



LPAA HOCKEY  
**LEAGUE RULES**

Updated November 1, 2008

*Please note, it is the responsibility of each Coach and Assistant Coach to read and be fully aware of these rules, and help enforce them on the ice.*

1. The goal of LPAA hockey is to teach kids hockey skills in a fun yet competitive environment. This means we have fun and compete, but we are not a “win at all costs” league. On ice time is a mix of skill development and a game.
2. Games:  
NOTE THAT ANY COACHES/ASSISTANT COACHES ON THE ICE MUST WEAR HELMETS, AS PER CITY OF TORONTO RULES.
  - a. **Skills:** There are 2 teams in Skills, with each team on the ice at the same time. The first 40 minutes are for each team to do their own skills drills (see “Coaches drills” at [www.lpaa.ca](http://www.lpaa.ca)), and a game is played between the 2 teams during the last 20 minutes. This game while fun, should replicate a “real game” (e.g.: only put on 6 players at a time, have proper faceoffs, teach proper forward and defensive positions, and call line changes every 2 minutes).
  - b. **Tykes, Pee Wee, and Junior:** Each game should start with a 20 minute practice session with drills run by the Coach/Assistant Coaches (see “Coaches drills” at [www.lpaa.ca](http://www.lpaa.ca)), followed by the game.
3. Refs/time keepers:
  - a. **Skills/Tykes:** a Coach from one team should volunteer to act as the ref during the game. When referring, the Coach should be impartial and not offer advice to his/her players. Another Coach on the bench should volunteer as the timekeeper to time and blow a whistle for each 3 minute line changing shifts. Shifts should be approximately 3 minutes, BUT should be called when the puck is in neutral territory. Face offs for the new shift should be in the face off circle nearest where the play was whistled dead.
  - b. **Pee Wee:** a ref is provided by the LPAA to ref the game. (see “4. Ref Respect Policy”). Another Coach on the bench should volunteer as the timekeeper to time and blow a whistle for each 3 minute line change. Shifts should be approximately 3 minutes, BUT should be called when the puck is in neutral territory. Face offs for the new shift should be in the face off circle nearest where the play was whistled dead.

- c. **Junior:** 2 refs are provided by the LPAA: one ref will focus solely on referring, the other will help ref but also act as the line shift changer time keeper (e.g.: he/she will time and blow a whistle for the 3 minute line changes, doing so when the puck is in neutral territory). (see "Ref Respect Policy #4)
4. Ref Respect policy: Any abuse of any kind towards the Refs will NOT be tolerated. While the Refs are trained by the LPAA, please remember that they are teen volunteers and we are a house league. Any feedback in respect to a Ref's behaviour during a game should be reported to the League Convener. There should be NO confrontations with the Refs by Coaches, Assistant Coaches, Players, or Parents during or after the game. If this occurs the offender will be asked to leave the rink for the 1st offence, and for a 2<sup>nd</sup> offence the affected player of the Parent/Coach will be asked to sit out a future game.
5. Coaches on the ice during the game (all with helmets):
- Skills/Tykes:** a maximum of 2 Coaches per team on the ice without sticks during the game (the ice becomes too crowded with more). This is in addition to one Coach acting as the Ref on the ice.
  - Pee Wee:** 1 Coach only per team on the ice during the game, without their stick.
  - Junior:** no Coaches are allowed on the ice during the game.
6. There should be a maximum of 5 players on the ice plus a goalie during the game time for all divisions. Sometimes Coaches are tempted to put out 6 players plus a goalie if they have 13 players show up. However since it is our goal to replicate a real game and teach positional hockey, please stick to the 5 + 1 goalie rule.
7. Players playing "out" should play all positions during a game, and every player should have equal ice time. The easiest way to do this is to NOT have set shifts, but rather just chose the next 5 kids on the bench (6 for Tykes since goalies are changed every shift), and randomly assign positions every shift. It helps to have an Assistant Coach on the bench assign positions prior to a shift change to save time during shifts.
8. To maintain a fair and fun game, there is a maximum of 3 goals allowed per player per game. Coaches please monitor this rule every game and inform the Ref when a player has reached 3 goals! After 3 goals tactfully inform the player they cannot score anymore, but must pass the puck. Any further goals scored by this player are disallowed.
9. Offside and Icings:
- Skills/Tykes:** neither are called
  - Pee Wee:** only blatant offsides and icings are called
  - Junior:** all offsides and icings are called

10. Penalties (hooking, tripping, interference, and especially body contact): a verbal warning is given first by the Ref. If the behaviour occurs again the player will get a 2 minute penalty with a man advantage to the other team.
11. Goalies are used in each division as follows:
- a. **Skills/Tykes:**
    - players take a turn in goal each shift (e.g.: the “goalie” is changed every shift). A goalie stick is provided by the LPAA for Tykes, but not for Skills.
    - the goalie is NOT allowed to lie continuously on the ice or lay their stick on the ice continuously (for safety and fairness reasons)
    - raised pucks are NOT allowed for safety reasons (any goals scored with a raised puck are called back). Slap shots are allowed.
    - Players are not allowed to use their sticks to try and dislodge the puck in the “goalies” gloves. If this occurs, a warning should be given.
  - b. **Pee Wee/Junior:**
    - full goalie equipment is provided by the LPAA, and players take turns playing a full game in net each week
    - There are no restrictions on slap shots or raised pucks
    - Players are not allowed to use their sticks to try and dislodge the puck in the “goalies” gloves. If this occurs, a warning should be given
    - All players should be encouraged but not forced to play a game in goal. It is recommended that Coaches set up a weekly goal schedule at the beginning of the year, and the goalie for the next week can take the goalie equipment home each week.
    - If the goalie does not show up a team may insert a regular player in net. There are however, no restrictions on the other team raising the puck or using a slap shot.
12. Players must be in full equipment to play (e.g.: helmet with cage, elbow pads, shoulder pads, neck guard, gloves, shin pads, jock, team jersey, team socks).
13. Players should line up and shake hands with the other team after every game.
14. Coaches and Assistant Coaches responsibilities are to:
- Read and enforce the rules
  - Conduct a pre-game warm up with drills to improve skills
  - Provide encouragement and positive reinforcement to all players
  - Ensure equal ice time for all players
  - Be courteous and respectful to the Ref, and support him/her in any conflict with parents
  - Ensure players exhibit good sportsmanship (e.g.: not laughing at other players abilities, no foul language, no derogatory remarks towards players or Refs)
  - Notify the Convener after a game if there are problems (with the other Coaches, players, parents, or Refs)