

LEAGUE RULES

Gentlemen Rules

Relaxed & Gentleman like, Play for fun
No slashing, No Hitting, No Checking, No Fighting Ect. Ect.
Friendly body & stick Contact is allowed as long as no one crosses the line.

Regarding Goalies

Absolutely No Contact with the goalie. Zero Tolerance. (While in his crease)
No opposing players are allowed in the goalie crease, ever.
If the goalie "sorta" " kinda" has the ball IN or UNDER his pads, the play is dead.

Penalty Shots

"High Sticking" - Will now result in a penalty shot
(Around the rink, Keep your stick below your shoulder /
Around the Net, Keep your stick below the crossbar)

"Hand Pass" – Will now result in a penalty shot

Is it a goal? Did it cross the goal line? Crossbar?

(If the decision can not be **calmly** decided within 10 seconds) Automatic penalty shot will be taken.

New Goalie Rule

Please keep only one water bottle on top of your Goalie Net.
Please keep your extra bottles at the player bench.
Need more water? Call a Time-Out.
I will personally get you more water or anything else you need.

Old League Rules That Are Still in affect.

Slap Shots are allowed
(Be careful of your wind-up and your follow-through with your stick)

I would recommend a handshake at the end of the night. Not mandatory, but I recommend it.

We use RED and BLUE pinnies,
However, your more then welcome to bring and wear your own BLUE & RED shirt or jersey.

Message From Sebastian

During Game-Time, the intensity can be high, I ask that you please keep yourselves in check and play with an attitude of respect and common courtesy towards your opponents. Playing hard to win is a good thing, I would recommended to play hockey as though you are playing against your brother or best friend.

Imagine if your brother is on the other side, how would you treat him? My assumption is that you would play him very hard but never cross the line with an infraction where you are putting him at risk or disrespecting him in anyway. This is sometimes a difficult thing to do in the heat of the battle but remember it takes everyone to buy in and make this a successful and incident free, so please keep that in mind as you are out there competing.

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Sebastian Morello