



VALLEY PREMIER HOCKEY LEAGUE
Official Rules & Regulations
2026-2027 Season

The Valley Premier Hockey League will follow all current Hockey Canada rules.

In addition to Hockey Canada rules, the following rules will be followed.

****If a rule in the Hockey Canada Rulebook contradicts one of the rules listed below – the rules below will be the rule enforced. ****

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 is best suited for recreational players seeking a moderate pace and sportsmanship-focused play and players 45+ years old.

Division 7 - 8 is deal 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.

Section 1 – Team Registration

1. Teams will need to register prior to the registration deadline to be eligible for that upcoming season.
2. Team registration is not complete until the 1st payment is made. Payment details for 2026/27 winter season are as follows:
 - Due on Registration - \$4,000
 - October 15, 2026 - \$4,000
 - December 15, 2026 - \$3,650
3. If a team makes only a partial payment and the registration deadline passes, their partial payment will be refunded, and the team will NOT be eligible for the upcoming season.
4. If there are teams on a waiting list, those teams will get the first option on replacing any teams that fail to meet the listed registration terms above.
5. On their registration, teams will indicate which division they would like to play in.
6. If a team is deemed too good for their division, the league convenor reserves the right to move the team where he feels is best.
7. During registration teams will be given options for days that they CANNNOT play on. (This is geared towards people with religious beliefs that prohibit them from participating on certain days)
8. Unless requested otherwise at time of registration, or a team is eligible for incentive programs - teams should expect to play any day of the week.
9. Teams will be required to submit a roster of up to 17 skaters, including goalie(s) prior to the start of the season.

Section 2 – Scheduling

1. Scheduling requests during the season are permitted. IE: Switching a game due to a wedding, stag, funeral etc.
2. Scheduling requests must be submitted in writing by the team representative to the League Convener
3. While we allow requests, the league convenor does not guarantee the request can be met.
4. Scheduling requests can be made **PRIOR** to playoffs starting.
5. Scheduling requests DURING the playoffs will not be considered. **Plan ahead!**

Section 3 – Game Format

1. Warm up will be 3 minutes running time
2. Every game will consist of 3 – 15 minute stop time periods
3. IF tied after regulation, a 5 minute, running time 3on3 overtime period will be played.
4. IF tied after overtime, the game will go to a 3 man shootout, until a winner is determined.
5. In the playoffs, it will be 5 minute, stop time OT. 3 on 3. Then a shootout.
6. Winter play off are best of 3 series. Spring Playoffs are best of 2 series.

Section 3B – Jerseys

1. Teams are expected to communicate regarding jerseys colors.
2. As a rule of thumb:
 - Home Team wears dark color jerseys, away team wears a light color.
3. If one team has only one set of jerseys and the other team has home and away, it is expected that the team with 2 sets will wear the color that does NOT conflict with the other team.

Section 4 – Player Eligibility (Season)

1. Players must be 19 years of age unless an exemption has been granted by league convener.
2. Players may spare for teams in any division higher and a maximum of 2 divisions lower than their full-time team. If a player has multiple full time teams, this rule will be applied based on the highest division he plays in full time.
3. A player will be considered full time once he has played the minimum number of games needed for playoffs.
 - **Example:** If a player is registered in Div 7 for winter league, but spares up in B for 8 games, he is no longer eligible for Div 7 that season or playoffs. Regardless of whether he is full time and has paid his dues on that team.
4. It is a team reps' responsibility to ensure their spares are noted correctly online each game they play.
5. If a spare is NOT correctly listed on a game sheet, the team rep will have up to 48 hours to file a complaint with the league convenor. OR if the opposing team sees a

player who should NOT be on the other teams roster, they can also contact the league convenor.

6. Random ID Checks – The league reserves the right to do random ID checks before or after a game. If a player listed on the game sheet doesn't match a player's ID, the team will forfeit that game.
7. If a team rep is found to be falsifying their roster for the benefit of a player's playoff eligibility, the player in question will become ineligible and the team rep will be suspended for 2 games.
8. During playoffs, players are required to show ID when signing in before the game.
9. Failure to show proper photo ID, that player will not be allowed to play.

Section 4B – Player Eligibility (Playoffs)

1. The following games played are required for playoffs:
 - A. For Winter Season players must play a minimum of 8 games to be eligible.
 - B. Spring Season players must play 4 games to be eligible to play.
2. Goalies need to play a minimum of 4 games in Winter to be eligible for playoffs. A minimum of 1 game for spring.
3. In the event a team doesn't have an eligible spare goalie, they may call another goalie in the division who is eligible under games played rule.
4. If all the eligible goalies are unable to play, the league convenor will find them a goalie who meets games played in another division.
5. Players can only play for 1 team, per division in the playoffs. If the player has qualified for multiple teams in a division, he will need to pick a team. (exemptions apply for players who may not start off in same division, but due to alignment adjustments end up in the same division)
6. A team can dispute that a player has played the required number of games, if the stats page shows otherwise. It is on the team to provide proof of the player having played game he was NOT given credit for.

Section 5 – Penalties and PIM Threshold

1. High Sticking ***NEW***
 - Accidental High Sticking penalties are 4 minutes if they DO NOT draw blood
 - Accidental High Sticking penalties are 5 minutes if they DO draw blood. The player

will NOT be ejected from the game.

2. Penalty Minutes will be monitored throughout the season. The following chart explains how PIMS can affect your eligibility.

45 PIMS	2 Game Suspension
60 PIMS	5 Game Suspension
75 PIMS	Rest of the Season & Playoffs

3. The thresholds listed above are based on a player playing for ONE team.
4. A players PIM totals are not combinable if he plays for multiple teams. PIMS do NOT transfer to the playoffs, but PIM related suspensions do.

Example 1: Player X has 44PIMS during the season. If he gets 2 minutes in game 1 of the playoffs, he is NOT suspended.

Example 2: Player X hits 45 PIMS DURING the last game of the season. He IS suspended for the first 2 games of the playoffs.

Example 3: If player X has 20 PIMS playing for Team Yellow and 25PIMS playing for Team Red – he is not suspended. PIM violations are based on totals with ONE team.

Section 6 – Suspensions

1. All suspensions handed down will be relayed via e-mail to the team rep of the offending player prior to their team's next game.
2. A player suspended CANNOT play for ANY OTHER TEAM until his suspension has been served with the team he was suspended with.
3. The number of games served are based on the team the player was playing for at time of infraction.

Example: Player X was suspended 2 games while playing for Team Yellow. Player X CANNOT play for **ANY OTHER** team, until Team Yellow has played those 2 games.

4. If a player is suspended for the rest of the season and playoffs while playing for one team, he is **NOT eligible** to play for anyone else, regardless of his status as a spare or a full-time player. No refunds will be given.

5. Any player who plays while suspended will have his suspension doubled and the team rep will be suspended for 2 games.

Section 7 – Majors, Game Misconducts and Match Penalties

1. The League convenor has access to Live Barn and reserves the right to use it for review.
2. All non-fighting majors will result in a 1-game suspension minimum and subject to league convenor review. Previous incidents of similar nature will be considered and if there is a precedent set, that will be applied in each individual situation.
3. A Match penalty will result in an automatic indefinite suspension and subject to league convenor review.
4. A game misconduct **BEFORE** the last 10 minutes of a game will be reviewed by the league convenor. Supplementary discipline will be at the convenor's discretion.
5. A game misconduct **DURING** the last 10 minutes of a game will be an automatic 1 game suspension and subject to league convenor review.

Section 8 – Fighting

1. Fighting will **NOT** be tolerated. A fighting major will result in a minimum 7 game suspension, but could result in a suspension for the remainder of the season. Depending on the circumstances.
2. If a player(s) receives a fighting major in spring league or the last 5 games of the winter season or in the playoffs - the player (s) may be suspended for **one** full calendar year.

Section 9 – Abuse of Game Officials

1. Any physical abuse of an on ice or off ice official will result in automatic expulsion from the league. No refund will be given to the player(s) expelled.
2. Any player found to be verbally assaulting a referee will be subject to review by the league convenor.
3. Players who are found to be problematic for on and off ice officials, will be monitored and removed from the league by the league convenor if necessary.

4. Referees are NOT responsible for suspensions. The referees make the call on the ice, as they see it. The League convener oversees suspensions. DO NOT ask an on ice official if you are suspended.

Section 10 – Game Ejection

1. Game Ejection – Referees may use this call to help diffuse a situation. If a player or multiple players are the cause of the issues, the referee may give them each a “Game Ejection”
2. Game Ejections do not come with any penalty minutes attached. It simply removes the player(s) from that game.

Section 11 - Player Safety and Accountability

1. The Valley Premier Hockey League reserves the right to expel, remove, deny entry, or suspend any player who is deemed to be a detriment to other players safety.
2. The Valley Premier Hockey League reserves the right to deny a team registration if they continually act unbecoming of the Valley Premier Hockey League. This includes excessive penalty minutes, endangering other players safety, harassing officials, arena staff and/or fans.
3. If a player is caught using derogatory language of any kind, the player will face expulsion from the league. Religion, Sexual orientation and ethnicity are strictly off limits in terms or “trash talking”.

Section 12 – Refunds

1. The Valley Premier Hockey League is NOT responsible for refunding players who miss games for any reason.
2. The Valley Premier Hockey League WILL NOT reimburse teams whose game(s) are forfeited due to another team.

Section 13 – Forfeits / Alcohol / Smoking

1. If a team forfeits a regular season game, a \$250 fine is payable to the opposing team. This fine must be paid BEFORE the teams next game.
2. Beer or alcoholic drinks should remain in the dressing room.
3. Alcohol on the players bench is strictly prohibited.
4. Players caught playing under the influence of alcohol or drugs will be removed from the game immediately and subject to a further discipline.

5. Smoking and vaping are strictly prohibited by The Rinks at Summit Centre. Anyone or team found doing so will be fined accordingly. Fines are applied to league invoice and the offending team will need to pay the league for the fine.
6. Teams caught violating the smoking or vaping ban are subject to expulsion. No refunds are given in these circumstances.

Section 14 - Miscellaneous

1. When a puck hits the goalie in the mask, the play will be blown down.
2. If a shot goes off the goalies mask and directly into the net, ***it is a good goal.***
3. If a player high sticks the puck – Play will blown down IF the players team is first to touch the puck. OR the play will continue if an opposing player is first to touch the puck.
4. All play stoppages in the offensive zone will result in a faceoff in the offensive zone.
5. Start in the 2026/27 Season – All players MUST wear a visor or full-face shield (cage or bubble).