

Advanced Hockey Spring League

Rules and Regulations

Revised 2026-03-28

Game Format - Full Ice 5-on-5

Divisions: U8 - U15

- Games will be 5-on-5 full ice, including 5 skaters and 1 goalie per team on the ice.
 - If a team has fewer than 10 skaters, coaches may agree to adjust the format to 4-on-4 or 3-on-3 to create the best possible experience for the players.
 - All games are non-contact.
 - Game durations:
 - **First Period:** 10 minutes stop time
 - **Second Period:** 10 minutes stop time
 - **Third Period:** 15 minutes stop time
 - The game will be played using stop time unless the referee or league management determines that a running clock is appropriate based on the situation.
 - Referees officiate all games.
 - There will be a 3-minute warm-up and a 1-minute break between periods.
 - Teams shake hands at the start of each game.
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League Rules

3-Team Division

- Teams will play a round-robin format:
 - 6 - round-robin games
 - 1 - semi-final game (2nd v 3rd)
 - 1 - championship game (1st v winner of 2nd v 3rd).
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4-Team Division

- Teams will play a round-robin format:
 - 6 - round-robin games
 - 1 - tier 2 championship game (3rd v 4th)
 - 1 - championship game (1st v 2nd)
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League Rules

5-Team Division

- Teams will play a round-robin format:
 - 6 - round-robin games
 - 1- rivalry game (4th v 5th)
 - 1 - semi-final game (2nd v 3rd)
 - 1 - championship game (1st v winner of 2nd v 3rd).
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6-Team Division

Teams will play a round-robin format:

- 6 - round-robin games
 - 1- rivalry game (5th v 6th)
 - 1 - tier 2 championship (3rd v 4th)
 - 1- championship game (1st v 2nd)
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8-Team Division

Teams will play a round-robin format:

- 6 - round-robin games
 - 2 - rivalry games (5th v 6th & 7th v 8th)
 - 1 - tier 2 championship (3rd v 4th)
 - 1 - championship game (1st v 2nd)
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Standings

Standings are posted on the league website

Win = 2 points, Tie = 1 point.

Seeding and tiebreakers

1. Most points
2. Head to head
3. Goals against
4. Goals for
5. Coin flip

Semi & Championship Games *(excludes Rivalry games which are played as a standard game)*

Periods are 10/10/15 stop time

Games tied after regulation are decided by a shootout (best of 3 shooters then sudden death 1 for 1). Players can only shoot once unless the entire roster has shot.

Participants

- Each team is recommended to have at least **three coaches** on the bench. It is recommended to assign two coaches and one trainer.
- **Coaches are encouraged to promote equal ice time and player development.**
- **Fill-in players** must be registered in the league to participate.
- Only coaches and league personnel are allowed in the bench or ice area. Unless it's an emergency, all others will be asked to leave.
- All players must wear full protective hockey equipment required by the OHF, OWHA.
- Mouthguards and neck guards are mandatory (exemptions require a dentist's note).
- The league is not responsible for lost or stolen items.
- Any locker room damage may be charged to the coaches and player's family.
- Abusive behavior in the arena or locker rooms will be investigated and could result in League ejection.

Conduct

- **No checking** is permitted at any level.
- Abusive language toward officials or referees is strictly prohibited.
 - Coaches and parents are not allowed to dispute calls with referees but can ask for clarification.
 - Approaching referees after the game is not permitted. All concerns must go through League Management.
 - Continued and unwarranted communication with a referee during a game may result in a delay-of-game penalty or ejection.
 - Concerns about a referee's conduct or performance must be addressed with League Management after a cooling-off period.
- Teams must be on the ice **on time**.

Penalties

This is a simplified guide to the most common penalties and how they are enforced (these rules are enforced at the referee's discretion).

1. Minor Penalties (2 minutes)

Common, non-dangerous infractions.

Examples:

Tripping, Hooking, Slashing, Cross-checking, Holding, Interference, Roughing, Boarding, Charging, Delay of Game, Too Many Players

Usually caused by poor positioning or stick use, not intent to injure.

2. Double Minor (4 minutes)

More impactful version of a minor penalty.

Example:

High-sticking (especially if injury occurs)

3. Major Penalties (5 minutes)

Dangerous or reckless actions with higher injury risk.

Examples:

Checking from behind, Head contact, Kneeing, Clipping, Fighting

4. Misconduct / Game Misconduct

Discipline-related penalties.

Examples:

Abuse of officials, Instigator, Leaving the bench

Player is removed temporarily or for the remainder of the game.

5. Match Penalties

Most serious — intent to injure.

Examples:

Butt-ending, Spearing, Deliberate attempt to injure

Immediate ejection + league review.

6. League Rule – Punching (Zero Tolerance)

Our league enforces a stricter standard than minor hockey:

- Any punch = severe head contact
- Not considered self-defense
- Considered intent to injure

Outcome (ref discretion):

- Immediate ejection
 - Possible suspension
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