



## EFHL Recreational Hockey Game Rules

1. Games are 1 hour in length for U9 (Novice) and U11 (Atom) and 1.5 hours for U13 (Peewee), U15 (Bantam), U18 (Midget) and U21 (Junior).
  - a. A two minute warmup will be provided prior to the beginning of the game.
  - b. Periods will be (2x25 with 1.5 minute buzzer for shift change) for U9
  - c. Periods will be (13-13-13 stop time) for U11
  - d. Periods will be (15-20-20 stop time) for U13, U15, U18 and U21
2. All Hockey Canada, Hockey Alberta and Hockey Edmonton playing rules will be in effect.
3. Body Checking – This league does not permit body checking. **Body Checking** is not the same as **body contact**. A penalty will be assessed any player who intentionally body checks any opposing player. When the attacking (offensive) player is skating toward the defending player, the defending player may not hit the attacking player by going in the opposite direction to that player. There must be no action where the attacking player is pushed, checked, or shoved into the boards. It is permissible if body contact is caused as a result of the movement of the attacking player into the defending player. A defending player is permitted to **close off the gap** between the attacking player and the boards. A defending player does not have to move so as to get out of the path of the attacking player. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.
4. Players shall be removed from the game any combination of 3 minor penalties or a 10 minute misconduct. A game ejection will be assessed.
5. If a team shows up to a game short of players – players from the other team may be used with the approval of the other team coach.
6. If a player scores more than 3 goals, any further goals he scores for the team will not be counted and the player will be assessed a minor penalty, however the player can be offered to the opposing team for the remainder of the game and he is entitled to score up to 3 more goals.
7. Goalies time should be even when there is more than one goalie assigned to a team.