



RULES OF OPERATIONS



♦ REGIONAL LEAGUE ♦ SINGLE-LETTER LEAGUES

SEASON 2025-2026

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GENERAL

1.1 PRINCIPLES

The rules of the Lac St-Louis region's regional hockey leagues and single-letter leagues are in addition to or specify the rules of HOCKEY QUÉBEC and HOCKEY CANADA. All members are subject to these rules as they are to those of HOCKEY QUÉBEC and HOCKEY CANADA.

1.2 JERSEYS

The home team must wear its dark jersey. The visiting team will wear the light jersey. In the event that both teams appear on the ice with identical jerseys, the home team must change jerseys.

1.3 RESURFACER (ZAMBONI)

No one, including the referees, may be on the ice before the resurfacers has left. Players and officials must wait until the exit doors to the ice resurfacers are completely closed. This includes players' arms and legs, as well as team equipment such as pucks, water bottles and sticks.

1.4 ABSENCE OF OFFICIALS - HOCKEY CANADA RULE

If the referee and duly appointed linesmen are unable to attend due to illness or other mishap, they will be replaced by a new referee.

- A) The manager or coach of the receiving team should attempt to contact the assignor or his organization's or association's referee-in- chief to obtain the services of officials.
- B) In the meantime, the two teams start the game as follows: the managers or coaches of the two teams involved must agree on the choice of a referee and/or two linesmen.

If duly assigned officials arrive during the game, they will immediately replace the temporary officials.

- C) In the event that the managers or coaches of both teams cannot agree and the game is not played, the game will be replayed at a later date.
- D) Considering the above, if the coaches agree to play the game, it will be considered legal.

*** Considering the cost of ice time and team travel, if the 2 teams' personnel cannot agree on non-sanctioned officials, they may still play an exhibition game, however we must receive a copy of the game sheet with the notation EXHIBITION GAME. Any suspension received during an exhibition game must be served at the next game (regular season, championship or tournament) ***.

1.5 OFFICIALS' ROOM

It is strictly forbidden for any member of a team, association or organization to enter the officials' room without consent. Any team member violating this rule will be awarded a D99, in addition to any other code that may be awarded.

1.6 TRAINING OF MINOR OFFICIALS

Associations will have until the last course of the current year to accredit their minor officials (scorekeepers / timekeepers). Any unaccredited minor official will be fined \$10 for each game officiated.

Information on the courses on offer will be sent out at the start of the season via the regional manager.

1.7 USE OF THE OFFICIALS' PORTAL

Associations or groups must use the officials' portal to assign officials and timekeepers.

1.8 SOFTWARE USE

Associations or groups must use the official software recognized by Hockey Québec to submit ice times to the leagues.

1.9 HEAD REFEREE

Associations or groups must use the services of an association or sector referee-in-chief. The head referee-in-chief must hold a valid certification for the current season. Any official who acts as a supervisor must hold certification valid for the current season at a minimum of level 2.

1.10 RESPONSIBILITY

The Head Coach is responsible for his team at all times, for the application of Hockey Canada and Hockey Québec rules and regulations, and for the supervision of his team on and off the ice.

EXHIBITION MATCH

2.1 REGIONAL OFFICIALS, ORGANIZATIONS OR ASSOCIATIONS

Officials are available from the opening of training camps in September.

Note: M15 AA-BB, M18 AA-BB and JUNIOR AA teams must use regional officials for exhibition games.

All other categories are officiated by organization or association referees.

2.2 OFFICIALS' FEES

No cash payments are to be made to officials. Organizations will be invoiced by the regional office for completed games. Fees for exhibition games are set according to the rates established during the regular season.

2.3 ASSIGNING OFFICIALS

To reserve officials, games must be entered in the official software recognized by Hockey Québec. A minimum of 7 days is required. If this deadline is not met, we cannot guarantee the presence of officials.

MEMBER REGISTRATION

3.1 TEAM MEMBER

Before taking part in a team's activities, any person must be a duly registered member of HCR with the said team.

3.2 RESPONSIBILITY

It is the responsibility of the organization or association registrar to register members under his or her jurisdiction.

3.3 PROCEDURE

Before a team's first regular-season game, the organization registrar must have registered the players for each team. All games not complying with this rule will be lost by default.

3.4 MEMBER ELIGIBILITY

Upon request, the organization or association registrar must provide the regional office with the documents required to prove a member's eligibility, within 48 hours.

Any person who has not met the admission conditions stipulated in the rules is considered ineligible. The use of such a person result in a loss of games and may lead to other sanctions.

The offending team forfeits its ranking points, including the Franc Jeu point. This measure applies to all types of activities (regular season, end-of-season series, regional finals, interregional finals, provincial championships and tournaments). (Reference Hockey Québec 2.3)

3.5 MINIMUM PLAYERS SIGNED

An AA or BB team must have at least thirteen (13) registered players on its Official Team Composition form at all times, plus one (1) or two (2) goalkeepers. In order to count thirteen (13) players, one (1) goalkeeper cannot be considered as one of the thirteen (13) registered players. (Reference Hockey Québec 5.3.2 C)

The minimum number of regular players that each single-letter team in the M11 to M18 division must register before the first (1st) game is nine (9) players plus one (1) goaltender (Reference Hockey Québec 5.3.2 A).

The minimum number of regular players that each M9 division team must register before the first (1st) game is six (6) players plus one (1) goalie (Reference Hockey Québec 6.3.2).

SCORE SHEET

4.1 GAME NUMBER, DATE AND TEAM NAME

The game number, date and team name must be indicated in the appropriate place for both teams.

4.2 PLAYER NAMES AND NUMBERS

(Regional leagues and single letter)

All first names, surnames and numbers of players present must be indicated on the complete score sheet. White computerized labels are mandatory and must be affixed to each of the 5 copies of the scoresheets. A minor team penalty (A-87) will be assessed to the offending team at the start of the game. In addition, the head coach of the offending team will receive a warning and, for the 4th and subsequent offenses, a one-game suspension. Computerized labels must be written with player numbers in ascending order.

4.3 CAPTAIN AND ASSISTANTS

The captain and assistants must be indicated by the corresponding letter (C or A) in the appropriate place on the score sheet.

4.4 AFFILIATED PLAYER

When a team uses an affiliated player, he must be indicated on the scoresheet in the appropriate place by the initials J.A. until he obtains the status of graduated player. The absent player must be crossed out on the label (Reference Hockey Québec 7.2.3 C).

The replacement of an absent player or goaltender is made from the same position. A goaltender replaces a goaltender and a player replaces a player. It is forbidden to replace a goaltender by an affiliated player or vice versa (Reference Hockey Québec 5.6.1 E).

A player may be affiliated with two (2) teams (according to Hockey Québec's affiliation chart) for a maximum of 10 games in total during the regular season and not separately for a total of 20 games.

A goaltender may be affiliated with three (3) teams (according to Hockey Québec's affiliation chart) for a maximum of 10 games in total during the regular season and not separately for a total of 30 games. After the 10th game, the player or goaltender may no longer substitute on these teams as an affiliated player and must play only on the team on which he is registered as a regular player. This rule does not apply to playoffs, tournaments or provincial championships. (Reference Hockey Québec 5.6.1 F)

4.5 SUSPENDED MEMBER

The number and name of any suspended member must appear on the score sheet in the place designated for this purpose and must be crossed out on the labels.

4.6 COACH'S SIGNATURE

Before each game, the head coach or team manager must update the lineup electronically no later than 15 minutes before the scheduled game time. Failure to update the lineup will result in a fine of \$25 per game being charged to the organization

4.7 WHEN TO COMPLETE IT

~~Teams must prepare the score sheet within a reasonable time and give it to the official scorekeeper. The home team is responsible for providing the score sheet and the visiting team must complete the score sheet first.~~

4.8 ELIGIBILITY

Any person officiating behind the bench must be a member registered on the team's official form. Failure to do so will result in forfeiture of the match if eligibility is challenged. His name and number must be entered on the score sheet. (Reference Hockey Québec 7.2.3 B)

A maximum of five (5) members is allowed behind the bench, one of whom must hold a valid Health & Safety qualification.

4.9 PARTICIPATION IN A MATCH

Any member is considered to have taken part in a match if his or her name appears on the score sheet.

4.10 SUSPENSION FOLLOW-UP

When updating the lineup, the head coach or team manager is responsible for entering the name of any player serving a suspension and the number of games to be played in the top corner of the score sheet.

When the suspension is served in a tournament, the team manager must provide the league with a copy of the scoresheet clearly indicating that the suspension was served during the tournament.

The league will keep track of all suspensions. It will ensure that suspensions have been served in accordance with the rules and recorded on the league website. It will keep a record of all suspensions not served and ensure that they are served the following season.

No coach or team staff member may use their privilege of evolving on several different teams to serve their suspension, regardless of their role on their different teams and this for all categories.

GAME PLAY

5.1 GAME DURATION

M11 AA-BB, M13 AA-BB, M15 AA-BB, M18 AA-BB, JUNIOR A-B and SENIOR A

Duration: 90 minutes

Warm-up: three (3) minutes

Periods: (15) timed minutes + 3rd period** (see below)

****3rd PERIOD**

The duration of the 3rd period will be determined according to the remaining ice time available and the following principle:

The referee divides the time available by two (2) and adds five (5) minutes to this time to determine the duration of the 3rd period. This time must be indicated on the score sheet.

5.2 WARM-UP

The warm-up period begins as soon as the exit doors for the ice resurfer are closed or at the scheduled game time.

5.3 HANDSHAKE

M11 and M13: immediately at the end of the game, after receiving the official's signal, the two (2) teams must shake hands.

M15 to SENIOR: at the start of the game, after receiving the official's signal, the two (2) teams must shake hands.

5.4 END OF GAME

Officials must consult the home team as to the time at which the game is to end and notify the opposing team before the start of the game. Game officials are responsible for stopping the game at the 3rd period when the allotted time has elapsed and the result is final and without appeal. Arena attendants and/or the official timekeeper may also stop the game.

5.5 LEGAL GAME

Two (2) completed periods.

Note: After investigation by the regional office or the single-letter leagues, for exceptional reasons, a game may be declared legal and final even if two (2) periods have not been completed.

If the game is interrupted before the end of the first period, it will be replayed in its entirety at a later date, after investigation by the Regional office or the Leagues by simple letter.

If the second period is not completed, only the time remaining in the second period must be played at a later date. This may be played before the next match between the two teams, after investigation by the regional office or the single-letter leagues.

If no other match is scheduled between the two teams, the regional office or the single-letter leagues, depending on the impact on the standings, will decide whether the match should be completed.

5.6 END OF GAME

At the end of the game, players must remain on their respective benches or penalty benches, and those on the ice must go immediately to their respective benches.

Considering the location of the exit door, the referee will decide which of the two teams will be the first to leave the rink. Unsportsmanlike gestures will not be tolerated.

5.7 MATCH RESULT AND SCORE SHEET - REGIONAL LEAGUE

Coaches will be responsible for updating their line-up electronically prior to the game. Scorers must use the electronic game sheet software for all games. For any game not entered in real time, the host association is responsible for entering the game sheet within 24 hours, failing which a fine of \$25 per game will be imposed on the association.

5.8 STOP TIME

No time-outs are allowed during the regular season.

5.9 SEVEN (7) GOAL DIFFERENTIAL

During the regular season, when there is a difference of seven (7) goals, the time will no longer be stopped after two periods of play, from the face-off following the 7th goal difference, until the end of the game.

Minor and major penalties will be timed.

Furthermore, at any time during the game, if the difference is seven (7) goals, the official scorer of the game will stop entering goals on the scoreboard, as long as the seven-goal difference persists.

5.10 NO-SHOW - REGIONAL LEAGUE

M11 AA-BB, M13 AA-BB, M15 AA, M18 AA, JUNIOR A-B and SENIOR A

A team that fails to turn up for a match with the minimum number of players required will lose the match by default.

When a team fails to show up for a match (No-show), it loses the match by default and must pay a \$200.00 fine.

5.11 MINIMUM NUMBER OF PLAYERS

M11 AA-BB, M13 AA-BB, M15 AA, M18 AA

In double-letter, a team must present itself at the start of a game with a minimum of ten (10) players in uniform, plus one (1) or two (2) goalkeepers (**Hockey Québec reference 7.2.1 B**).

JUNIOR A-B, SENIOR A and SINGLE LETTER LEAGUES

In single-letter for the season, playoffs, tournaments and regional championships, a team must present itself at the start of the game with a minimum of six (6) players + one (1) goaltender (**Reference Hockey Québec 7.2.1 A**).

5.12 LATE FOR A MATCH

- A) A team that fails to show up at the scheduled start time will be given a fifteen (15)-minute delay, including the warm-up period, to present the minimum number of players on the ice to start the game. In addition, a penalty of two (2) minutes is imposed for delaying the game. After this delay, the team loses by forfeit (0-1) as well as its Franc Jeu point. (**Reference Hockey Québec 7.2.9**)
- B) A player or team official may join the game before the end of the 2nd period as long as the team in question notifies the referee at the start of the game and the member's name is not crossed out on the score sheet.

Note - Any player or team official arriving after the 2nd period is not allowed to take part in the game, including overtime and shoot-outs if necessary.

5.13 DELIBERATELY DELAYING A GAME

A penalty shot will be awarded to the non-offending team if, during the last two (2) minutes of the allotted time to play a regular-season game, a member deliberately delays play in order to run out the allotted time and thus take advantage of it.

In the event that a penalty shot is awarded and the arena attendant (Zamboni) terminates the game without giving the necessary time to complete the shot, the referee must report the matter to the league president.

5.14 GAME START TIME LIMIT

DIVISIONS	MAXIMUM FROM THE START OF A GAME TO:
M11	19h30
M13	19h30
M15	20h00
M18	21h00
JUNIOR	22h00

N.B. Any game outside these limits must be approved by both organizations.

GAME CHANGE

6.1 GAME CANCELLED

No matches may be cancelled for exhibition matches or cultural exchanges. Only requests for game changes from tournament teams will be accepted. All requests must be sent to the ice scheduler in question at least two (2) weeks in advance. The game will be lost by the offending team if the deadline is not met. A date must be provided at the time of the game change request (for home games). Any request outside these limits must be approved by both (2) organizations involved.

6.2 CHANGE REQUEST

In uncontrollable circumstances, only the president or the ice scheduler may request a game change from the league. Requests from team managers will not be processed. The league, at its discretion, may accept or refuse the request.

The organization making the request must first reach agreement with the manager of the organization in question and then inform the manager of the new date via the Uni-Association software. The reason for the change must be indicated for the change to be valid.

When a game is not played due to an administrative error, the offending organization has 10 working days to determine a new date, failing which the game will be lost by default.

If a date cannot be found, the game will be put on the "TBR" list. The game cannot remain on this list for more than 2 weeks, failing which the offending (home) team will be fined \$20 per day.

6.3 REGIONAL LEAGUE DECISION OR SIMPLE LETTER

The league's decision is final as to the resumption of cancelled matches. A reasonable effort must be made to find a suitable date for both teams.

6.4 MATCH RESTART DEADLINE

The team requesting cancellation takes the risk of losing the match if it is not rescheduled before the end of the regular season.

6.5 TOURNAMENTS ON THE SAME DATES

A team may not register for tournaments taking place on the same dates but may register for tournaments with overlapping dates. In such a case, the team must notify the two tournaments concerned at least thirty (30) days prior to the start of the two tournaments, nor withdraw from one of the two tournaments, failing which the team may be refused permission by Hockey Québec to participate in another tournament during the season (Reference Hockey Québec 9.9.3).

CHAMPIONSHIPS AND TOURNAMENTS

7.1 PROVINCIALS

M11 AA-BB, M13 AA-BB, M15 AA-BB, M18 AA-BB, JUNIOR AA and girl's divisions

The winner of the Regional Championships will represent the Lac St-Louis Region at the Provincial Championships. If a second team is required for a given division and class, the Regional finalist will be the second team.

7.2 NUMBER OF TOURNAMENTS - REGIONAL LEAGUE

M11 AA-BB, M13 AA-BB, M15 AA, M18 AA, JUNIOR A-B and SENIOR A

Only 2 tournaments are permitted during the regular season; a 3rd tournament may be permitted only during the holiday season, spring break or after the provincial championships.

7.3 ACCOMMODATION

Teams participating in provincial championships requiring accommodation must use hotels designated by the region. Failure to comply will result in the association being held responsible for all costs incurred.

7.4 REGIONAL CHAMPIONSHIPS

At Regional Championships, a fine of \$150 per game will be invoiced to the association for the absence of a site supervisor, plus a lump sum of \$22 per game for the supervisor will be cancelled.

DISCIPLINE

8.1 TABLE OF PENALTIES

The table of penalties is a summary of the Lac St-Louis Region Discipline Code and applies to all matches.

All suspensions are automatic and without appeal.

8.2 THREE (3) STICK AND CONTACT PENALTIES TO THE HEAD

Any player accumulating a total of three (3) or more penalties for stick infraction or contact to the head during the same game will be ejected from the game.

For the purposes of this rule, stick infractions are considered to be: high stick, double-check, hit, stab and six-inch.

8.3 GOALTENDER

When a team has only one goaltender in uniform and that goaltender leaves the game due to ejection or injury, **the** offending team is given 15 minutes to dress another goaltender (**Hockey Canada reference 4.11 B**).

Note: Minimum equipment for a goaltender: certified face protector, rigid throat protector (in addition to neck protector (B.N.Q.)), leggings for U13 to Junior divisions and a goalkeeper's stick.

8.4 SUSPENSION FROM COACHING

After investigation, any coach who is suspended or who has just been expelled from a game and who, in any way, influences the progress of a game will receive an additional three (3) game suspension. Under this rule, penalties may be imposed by the official at any time: before, during and after the game (**Hockey Canada reference 4.1 B**).

8.5 DISCIPLINARY REPORT

When a team plays a game that is not on the league schedule (e.g. tournament), the team must submit the game sheet to the league within (48) hours of the game in all cases where:

- A) Team member serves one match suspension
- B) A team member is assessed a penalty involving suspension.

When a suspension is served during a tournament game, the team must send proof (score sheet indicating that the member served the game) ten days after the end of the tournament. Failure to do so will result in a \$25 fine.

8.6 DISCIPLINARY COMMITTEE

Any person appearing before a Discipline Committee may be accompanied by a person of his or her choice, who does not have the right to speak. Minor members must also be accompanied by a parent or legal guardian, who has the right to speak (**Hockey Québec reference 11.5**).

8.7 NOTICE OF PENALTY

When a sanction notice is issued, it will also be sent by e-mail to the EHO presidents. The date taken into consideration for the appeal period is the date of receipt.

9.1 GIRL'S HOCKEY

All teams from M11 to Junior divisions, all classes, made up entirely of female players must play in a league in the women's program, or in a recognized women's league.

Any team not complying with this rule will be considered as part of the mixed program and will not be able to participate in activities dedicated to the women's program, in particular the Regional Championships and, consequently, the Provincial Championships as a women's team.

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