



Richmond Cosom Floor Hockey Association

League Handbook

A guide for parents, players and coaches on RCFHA rules, ethics and governance

Updated: Nov-13 2024



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Policies and Procedures

The Richmond Cosom Floor Hockey Association is a non-profit volunteer organization whose sole purpose is to provide the infrastructure necessary for participants from age 5 and up (or grades Kindergarten-12 and adults) to play the game of Cosom Floor Hockey. The Association is dedicated to fostering and mentoring good sportsmanship for all participants.

Executive:

The RCFHA Executive consists of the following positions:

- President
- Vice President
- Referee-In-Chief
- Treasurer/Registrar
- Secretary
- Equipment Manager
- Gym Coordinator
- Division Coordinators
- Director of Coaching and Player Development
- Head of the Disciplinary Committee
- Director of Event Management
- Director of Content Marketing
- Webmaster
- Director of Grants
- Director of Player Evaluations
- Director of Technological Operations
- Assistant Equipment Manager
- Past President (limited to 1 year term post-transition)

Executive shall be elected at the Annual General Meeting. Incumbents shall be assumed to be re-elected if their position is uncontested and they have indicated willingness to remain in office.

There shall be no remuneration paid to any executive member for services rendered, with the exception of any member of the executive who referees games, and the Referee-In-Chief who may be compensated for games refereed by him/her at the rate standard for a Senior Referee. Direct and substantiated expenses for the acquisition of materials approved by the RCFHA Executive shall be compensated without mark-up.

Executive on Duty:

An Executive member who is designated as the Executive on Duty shall conduct the following duties:

- Represent the shared views of the Executive as a whole.
- Discuss and address any questions, comments, or concerns that Team Officials, parents, and/or players have.



- Act as a witness at the request of the Referee's during Unsportsmanlike type/Rough play situations.
- Act as a witness for Referee's during potential Major penalty situations.
- Support on-floor Referee's with their decisions and help to act as backup.
- Escort ejected members out of the building.
- Must report any incidents and complaints to the Referee-In-Chief.

They aren't allowed to interfere with Referee's decisions other than the above.

Committees:

Rules Committee:

The purpose of this committee is to discuss and make recommendations to the Association regarding the changing, addition or deletion of any rules pertaining to the rulebook. It is mandatory that a general meeting is called of all Executive members in order to have any recommendation approved. This meeting requires a quorum of standing Executive members in order to implement change or delete any rules. The majority vote decides.

Evaluations Committee:

Plans player Evaluations including, recruiting volunteers and assigning jobs, and creating player scoring system.

Digital Marketing Committee:

Provides ideas for Social Media Campaigns, and video/photograph divisions and events.

Event Operations Committee:

Plans non-game related events including the Salmon Festival, Block Party, Photo Day, Tournament, Executive Dinner, and other events as they arise. Delegates sponsorship opportunities, secures prizes and gifts.

Disciplinary Committee:

The RCFHA Disciplinary Committee maintains the integrity of the game by upholding the values and principles of sportsmanship within the league. The committee is responsible for reviewing and addressing disciplinary matters that arise during RCFHA-sanctioned events, with the aim of promoting a safe and fair playing environment.

Composition:

- Committee Membership:
 - The Disciplinary Committee shall consist of three members, and two alternates, nominated by the RCFHA Executive.



- If a member is in any way involved with the incident, they shall be removed temporarily from the committee, and the next alternate will take their place.
 - The Referee-in-Chief must be a member of this committee.
 - Committee members should have a comprehensive understanding of the RCFHA rules and regulations, as well as a commitment to fairness and impartiality.
- Chair of Committee:
 - The RCFHA Executive shall nominate a Chair among the committee members who will schedule and coordinate disciplinary proceedings.

Authority:

- The RCFHA Executive is responsible for overseeing the implementation of disciplinary decisions made by the Disciplinary Committee.
- The Disciplinary Committee has the authority to review all incidents resulting in Incident Report Forms, violations of RCFHA Codes of Conducts and any other violations they deem necessary. Incidents to be reviewed should be sourced from Referees, Coaches, Executives and Members.
- The committee is empowered to administer supplemental discipline, including but not limited to verbal and written warnings, suspensions, expulsions, penalties assessed the following game, or other appropriate measures.
- During the regular season, players receiving a total of 10 Roughing, Unsportsmanlike penalties, or any penalties deemed by the on-floor Referees as dangerous/rough/unsportsmanlike type penalties will be suspended for 1 game, pending review by the Disciplinary Committee.

Guidelines:

- The Disciplinary Committee will refer to these rough guidelines below for disciplinary actions (including but not limited to) based on the severity and repetition of offenses.
 - 1st offense: A Verbal Warning or a Letter with an official warning from the Association.
 - 2nd offense: 1 – 3 game suspension.
 - 3rd offense: Suspension for the rest of the season.

Procedures to be completed alongside Disciplinary Committee Check-List:

1. Review:

- A review will be conducted if (1) an Incident Report form is completed, (2) any of the RCFHA Codes of Conducts are violated, or (3) any other violations occur.

2. Notification to Involved Parties:

- The committee will notify via email all relevant parties involved that an investigation is underway within 72 hours of the incident.

3. Information Gathering:

- The Disciplinary Committee will conduct a review to determine the severity of the incident. The Committee will gather the following information:
 - Incident Reports (if applicable)
 - Codes of Conduct (if applicable)
 - EOD Statements



- Video Footage
- Relevant RCFHA rules
- Written Record of Scoresheet Statistics at the time
- Written Record of Accumulation of Dangerous-Play Penalty Statistics at the time
- If deemed necessary, the committee will gather any additional information.
- Once all the information is collected, the President and Vice President will review the incident and decide whether further escalation is necessary. If debated, the incident will be escalated.

4. Disciplinary Interviews:

- The Chair will schedule separate interviews with the various parties involved and the committee, where they will have the opportunity to present their version of events and answer questions from the committee.
- The Chair must create a written record of the events that transpired during the interview.

5. Committee Deliberation:

- Following the interviews, the Chair will schedule a committee meeting to discuss all aspects of the incident compiled and make a unanimous decision.
- Chair will report a summary of the investigative process that occurred, and it's results to the President and Vice President.

6. Decision Notification:

- The Chair will communicate their decision to the relevant parties receiving disciplinary action (such as players, parents, team officials, etc.) via email with an official letter attached at least 24 hours before the next RCFHA-sanctioned event.
 - If a decision is not reached prior to the next RCFHA-sanctioned event, all parties will be allowed to participate in any RCFHA-sanctioned events until a supplemental discipline notification has been provided to the relevant parties.
- The official letter shall include violations of RCFHA rules, and the disciplinary actions imposed. The notification will also include information on the right to appeal.

7. Appeal Process (Regular Season):

- If the affected parties wishes to appeal the committee's decision, they must submit an emailed letter to the President and Vice President within 48 hours of the disciplinary decision notification being sent. The letter should outline the grounds for the appeal and any additional evidence or arguments.
- Chair schedules a meeting with President, Vice President and alternates members of the Disciplinary Committee to give an in-depth update of the proceedings.
- The President, Vice President, and the two alternates of the Disciplinary Committee will schedule a meeting with the affected parties.
 - The meeting will consist of the affected parties describing their reason for appeal, any new evidence to support their claim, and answer any questions that the Executives may have.
- The President, Vice President, and the two alternates of the Disciplinary Committee will come to a unanimous decision on the appeal.
- The President will communicate the appeal decision via email within 24 hours of the meeting with an official letter attached.
 - The decision of the appeal is final and binding.



- The President must communicate with the Chair on all appeal-related events that transpire.
- There are no appeals during the tournament.

8. Record Keeping:

- The committee and the RCFHA Executive will maintain comprehensive records of the incident report forms, investigations, interviews, decisions etc. These internal records will be kept for reference.

Sanctions:

- Ejections:
 - Players will be ejected for receiving either of the following:
 - Receiving a total of 3 Unsportsmanlike type and/or Dangerous Play type penalties
 - Receiving a total of 5 minor penalties
 - Players/Team Officials will be ejected from the game for receiving a major penalty.
 - Any Team Official or spectator directing physical or verbal abuse (breaking the RCFHA Code of Conduct) at Referee's, Coaches, or players may be subject to supplemental discipline.
 - Any subsequent (or flagrant, initial) abuse will warrant an ejection from the building
 - Executive on Duty and/or Referees shall escort the Team Official/parent out
 - If there is resistance to leaving the building, further supplementary action may be enforced by the Disciplinary Committee
- Suspensions:
 - The committee has the authority to suspend players, coaches, or teams from participating in RCFHA-sanctioned events for a specified duration.
 - Any Player and/or Coach charged with two (2) major penalties during the season will be suspended for the remainder of the season, pending review from the Disciplinary Committee. The RCFHA Executive will review the future participation of the Player or Coach in the association.
 - Bench Major Penalties committed will not be included in the above count towards a team suspension. Instead, disciplinary action will be issued to the member who committed the penalty.
 - Any Player and/or Coach who has been charged with supplemental disciplinary during the season, and is charged with another instance of supplemental discipline, they will be suspended for the remainder of the season, pending review from the Disciplinary Committee. The RCFHA Executive will review the future participation of the Player or Coach in the association.

Statement Issuance:

- The RCFHA Executive will not release any internal documents relating to an investigation, and instead, a statement will be issued by the Executive upon request.

Tournament:



- Tournament supplemental discipline must be dealt with as soon as possible. At least one of the President, Vice President, and Referee-in-Chief will preliminarily review the incident and decide whether further escalation is necessary. All five committee members can be a part of the tournament supplemental discipline procedure. As soon as possible, notifications of potential supplemental disciplinary action will be given, and interviews will be conducted, followed with additional information gathering. The committee must come to a decision and inform the relevant parties at least 1 hour before game time.

Annual General Meeting:

It is mandatory that an Annual General Meeting (AGM) be held in a timely manner upon completion of the current fiscal year. The President shall ensure a minimum of two weeks written notice of the meeting date, time and location of the AGM be provided to the standing RCFHA Executive and a general verbal announcement to be given at the Tournament Awards Ceremony. Division Coordinators are responsible to ensure that all registered coaches within their leagues are advised of the meeting.

It is mandatory that a quorum of one-half of the standing Executive Members plus one be in attendance, or that sufficient written proxy be held by the President to constitute the quorum.

Agenda of the AGM must comprise at a minimum:

- Attendance (all participants must sign in)
- Annual Financial Statement
- Waiver or Call for Auditor
- Annual Reports
 1. Registrar's
 2. Gym Coordinator's
 3. Equipment Manager's
 4. Uniforms
 5. Referee-In-Chief's
 6. Accident Report
- Nomination and Election of the Executive

RCFHA Constitution and Bylaws

All principles defining the purpose and philosophy of the RCFHA and bylaws for governance of the Association can be found in the RCFHA Constitution and the RCFHA Bylaws.

Registration:

It is the players' responsibility to register for the current season of Cosom Hockey through the website <http://www.rcfha.org/>. The RCFHA shall make reasonable effort to honor individual requests and organize teams as best suited for the league.



RCFHA considers a player registered when he/she has submitted all of the following to the division coordinator and or Registrar:

- Emailed Registration
- League Fees

Until all of the above requirements are met, the player is not eligible to participate in team practices or league games.

RCFHA requests that coaches not accept fees or forms but will direct the player(s) to the division coordinator or the website (<http://www.rcfha.org/>).

Registrations will not be accepted after the 1st week of games in the New Year.

Refunds:

Refunds will only be given for medical or relocation reasons. Parents/Guardians must contact the appropriate Division Coordinator. Refunds will be given only up to the first week of games (around the 2nd week of October) and are subject to a \$15 processing fee. There will be no refunds issued after the first week of games. Decision of RCFHA Executive is final.

Insurance:

RCFHA carries Medical/Dental Insurance, secondary party coverage for all registered participants, coaches and referees. Parents, relatives, or otherwise unregistered participants are not covered nor shall any liability for death or injury which results from their participation be accepted by the RCFHA. Coaches shall be supplied with a waiver of responsibility, which must be signed by all parents or non-registered players before they may participate in practices, demonstrations or games. Coaches must provide a list of official coaches and assistants to their Division Coordinator before they may actively participate in practices, demonstrations or games.

Injury Reports:

Should any injury occur during a team practice, league game, or league sanctioned event, RCFHA requires an Injury Report to be completed. The Team Official will be responsible for the completion of the form if his/her player sustains an injury that occurs during practice. A Referee will be responsible for the completion of the form if a team official, referee, spectator or player sustains an injury during a game. The form must be submitted to the Referee-in-Chief within 48 hours of the incident and will be reviewed by the Referee-in-Chief and the President. If Medical or Dental attention is required, the appropriate forms are required to be filled, and can be found on the website under the Coaches and Referee's Corner. The RCFHA shall require a letter from an attending physician clearly stating the player



is able to resume playing an active sport before that player returns to practice, league, or tournament play.

Incident Reports:

- Both Referees shall submit within 24 hours an Incident Report form to the Referee-in-Chief and thereby to the President under circumstances of the following incidents:
 - Any major penalty
 - Injuries requiring medical attention (an Injury Report form is to accompany the Incident Report form)
 - Entering floor during play (Coach, Assistant Coach, Manager, etc.)
 - Incidents outside game time
 - Incidents during practice time
 - Coach or Spectator is assigned a penalty
 - Other
- If any of the incidents above occur (with the exception of "Cases of teams forfeiting" or "Incidents during practice time", all referees officiating the game at hand must fill out the Referee's Report section on the Incident Report form.
- The Coach must fill out the Incident Report form if an incident occurs during practice time or if the coach witnesses an incident outside game time.
- The Executive on Duty must fill out the Incident Report Form if an incident results in escalation to the Disciplinary Committee.
- Incident Report forms will not be distributed. The Executive will retain the Incident Reports for recording keeping purposes.
 - If requested, a statement will be issued on behalf of the Association.
 - The statement will be written by the Disciplinary Committee and released by the President on behalf of the Disciplinary Committee.

Forfeit Reports:

- The Lead Referee shall submit within 24 hours an Forfeit Report form to the Referee-in-Chief and thereby to the President when one and/or more team(s) forfeit a game.

Concussion Protocol:

- Coaches must have prior knowledge of medical history, including any previous concussions
- Athletes with suspected concussions should not be left alone and should not drive
- The responsibility is on coaches, referees, and any Executive members present, to ensure the player gets off safely
- If an athlete is unconscious for longer than a minute, does not wake up, or complains of neck pain after regaining consciousness, do NOT move the athlete. Call an ambulance.
- 4 Step Concussion Protocol



1. If the following occurs, the player must be substituted off immediately:
 - Receives direct/indirect trauma to the head/head – area
 - Loses consciousness/not responsive
 - Lying motionless on the ground/slow to get up
 - Grabbing/clutching of head
 - Dazed, blank, or vacant look
 - Confused/not aware of play or events
2. If any of the following are observed after a direct/indirect blow to the head, the player must not return to the game. **If you are in doubt, sit the player out.**

Loss of consciousness	Headache
Seizures/convulsions	Dizziness
Balance problems	Confusion
Nausea/vomiting	Feeling slowed down
Drowsiness	“Pressure in the head”
Any sudden changes in behaviour	Blurred vision
Fatigue/low energy	Sensitivity to light
“Don’t feel right”	Amnesia
Difficulty remembering	Feeling like “in a fog”
	Sensitivity to noise
	Difficulty concentrating
3. After monitoring for signs/symptoms, a simple memory test should be performed.
 - At what venue are we at today? Which period is it now? Did you team win the last game? What date is it today? What time is it now (within 1 hr)?
4. “Return to Play” Protocol
 - Doctor’s note is required
 - Attend a practice with 1 legal guardian in attendance prior to playing first game
 - During first game back, 1 legal guardian needs to be in attendance

Divisions:

RCFHA has established the following playing divisions:

- Mites (4-7 years old, Pre-K – Grade 2)
- Jr. Squirts (8-9 years old, Grade 3-4)
- Sr. Squirts (10-11, Grade 5-6)
- Pee Wee (12-14, Grade 7-9)
- Bantam (15-18, Grade 10-12 and 1st Year Grad)
- Adult (19+)



A player may not participate in a division outside of his/her own group without written RCFHA consent. RCFHA reserves the right to change the above divisions, depending on registrations. The RCFHA Executive reserves the right to call players up or down for the sake of balancing teams.

If the above divisions are changed such that a wider span of ages than normal is included in a division then the priorities for the assignment of players to teams shall be as follows: The first priority shall be to attempt to achieve parity in the distribution of players' ages across all teams in a division. The consideration of individual players' requests to play on the same team as other named players or of coaches' requests to have particular players play on their teams shall be considered as a lower priority only after the achievement of such age parity has been attempted.

Coaches and Adult Division Captains:

Head Coaches and Adult Division Captains are volunteers that must be above the age of 19. All Coaches above the age of 18 must complete Criminal Record Check prior to the start of the season. All Coaches must also complete the Coaches Code of Conduct. The Executive have the authority to remove coaches if they have breached the Coaches Code of Conduct. They must be able to effectively and efficiently communicate with Executives, parents, and players in a professional manner, as they are also representatives of the league.

Coaches are responsible for the following throughout the season and tournament:

- Serve as the official spokesperson on behalf of the team
- Coordinate the delegation of responsibilities to the assistant coach and manager
- Coordinate with parents and players to ensure attendance at league events
- Plan, implement and control pre-game preparation and communication with the team
- Design the practice plans in consultation with the assistant coach
- Coach the team at all practices and games
- Are responsible to bring all league provided equipment to practices and games, as well as ensure its return at the end of the season
- Establish rules for the team and oversee the supervision of the players
- Submit a mid-season report which contains an evaluation of players performance.

Players:

Players cannot switch teams after the league play has started without written approval from the RCFHA Executive. Once a player participates in either one league or exhibition game, he/she must remain on that team unless the RCFHA Executive has approved a transfer. No female player may participate in practices, league games or the tournament if she is pregnant. Players may be used as affiliate players for league play but may not substitute onto other teams for tournament play.



Affiliate Players:

An affiliate player is defined as a registered player who is temporarily included on the playing roster of a team in a higher division within the Association starting from the Junior Squirts Division and above. This rule may only apply to regular season games.

- Teams can only apply for permission to draw one Affiliate Player to bring its playing roster for the game in question to a roster maximum of 14 players.
- For a team to be eligible to use the Affiliate Player rule, they must be at least 6 or more points below the team they are playing, in the point standings.
- A player of a team of a lower division may play as an Affiliate Player for the same team in a higher division at any time to a maximum of three (3) regular season games.
 - Affiliate Players may play only one (1) game in a higher division in any given weekend.
 - Affiliate Players who participate in more than three (3) games with the same team will be deemed to be an ineligible player.
- A team of a higher division may not use an affiliated player prior to receiving consent of the team with which the affiliated player is registered to play, as well as consent of the division coordinator.
 - The league will manage this process by establishing a pool of registered Affiliate Players for teams in higher Divisions to draw from that have already received the consent of the team coaches from the lower Divisions.
 - Coaches may request for players who are not in the pool of registered Affiliate Players, but must receive consent from the team, both division coordinators, and the player's parents.
 - Affiliate players will be assigned by the division coordinators on a first come first served basis should two teams request the same player on the same weekend.
 - Registered Affiliate players will be categorized by the positions of forward, defense, or goalie.
- Affiliate player requests must be completed and communicated to the Referee-in-Chief by the coaches and confirmed by division coordinators by Friday at 11:59pm for Saturday games or Saturday at 11:59pm for Sunday games.
- Any violation of the above rules shall be reported to the RCFHA Executive Directors.

RCFHA Philosophy:

- Equal playing time for all team members
- Play the puck, not the opponent
- When the game ends, the competition ends

RCFHA Code of Conduct:



At the start of each season, every parent, coach, assistant coach and team manager will be given a League Code of Conduct form which must be read, understood, signed and returned to your coach or team manager before your child will be allowed to play or you as a volunteer may work with the league.

- No player, parent OR coach shall display any unsportsmanlike behaviour towards ANY other player, parent or coach.
- No player, parent or coach shall display any unsportsmanlike behaviour towards any referee, scorekeeper or timekeeper.
- All players, parents and coaches will maintain the RCFHA Philosophy before, during and after all games.
- All players, parents and coaches are invited to register valid complaints by letter or email addressed to the RCFHA Executive via the Referee-In-Chief, the President or the Vice President.

Any player, parent or coach who violates the RCFHA Code of Ethics will face disciplinary action at the discretion of the current RCFHA Executive. Disciplinary action may take the form of warning letter, suspension or outright expulsion from the league activities.

RCFHA Parity Overview:

THE LEAGUE RESERVES THE RIGHT TO DENY INDIVIDUAL PLAYER TEAM/COACH PLACEMENT REQUESTS TO ENSURE TEAM PARITY

It is the responsibility of the Division Coordinators and the League Executive to take an unbiased approach to assembling teams in each division. The goal should be to provide every division with a reasonably balanced and competitive environment in order to reduce lop-sided scores and the need to force teams to "hold back". When assembling teams each season they must follow these guidelines in order of importance:

1. **Age Parity:** Coordinators will make every effort to balance their divisions by age. As much as possible, each team will have an even mix of players from each of the school grades within the division.
2. **Gender Parity:** Within divisions that are co-ed, coordinators will make every effort to balance their divisions by gender. So as fairly as possible an even mix of girls and boys on each team in the division.

3. Player Evaluations:

- a. In person player evaluations will take place at Burnett Gym for all players and divisions (with the exception of Mites/Mini-Mites) before the start of team formation. Players will take part in a 15 minute scrimmage for the evaluation. Players' individual scores are confidential and will only be given to the division coordinators to be used during the team balancing process.

Any player that does not attend the gym evaluation will not have their individual



placement requests considered, and will be randomly placed on a team within the division based on age parity distribution.

- b. Coordinators may also at their own discretion employ an additional evaluation system to make the process of balancing and team formation more equitable. Any such system must first be approved by the executive and must respect the privacy of the players in that division.

4. Player Requests / Placement:

- a. Coordinators may accept individual player requests such as to play for a certain team/coach, play with friends, carpool, or to play with a team that practices on specific night, etc., provided that any such requests do not conflict with the preceding parity guidelines.
- b. Requests to move up to a higher division must be approved by the league executive. The league reserves the right to deny requests for reasons including parity between teams.

5. Team Formation & Acceptance:

- a. Before final team formation and acceptance can take place, the basic groundwork and communication by division coordinators with their coaches regarding protected players, player requests and evaluations for the upcoming season must be complete.
- b. After the coordinators have built draft teams for their divisions, coordinators and coaches will meet together to officially accept their teams for the upcoming season. This meeting is also an opportunity for coaches to make adjustments to their roster by exchanging players with another team should both coaches and the coordinator all agree an exchange will not negatively impact team parity. During the adjustment process coaches and coordinators are responsible for knowing and complying with the league parity guidelines and the building of fair teams. Only equally skilled players of the same age are eligible to move between teams and the coordinator has the final approval. Each coach can make a maximum of three player exchanges during the team formation meetings.
- c. If for some reason a coach cannot attend the team formation meeting or new conflicts require a player change teams, the coordinator can arrange a player exchange with the coaches involved through conference calls, texting or e-mail communications.
- d. Upon the division coordinator's discretion, a team can generally remain intact from its' previous season however the coordinator must evaluate and balance it accordingly using all parity guidelines, **no exceptions.**

COACHES MUST NOT DISTRIBUTE/CONTACT TEAMS OR PLAYERS UNTIL THE COORDINATOR GIVES THE FINAL APPROVAL TO DO SO



6. In the event a coordinator is having difficulty with team placement due to special requests, parental complaints, etc. they may at any time ask for the executive to intervene. In these situations any 2 of the 3 presidential level (President, Vice-President & Past President) executive members can make a ruling. If the role of past president is vacant or if there is a player/parent conflict of interest, any other executive member can be substituted as long as they do not have children playing on a team in the division.

7. Executive Oversight:

- a. While it is ultimately the responsibility of the division Coordinators to ensure the above guidelines are followed, the League Executive will also review each division's team placement.
- b. The league executive may at **any time up to the Christmas Break**, review and amend team placements to ensure that the above parity guidelines have been respected or to address any unforeseen imbalance issues.

These guidelines are subject to change.

Playing Area & League Game Policies

Playing Area:

- Any gym floor with a center line.
 - The line shall be extended through the entire center of the floor by tape
- The school supplies hockey nets.
- Referees to clearly mark face-off spots
 - Big gyms will consist of 7 face-off points (2 in each end zone, 3 on the centre line).
 - Small gyms will consist of 5 face-off points (2 in each end zone, 1 in the centre circle).
 - Faceoff spot will be indicated with a vertical one half (1/2) foot line in the middle of the faceoff spot area.
- Goal crease – Restraining line is marked by white tape: one and one half (1 ½) feet on each side of the goal posts (on the bottom of the goal line) and three and one half (3 ½) feet forward from the goal line.
- Teams must use the provided bench area as assigned by the League according to the posted Schedule.
 - Prior to game time, Coaches need to place their equipment by the net before their game starts to allow the previous team the opportunity to clear their corner (based on gym).
 - During the game, equipment must be placed within the team bench area.
- No equipment can be kept on top of the nets.



- See Appendix C for examples of proper gym setup.

Protest:

A written protest may be made by a Coach or Assistant Coach who attended the game, within forty-eight (48) hours, to the President of RCFHA, care of the Secretary with a copy to the chairperson of the Rules Committee. The protest should contain the following information:

- Date, time, and place of game
- Teams involved in the game
- Names of Referees and Scorekeepers
- The rule under which the protest is made
- The decision that was made and all essential facts involved in the matter being protested.

The RCFHA Executive will:

- Determine the validity of the protest
- Determine action to be taken
- Advise Coach(es), appropriate Division Coordinator, and President of the RCFHA in writing of their decision.

A protest must be dealt with prior to the next scheduled game of any team involved in the protest. The RCFHA Executive has the authority to award or delegate goals, or at its option, have games replayed as a result of a protest. Decisions shall be based on the Referee's call and the protest presented by the Coach.

Forfeit Games:

Forfeit games are determined by the Lead Official and will be assessed to teams for the following reasons:

- Use of illegal or altered equipment
- Team receives two Major penalties in one game
- Team is not ready to play, or does not take face-off positions on the floor ten (10) minutes after Referee has indicated game start time.
- Coach, Assistant Coach, or someone designated by them states to the Lead Official that their team will not continue to play the game at hand.
- If a team during a game refuses to take face-off position on the floor when so directed by the Lead Official. A refusal shall occur either verbally or by lack of action to comply.
- Use of an illegal player. Illegal players are any player who does not comply with underwritten notice from the RCFHA Executive (i.e. suspension, discipline, or medical), is underage/overage for the division (without prior permission from the RCFHA Executive), or has failed to complete the registration requirements.
- Team receives a subsequent Mercy Rule after a 1st time warning against



Executive to review forfeit if they suspect foul play. Consequence: 5 min Bench Major and/or following game Forfeit

Should a forfeit occur as per above, the Lead Official shall note on the score sheet **and** on the Incident Report:

- Who made the statement in reference to discontinuance or refusal to play.
- That persons' status on the team (i.e. Coach, Assistant Coach, Team Captain, Assistant Captain, Player or other designate).
- Reason for forfeiture
- Time of forfeiture

All statistics pertaining to goals scored up to the time of the forfeiture will stand as recorded on the score sheet. All statistics pertaining to penalties handed out will stand as recorded on the score sheet.

- If the game failed to take place because of the forfeiture, the score will be recorded as 1 – 0, for the non – forfeiting team.
- If a team that is winning must forfeit during the game, the score will be recorded as a 1 – 0 win for the non – forfeiting team.
- A forfeit game will not be counted as a shutout for tie-breaker rules.

Rescheduling Games:

Games will be rescheduled if:

- Scheduled facility is not available
- The Referee-In-Chief deems the facility unsuitable

Standings:

- League standings will be kept for all divisions with points awarded as follows:
 - Win – 2 points
 - Tie – 1 point
 - OT Loss – 1 point
 - Regulation Loss – 0 points
- Teams tied with identical points at the end of the season will not play a tie breaker game. The following Tie Break rule below will be used to determine league standings in the case of a tie.
- Goal differential of six shall be the maximum score recorded.

Tie Break Rule:



During the tournament the team that breaks the tie will be the team with the:

1. Least Number of Mercy Rule Violations during Regular Season and Tournament
2. Least number of forfeits.
3. Most points in the least number of games played
4. Better record percentage (most wins) [OT Loss and Ties are worth the same]
5. Better head – to – head record in the tournament
6. Least number of goals against
7. Most number of goals for
8. Better head – to – head record in the regular season
9. Better record in the regular season
10. Least number of penalty minutes in regular season and tournament.
11. Most number of shutouts in both tournament and regular season.
12. Coin toss

Note: Regular season will follow the same tie break rules with the following exceptions:

- Tie Break #5 will be worded as: Better head – to – head record in the season
- Tie Break #8 will be omitted
- Tie Break #9 will be omitted

Mercy Rule:

- This rule shall be in effect during the regular season and tournament.
- Any team that reaches a 5-goal differential against an opponent (i.e. 5-0, 6-1, 7-2, etc.) will be given a warning by the Referee to make an effort to control their team. They must make an effort by placing stronger players on defense or in net, make a series of passes before shooting, making backhand shots only, etc.
- If the spread reaches a 6-goal differential (i.e. 6-0, 7-1, 8-2, etc.) the team will be assessed an Unsportsmanlike Conduct Bench Minor Penalty.
- If the spread reaches a 7-goal differential (i.e. 7-0, 8-1, 9-2, etc.) the team will lose their center position for the remainder of the game. The team must also start their next game against the same opponent with an Unsportsmanlike Conduct Bench Minor penalty.
- If the spread reaches an 8-goal differential (i.e. 8-0, 9-1, 10-2, etc.) the team will forfeit the current game.
- Intentional own goals will not count towards the Mercy Rule. If an intentional own goal is scored by any member of the team, the team is to be assigned an Unsportsmanlike Conduct Bench Major Penalty.
- The league executive will monitor all game scores and will determine if any further action is required.
 - After a 1st Mercy Rule offense (team losing their centre), a warning will be sent out to the team



- After any subsequent Mercy Rule offenses, the game shall be played in its entirety, however, the offending team shall forfeit the game, and the score shall be written as 1-0 for the opposing team.

Tournament:

The following is subject to change depending upon venues availability.

All regular season rules apply with the following exceptions:

- There are no protests allowed for any tournament game.
- Teams without the minimum number of players required who are not ready to play within 2 minutes from the time the whistle is blown will be given a Delay of Game penalty.
- Each team will receive two (2) 30 second time outs for the entire game (may carry over time out into Overtime).
- Round Robin, Bracket, and Play-In Games will play OT according to Regular Season rules.
 - Goalies will remain on the same side as the 3rd period.
 - Additional 5 minute OT periods will be added until a goal is scored for Elimination games.
- The last Elimination Bracket games and Final games will consist of 15 minute Sudden Death Overtime (first to score) periods, if not decided after regulation time.
 - Teams will play 5 on 5 OT
 - Goalies will switch ends after every period.

Equipment

These equipment regulations are written in the spirit of "fair play." If at any time the RCFHA feels that this spirit is being abused, the offending equipment will be deemed ineligible for play until the Executive has ruled on its eligibility.

League Equipment:

League equipment will be supplied by the RCFHA and must not be altered in any manner.

- The type of equipment is detailed in Appendix D.
- Coaches must return all league equipment at the end of the RCFHA season.
- League equipment that is broken or needs to be repaired must be turned into the Equipment Manager for replacement. Coaches must not repair the equipment themselves.
- All sticks must be free of any metal content either inside or outside the stick and must not be altered from its' original shape (with the exception of the blade).
- Recommended stick lengths for each division are as follows: (measure from the butt end of the shaft to the lower securing point of the blade shaft)
 - Mites – 31" Junior Squirts – 35" Senior Squirts – 37" Pee Wee – 37" Bantam – 39"



- Jerseys will be provided for players.

Mandatory Player Equipment:

RCFHA requests all participants **MUST** wear to all practices and games:

- Laced and tied and/or fastened running shoes appropriate for gym use.
 - Shin pads: may be worn outside clothing; not supplied by RCFHA.
 - Knee pads: may be worn outside clothing (non-hard surfaced) not supplied by the RCFHA.
 - League provided jerseys with their assigned number in order to play the game.
 - Appropriate tops for practices (not required to wear jerseys)
- Appropriate bottoms (i.e. shorts, athletic pants, etc.)

Optional Player Equipment:

Optional, but highly recommended, personal equipment that is approved by the RCFHA includes:

- Safety eye goggles
 - Gloves
 - Mouth guard
 - Soft elbow pads (Phantom Sports brand only)
- Athletic support (i.e. cup/pelvic protector)

Mandatory Goal Keeper Equipment:

In addition to the mandatory player equipment above, additional equipment that is **MANDATORY** for Goal Keepers includes:

- League – provided goal keeper jersey
 - Extra protection must not extend beyond natural body physique, and must not give extra assistance for the goalkeeper.
- Helmet and Throat Protector: only those approved by RCFHA are acceptable
- Mitts/Gloves/Blocker/Trapper: only those approved by RCFHA are acceptable
 - If Goal Keepers choose to use a blocker and/or trapper, they are limited to only one blocker and/or one trapper.

Optional Goal Keeper Equipment:

In addition to the optional player equipment above, additional optional equipment that is approved by the RCFHA includes:

- Chest protector: must be worn under jersey
- Girdle

RCFHA Referees



- The Referee's will referee all league games. One is designated as the Lead Referee. All will be wearing referee jerseys. The Lead Referee will be indicated on the Referee-in-Chief's Referee Schedule.
- The Lead Referee will have supervision of the game, players and other participants. In case of a dispute during a game, his/her decision is final.
- A third Referee may be used during a game to help control and monitor the game, but must be on the floor to make any decisions.

Attire and Equipment

- All Referees must have official jerseys, athletic pants/shorts, running shoes, approved whistles, and must adhere to player jewelry rules (exception: watch under sleeves of jersey).
- Referees shall be equipped with tape, tape measures, writing materials, and the appropriate materials needed to setup and start the games.

General Duties

- Referees should arrive at the gym at least twenty (20) minutes prior to scheduled game time.
- Prior to teams warming up, the Referees shall monitor the nets for any holes, maintain the taped lines/faceoff areas, make sure the playing area is maintained and is safe to play on, and indicate the official game start time.
- Prior to the start of the game, the Referees shall approach each bench and meet with the coaches and ensure the signatures of the Coaches are present on the scoresheet to verify each roster, see that the Timekeeper and Scorekeeper are in their respective places, ensure that the timing equipment is in order, and call teams onto the playing floor.
- Referees shall conduct faceoffs, determine goals/no goals, and enforce violations/penalties.
- Referees shall report to the Scorekeeper the player's jersey number for goal scorers and assists.
- At the whistle of a penalty called, Referees will immediately point to the player, and communicate the team colour, jersey number, and penalty. The Official will then proceed to directly in front of the scorekeeping box to report the penalty details.
- Any Referees may call time-out for injury, equipment repair, or to discuss with any on-the-floor Referees/Executive on Duty. They shall instruct the Timekeeper when to stop and start the time clock.
- The Lead Official of the game may add or take away time from the main clock at his/her discretion.
- The Referees shall remain on the floor at the conclusion of each period until all players have proceeded to their team bench. The officials are also responsible for monitoring and enforcing a sportsmanlike handshake at the conclusion of the game.
- All score sheets must be checked, reviewed and signed by all officials.

Pay Scale



- All referees have the option of volunteering their time instead of receiving pay
- Referees will be paid according to their experience and service level to the RCFHA
 - Referees may start participating in referee training starting at age 12 or older.
- To move up a pay scale, referees must have completed an entire season of refereeing
 - 1st season: \$15/hour
 - 2nd season: \$15/hour
 - 3rd season: \$16/hour
 - 4th season: \$19/hour
 - Mandatory Executive/Outsourced Referees: \$22/hour

Teams & Players

Teams & Players

- Substitute players must be located in the designated team bench area during play of the game.
- All players must wear a clearly visible, numbered jersey, retained for the complete season.
- Teams play with a maximum of one centre, two forwards, two guards, and a goalkeeper.
 - Exception: (1) When a goalkeeper is removed and substituted, and (2) during Overtime.
 - Note: "Runner" will hereby represent any of the following: Centre, Guard, or Forward.
- **Centre:** Must use a striped stick and is the only player allowed to move full court.
 - Centre on the floor, at the time, may inquire about Referee's decisions between faceoffs, but may not delay the game.
- **Guards:** use standard sticks; cannot step over the center line into the offensive zone.
- **Forwards:** use standard sticks; cannot step over the centre line into the defensive zone.
- **Goal Keeper:** Must use a goal stick, is the only player allowed to remain in the goal crease and is the only player allowed to hold the puck.
 - The only player who is permitted to fall on, hold, pick up or gather puck into body and freeze it, provided he/she has some part of his/her body in the goal crease.
 - The Goal Keeper may leave goal crease to receive or intercept pass but loses all Goal Keeper privileges while out of the crease.
 - Goal Keeper may not cross the centre line (unless it is to substitute off the floor).
 - The Goal Keeper may be removed and substituted for (i.e. second Centre).
 - All goal keeper equipment must be taken off and they must use a player's stick, if the goal keeper would like to play as a "runner", to be eligible to participate in play across the centre line.
 - No other player has privileges of a Goal Keeper.



Minimum Player Rule:

- No team may start a game with less than four (4) "runners" on the floor, regardless of whether the team has a Goal Keeper or not.
 - Should Coaches agree to using 4 on 4 play, Overtime format is applicable.
- No team after the start of play will play with less than three (3) "runners" on the floor, regardless of whether the team has a Goal Keeper or not.
- If a subsequent player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the subsequent player shall not commence until the penalty time of one of the two players already penalized has elapsed
 - The subsequent penalized player must at once proceed to the penalty box.
 - This player (and his/her specific position) must be substituted for on the floor so as to remain with no less than three (3) "runners" on the floor (regardless of the goal keeper), and must take the specific position of the 1st penalized player.
 - Once the first penalty has expired, the first penalized player must go directly to their bench, and the subsequent penalized player's penalty time can commence.
 - If teams receive coincidental penalties, but a team has three (3) players in the penalty box, the coincidental penalties shall start running once the 1st penalty has expired
 - See Appendix B for flow chart
- A team must forfeit the game in the event it cannot field enough players as a consequence of receiving penalties during the game

RCFHA Timing Rules

Regulation Time:

- A maximum of two (2) minutes for warm-up after the scheduled start time will be allowed.
- A Cosom Hockey game consists of regulation time:
 - Running three (3) fifteen (15) minute periods. **AND**
 - Two (2) minute rest break between periods.
- If the game remains tied after regulation time, sudden death Overtime will be played.
- Teams who have the minimum number of players required, must be ready to take the floor at game time within thirty (30) seconds and must provide a scorekeeper/timekeeper within one (1) minute of the indicated start time (see Delay of Game for more details). Teams not ready to play ten (10) minutes after indicated start time will forfeit the game and the unoffending team will be awarded two (2) points for a win.
- In the last two minutes of the 3rd period the clock will stop every time the whistle is blown, only if the score differential is within 2 goals.



Overtime (OT):

- All Cosom Hockey games will play an Overtime period of five (5) minutes, if the score is tied after regulation time.
- There will be a one (1) minute break between the 3rd period and OT.
- Teams will play 4 on 4 OT, using the following format:
 - 2 Forwards, 1 Centre, and 1 Defense
- The goalie will remain on the same side as in the 3rd period.
- Overtime will be conducted as a "Sudden Death" format, in which the first team to score will win the game.
- In the last two minutes of Overtime the clock will stop every time the whistle is blown.
- The winner (during OT) will receive two (2) points in the standings, while the team that lost in OT will receive one (1) point in the standings.
- If the game remains tied after 5 minutes, each team receives 1 point in the standings, and the game ends as a tie.
- During Overtime, the flow of play will consist of the following when penalties are issued:
 - If a penalty is issued to a team with more than three players on the floor, the penalized team must remove one player. If the penalized team has three players, the opposing team may add an additional player to a maximum of five players.
- During the tournament, Round Robin Overtime will consist of 4-on-4 for one 5-minute period.
- Non-Elimination Bracket Overtime will consist of 4-on-4 for as many 5-minute periods as necessary.
- Elimination Bracket Overtime will consist of 5-on-5 for one 5-minute period, and if necessary, Overtime will continue as 4-on-4 for as many 5-minute periods as necessary.
- Semi-Finals and Finals Overtime will consist of 5-on-5 for as many 15-minute periods as necessary.

Time-Outs:

- Each team shall be allowed one (1) 30 second time out during regulation time.
- Each team shall be allowed an additional 30 second time out during Overtime.
 - Time outs may not carry over (i.e. Teams will only be allowed one (1) time out during Overtime, regardless of whether the team has used their regulation time out or not).
- The Coach, Assistant Coach or designated Team Captain may call the time out, during a regular stoppage of play. The time out does not start until the indication from an Official. During the time out, no spectators are allowed on the floor except with the Referee's consent.

Game Flow



Cosom Floor Hockey (General Play):

- The game starts with the two (2) Centres facing off at the center circle. Forwards and Guards will be in their respective zones.
- When the puck goes out of bounds or the goal keeper freezes the puck, a face-off takes place (see Faceoff Location for more details).
- After a goal is scored, the Referee's will report the goal to the Scorekeeper, and the play will be restarted at the center circle.
- When two (2) players are pursuing a loose puck, stick checking of the opponents stick is allowed, provided stick checking does not warrant a penalty, such as, but not limited to, "High Sticking" or "Slashing".
- Incidental minor body contact from the side is allowed provided players making such contact are moving in the same direction and are attempting to play the puck. Deliberate hip checking is not allowed and will be penalized under "Roughing".
- Players cannot hold the puck against the wall or move the puck along the wall, thereby blocking their opponent. The player who first reaches the puck at the wall should immediately play or pass the puck.
- Player substitution is allowed any time during the game but a Forward and a Guard already in play cannot change with each other. This may only take place at a stoppage of play. Sticks are not to be carried onto the floor when substitutions take place during play; rather they are "handed off" from player to player.
 - Players located in positions across the centre line from their team bench are permitted to place alternate sticks located in the first row of the bleachers for use if desired. The substitute player(s) and player(s) on the floor must ensure that the correct number of sticks are on the floor at all times. Extra sticks may not be carried onto the floor and must be returned to the original location they were placed at.
 - Applicable for Senior Squirt, PeeWee, Bantam and Adult divisions.

Goal Scoring:

- A goal shall be scored when the puck shall have been put between the goal posts by the stick of a player of the attacking side, from in front and below the crossbar, and entirely across the goal line, from one goal post to the other
- A goal shall be scored if the puck is put into the goal in any way by a player of the defending side
 - The attacking player who last touched the puck shall be credited with the goal.
- If an attacking player has the puck deflect into the net, off their foot or body, in any manner, the goal shall be allowed.
- A goal is allowed when a defender deliberately pushes the attacking player into the goal crease



and a goal is scored. No penalty is assessed, unless such action constitutes a deliberate attempt to injure and therefore, requires a major penalty.

- A goal is disallowed when:
 - The Official has blown their whistle to stop play.
 - The puck has been directed, batted, or thrown into the net by an attacking player other than with a stick.
 - The puck has been kicked using a distinct kicking motion.
 - The puck has deflected directly into the net off an official.
 - A goalkeeper is pushed into the net together with the puck after making a save.
 - A penalty is committed by the attacking team, prior to or at the same time as a goal.
 - A stoppage in play is drawn, due to an Over Centre Offside.
 - The puck is inside the crease, and is struck into the net by an attacking player.
 - Exception: When a goalie has been removed, the goal will be allowed (Crease rules do not apply when the goaltender is removed).
 - The position of an attacking player has been established inside the crease.
 - Exception: When a goalie has been removed, the goal will be allowed.
 - Note: If an attacking player is in the goal crease at the moment the puck crosses the goal line (i.e. non – established position), and their position in no way affects the goaltender's ability to make a save or play his position properly, the goal will count.

Awarded Goals:

- A goal will be awarded to the attacking team when all of the following happen:
 - The opposing team has taken their goalkeeper off the floor
 - An offensive player has possession and control of the puck in the offensive zone
 - There is no defending player between them and the opposing goal
 - Prevented from scoring as a result of an infraction committed by the defending team.

Stoppage of Play:

The official will blow their whistle and stop the play of the game for the following reasons; however the clock **must not** stop unless otherwise noted:

- Penalty is called.
- Puck is shot out of play.
 - Puck is out of play when it touches anybody outside the playing area, any part of the bleachers (except the front portion in contact with the floor), basketball hoops, or ceiling.
- Disallowed goal.
- Goal Keeper "freezes" the puck by trapping it against their body or covering the puck using the trapper, blocker, or gloves.
 - Play shall continue if the puck is not fully covered by the goalie outside the crease



- If the puck continues to be loose inside the crease, wait until the goalie either covers the puck or has control of the puck for 2 seconds (i.e. realizes where the puck and/or possesses it without covering it)
- Goal Keeper trying to play the puck after trying to move it for two (2) seconds, subject to the Referee's discretion.
- Should a scramble take place in front of the net and the puck be out of sight of the Official.
- Refusing to Play the Puck/Puck Unplayable (see relevant section)
- Violations (see relevant section)
- Attacking player playing the puck while it is in the crease.
- Minimum player rule.
- Injuries or equipment problems (other than shoe laces) [play and clock will stop].
 - Team official may enter the floor to tend to injury/equipment problem

Faceoff Location

- All face-offs must be conducted on one of the seven (7) face-off spots located on the floor
- When a stoppage of play has been caused by any player of the attacking side in the attacking zone, the ensuing face-off shall be made at the nearest face-off spot at the centre line.
 - Exception: If an Over Centre Offside, Throwing Over Centre, or Crease Violation is committed, the ensuing face-off shall be made in the defensive zone of the violator.
- When a defending player causes a stoppage of play in their defending zone, the face-off shall occur at the end zone face-off spot nearest to where possession of the puck last occurred
- When a goalie causes a stoppage in play due to a save or freezing the puck, the faceoff will take place in the defensive zone, on the side where the puck was shot from.
- When players are penalized so as to result in penalties to one team, the ensuing face-off shall be conducted at one of the two face-off spots in the offending team's end zone.
 - There are only two exceptions to this application:
 - When a penalty/Violation is assessed after the scoring of a goal – face-off at center;
 - When a penalty/Violation is assessed at the end (or start) of a period – face-off at center
- When an infringement has been committed by players of both sides in the play resulting in the stoppage, the ensuing face-off will be made at the nearest face-off spot in that area.
- When a goal is illegally scored by the attacking team by directing, batting, or kicking the puck into the goal, the resulting face-off shall take place in the defensive zone.
- When play is stopped for an injured player, the ensuing face-off shall be conducted at the face-off spot in the zone nearest the location of the puck when the play was stopped.
 - When the injured player's team has control of the puck in the attacking zone, the face-off shall be conducted at a faceoff point at the centre line.
- When a hand pass violation occurs, see Hand Pass rule.



- When the game is stopped for any reason not specifically covered in the official rules, or it is unclear as to which face – off location is the most appropriate, the puck must be faced-off at a face-off spot in the area nearest to where it was last played.

Faceoff Procedure

- Centres must take the opening face – off of each period, unless serving a penalty.
- Goal keepers may not take any face – offs.
- Players may not cross the centre line to take a faceoff (unless player is Centre position).
- Players must wait until the puck hits the floor to make a play on the faceoff.
 - Results in a face-off re – do
- All players are permitted to line up in any legal position, provided they are set at the puck drop.
- The puck shall be faced-off by the Official dropping the puck on the floor between the sticks of the players facing-off. Players facing-off will stand squarely facing their opponent's end of the floor, on – side, set and not moving.
- Stick placement of the blade must be on the floor and behind the indicated taped area.
- When the face-off takes place at centre, players must be outside the area marked by the circle.
- When the face – off takes place at any other location, players who are not facing – off must be at least three feet (3') away in every direction of the faceoff location.
- If a player taking the face – off is not at the designated face-off area once the five (5) second time limit has elapsed, the Official will drop the puck immediately.
- Players facing-off may not bat the puck with their hand, use their foot, or anything other than their stick to win the face-off.
 - Any attempt by either player to win the face-off by using anything other than their stick shall result in a minor penalty for Delay of Game (no warning shall be given, unlike the above faceoff rules).
 - Once the face-off is deemed complete hand passes shall be enforced as per the Hand Pass rule.

Refusing to Play the Puck/Puck Unplayable

- The purpose of this section is to enforce continuous action and Referees should interpret and apply the rule to produce this result.
 - When the puck is "frozen" between opposing players, the Official shall tell the players to play it, and if the puck is "frozen" for three (3) seconds after this, then the play shall be stopped, and a faceoff shall occur at the nearest location.



- Repeated freezing of the puck by players that have been previously warned for the same occurrence shall result in a Delay of Game penalty to one or both of the players involved.
- When a hand pass has been initiated by one player to a teammate and the teammate elects not to play the puck to avoid the stoppage of play, and the opposing team also abstains from playing the puck (perhaps to allow time to expire on a penalty), the Official shall stop the play (after 3 seconds) and order the resulting face-off at the nearest faceoff location to where the play was stopped for this violation.
- When the Official signals the delayed calling of a penalty to one team and a player of that team intentionally abstains from playing the puck in order to allow additional time to expire on the game or penalty time clocks, the Official shall stop the play immediately.

Violations

- Repeated, purposeful violations will result in a Delay of Game penalty.

Over Centre Offside:

Over Centre Offside is when a Guard or Forward steps, with the entire foot, or kneels over the centre line without touching a player or the puck on the other side of the center line.

- The above will be considered a delayed offside (signalled with the Official's arm straight outward) until either of two (2) situations occur:
 - If a teammate of the player who is offside touches the puck, play will be stopped immediately.
 - This results in a face-off in the defensive zone of the violator.
 - If the player who is offside "tags up" and is no longer offside prior to a teammate touching the puck, play will be allowed to continue.

Throwing Over Centre:

The Goal Keeper is not permitted to throw the puck over the center line.

- This results in a face-off at the nearest face-off spot, where the puck was thrown from.

Wearing Jewelry

- Failure to remove or cover with tape, any metal or hard plastic jewelry including watches, necklaces, earrings, nose/eyebrow piercings and hats prior to game time.
 - Earrings/Piercings and Medic Alert Jewelry may be worn if taped
 - Rubber, paper, string type bracelets, sweat wristbands/headbands allowed.
- Play is stopped right away, subject to referees' discretion (i.e. if they are involved in



the play). The player must be substituted and take off any jewelry before they can return to the game.

Crease:

- The goal crease is considered a three-dimensional space.
- If an attacking player establishes position in the crease, play will be stopped, and the ensuing faceoff will be in the defensive zone of the crease violator.
 - If the player immediately leaves the crease, play may continue (subject to Official's discretion).
- If an attacking player plays the puck while it is in the crease, play will be stopped immediately.
- An attacking player may run through the goal crease so long as they do not contact the goaltender.
- Any player may run through, establish position, or play the puck within their own crease.
- Absolutely no contact with the goaltender will be accepted if the goaltender is in the crease, and a minor penalty for Goaltender Interference will be called.
- Anytime a goalkeeper completely exits the crease, crease rules shall not be applied (only applied to the net without a goalkeeper).

Hand Pass Rule:

- A player, other than the Goal Keeper, may not direct the puck with their hand to a teammate, or allow their team to gain an advantage. The Official will indicate a delayed whistle. If another team member plays the puck, a stoppage in play will occur. If the other team or the initial player plays the puck subsequently, the play will continue, shown by a washout by the Official.
- When a hand pass occurs, the ensuing faceoff shall take place in the zone behind the initiator of the hand pass (i.e. If the hand passer was in the offensive zone, the faceoff takes place at a centre faceoff point nearest to that point).

Penalties

Penalties:

- All details must be shown on the score sheet.
- No other player(s) allowed in the penalty box other than penalized player(s).
- Penalized player is allowed back on the floor and resumes playing when:
 - He/she has served the full minor penalty **or**
 - The opposing team scores a goal, which then causes termination of the penalty with the least amount of time on the clock.
- Only if coincidental penalties are called, the penalized players must serve the entire penalty regardless of a goal being scored.



- *Coincidental penalties:* occur when an equal number of penalties are assessed to both teams during the same stoppage in play, i.e when the whistle was blown and/or when the puck was dropped.
- If a coincidental penalty is called:
 - Players go directly to their bench after the expiration of their penalty and even strength continues during the duration of the penalties.
 - And an additional non-coincidental penalty, the penalties will be served concurrently.

Minor Penalties:

- Players assessed a minor penalty must serve one minute and thirty seconds (1:30).
- Players assessed a double minor penalty must serve three minutes (3:00).
- Goal Keeper charged with a minor penalty may remain in the game, but a teammate must serve a bench minor (see below for definition).
- Timing of the penalty will start once the puck is dropped to commence play.
- Bench Minor penalties: served by the Centre on the floor at the time of the infraction (or Coaches' discretion if the Centre is already serving a penalty), off the floor, or after the game.
 - Goal Keepers charged with a minor penalty
 - Too Many Players
 - Unsportsmanlike Conduct – if the act occurred off the floor, by any player not holding a stick on the floor, by any Team Official, or every time a goal is scored if the goal differential is 9 or more
 - Delay of Game – Not ready to take a faceoff /having no score/time keeper after 1 minute
 - Delay of Game – Intentional Entry
 - Delay of Game – Changing on the Bleachers
 - Delay of Game – Failing to have mandatory equipment
- Penalty taker must serve the penalty in the position that the penalty was committed in. (Exception: if the penalty was committed by the goaltender, see Bench Minor penalty section above).
- Coaches' discretion penalties: served by any player on the floor at the time of the infraction.
 - Any Bench Minor penalty during which the Centre is already serving a penalty
- Players will be ejected for **either** of the following:
 - Receiving a combination of 3 Unsportsmanlike type and/or Dangerous Play type penalties
 - Denoted by a U or DP next to any penalty taken in an unsportsmanlike manner or causing a dangerous play (to the Referee's discretion). **OR**
 - Receiving a total of 5 minor penalties
- Unsportsmanlike and Roughing Penalties (including minor, double minor or major) after the game is over shall be served in the following game the player participates in.
- Players who are ejected for an accumulation of penalties are removed for the remainder of the game and must return to the team bench before the Coach can fill the position on the floor.



Major Penalties:

- A five (5) minute major penalty must be served in its entirety regardless of how many goals are scored by the opposing team.
- Players assessed a major penalty will serve five (5) minutes and receive a Game Misconduct (automatic ejection). The player is not allowed back on the floor to resume playing and is removed for the remainder of the game.
 - Once the penalty has expired, the Coach can fill vacant position on the floor.
- A Goal Keeper assessed a major penalty must serve the penalty. The Coach may replace the Goal Keeper with another player on the floor at the time of the penalty.
- If the Coach receives a major penalty, he/she is ejected from the building for the remainder of the game. The team shall serve a Bench Major.
- If a Team receives a major penalty, the team shall serve a Bench Major.
- A Minor penalty may be upgraded to Major penalty if deemed necessary by the Referee's.
- After receiving a Major penalty, the player/team official may not stay on the bench, but may sit in the bleachers as a spectator. At the Referee's/Executive on Duty's discretion, the player/coach may be ejected from the building for being too hostile.
- If a player receives three Unsportsmanlike/Roughing/Dangerous Play minor penalties in one play, the minor penalties are upgraded to a Major penalty. If one of the penalties is not called as an Unsportsmanlike/Roughing/Dangerous Play minor penalty, the referee has discretion as to whether an upgraded Major Penalty is called or not.
- If a Major Penalty occurs during the 1st or 2nd period, the penalty duration will be served, and the player will be removed from the game.
- If a Major Penalty occurs during the 3rd period, the penalty duration will be served, and the player will be removed from game, in addition to an automatic full-game suspension during the next game.

Accumulation of Unsportsmanlike/Dangerous Play Penalties

- Players receiving a total of either (1) 10 Roughing, Unsportsmanlike penalties or any penalties deemed by the on-floor Referee's as dangerous/rough/unsportsmanlike type penalties, or (2) 5 Unsportsmanlike penalties, will be suspended for 1 game, pending review by the Disciplinary Committee.
 - On-floor Referee's will communicate with the Referee-in-Chief in regards to any dangerous/rough/unsportsmanlike penalties that were not designated as Roughing or Unsportsmanlike Conduct on the score sheet. Including, but limited to Boarding, Charging, Cross-Checking, Elbowing, and Spearing. Notification of these types of penalties will be given out to the relevant Team Official, if not already communicated during the game.



- Double minor penalties will be counted as 2 and major penalties will be counted as 3
- If a player receives one to three roughing/unsportsmanlike/dangerous play penalties and a major penalty, they will be suspended for one game. If a player receives four to five roughing/unsportsmanlike/dangerous play penalties and a major penalty, they will be suspended two game suspension pending review by the Disciplinary Committee.
- The Disciplinary Committee shall keep a record of players' accumulation, and will send a warning (as possible) when a player receives 5 and 9 of these types of penalties.
- If players exceed 10 of these types of penalties, every subsequent 2nd accumulation (i.e. 12, 14, etc.) will result in a 1 game suspension, pending review, with a warning on every subsequent 1st accumulation.
- During the tournament, this count shall reset, and the same rules shall apply, with the exception of the initial accumulation being a total of 5, with a warning when a player receives 3 and 4 of these types of penalties.

Calling of Penalties:

- If teams receive coincidental penalties, but a team has three (3) players in the penalty box, the coincidental penalties shall start running once the 1st penalty has expired.
 - See Minimum Player Rule on page 21 for calling of multiple penalties.
- Should an infraction of the rules which would call for a minor, double minor, or major penalty be committed by a player of the side in control of the puck, the Official shall immediately blow his/her whistle and penalize the offending player.
- Should an infraction of the rules which would call for a minor, double minor, or major penalty be committed by a player of the team not in control of the puck, the Official shall raise his/her arm to signal the delayed calling of a penalty
 - When the team to be penalized gains control of the puck, the whistle will be blown to stop play and impose the penalty on the offending player.
 - If there is an injury on the play, it will be the Referee's discretion whether to allow a scoring chance on a delayed penalty to continue or not.
- If the penalty to be imposed is a minor penalty and a goal is scored on the play by the non-offending side, the minor penalty shall not be imposed but major penalties shall be imposed in the normal manner regardless of whether or not a goal is scored.
- If two or more minor penalties were to be imposed and a goal is scored on the play by the non-offending side, the Captain of the offending team shall designate to the Official which minor penalty(ies) will be assessed and which minor penalty will be washed out as a result of the scoring of the goal.



- When the penalty to be imposed is a Double Minor penalty, and a goal is scored, only the second half of the penalty minutes of the appropriate penalty will be assessed to the offending player (considered a Double Minor, but only serves 1:30)
- If a goal is scored by the non – offending side on a delayed penalty, the play and clock will be stopped by the Official to record the penalty details (regardless of scoring, the penalty will still be recorded).
- Use of video is permitted, subject to Referees discretion, if the Referee suspects a Major Penalty has been committed.
 - Exception: Goals, Minor Penalties and Double Minor penalties will not be subject to video review.

List of Penalties

Minor Penalties

- **Abuse of Equipment (AE):**
 - Excessive banging of sticks on the floor subject to Referees discretion.
 - Applicable to Mites, Junior Squirt and Senior Squirt.
 - Throwing of any equipment.
 - Use of illegal or altered equipment; continuing to play with a broken or damaged stick
 - Immediately drop the broken stick and call the Referee's attention for a stoppage.
 - (Raise both arms vertically and call "Ref" until the play is stopped.)
 - Observed intentional bending of the blade or shaft of a stick by any team member or Coach using anything other than hands to bend the sticks.
 - (Players may bend their own sticks using only their hands)
 - Players must not high stick under any circumstances to bend their stick (Players will be called for a High Sticking minor penalty).
 - **Exception:** Players in Mites and Junior Squirt divisions will not be permitted to bend their sticks on the floor.
 - Excessive bend in the blade of any stick in play. The "Dime Rule" will apply. (If a dime standing on edge can slide between the floor and the blade, a penalty will be issued.)
- **Blocking (BL):**
 - Repeated contact initiated by the possessor of the puck, displacing the opposing player's position by blocking the attempt of an opposing player to get the puck.
- **Boarding (BD):**
 - Deliberate contact with an opposing player causing the player to be thrown into the wall.
- **Charging (CH):**
 - Intentionally jumping at or running into an opposing player in overly aggressive manner.



➤ **Cross Checking (CC):**

- Delivering a check with both hands on the stick.

➤ **Delay of Game (DG):**

- Holding/juggling the puck in his/her hand to gain advantage of the play (including the Goal Keeper while he/she is completely outside of the goal crease).
 - Closing the hand around the puck will not be enforced in PeeWee and Bantam unless concealing the puck has created a clear positional advantage. Subject to referees' discretion.
- Teams without the minimum number of players who are not ready to take face-off positions on the floor five (5) minutes after the Official has indicated game start time. Teams will serve a Bench Minor.
- Teams not ready (who have the required minimum number of players) to take face-off positions on the floor thirty (30) seconds after the Official has indicated the beginning or resumption of the game after intermission or time out, as indicated by his/her initial whistle and a warning to the team that thirty (30) seconds have been put on the timer **OR** teams who have not provided a scorekeeper/timekeeper within one (1) minute of the indicated start time. Teams will serve a Bench Minor.
- Failing to wear mandatory player's personal equipment, or failure to wear the equipment in the proper manner at the commencement of play. No warnings or reminders are required to be given. Teams will serve a Bench Minor.
 - Exception: Repairing of equipment which is worn properly; adjustments of straps
 - Neither play nor clock will be stopped for retying of shoelaces
 - Not a penalty, but must substitute the player immediately.
- Intentional entry onto the floor to approach an official by a team official or spectator during a game without the expressed permission of the Referee. Teams will serve a Bench Minor.
- Changing of players on the floor from the bleachers. Coaches and players must be in their team corner at all times and cannot sit or stand on the bleachers waiting to change.
 - Teams will serve a Bench Minor
 - Players on the floor trying to change with another player while play is coming directly at them may, at that time, step onto the bleachers so as to not interfere with the play, but must immediately return to the floor when the play has passed.
- Deliberate and repeated or unnecessary stoppages in play (subject to Official's discretion), i.e.:
 - Shooting the puck out of play
 - Violations
 - "Freezing" of the puck by players
 - "Freezing" of the puck by the goaltender (unless the goaltender is being checked or the opponent is in the vicinity)
 - Embellishment
 - Calling additional Time-Out when none are available



- Disregarding faceoff rules for using anything other than the stick to win a draw (no warning).
- A 2nd faceoff infraction after a warning for violating faceoff rules the 1st time
- Failing to update player jersey numbers into SportNinja. Teams will serve a Bench Minor.

➤ **Elbowing (EL):**

- Using an extended elbow in a manner that may or may not cause injury, which may impede the progress of a player.

➤ **Goaltender Interference (GI):**

- Interfering with the goaltender's ability to play his/her position, while a part of their body is inside the crease, whereby overt contact to any part of the goaltender's body is made
 - Stick-to-stick contact will not be called, unless deemed as "Slashing"
 - Any contact made with the goaltender within the crease shall be penalized
 - If the puck is covered outside the crease, and a near simultaneous reaction of the offensive player hitting the goalie and the goalie covering the puck occurs, there shall be no penalty called, unless deemed Slashing, or the contact persists.
- Actions such as waving arms or stick in front of the goaltender for distraction purposes.

➤ **High Sticking (HS):**

- Carrying or using the stick that causes the blade of the stick or opponent's stick to come completely above the:
 - a) Lowest visible point of the players' jersey [applicable to Mites, Junior Squirt and Senior Squirt]
 - b) Crest of the jersey (i.e. logo of the jersey) [applicable to PeeWee, Bantam and Adult]
- The player initially causing the upward motion shall solely be penalized if the opposing player's stick was unavoidably raised to the offending level.
- The player whose stick rose above the level shall solely be penalized if it was avoidable, and the player made an insufficient effort to keep the stick down.
- Both players may be penalized at the discretion of the Referee.
- Exception: When the stick blade comes into contact with the neck or head area of another player, a High Sticking penalty will be issued, regardless of where the high stick line is.

➤ **Holding/Holding the Stick (HL):**

- Restraining or impeding the progress of an opposing player whether or not in possession of the puck by using hands, arms, or legs.
- Holding an opponent's stick

➤ **Hooking (HK):**

- Turning the stick around to "hook" an opponent and impeding their progress.

➤ **Interference (INT):**



- Intentionally interfering or impeding the progress of an opposing player by means of direct body/hand contact, or deliberate placement of a stick.
- Intentionally attempting to impede an opponent's stick with any part of his/her body.
- Playing his/her stick, foot, or other part of his/her body either deliberately or without due care to cause an opposing player lose balance
- Delivering a "pick", whereby one moves into an opponent's path without initially having body position, thereby taking the opponent out of the play.
- Undercutting the established body position of an opponent who is going for the puck in the corner/bleachers, so as to creating contact or a dangerous situation.
 - Note: If the player going into the corner is out of control, that player shall receive a minor penalty for Charging
- Preventing a player who has dropped his/her stick from regaining possession of it.
- Shooting a dropped stick or other debris into the path of the puck or causing it to interfere with another player.
- Interfering with play in any manner while off the playing area for any reason (including serving a penalty). Players must have two feet on the playing area to establish legal positioning on the floor.
- Any prolonged physical contact after warning from an Official to remove contact.

➤ **Lifting the Stick (LS):**

- Intentionally lifting the opponent's stick without making a heel to toe sweeping motion.

➤ **Over Center Interference (OCI):**

- Crossing over the center line and playing the puck or causing interference with another player by contacting either an opposing player or their stick, including the follow-through of the shooting motion.

Lying on the floor, while the above is committed will be deemed a penalty.

➤ **Roughing (RO):**

- Participating in overly aggressive play, to the point where injuries could occur.

➤ **Slashing (SL):**

- Swinging in an aggressive manner with his/her stick at an opponent with or without the puck.

➤ **Sliding (SD):**

- Intentional sliding on the floor, by using both knees or sliding/diving across the floor (by leaving both feet).

➤ **Spearing (SP):**

- Using an object to impale, jab, or poke an opponent.



➤ **Too Many Players (TP):**

- Having more than 6 players on the floor at the same time, resulting in a Bench Minor.
 - During substitution, the player intentionally plays the puck with his/her stick, or any body part while in the process of entering or leaving the floor
 - During substitution, the player intentionally checks an opposing player while in the process of entering or leaving the floor
 - During substitution for a goal keeper/extra attacker, the player leaving the floor and the player entering the floor must be within two feet (2') of the team bench while changing (the distance is roughly at the basketball sideline) but neither can be part of the play until the other is off the floor.
 - If, during the substitution, the player entering/leaving the floor is struck by the puck, no penalty shall be enforced.
 - Players will not be assessed a 'Too Many Players' penalty when there is a stoppage in play and/or there is a time out called by either team.
- Goal Keeper may not cross the centre line (unless it is to substitute off the floor)
 - Will continue to remain "goal keeper" until all goal keeper equipment is off
- Conducting a shift change during play by carrying a stick onto the floor.
 - Exception: Removing the goaltender for an extra attacker.
- Not following the specified amount of players in the appropriate positions.

➤ **Tripping (TR):**

- Playing his/her stick, foot, or other part of his/her body either deliberately or without due care to cause an opposing player to trip or fall.
 - Tripping will not be called if, in the judgment of the Referee, a player was legitimately attempting to only play the puck from the side or directly in front and inadvertently caused the trip.

➤ **Unsportsmanlike Conduct (UC):**

- Any player or Coach acting in an unsportsmanlike manner.
 - If the act occurs off the floor, the team shall serve a Bench Minor penalty.
- Mercy Rule
 - Every goal that is scored that results in a goal differential of 9 or more.
- Hitting or slamming the bleachers/walls/floor/goal posts with the stick.

Double Minor Penalties

Gym Setup and Teardown (GY):

- Failure to hold responsibility of setting up/tearing down the gym.
 - Coaches of the first games in any gym are required to show up 15 minutes early to help the Referees set up.
 - Coaches of the last game to play on any day are responsible for gym teardown.



- This includes helping the referees and delegating parents to help with benches/bleachers, moving nets or any other equipment, and general clean up.
- Served by a player in the starting line-up of the game to be played (set up) or the next game (tear down).
- Gym Setup and Teardown will not be subject to coincidental penalty rules.

Unsportsmanlike Conduct

- Any player or Coach acting in an unsportsmanlike manner.
 - If the act occurs off the floor, the team shall serve a Bench Minor penalty.
- Mercy Rule
 - Intentional own goals will result in a bench double minor to be assessed in the following game.

Upgraded Minor Penalty:

- If a typical minor penalty results in any visible injury to the opponent, the Offender may receive a Double Minor penalty, subject to the Referees' discretion of the injury.

Major Penalties

- **Abuse (AB):**
 - Directing physical or verbal abuse (breaking the RCFHA Code of Conduct) [i.e. Swearing] at Referee's, Coaches, or players.
- **Deliberate Attempt to Injure (AI):**
 - Any deliberate attempt to cause an injury, regardless of the severity.
- **Fighting (FG):**
 - Punch or an attempt to punch an opponent.
- **Illegal Team Official (IL):**
 - Any team official who is not authorized to be on the bench.



Referee's Signals



Hockey Officials' Signals



Blocking
Using both hands on the hips



Boarding
Strike the clenched fist of one hand into the open palm of the other hand directly in front of the chest.



Charging
Rotating clenched fists around one another in front of chest.



Cross-Checking
A single forward and back motion with both fists clenched in front of the chest.



Delayed Calling of Penalty
Extend arm to upright position.



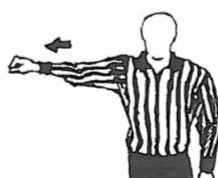
Delay of Game
The nonwhistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



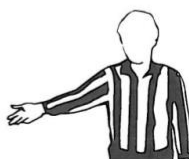
Elbowing
Tapping either elbow with the opposite hand.



Fighting/Punching
A double "punching" motion with fist clenched, fully extended in front of the body.



Roughing
Fist clenched, fully extending arm from the side.



Goal Scored
Point at the net with the nonwhistle hand, palm open.



Hand Pass
The nonwhistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



High-Sticking
Holding both fists, clenched, one a short space immediately above the other to the side of the head.



Holding
Clasp wrist of whistle hand with the other hand well in front of the chest.



Hooking
A series of tugging motions with both arms, as if pulling something toward the stomach.



Interference
Crossed arms with fists clenched stationary in front of chest.



Misconduct
Hands should be moved once from sides down to hips. Thus, point to player first, hands to hips second.



Over Centre Interference
Extend open palm back and forth over imaginary line



Penalty Shot
Arms crossed (fists clenched) above the head.



Spearing
A single jabbing motion with both hands together, thrust forward in front of the chest, then dropping hands to the side.



Slashing
One chop with the nonwhistle hand across the straightened forearm of the other hand.



Timeout/Unsportsmanlike Conduct
Using both hands to form a "T" in front of the chest.

Too Many Players
Point index finger downwards and rotate in a circle.



Tripping
Keep both feet on the floor when signaling, using right hand on the leg.



"Wash-out"
Both arms swung shoulder height, not waist height.



Supplemental Discipline

Ejections:

- Players will be ejected for receiving either of the following: (supplemental discipline will not apply, unless deemed necessary by the Disciplinary Committee)
 - Receiving a total of 3 Unsportsmanlike type and/or Dangerous Play type penalties
 - Receiving a total of 5 minor penalties
- Players/Team Officials will be ejected from the game for receiving a major penalty (will be subject to a review for supplemental discipline).
- Any Team Official or spectator directing physical or verbal abuse (breaking the RCFHA Code of Conduct) at Referee's, Coaches, or players are subject to 1 warning during a game
 - Any subsequent (or flagrant, initial) abuse will warrant an ejection from the building
 - Executive on Duty and/or Referees shall escort the Team Official/parent out
 - If there is resistance to leaving the building, further supplementary action may be enforced by the Disciplinary Committee

Disciplinary Committee:

- The Disciplinary Committee shall review all Official's Reports and any reports from the Executive on Duty to determine if any supplemental discipline may be necessary.
- The Committee shall keep a record of players' accumulation of Roughing/Unsportsmanlike penalties, will send a warning (as possible) when a player receives 5 and 9 of these types of penalties, and institute a 1 game suspension for receiving 10 (See Accumulation of Unsportsmanlike/Dangerous Play Penalties).
- The Committee must come to a decision and inform both the Team Official(s) and player(s) receiving supplemental discipline (or the Team Official alone, if the Team Official is receiving supplemental discipline) within 72 hours of the incident.
 - Tournament supplemental discipline must be dealt with as soon as possible and the Committee must come to a decision and inform the relevant parties before game time.
 - If a decision cannot be made prior to game time, the relevant party will be suspended for the next scheduled game.
- Team Officials/players may appeal the supplemental discipline by emailing a letter to the President and, if need be, scheduling a meeting to discuss the supplemental discipline with the President/Disciplinary Committee within 48 hours of the original decision.
 - In this process the President, Vice President, and the Disciplinary Committee will come to a decision on the appeal prior to the next scheduled game.
 - This decision will be final
 - No appeals may be permitted during the tournament
- Any player or Coach charged with two (2) major penalties during the season will be suspended for the remainder of the season, pending review. The RCFHA Executive will review both the suspension and the future participation of the player or Coach in the Richmond Cosom Floor



Hockey Association. Players or Coaches will be advised in writing of the decision.

- The following are meant to be rough guidelines for the Disciplinary Committee to refer to (not limited to):
 - 1st offense: Letter with official warning from the Association
 - 2nd offense: 1 – 3 game suspension
 - 3rd offense: Suspension for the rest of the season



Awards

During the Closing Ceremony at the end of the Tournament, the following awards will be presented:

Awards

Will be presented to team members in each competitive division for:

- League Winner (Team Trophy only)
- Tournament Winner (Team Trophy and Individual Gold medals)
- Tournament Runner-Up (Individual Silver medals)
- Most Valuable Players (One on each team of the Finals)

Participation Awards

Will be presented to all team members in the following divisions:

- Mites
- Junior Squirts

Team Trophies

Will be presented in each division for:

- League Winner
- Tournament Winner

Most Sportsmanlike Team Plaque:

- A team in each division who exemplifies sportsmanlike conduct during the season will be awarded the Most Sportsmanlike Team Plaque.
 - Chosen with input from the RCFHA President, Vice President, Division Coordinators, and the Referee – in – Chief.

Most Sportsmanlike Player Plaque:

- A player in each division who exemplifies sportsmanlike conduct during the season will be awarded the Most Sportsmanlike Player Plaque.
 - Chosen with input from the RCFHA President, Vice President, Division Coordinators, and the Referee – in – Chief.

Most Valuable Player Plaque:

- A player in on each team who is judged to be an outstanding player during the season will be awarded the Most Valuable Player Plaque.
 - Chosen with input from the RCFHA President, Vice President, Division Coordinators, and the Referee – in – Chief.

Best Goalie Plaque:

- A goalie in on each team who is judged to be an outstanding goalie during the season will be awarded the Best Goalie Plaque.



- Chosen with input from the RCFHA President, Vice President, Division Coordinators, and the Referee – in – Chief.

Marcel Doucet Award:

At the end of each season the RCFHA will accept applications for the Marcel Doucet Award and Scholarship. It is awarded to an applicant in his/her Grade 12 year or First Year Post-Secondary, who made significant contributions to the sport and the league, displayed a high level of sportsmanship and team spirit, all while maintaining the RCFHA philosophy. A decision will be made on the quantity of awards to be given out once all applications are received.

Scholarship:

An award of \$800 (subject to change) will be granted to the successful applicant, which can be used toward post-secondary expenses. The payment will not be made until the winner has provided the league with proof of enrolment in a post-secondary institution. The award is valid for redemption up to 2 calendar years from the administration date.

Application Process:

Interested applicants must submit their application form to the league through the specified form found on the website no later than the date specified on the form and website. If you have any questions regarding this process, please contact officials@rcfha.org.

Application Requirements:

The application requirements are as follows:

- Applicants must be in Grade 12 or First Year Post Secondary at the time of their application
- Applicants must be planning to enroll full-time in a Post-Secondary program at a recognized institution within 2 years from graduation
- Applicants must submit and complete the form found on the website
- Must be a member or a volunteer of the league

Selection Process:

- Any Executive member who is related to an applicant or chooses to abstain from the



process will not be involved in the selection/voting process in any way

- The remaining eligible Executives will vote on finalists, the number of awards and a winner
- A discussion of the finalists' applications will be conducted prior to selection of a winner
- The winner will be announced on the final day of the tournament

Scorekeeping/Timekeeping Manual

Scorekeeping Manual:

1. SET PERIOD LENGTH

- **Type in 15:00**

2. SCORING

- **Hit + button beside GOALS**
- **Enter Time of Goal (use all digits)**
- **Select the Goal Scorer**
- **Select the Assisters (OPTIONAL)**
- **Click Confirm**
- **If wrong number selected, reselect number to remove it. Must be in order of displayed (i.e. remove assister before scorer).**

3. PENALTIES

- **Hit + button beside PENALTIES**
- **Enter Time of PENALTY (use all digits)**
- **Select the Penalty Taker**
- **Enter Length (2, 3, 5)**
- **Select the Penalty**
- **Click Confirm**

4. MAKING CORRECTIONS



- To edit or delete a goal/penalty, click in the middle of what you want to edit (GOALS or PENALTIES)
- All of the selected will come up
- Click on the pencil on the side to edit goal or penalty
- Clicking the pencil will also allow you to delete goal or penalty

5. END PERIOD

- Click on END ` \_\_\_\_ ` PERIOD
- Click YES
- Click START NEXT PERIOD
- Enter period length

Optional Features

6. CHANGING GOALIES

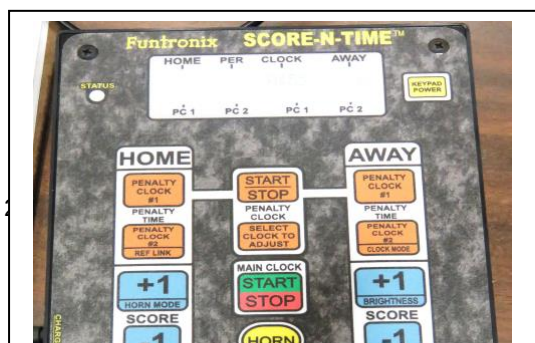
- Hit CHANGE GOALIE
- Hit + at the top right
- Enter time of goalie change
- Click which period
- Enter time of goalie change
- Click goalie coming in or EMPTY NET
- Confirm

7. KEEPING TRACK OF SHOTS

8. Hit the PLUS symbol beside SHOTS

Timekeeping Manual

Make sure to push down in the middle of the button. This is not a touchscreen.



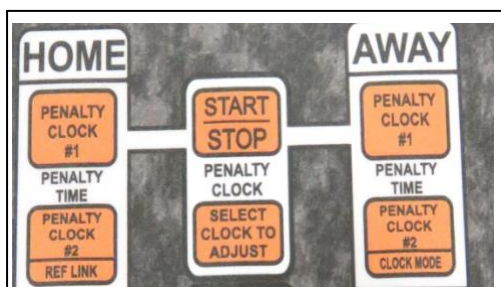
1. HOLD DOWN  to **start a new game.**

2. Press  to **Start or Stop the clock.**



3. Scoring

- Press **Blue +1 button**
 - LEFT (with "Horn mode") for Home
 - RIGHT (with "Brightness") for Away



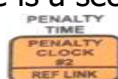
4. Penalties

- Wait until the puck is going to be dropped
- Press  on either the Home or Away

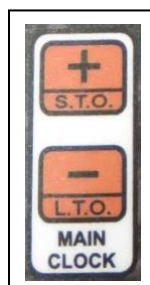
side, then press



- If there is a second penalty, repeat the above steps using



5. Timeouts



- Press  to stop the clock
- HOLD DOWN  until clocks shows 0:30, then press 
- Press  to go back to the remaining time in the period.

6. Period Intermissions

- **When period is over**, wait for horn to finish, then HOLD DOWN 
- The clock will change to 2:00, then press 
- When the 2:00 is over, press  to go to the next period.

Troubleshooting

1. Adjusting the time on the Main Clock

- Make sure the clock is stopped. Then use



and press  to add





or to subtract time (by 1 second increments).

2. Adjusting the time on the Penalty Clocks

- Make sure the clock is stopped.

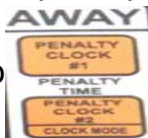
- Press  and look up at the clock. Continue to press this button until the penalty clock you want to adjust is flashing.

- Then use  and press  to add or  to subtract time.

Advanced Work

1. Clearing a penalty after a goal is scored and the player goes back on

- Make sure the penalty clock is still running. Determine which penalty clock

you want to clear and press that button (i.e.  or ).

2. Setting a Double Minor penalty/Setting a Major penalty

- This applies to all penalty clocks. i.e. If you press 

- Once: 1:30 will show up on the penalty clock
- Twice: 3:00 (Double Minor) will show up
- Three times: 5:00 (Major) will show up
- Four times: The penalty clock will go blank

3. Setting a timeout, while there is still a penalty

- Stop the clock. HOLD DOWN  . Press  and quickly press 

Scorekeeping Abbreviations

Minor Penalties:

1 minute 30 seconds per penalty

- 5 penalties and the player is out of game. **OR**



- 3 Unsportsmanlike type and/or Dangerous Play type penalties and the player is out of the game.

AE	Abuse of Equipment		INT	Interference
BD	Boarding		LS	Lifting the Stick
BL	Blocking		OCI	Over Center Interference
CC	Cross Checking		RO	Roughing
CH	Charging		SL	Slashing
DG	Delay of Game		SD	Sliding
EL	Elbowing		SP	Spearing
GI	Goaltender Interference		TP	Too Many Players
HL	Holding/Holding the Stick		TR	Tripping
HK	Hooking		UC	Unsportsmanlike Conduct
HS	High Sticking			

Double Minor Penalties:

3 minute penalty – Functions as two (2) minor penalties

GY	Gym Setup/Teardown			Any upgraded minor penalty
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Major Penalties

5 minute penalty – player is Out of the Game

AI	Deliberate attempt to injure		FG	Fighting
AB	Abuse		IL	Illegal Player

Appendices

Appendix A: Adult Floor Hockey Rules Exceptions

- All rules are to be followed under the RCFHA Rulebook, with the exception of the following:

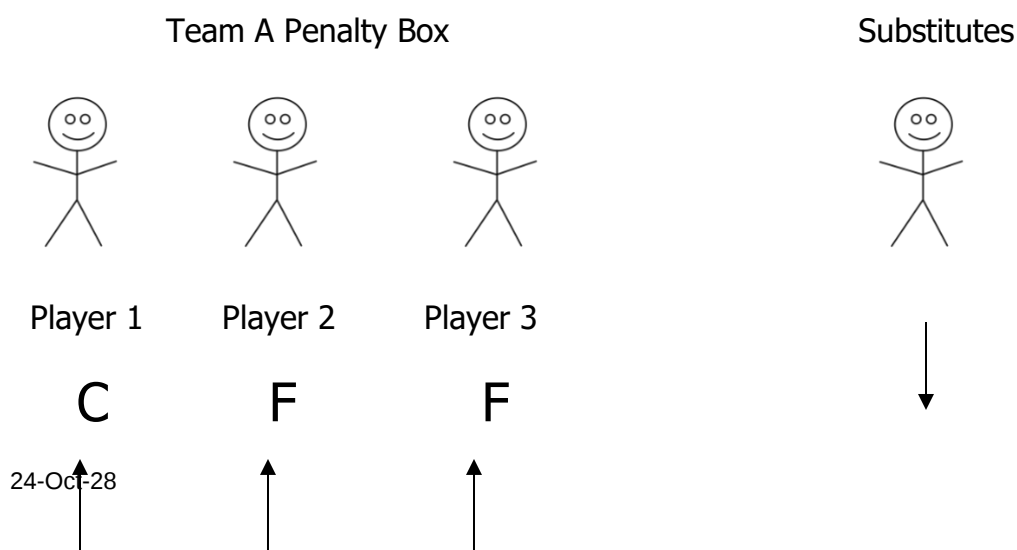


Rule	Adult Division
Mercy Rule	Mercy Rule will not be enforced
Shin pads/knee pads	Not required for players
High Sticking	Crest of jersey (i.e. logo of jersey)
Hockey sticks	Any league supplied Cosom stick can be used
Goaltender Equipment	- Long sleeve not required to be worn - Personal equipment may be used (subject to League approval)
Sliding	Will not be enforced
Player Substitutions	A player can substitute another player on the floor with a stick as long as the change occurs within three feet of the team bench.
Mandatory Goalie Equipment	- Shin pads and knee pads required - Any goalie helmet can be worn (including non-CSA approved helmets) if a waiver signed
Delay of Game – Closing hand on puck	Will not be enforced unless concealing the puck has created a clear positional advantage. Subject to referees' discretion.
Abuse of Equipment	Tapping the stick will not be enforced
Affiliate Player	There is no three (3) regular season game limit for a player of a team in Bantam to play as an Affiliate Player for the same team in the Adult Division
Penalty Clock Timing	All penalty clocks will stop every time the whistle is blown

Appendix B: Flow Chart for 3+ Penalties

Regulation Time:

1. Player 3 receives a penalty.
2. Substitute from the bench goes on the floor with their own stick, **and** plays in Player 1's position
3. Player 1 goes directly to the bench when their penalty expires.





C
(Player 1's position)

Overtime:

1. Player 2 receives a penalty.
2. Substitute from the bench goes on the floor with their own stick, **and** plays in Player 2's position
3. Player 2 goes directly to the bench when their penalty expires.

Team A Penalty Box

Substitutes



Player 1

Player 2

C

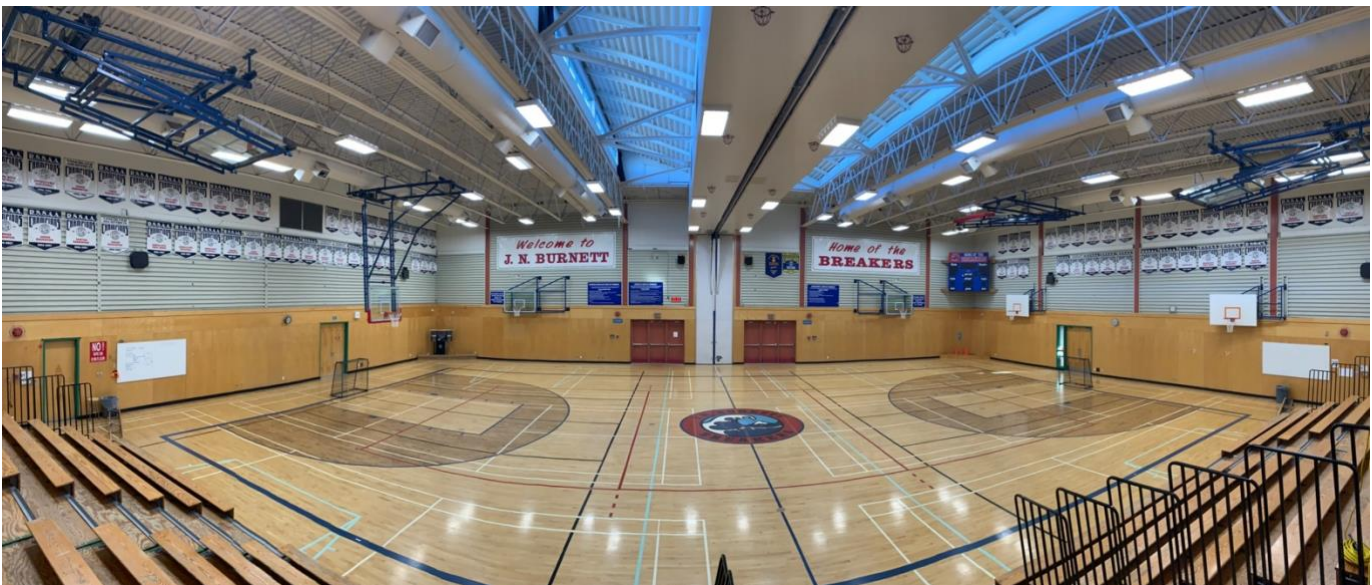
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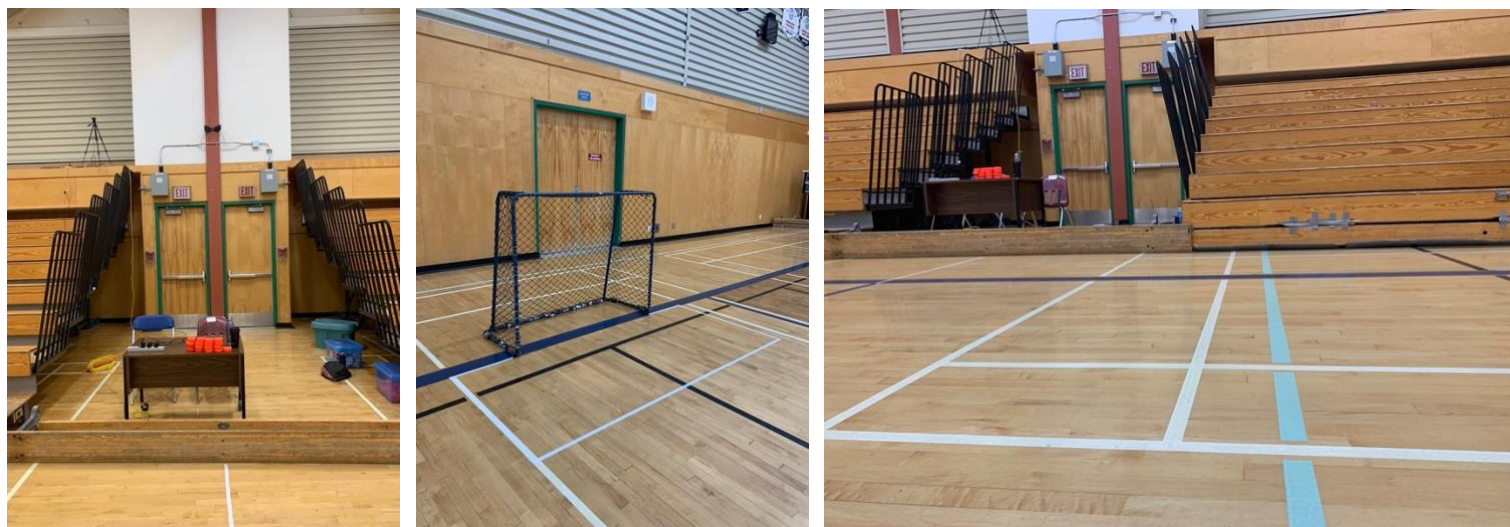


C

(Player 2's position)

Appendix C: Example of Proper Gym Setup





Game Day Set-Up Check List

1. Open Storage Locker/Male Changeroom. Inside is the clock box, brief case, foam bleacher covers, wood door blockers, two referee boxes, one puck box, two adult sticks bags and a broom. If locker is not open, find janitor. They're usually in their office down the hall, to the left.
2. Open gym closet on Home side. Inside is two nets, Scorekeeper/Timekeeper table and chairs. Make sure to use the new nets. If closet is not open, find janitor.
3. Set up bleachers and put away basketball hoops. Bleachers come out using a remote which is usually in the Scorekeeper/Timekeeper desk. If you can't find it, find the janitor. There is a long hook in the equipment room behind the main door that can be used to pull the hoops against the wall. If the main basketball backboards are down, use the key attached to the wall to put them away. There is one key and control at each end of the gym.
4. Put one bench in each corner and one long bench in between two bleachers. On Home and Away side benches, put garbage cans in between bench and wall. If in need of more benches, check the small gym.
5. Plug in two extension cords in hallway just outside Scorekeeper/Timekeeper area. Set up one extension cord in Scorekeeper/Timekeeper area, and the other along top row of Away side bleachers.
6. Set up Scorekeeper/Timekeeper area with table and two chairs. Ensure that iPad, clock control pad and referee wrist controllers are charging. Chargers are in referee box. Keep two adult stick bags in this area. When Adult games start put one stick bag in the small gym, and leave the other stick bag in this area.
7. Set up clock in far corner of Home side. Open clock case by turning clasps counter clockwise (they're very stiff). Set up two stands, hang clock, secure with bungee cord to hold both sides together. Power cord is draped over the bungy to prevent strain on the cord. Plug in and turn on switch behind clock. Put clock case and stand bag behind the clock in the corner.

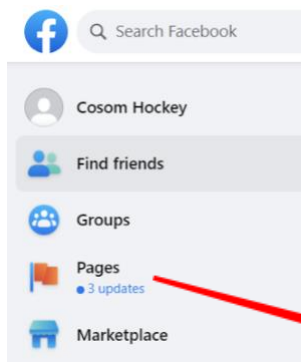


8. Use white tape from referee box to set up two creases, six face-off points and extending both sides of the centre line.
9. Place tape in between the door and the frame to ensure when it is closed it does not lock, but it appears locked.
10. Set up foam pipes for under bleachers and wood blockers at doors. Green foam pipes go on the ends closest to the team bench.
11. Set up tripod and camera on top row of bleachers on Away side. Plug in camera to computer and plug in charger to extension cord.
12. Sweep floors with broom and water.
13. Confirm rosters with coaches and get them to sign scoresheet on SportNinja.
14. Take the lock and a chain and lock the change room. Periodically walk around the foyer and the changeroom area to look for unauthorized people in the building.

Camera and Laptop Set-Up:

Livestream Set-Up:

Login to Cosom Hockey Facebook page:



1. Click on **Pages** icon on the left:



2. Click on RCFHA logo

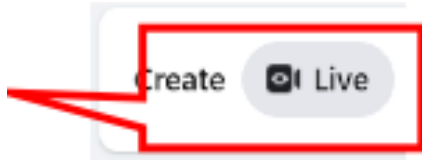
Pages you manage



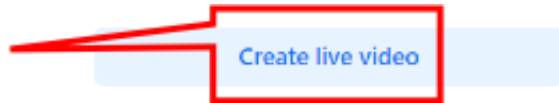
Richmond Cosom Floor Hockey Association (RCFHA)

Nonprofit organization · 298 likes · 337 follows

3. Scroll down and click on **Create Live**

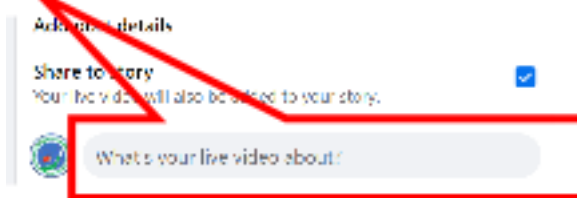


4. Click on **Create Live Video** (The video will turn on)



video about"

5. Scroll down and click on **"What's your live**



6. Under **Title** type: **RCFHA LIVE** and **DATE**

Title (required)
RCFHA LIVE FEBRUARY 25,2022

7.

7. Under **Description** type the games played on the day

Description (Required)

8. Click on **Go Live** on the left side



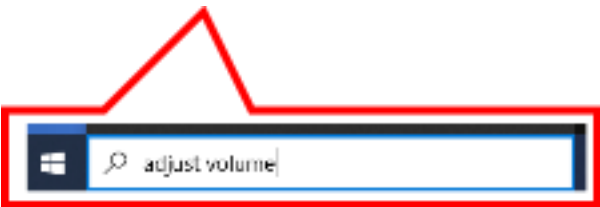
Music/Volume Control:

An iPhone will be connected via Bluetooth to a speaker **BLOCK ROCKER PLUS**. Open **SPOTIFY** app on the iPhone to play music under folder named **HOCKEY**.

Due to copyrights, we can't livestream with background music. Therefore, between periods and between games when music is playing laptop's volume must be turned down.

Laptop volume control instructions:



1.  Type: **ADJUST VOLUME** in the search window on the bottom left of the windows bar and click ENTER



2. Change device volume to 0%



3. After the music turned off/paused, change device volume to 100%

Game Day Tear Down Check List

Saturday

1. Ensure clock is turned off. Leave everything as is and set up ready for Sunday.
2. Clean up the Scorekeeper/Timekeeper area.
3. Usher everyone out of the building and check the building for any unauthorized people.
4. Ensure you are the last person in the building to leave.

Sunday

1. Move all benches moved against the walls.
2. Remove all tape on the floors.
3. Pucks must be collected and put into puck box. Usually found under bleachers, Away side window sill and small gym.
4. Put clock back into clock box.
5. Collapse tripod and put into box.
6. The bleacher remote goes inside Scorekeeper/Timekeeper desk.



7. Open gym closet on Home side. Inside goes: two nets, Scorekeeper/Timekeeper table and chairs. If closet is not open, find janitor. They're usually in their office down the hall, to the left.
8. Inside Referee bins goes: (1) Clock control pad, (2) referee wrist controllers, (3) chargers for iPad and clock, (4) two extension cords, and (5) power bar.
9. Check that Storage Locker/Male Changeroom is open. If locker is not open, find janitor. Inside goes: (1) Brief case containing laptop, webcam and iPad, (2) clock box (these must be locked), (3) foam bleacher covers, (4) wood door blockers, (5) two referee boxes, (6) one puck box, (7) two adult stick bags, and (8) a broom.

Appendix D: Equipment List

- Contact the Equipment Manager for any discrepancies, questions, or concerns.

Quantity	Item
12	Player Sticks (subject to number of players on the team)
2	Goalie Sticks
1	Goalie Jersey
15	Pucks
1	Stick and Goalie Bag
1	Black Tape (stick repair)
2	Helmets with throat protectors
1	Goalie Chest Protector
1	Goalie Blocker/Trapper Set
1	First Aid Kit
30	Ice Packs (subject to availability)
5	Pinnies for practice
10	Cones for practice

Appendix E: Forms/Information



Forms that are required to be filled out can be found on the website under Coach's, Parents and Referee's Corner.

- Criminal Record Check

<https://justice.gov.bc.ca/criminalrecordcheck>

- Coaches Code of Conduct

<http://rcfha.org/wp-content/uploads/2023/10/CoachesCodeofConduct.pdf>

- Captains Code of Conduct
- Parent and Player Code of Conduct

<http://rcfha.org/wp-content/uploads/2016/10/Code-of-Conduct.pdf>

- Incident Report Form

<http://rcfha.org/wp-content/uploads/2023/11/IncidentReportForm-20231130.pdf>

- Injury Report Form

<http://rcfha.org/wp-content/uploads/2023/11/InjuryReportForm-20231130.pdf>

- School District Map



School District Map

2023-2024 School Catchment Boundaries

