible. Tardy line changes may result in a penalty.
- 11.2.3 Each division will have free line changes. It is the duty of the coach to ensure that each skater receives reasonably equal ice time during each game. If this rule is abused, it may result in the coach's suspension. (See appendix H – "Shifting without the Buzzer System")

12.0 TIE BREAKER RULES FOR REGULAR SEASON STANDING

- 12.1 In the event of a tie in standings at the end of regular season, the tie breaker will be used to determine overall standings as follows.
 - 12.1.1 Most wins

- 12.1.2 Head-to-Head standings
- 12.1.3 Least goals against
- 12.1.4 Most goals for
- 12.1.5 Coin toss

13.0 END OF SEASON RULES FOR PLAYOFFS (Subject to Change)

13.1 PLAYOFFS

- 13.1.1 All games to be played using the same rules and format as regular season. However, special exceptions may be granted by Hockey Operations in extreme situations.
- 13.1.2 A goalie may only be called up for playoffs or for championship weekend if a team does not have one available. Players may be called up as per Rule 1.9 for playoffs but must be approved by Hockey Operations for championship weekend.
- 13.1.3 No overtime in playoff games. A tie is a tie.

13.2 CHAMPIONSHIP GAMES

- 13.2.1 All games to be played using same rules and format as regular season, with the following exceptions.
- 13.2.2 In the U7 (Mite) and U9 (Novice) divisions, the 1st and 2nd period will be fifteen (15) minutes straight running time. The 3rd period will be twelve (12) minutes straight running time.
- 13.2.3 In the U11 (Atom) to U21 (Juvenile) divisions, the 1st and 2nd period will be twelve (12) minutes stop time. The 3rd period will be ten (10) minutes stop time.
- 13.2.4 There will be a one (1) 30 second time out available to each team at any point throughout the game. No time out will be available in the U7 (Mite) and U9 (Novice) divisions.

13.3 1ST OVERTIME PERIOD

- 13.3.1 The period will be 4 minutes stop time in duration.
- 13.3.2 The period will be four (4) on four (4) for the entire overtime period, with a sudden death format. Coaches must ensure proper rotation is maintained during the overtime period. In the Novice division, the buzzer will sound each minute for a line change.
- 13.3.3 If a penalty occurs in the overtime period, teams will play 4 on 3 for the length of the penalty.
- 13.3.4 At no time shall a team play with less than 3 players on the ice (e.g., two (2) minor penalties to the same team will result in a 5 on 3 game).

13.4 2ND OVERTIME PERIOD (SHOOTOUT)

- 13.4.1 If the game is still tied, a second overtime will consist of three (3) shooters per side. These

shooters will shoot one (1) from each team simultaneously. All three (3) shooters from each side will shoot. This is not a sudden death. All players shall remain on their respective bench except for the actual shooters.

- 13.4.2 If the game is still tied, the overtime will continue with shooters in a sudden death shoot out until we have a winner. No player can take a second shot in the shootout until each player on the team has participated in the shootout.

APPENDIX A - TYPICAL 9 PLAYER ROTATION

DATE:		TEAM #:					NAME:					ARENA:				
No.	Name	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00
2	Matt	x	x		x		x		x		x	x		x		x
7	Randy	x		x	x		x		x		x		x	x		x
5	Nick	x		x		x	x		x		x		x		x	x
11	Cullen	x		x		x		x	x		x		x		x	
16	Mitch			x		x		x		x	x		x		x	
4	Steve		x	x		x		x		x		x	x		x	
9	Avery		x		x	x		x		x		x		x	x	
15	Brandon		x		x		x	x		x		x		x		x
12	Nathan		x		x		x		x	x		x		x		x

COMMENTS: _____

APPENDIX B - TYPICAL 10 PLAYER ROTATION

DATE:		TEAM #:					NAME:					ARENA:				
No.	Name	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00
2	Matt	x		x		x		x		x		x		x		x
7	Randy	x		x		x		x		x		x		x		x
5	Nick	x		x		x		x		x		x		x		x
11	Cullen	x		x		x		x		x		x		x		x
16	Mitch	x		x		x		x		x		x		x		x
4	Steve		x		x		x		x		x		x		x	
9	Avery		x		x		x		x		x		x		x	
15	Brandon		x		x		x		x		x		x		x	
12	Nathan		x		x		x		x		x		x		x	
6	Rory		x		x		x		x		x		x		x	

COMMENTS: _____

APPENDIX C - TYPICAL 11 PLAYER ROTATION

DATE:		TEAM #:					NAME:					ARENA:				
No.	Name	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00
2	Matt	x		x		x		x		x			x		x	
7	Randy	x		x		x		x			x		x		x	
5	Nick	x		x		x			x		x		x		x	
11	Cullen	x		x			x		x		x		x		x	
16	Mitch	x			x		x		x		x		x			x
4	Steve		x		x		x		x		x			x		x
9	Avery		x		x		x		x			x		x		x
15	Brandon		x		x		x			x		x		x		x
12	Nathan		x		x			x		x		x		x		x
6	Rory		x			x		x		x		x		x		
17	Kayleigh			x		x		x		x		x			x	

COMMENTS: _____

APPENDIX D - TYPICAL 12 PLAYER ROTATION

DATE:		TEAM #:					NAME:					ARENA:				
No.	Name	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00
2	Matt	x		x		x			x		x			x		x
7	Randy	x		x			x		x		x			x		x
5	Nick	x		x			x		x			x		x		x
11	Cullen	x			x		x		x			x		x		
16	Mitch	x			x		x			x		x		x		
4	Steve		x		x		x			x		x			x	
9	Avery		x		x			x		x		x			x	
15	Brandon		x		x			x		x			x		x	
12	Nathan		x			x		x		x			x		x	
6	Rory		x			x		x			x		x		x	
17	Kayleigh			x		x		x			x		x			x
8	Patrick			x		x			x		x		x			x

COMMENTS: _____

APPENDIX E - TYPICAL 13 PLAYER ROTATION

DATE:		TEAM #:					NAME:					ARENA:				
No.	Name	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00
2	Matt	x		x			x		x			x			x	
7	Randy	x		x			x			x		x			x	
5	Nick	x			x		x			x		x			x	
11	Cullen	x			x		x			x			x		x	
16	Mitch	x			x			x		x			x		x	
4	Steve		x		x			x		x			x			x
9	Avery		x		x			x			x		x			x
15	Brandon		x			x		x			x		x			x
12	Nathan		x			x		x			x			x		x
6	Rory		x			x			x		x			x		x
17	Kayleigh			x		x			x		x			x		
8	Patrick			x		x			x					x		
10	Jonathon			x			x		x					x		

COMMENTS: _____

APPENDIX F - TYPICAL 14 PLAYER ROTATION

DATE:		TEAM #:					NAME:					ARENA:				
No.	Name	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00
2	Matt	x		x			x			x			x			x
7	Randy	x			x		x			x			x			x
5	Nick	x			x			x		x			x			x
11	Cullen	x			x			x			x		x			x
16	Mitch	x			x			x			x			x		x
4	Steve		x		x			x			x			x		
9	Avery		x			x		x			x			x		
15	Brandon		x			x			x		x			x		
12	Nathan		x			x			x			x		x		
6	Rory		x			x			x			x			x	
17	Kayleigh			x		x			x			x			x	
8	Patrick			x			x		x			x			x	
10	Jonathon			x			x			x		x			x	
14	Aiden			x			x			x			x		x	

COMMENTS: _____

APPENDIX G - TYPICAL 15 PLAYER ROTATION

DATE:		TEAM #:					NAME:					ARENA:				
No.	Name	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00	15:00	12:00	9:00	6:00	3:00
2	Matt	x			x			x			x			x		
7	Randy	x			x			x			x			x		
5	Nick	x			x			x			x			x		
11	Cullen	x			x			x			x			x		
16	Mitch	x			x			x			x			x		
4	Steve		x			x			x			x			x	
9	Avery		x			x			x			x			x	
15	Brandon		x			x			x			x			x	
12	Nathan		x			x			x			x			x	
6	Rory		x			x			x			x			x	
17	Kayleigh			x			x			x			x			x
8	Patrick			x			x			x			x			x
10	Jonathon			x			x			x			x			x
14	Aiden			x			x			x			x			x
3	Jen			x			x			x			x			x

COMMENTS: _____



Shifting Without the Buzzer System

There will NOT be a 3-minute buzzer system in place in the U11 (Atom) through U19 (Juvenile) divisions. It is the coaches' responsibility to ensure all players are given the opportunity for equal ice time on an individual game basis. This includes all goalies, forwards and defense.

The following is a list of the coaches' responsibilities regarding equal and fair shifting of players

- It is the coaches' decision to determine the length of each shift
- It is the coaches' responsibility to ensure each shift is approximately the same length in time
- It is the coaches' responsibility to divide the players equally between forward and defense as follows:

Number of Players	Forwards	Defense
10	6	4
11	7	4
	6	5
12	7	5
13	8	5
	7	6
14	9	5
15	9	6

- It is the coaches' responsibility to ensure each goalie is given equal ice time on an individual game basis
- All forwards and defense should be shifted on a numerical basis. Example – If you have 7 forwards and 4 defense, the forwards should be numbered 1 through 7 and rotated on a numerical basis. Shift #1 would be players 1, 2 and 3. Shift #2 would be players 4, 5, and 6. Shift #3 would be players 7, 1 and 2, and so on. The same system should be applied to the defense.

As a rule, each player should have played the same amount of ice time after each game, except for goalies. It is not appropriate to have 4 defensemen and 9 forwards. In this situation the defense would play for $\frac{1}{2}$ of the game and the forwards would play for $\frac{1}{3}$ of the game. Don't forget everyone paid the same amount to play and everyone should be given the same opportunity to play.

I, _____ have read the above rules regarding equal ice time and shifting of players. I completely understand these rules and agree to abide by them. I further agree that as head coach it is my responsibility to ensure these rules are enforced by my coaching staff.

I further understand that failure to obey these rules could lead to my suspension and possible forfeiture of games.

Appendix H