



Rules and Regulations

The 2024 FVHSH season will include 9 teams, each school has a member involved in decision making process from the start of the season. Tim Stiksma is the league coordinator and works with the members of all the schools to ensure everything runs as smooth as possible.

Section 1 – General Rules

1. The FVHSH will follow Hockey Canada rules and regulations, as per their most recent rule book. Which can be found here: ([rulebook casebook e.pdf \(hockeycanada.ca\)](#))
2. The league does **NOT** allow body checking. Regular in game body contact, body positioning are all legal.
3. Fighting will result in an automatic suspension for the remainder of the season and playoffs and in school discipline. A fight is deemed multiple punches toward another player repeatedly with or without gloves.

Section 2 - Game Format

1. Each game will consist of 3 periods, 15 minutes, stop time.
2. If tied after regulation, the game will go to a 3on3 overtime.
3. Overtime will be 5 minutes running time.
4. If tied after OT, there will be a 3 man shootout to determine the winner.

Section 3 – Eligible Players

1. Players will be eligible to play for their school if they attend the school.
2. Players must be on the team's roster **BEFORE** the start of the season.
3. Any **INSEASON** roster changes must be approved by the board (each school rep).
4. Any player on the roster is eligible to play play-offs regardless of number of games played.
5. Each team can carry a max of 40 players on their roster.
6. Players who play BCHL, AJHL, SJHL, or WHL will not be allowed to play in the league.
7. CSSHL/JPHL players can only play if they are residents of the city and live in catchment and would attend the school even if they weren't in the CSSHL/JPHL.
8. If you unsure about an eligible player ask for clarity from the board (each school rep)
9. If an ineligible player or non-roster player plays a game it's an automatic loss. (Possible coach suspension).

Section 3 – Penalties

1. All minor penalties will be 2 minutes.
2. If a player receives 3 minor penalties in a game, he will be given a game ejection. He will NOT be suspended for the following game.
3. Penalty minutes will be monitored, if a player accumulates more than **20 minutes** in the season he/she is subject to suspension by the board (each school rep)
4. If a player receives a major penalty in last 10 minutes of the game they are automatically suspended for the next game.
5. If a player receives 2 major penalties in a season they are suspended for the remainder of the season.
6. Fighting will result in an automatic suspension for the remainder of the season and playoffs and in school discipline. A fight is deemed multiple punches toward another player repeatedly with or without gloves.
7. Players can be given a game ejection from a game. This doesn't involve any penalties minutes, it is a just a means for the referee to remove a player who is causing issues throughout the game. This player will receive extra discipline for their school coaches/admin.

Section 4 – Officials

1. All game officials, staff, coaches should be treated with respect.
2. Any verbal or physical abuse of an official will not be tolerated.

Section 5 – Head Coaches and Team Representatives

1. It is expected that all staff recognize this is a fun game for all schools and players and that all schools should hold their players to a higher standard and should be the first to hold their players accountable before anything gets out of hand. We want to see this league flourish for many years with a greater goal than winning a banner.

2. No team should run up the score on another team and should do everything in their power to maintain sportsmanship and respect. This means no celebrating after a 5-goal lead, move players around F/D, play weaker players more, encourage more passing. This does not mean to stop trying as that would be poor sportsmanship too. Let's keep it fun for all and have empathy for the weaker teams.
3. Team reps need to police the league and work with each other to reflect, learn, grow and improve. Any major issues should be reported to the board (each school rep) immediately via the WhatsApp chat.