

## **OFFICIAL RULES AND REGULATIONS**

### **I. GAME RULES**

- 1) Each team fielded will consist of four (4) players plus a goaltender. Each team must be able to field a minimum of three (3) players or the game will be automatically forfeited. Each team will designate a goaltender for their team at the start of the game and must play the entire game unless injured or in the event of an equipment failure.
- 2) Each team at the beginning of the regular season will be allowed to designate 1 player as Captain and 1 Player as an Assistant Captain. In the event that a team is missing 1 or both lettered players, the team will inform the referees of substitute player(s) for that game.
- 3) On all face-offs the ball will be placed on the floor at a mark designated by the referee. The stick blades of the players taking the face-off will be placed six (6) inches on opposite sides of the ball. The play will start when the referee blows the whistle. A face-off will take place to resume play. A face-off will take place at centre court after a goal is scored and at the start of each period.
- 4) Play will be stopped when the referee loses sight of the ball or when the ball stops moving under any player's wheelchair.
- 5) Play will be stopped if there is a saved/frozen ball by the goaltender. The whistle will be blown immediately [equivalent to a count of one-thousand-one]: (1) when the referee identifies/sees that the ball is under some portion of the goaltender's wheelchair (including, footrests, battery box, wheels, etc.) or trapped against his/her stick; or (2) when the ball is shot or rolls under the goaltender's wheelchair and clearly does not go into the net.
- 6) A goal is scored when the ball completely crosses the goal line.
- 7) When a goal is scored, the two players on the attacking team who touch the ball immediately before the goal scorer will receive credit for assists as long as possession is maintained. Deflections off players who are on the defending team do not count as a change of possession.
- 8) Goals scored by kicking the ball or are scored from behind the centre-line will be disallowed and a face-off will take place to resume play. All face-offs will take place at the closest face-off area from where the ball was shot.
- 9) When in play, the ball must precede the player over the centre line. Players' wheelchairs must be totally across the offside line to constitute an offside. If players clear the opposing zone, then no offside will be called. If a goal is scored when a player is offside, the goal will be disallowed.
- 10) Players are not allowed to use their feet or hands to hold the ball while it is in play, but may use their feet to stop the ball or kick it to their own stick. The exception is that goaltenders may play the ball with their stick, wheelchair or any body part.
- 11) If the ball leaves the playing area (hits above blue line on the wall) or makes contact with the netting used to divide standard height goal nets the play will be stopped and a face-off will take place at the closest face-off area from where the ball was shot.
- 12) If a player knocks the ball down with a high stick and the ball subsequently goes into the possession of his/her team the play will be stopped and a face-off will occur.

13) In the event of a player experiencing equipment failure (i.e. wheelchair malfunction or inoperation) the play will be stopped when that player's team gains possession of the ball. The only exception to this rule is when the equipment failure results in a dangerous situation for that player or others. In this instance the play will be stopped immediately.

14) Each player must play an equal amount of game time within an acceptable variance of plus or minus 10 percent, barring injury or equipment failure.

- The amount of 'off time' will be determined by which team fields the fewest number of players. (Ex. If a team is missing players and only has four players, not including their goalie, the other team will be allowed to use only their top four players).
- Goaltenders are excluded in the number of players fielded for the purpose of this rule.
- The off time per player is as follows:

# of Players Fielded	Off Time
5 Players	12 Minutes
6 Players	20 Minutes
7 Players	26 Minutes

- a) It is the responsibility of each team's coach to keep track of their players' playing time keeping in mind that everyone is here to play; and fairness & sportsmanship are to be practiced.
- b) If a team contests a game based on one or more players from the opposing team not sitting their appropriate 'Off Time', the records of each player's playing time will be given to the head referee for examination.
- c) Failure to produce records for each player will constitute an offence under this rule.
- d) If a team is found to have players who have not played his/her minimum time or have played too many minutes in a game the following will happen:
  - 1st Offence: The offending team will forfeit the game and that team's coach will receive a warning.
  - 2nd Offence: The offending team will forfeit the game and that team's coach will be relieved of their position.
- e) In the event of an offence the offending team will lose the game with the final score being recorded 1-0. Individual player statistics resulting from the game will not be changed.
- f) During the Calgary PowerHockey League playoffs, one member of the Operations Committee will assist each team in keeping track of their players' playing time.

## **II. PLAYING AREA**

- 1) The playing area for all games will be approximately the size of a basketball court. Modifications to court size can be made at the discretion of the Operations Committee.
- 2) The goal nets should measure approximately 72 inches (183cm) wide by 29 inches (73cm) high by 24 inches (60cm) deep. If standard hockey nets are used an additional crossbar and netting will divide them and will be placed at a height of 29 inches (73cm) from the floor.
- 3) The goal crease should measure 72 inches (183cm) wide and extend 48 inches (120cm) outward from goal line.
- 4) On the playing surface there will be five face-off areas. One in the centre of the court and one on each side of both nets positioned approximately halfway between the nets and centerline.

### III. EQUIPMENT

1) No special attachments or modifications will be allowed on any wheelchairs that may prevent the ball from traveling underneath or around the chair including bags or backpacks. No bags or backpacks will be permitted on players except for medical reasons.

2) Sticks (*Note: Players may hold their stick with **one hand only** or they may attach it to their wheelchair using a method approved by the Operations Committee.*)

a) Sticks held by hand must conform to the following guidelines: (*Note: Players who hold their stick may use a tubing crossbar if desired.*)

I) Stick shafts shall be made of plastic or composite materials and shall have a maximum length of 42 inches (105 cm) from the end of the shaft to the heel of the blade. Composite shafts may not have wood or metal in their composition.

II) Non-goaltender stick blades shall be made of plastic and be no longer than 10 inches (25 cm) from the heel to the end of the blade. The blade shall have a maximum height of 3 inches (7.5 cm) along its entire length. All blade edges must be beveled.

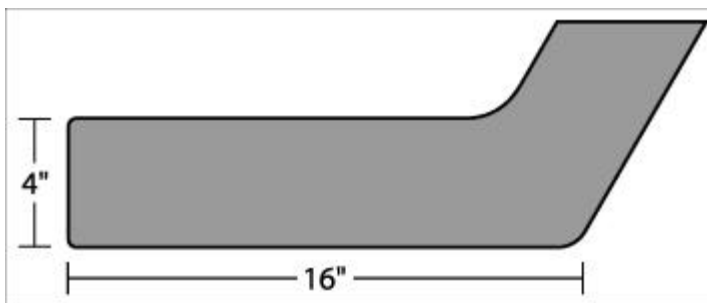
III) Goaltender stick blades shall be made of plastic and be no longer than 16 inches (40 cm) from the heel to the end of the blade. The blade shall have a maximum height of 4 inches (10 cm) along its entire length. All blade edges must be beveled.

IV) If a tubing crossbar is used it shall extend to a maximum of 3 inches (7.5 cm) on either side of the blade. Tubing crossbars shall be made of plastic or rubber and have no sharp edges.

b) Sticks attached to wheelchairs must conform to the following guidelines: (*Note: Players who attach their stick to their wheelchair may use a tubing crossbar or "t-stick sidewings" if desired.*)

I) Stick shafts shall be made of metal, plastic or composite materials and shall have a maximum length of 42 inches (105 cm) from the end of the shaft to the heel of the blade. Composite shafts may not have wood in their composition.

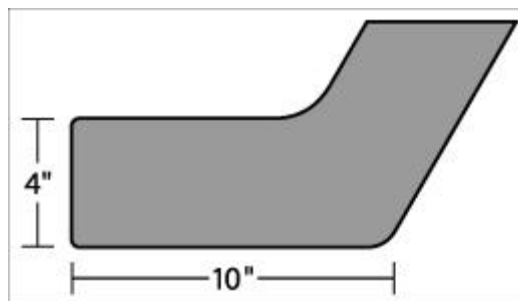
II) Goaltender stick blades shall be made of plastic and be no longer than 16 inches (40 cm) from the heel to the end of the blade. The blade shall have a maximum height of (10 cm) along its entire length. All blade edges must be beveled.



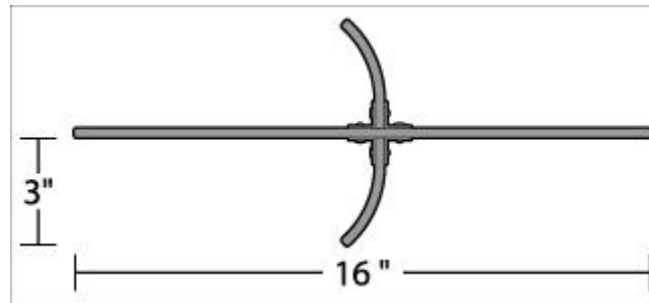
Goaltender stick blades

shall extend to a maximum of 18 inches (30 cm) from the edge of the wheelchair's footrests.

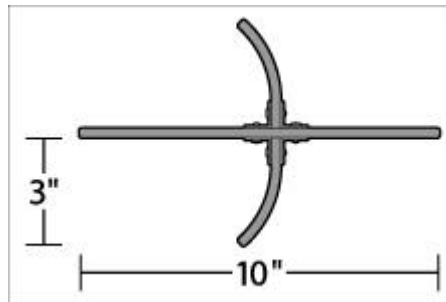
III) Non-goaltender stick blades shall be made of plastic and be no longer than 10 inches (25 cm) from the heel to the end of the blade. The blade shall have a maximum height of 4 inches (10 cm) along its entire length. All blade edges must be beveled. Non-goaltender stick blades shall extend to a maximum of 12 inches (30 cm) from the edge of the wheelchair's footrests.



- IV)** If "t-stick sidewings" are used they shall extend to a maximum of 3 inches (7.5 cm) on either side of the blade and shall have a maximum height equal to the height of the blade. "T-stick sidewings" shall be made of plastic and all edges must be beveled. Brackets to attach "t-stick sidewings" shall be made of metal or plastic and have no protruding edges. All fasteners on the blade and "t-stick sidewings" must be covered.



Goaltender Stick Blade with "t-stick sidewings" [Top View]



Non-Goaltender Stick Blade  
with "t-stick sidewings" [Top View]

- V)** Brackets to attach sticks to wheelchairs shall be made of plastic, wood, metal or any other material approved by the Operations Committee.
- VI)** Protruding hardware (bolts, screws, brackets, etc.) on sticks or stick attachments is not allowed and must be covered or modified to satisfy safety requirements.
- 3)** The official ball is a hollow plastic ball (Whiffle) 2 inches (5cm) in diameter.
- 4)** Each team must have different coloured jerseys from the other teams. Players must wear the jersey that is assigned to them; otherwise they will not be eligible to play (coaches may lend their jersey to a player who does not bring their own with permission of the opposing team's coach).
- 5)** Players may only use one wheelchair during the course of each game. In the event of a break down, a player will not be allowed to switch to another wheelchair.
- 6)** League owned wheelchairs have their speeds set by the Operations Committee. This committee will have final say on the minimum and maximum speed allowed for players, based on how well the individual can handle the chair in a safe manner. The Operations Committee has jurisdiction over all safety concerns.

#### **IV. TIMEKEEPERS & REFEREES**

- 1) It is the responsibility of the Operations Committee to ensure that a timekeeper, scorekeeper and referees are available and ready for each game.
- 2) Each game will consist of three (3) twenty-minute periods that will be played under stop time. There will be a five-minute break between periods. At the end of each period the teams will change ends. Each team is allowed to call two time outs per game with a minimum of one minute between each call. Time outs will be two minutes in length. Starting time of a game must be within 10 minutes of the scheduled starting time. Extensions will be at the referees' discretion.
- 3) When the amount of game time is equal to the amount of time left until the next game is scheduled to start, the remaining game time will be played under straight time conditions. (Example: The time of day is 2:55 pm, the next game is scheduled to start at 3:20 pm and the 3rd period hasn't started yet, the entire 3rd period will be played under straight time. This will allow for 5 minutes of overtime.)
- 4) If the score is tied after regulation time, five minutes of straight time sudden death overtime will be played. If the two teams remain tied after sudden death, each team will be awarded one point. If a team does score, the winning team will be awarded two points and the losing team will receive a point. In the event that overtime cannot be played due to time constraints the game will be declared a tie and each team will receive one point.
- 5) It is the referees' responsibility to inform the timekeeper of each goal, the name & number of the player who scored the goal and the name & number of for each player who assisted on the goal.
- 6) It is the referees' responsibility to inform the timekeeper and the coaches of each team the penalty incurred when it is called.
- 7) The timekeeper will record all goals, assists, second assists (when applicable), penalty calls (when applicable) and penalty minutes (where applicable) for each player & team on the score sheets. The timekeeper will record the three star selections for each game (selected by the game officials). The game's 3 stars will receive points as follows: 3 points for 1st Star, 2 points for 2nd Star & 1 points for 3rd Star.
- 8) It is the timekeeper's responsibility to inform teams the time that a player may return to the playing surface following a penalty.

#### **V. STANDINGS & PLAYOFF REGULATIONS**

- 1) If teams are tied in the (point) standings at the end of the season, the teams' individual records shall be consulted in the following order:
  - a) Most Wins
  - b) Fewest Losses
  - c) Most Wins versus the team with which it is tied
  - d) Highest Goals For versus the team with which it is tied
  - e) Lowest Goals Against versus the team with which it is tied
- 2) Teams who place 1 – 4 will be eligible for post-season play. All other teams are automatically eliminated.

##### **Semi-Finals:**

Team 1 vs. Team 4 (Game A)

Team 2 vs. Team 3 (Game B)

##### **Finals:**

Best of 3 series

Winner of Game A vs. the winner of Game B

- 3) If the score is tied after regulation time in a semi-final game, ten minutes of straight time sudden death overtime will be played. If the game is still tied, a shootout will take place to determine a game winner. There will be no intermission between regulation & the overtime period, but teams will switch ends. In the Finals if the score is tied after regulation time, twenty minutes of straight time sudden death overtime will be played. There will be a 2-minute intermission between regulation & the overtime period, and teams will switch ends. If the game is still tied, a shootout will take place to determine a game winner. Shootouts will be conducted in the following manner:
  - a) Each team will select three players to be “shooters” in the shootout. A team’s goaltender is not eligible to be one of the “shooters.”
  - b) The player who is goaltending at the end of regulation time (if no overtime periods have been played) or the last overtime period will be that team’s designated goaltender for the shootout.
  - c) In alternating order (starting with the visiting team), each team will have a “shooter” advance on the opposing goal in an attempt to score. Rebounds are considered unplayable and players are only allowed to advance on the goal in a forward motion. Any reverse motion will end the “shooter’s” turn and no goal will be recorded.
  - d) After each team’s designated “shooters” have had their turn the team with the most goals scored in the shootout will be awarded the win and one goal will be added to their game score to determine the final score.
  - e) If both teams are tied for goals scored after the first round then each team’s “shooters” will alternate turns as previously outlined. The “shooters” order may not change. The shootout will end when one team’s “shooter” scores and the other’s does not in the same round.
- 4) A player must play in at least 50% of the games of which he/she is eligible to be eligible for postseason play.

## **VI. GENERAL CONDUCT**

- 1) It is each player’s responsibility to contact their coach if they will not be present for a game for any reason.
- 2) The use of alcohol or illegal drugs before or during a game will not be tolerated. Such incidents will lead to a game misconduct.
- 3) Any unsportsmanlike conduct will not be tolerated on or off the playing surface. This includes obscene language, verbal abuse, threatening or inciting behaviour, physical abuse or abuse of equipment. Spectators who engage in this behaviour will receive one warning for their conduct. If their conduct continues to be objectionable they will be asked to leave. If the spectator in question is a CPHL player the incident will be subject to review by the Board of Directors and may result in further disciplinary action.

## **VII. PENALTY STIPULATIONS**

- 1) Two (2) minutes will be assessed for minor penalties and five (5) minutes will be assessed for major penalties. In the event that a period or game is played in "straight time" (no clock stoppage) then three minutes will be assessed for minor penalties and seven (7) minutes will be assessed for major penalties.
- 2) There must be a minimum of three (3) players per team on the playing surface including the goaltender. If another penalty is called, time will start on that penalty after one of the previous penalties has run out. If unable to field three (3) players on the floor, a penalty shot will be awarded.
- 3) If a goaltender receives a minor penalty it will be served by a teammate (to be determined by the penalized team) on the playing surface at the time of the penalty.
- 4) If blood is drawn as a result of any Minor Penalty, the offence automatically becomes a Major Penalty and the player who committed the offence will receive a 5 Minute Penalty & Game Misconduct.

- 5) Goaltenders must serve all major penalties incurred. A teammate will be allowed to play the position of goal until the expiration of the penalty.
- 6) A player serving a penalty must return to the playing surface after completion of penalty time before a substitution can occur unless the end of the period coincides with the end of penalty.
- 7) If a player receives three game misconducts in one season the Operations Committee will review their status as an active player and he/she may be suspended for the remainder of the season.
- 8) All Penalty Minutes shall be served consecutively. If a player receives more than one penalty in the same instance the minutes will be tallied and all will be served consecutively i.e. If a player receives their first penalty for unsportsmanlike conduct (2 minutes) and is given another unsportsmanlike conduct penalty (4 minutes) they will serve a total of 6 minutes in penalties.
- 9) Delayed Penalties - Should an infraction of the rules be committed by a player of the team in possession of the ball, the Referee shall immediately stop play and assess the penalty(s) to the offending player(s). Should an infraction of the rules be committed by a player of a team **NOT** in possession of the ball the Referee shall signify the calling of a penalty by raising his arm and upon completion of the play by the team in possession will immediately stop play and assess the penalty to the offending player. If the penalty or penalties to be imposed are minor penalties and a goal is scored on the play by the non-offending team, the first minor penalty shall not be imposed but all other minor or major penalties shall be imposed in the normal manner regardless of whether or not a goal is scored.

## **VIII. MINOR PENALTIES**

- 1) **Bench Minor:** Can be called against players or coaches for abuse against the officials or other players or for too many persons on the floor.
  - a) Only the team captain or assistant captain may discuss calls with the referee. (Discussion should only take place during game stoppages, and only in a civil, calm manner. If the captain or assistant captain raises their voice or is argumentative with the referee in any way, the captain or assistant captain will receive a 2 minute penalty. If a second offense occurs during the game or the player in question continues to argue with the referee the player will be given a game misconduct.)
  - b) Coaches are not allowed on playing surface to discuss calls made by officials. Coaches are also not allowed to initiate conversation of any kind with the referee. (2 minute penalty) (Note) Coaches will NOT be given a warning for verbal abuse. This includes questioning calls or complaining about penalties not being called. The FIRST offense will result in a 2 minute penalty. If a coach continues with verbal abuse, the game will be stopped and the offending coach will be asked to leave the playing area. In the event the offending coach refuses to leave, his team will automatically forfeit the game.
  - c) Players and/or coaches who yell from the bench at the referee regarding calls or non-calls will receive a 2 minute bench minor penalty, a second offence will garner a game misconduct.
- 2) **Boarding:** Recklessly riding a player into the boards with excessive force. (2 minute penalty)
- 3) **Charging:** Deliberately striking another player with one's wheelchair with a run of more than two wheelchair lengths. (2 minute penalty)
- 4) **Dangerous Driving:** Making unnecessary contact with other players in a dangerous and reckless manner. (1st Offence – 2 Minute Penalty; 2nd Offence – 4 minute penalty [double minor]; 3rd Offence – 5 minute major penalty & Game Misconduct Penalty)

- 5) Delay of Game: A player stops the play without cause, such as holding the ball in the corner with no player near by or closing his or her hand on the ball. (2 minute penalty)
  - b) In the event that a goalpost is displaced (outside of the acceptable distance) by a defending player or goalkeeper, prior to the ball crossing the goal line between the normal position of the goalposts, the Referee will assess a penalty shot. The Referee shall designate the player who has been fouled (the one who shot the ball) as the player who shall take the penalty shot.
- 6) Elbowing: Making contact on another player above the armrest of the wheelchair using one's elbow in a swinging motion. (2 minute penalty)
- 7) High Sticking: Making contact with a stick on another player over the armrest of wheelchair regardless of intent. This includes the windup or the follow through from shooting or passing. (2 minute penalty)
- 8) Holding: Impeding someone's progress by person, wheelchair or stick. (2 minute penalty)
- 9) Hooking: Impeding the progress of an opponent by hooking with the stick around a player, their stick, or their wheelchair. (2 minute penalty)
- 10) Illegal Power: No player may propel an electric wheelchair by means other than it's own power during the course of the game. The exception is that goaltenders may propel their wheelchair by any means within their goal crease.
- 11) In the Crease: No wheelchairs except the goaltender's are allowed to stop in the crease. (2 minute penalty)
- 12) Intentional Lift: Intentional lifting of another player's stick. (2 minute penalty)
- 13) Interference: Making physical contact with another player from opposing team who does not have the ball, intentionally knocking a stick from an opponent's hand or preventing a player from regaining his/her stick. (2 minute penalty)
- 14) No Seat Belt: All players must wear seat belts while playing in games, if called this would result in a minor penalty. (2 minute penalty) *(Note) If a team is found to be in error in alerting the referee to a "No Seat Belt" call no penalty will be assessed as this penalty relates to player welfare and safety.*
- 15) Ramming: A player may not deliberately run into another player with his/her wheelchair. Body checking is allowed, but players may only "ride the player off." Backing into another player as they pass by, using the front of a player's chair to make contact or trying to push a player's chair out of the way is not permitted. (2 minute penalty)
- 16) Slashing: Slashing is the act of swinging a player's stick at an opponent, whether contact is made or not. *(Note) Non-aggressive stick contact to a wheelchair or stick should not be penalized as slashing. (2 minute penalty)*
- 17) Two Hands On The Stick: Players are not permitted to play the ball with two hands on their stick. (2 minute penalty)
- 18) Unsportsmanlike Conduct: Unsportsmanlike conduct includes (but is not limited to) obscene language, arguing or abusing other players, officials or equipment. A player throwing their stick will receive a game misconduct.

## **IX. MAJOR PENALTIES**

*(Note) A Game Misconduct Penalty will accompany all Major Penalties*

- 1) Attempt to Injure: Any attempt to purposely injure another player. (5 Minute Penalty & Game Misconduct Penalty)
- 2) Butt Ending: Using the end of the shaft during contact with another player. (5 Minute Penalty & Game Misconduct Penalty)
- 3) Elbowing Above The Shoulders: Making contact on another player above the shoulders using one's elbow in a swinging motion. (5 Minute Penalty & Game Misconduct Penalty)
- 4) High Sticking Above The Shoulders: Making contact with a stick on another player above the shoulders regardless of intent. This includes the windup or the follow through from shooting or passing. (5 Minute Penalty & Game Misconduct Penalty)
- 5) Spearing: Using the blade of the stick during contact with another player. (5 Minute Penalty & Game Misconduct Penalty)