



LADIES SUMMER HOCKEY LEAGUE RULES & REGULATIONS

2010-2011 Season

The Ladies Summer Hockey League is a NON-CONTACT league aimed at keeping hockey fun! All players are expected to display sportsmanlike conduct, both on and off the ice. Aggressive behaviour will not be tolerated. The LSHL reserves the right to suspend or expel any participant without warning.

Please be advised that **insurance is not provided and that this league is not OWHA sanctioned.**

- All players, coaches and bench staff must register with the Ladies Summer Hockey League prior to participating, and must sign the game sheet each week. Please confirm that your sweater number is correct.
- Teams may **not** borrow players from another team, with the exception of a goalie. **Any team allowing an unregistered player to participate will automatically forfeit the game by a score of 3-0.**
- Any player that participates on a team other than the one that she is registered with will be suspended for a minimum of one game.
- A late player may join the game provided that she has reported to the timekeeper prior to the start of the third period and is registered with that team.
- Except where otherwise stated, Hockey Canada rules apply.
- Neck guards are mandatory, and any player without a neck guard will not be allowed to play until producing one.
- Please be advised that a spare bag of equipment is available for any player who forgets any of their equipment. This bag is located under the sign-in table and we ask that anyone who borrows equipment return it the same night.

Games will consist of 1 x 12 minute and 2 x 10 minute stop-time periods. There is no overtime and no time-outs in the regular season.

If a team does not have six players ready to play at the end of the warm-up, the clock will be started and they will be given until the end of the first period to ice a team. Once the team is ready, the clock is stopped and the offending team is given a 2 minute penalty for delay of game. The clock is restarted when the game commences. If the offending team is not ready to play at the end of the period, the game is defaulted (1-0).

Teams are discouraged against running up the score of a game. To deter this, the league will only record the final score up to a five-goal spread. Individual stats for the extra goals will not be counted. Also, if there is a five-goal spread during the third period, the clock may continue to run until such time as it is back to a four-goal spread.

Penalties: Once a player or team official has been suspended from a game, he/she cannot return to the ice/bench to participate in any post-game ceremonies (hand-shaking, presentations, etc.). Persons found participating while under suspension will be subject to further suspension.

***Any team whose penalty minutes exceed 100 will be issued a warning. If the penalty minutes reach 130, a \$50 fine will be assessed to the team.

Minor Penalties are two minutes in length. Any three infractions in one game will result in suspension from the rest of the game.

Major Penalties are five minutes in length. Any player who receives a major penalty will also receive a Game Misconduct automatically and will be suspended for the remainder of the game, as well as face additional suspensions.

Game Misconduct Penalties, in addition to suspension from the rest of the game, will result in additional game suspensions if they take place in the third period.

Gross Misconduct and Match Penalties will result in a minimum additional two game suspension with possible expulsion for the rest of the season.

The L.S.H.L reserves the right to add additional suspensions; there are no appeals.