

LRHL Rules

The LRHL adopts the rulebook of the CARHA, the Canadian Adult Recreational Hockey Association. In addition, below are the LRHL-specific playing rules. Where there is a conflict between these two sources, the playing rules noted below will apply.

1. Games are played on Sunday evenings at either 7:30, 8:45 or 10:00 pm. Unless otherwise indicated by Executive with advanced notice.
2. Game slots are 75 minutes – 10 for a flood, 3 for a warmup, and 19 minutes per period for 3 periods, running time.
3. The last 3 minutes of the 3rd period is stopped time if there score difference is 2 or less.
4. Teams have 14 players assigned using a blind draft model – 13 skaters and a goalie.
5. Icing only applies if the puck is iced from the defensive zone (inside a player's own blue line).
6. This is a no checking league. A 3-minute penalty will be called. If injury results, at the discretion of the referee, the offender may be ejected and subject to possible suspension.
7. This is a NO-SLAPSHOT league. A 3-minute penalty will be called. A slapshot is defined as a shot where the blade of the stick is raised higher than the top of the knee and the puck is shot or a fake shooting motion is made.
8. Any player receiving 3 penalties in one game will be ejected from the current game, and may be assessed a 1-game suspension as determined by the Executive after review.
9. CARHA Rule Book
10. Playoff Page

Code of Conduct

The LRHL is a longstanding men's recreational hockey league, in operation for over 40 years. The LRHL prides itself on providing good hockey and good times. Expectations of each player are shown below.

1. Teams will shake hands at centre ice at the end of each game.
2. Players should conduct themselves in a sportsmanlike manner before during and after all games. Specifically, refrain from foul or offensive language or gestures towards other player, officials, timekeepers, and all others.
3. Players should avoid hard stick work, crosschecks, hits from behind, high sticks, and any other behaviors that could result in injury to an opposing player. Confirmed reports of intend to injure, which includes throwing a punch, gloved or ungloved, whether or not called by the referee, will result in at the very least a multi-game suspension and could result in removal from the league. A formal 3-strike discipline policy is now in place. Read about It on the homepage.

4. Players are responsible for contacting their team rep if they can't make a game. Contact means a direct conversation, not an unconfirmed email or voicemail. Notification needs to be given by 12 noon Sunday at the very latest. Team penalties for not calling/late calling will most likely apply and must be honored. Chronic no-calls will be reviewed by the league and suspensions may apply. Each team that does not have 14 players per game will be marked down and accumulated throughout the year and used as the first tie breaker in playoffs.

Constitution

The LRHL constitution controls the operation of the LRHL and defines the roles of the Executive and it's members.