



# Valley Premier Hockey League (VPHL)

## 2025–2026 Season Rules & Regulations

### League Structure & Player Placement Guidelines

The Valley Premier Hockey League (VPHL) is composed of **seven divisions (Divisions 1 through 7)**, designed to offer competitive balance and appropriate placement based on player experience and ability. The following guidelines are in place to help ensure player safety, fair competition, and the overall integrity of the league:

- **Division 1** is intended for **Ex-Junior A / B, and high-level competitive rec players**.
- **Division 2** features skilled players who may have aged out of junior hockey or played at a strong rep level, as well as strong rec players.
- **Division 3–4** are for intermediate to competitive recreational players who have experience but no recent high-level or junior background.
- **Division 5–6** are best suited for recreational players seeking a moderate pace and sportsmanship-focused play and players 45+ years old.
- **Division 7** is ideal for newer players or those returning to hockey looking for a low-pressure, fun-first environment and 45+ years old.

Players are expected to register in the division that best aligns with their **current skill level and playing history**. The league reserves the right to move players or teams to a more appropriate division if necessary to maintain balance and safety across the league.

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### Section 1 – Team Registration

- All teams must register before the designated deadline to be eligible for the upcoming season.
- Registration is considered incomplete until the **first payment** is received.
- If only a partial payment is made and the deadline passes, the team may be removed and their payment refunded.
- Teams on a waiting list will be offered spots if a registered team does not meet the required terms.
- Teams must indicate their preferred division during registration. The league convenor reserves the right to reassign teams if their skill level is deemed inappropriate for the selected division.

- Teams may specify **unavailable days** due to valid work or religious obligations.
  - Unless otherwise requested or part of an incentive program, teams should expect games to be scheduled **any day of the week**.
  - Each team must submit a roster of **up to 17 skaters**, including goaltenders, before the start of the season.
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## Section 2 – Scheduling

- **Scheduling changes** due to valid conflicts (e.g., weddings, funerals) are allowed during the season.
  - Requests must be submitted in **writing** by the team representative to the League Convenor.
  - While all reasonable efforts will be made, **requests are not guaranteed**.
  - No scheduling changes will be accepted once playoffs have begun. Plan accordingly.
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## Section 3 – Game Format

- 3-minute warm-up (running time).
  - Games consist of **three 15-minute stop-time periods**.
  - If tied after regulation:
    - **5-minute 3-on-3 overtime** (running time).
    - If still tied: **shootout** (three shooters per team, sudden death if needed).
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## Section 4 – Player Eligibility (Regular Season)

- Players must be at least **19 years old**, unless an exemption is granted by the convenor.
- Underage players must be 16 years old minimum to be eligible for an exemption.
- All exemptions are at the discretion of the league convenor.
- Underage players can be given full time or spare exemptions. **\*\*Waiver MUST be signed prior to playing any VPHL Game\*\***
- Underage exemption spares can only play 7 games and are not eligible to play in the playoffs.
- All underage players **MUST** wear a full cage/bubble and neck protection. Failure to do so will result in a penalty. Failure to do so on multiple occasions could lead to a suspension or fine.
- Players may substitute:
  - **Up to two divisions below** their full-time team.

- **Any division above** their full-time team.
  - Eligibility is based on the **highest division** the player is registered in full time.
  - A player becomes full-time upon meeting **minimum playoff eligibility** requirements. Once qualified in a higher division, they **cannot return to a lower division**.
  - Teams are responsible for correctly listing all spares online.
  - Disputes must be reported within **48 hours** of the game.
  - **Random ID checks** may occur. Mismatched IDs result in game forfeiture.
  - All players must show valid ID before each **playoff game**.
  - Players with **professional or high-level junior experience** (WHL, OHL, BCHL, etc.) within the past 5 years **cannot play below Division B**.
  - Eligibility challenges must be supported by evidence. If a player is ruled ineligible, all associated games will be forfeited.
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#### Section 4B – Player Eligibility (Playoffs)

- **Winter Season:** Minimum **8 games** played.
  - **Spring Season:** Minimum **3 games** played.
  - **Goalies:** Winter – 3 games minimum; Spring – 1 game.
  - If no eligible spare goalie is available, a suitable replacement will be assigned by the league from the same or another division, depending on availability.
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#### Section 5 – Penalty Minutes (PIMs)

##### PIMs Suspension

45 2 games

60 5 games

75 Remainder of season + playoffs

- PIM totals are counted **per team** (not combined across multiple teams).
- PIM-related **suspensions carry over** to playoffs, but regular-season PIM totals do not.
- Examples:
  - A player with 44 PIMs can earn more in playoffs without penalty.
  - A player hitting 45 PIMs in the final game is suspended for the first two playoff games.

- Totals from different teams are not cumulative.
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## Section 6 – Suspensions

- All suspensions will be communicated via email to the team rep before the next scheduled game.
  - A suspended player **may not play for any team** until the suspension is served with the team where it originated.
  - If suspended for the remainder of the season/playoffs, the player is **ineligible to play for any team**. No refunds will be issued.
  - Playing while suspended will **double the suspension**, and the game will be forfeited.
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## Section 7 – Majors, Misconducts & Match Penalties

- All **non-fighting majors** are reviewed by the league convenor. Minimum penalty: **1-game suspension**, with additional discipline based on severity and precedent.
  - High sticks that cause blood are automatic 5 minute majors and will be reviewed.
    - **If deemed accidental** = No suspension.
  - **Match penalties** = Indefinite suspension, subject to review.
  - **Game misconduct**:
    - Before the last 10 minutes: subject to review.
    - In the last 10 minutes: automatic **1-game suspension** and review.
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## Section 8 – Fighting

- Fighting is strictly prohibited. A fighting major may result in a suspension for the **season + playoffs**.
  - Fights occurring during spring league, final 5 winter games, or playoffs may result in **1-year suspension**.
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## Section 9 – Abuse of Officials

- **Physical abuse** = Immediate expulsion (no refund).
- **Verbal abuse** = Review by the convenor.
- Repeat offenders may be removed from the league.

- Referees **do not handle suspensions**. All disciplinary actions are handled by the convenor.
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### Section 10 – Game Ejections

- Referees may issue a **Game Ejection** to de-escalate situations.
  - No penalty minutes are recorded; the player is simply removed from the game.
  - Repeated game ejections may lead to a warning or suspension.
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### Section 11 – Player Safety & Accountability

- The league may suspend, expel, or deny entry to any player who compromises safety or the league's reputation.
  - Teams may also be denied entry for repeated unsportsmanlike conduct or violations.
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### Section 12 – Refunds

- The VPHL **does not offer refunds** for missed games.
  - Teams will not be reimbursed if their opponent forfeits a game.
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### Section 13 – Gameplay Notes

- A puck off the goalie's mask stops play **unless it goes directly in**, in which case it is a valid goal.
  - **High sticking:**
    - Called only if the offending team touches the puck first.
    - Penalty: **4 minutes**, or **5-minute major + ejection** if blood is drawn.
  - A player with **3 penalties in a game** is ejected.
  - The convenor may review any incident on LiveBarn and apply penalties or suspensions accordingly.
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### Section 14 – Alcohol, Smoking & Conduct Policies

#### Alcohol Policy

- **Zero tolerance** for alcohol outside dressing rooms.
- Violation = **\$500 bond**, payable before the next game.

- Second offense = loss of bond + **indefinite suspension**.
- No refunds for league fees under any circumstances.

#### Smoking

- **No smoking** permitted inside the Summit Centre.
- **\$150 fine** for smoking in dressing rooms.

#### Substance Use

- Playing under the influence = immediate **game ejection**.
- Repeated offenses = disciplinary review.

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### Section 15 – Lockouts, No Shows & Forfeits

#### Lockout Policy

- **No pay, no play.**
- Teams must pay in full before the deadline or **24 hours before the next game**.
- Unpaid teams may be replaced and forfeit the game.
- Fines of **\$250** may be levied for missed games due to non-payment.

#### No Show Policy

- No-shows without notice = **\$250 fine**, paid to the league (refunded to the opposing team).
- Fine must be paid before the next game.
- Officials will still be compensated; game will **not be rescheduled**.


#### Forfeit Policy

- Teams unable to field a lineup should notify the convenor ASAP.
- If a replacement team cannot be found: **\$250 fine**, paid to the league (refunded to the opponent).
- Forfeited games will not be rescheduled.

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#### Questions?

Please contact the League Convenor:

 **Tim Stiksma – 778-240-3613**

 **admin@premierhockey.ca**

