
Alberta 55 plus Hockey Rules

General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: www.alberta55plus.ca. If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

Entry Procedures: Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at www.alberta55plus.ca

Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Lines ‘thou shalt not step over’ exist to place all players on an even footing. We should have enough line judges to watch each play. Rules of the games indicate who is to lead, mark the score and where players should move to their next turn. Do not make comments or loud noises during play. Shake hands before the game commences, and at the end of the game. Leave judging and score marking to the proper persons.

Rules for many of the activities that 55 plus play are contained in rules books written by provincial, national or international governing bodies. These rules are often referred to but any adaptations to these rules will be listed within each rule.

Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

Age	Events	Participants Advancing to Provincial Games
55+	Ladies Team	18 per Zone (1 team)
55+	Open Team	18 per Zone (1 team)
60+	Open Team	18 per Zone (1 team)
65+	Open Team	18 per Zone (1 team)
70+	Open Team	18 per Zone (1 team)
75+	Open Team	18 per Zone (1 team)
TOTAL NUMBER OF PARTICIPANTS PER ZONE = 108		

The Alberta 55 Plus Games and all ALBERTA 55 PLUS sanctioned events will follow the rules as outlined by the **Canadian Adult Recreational Hockey Association** for the current season. These rules can be obtained by searching www.carha.ca or by contacting:

CARHA Hockey
Suite 610, 1420 Blair Place
Ottawa, ON K1J 9L8
Ph: 800-267-1854 Fax: 800-345-1975

Alberta 55 plus Hockey Rules

Some of the rules listed below may differ slightly from CAHRA rules. The official rules listed below shall supersede similar CARHA rules for all Alberta 55 Plus Games and ALBERTA 55 PLUS sanctioned events.

1. Participating teams must submit the team's roster prior to the Registration Deadline. Replacements/substitutions will come from the 'Individual Entries Pool'.
2. Each team must compete using only the roster members submitted at the registration deadline. Up to eighteen (18) players may be registered on each team roster, but each team must dress a minimum of eleven (11) players, including a goaltender, in order to participate. A player will only be allowed to play for one team in a tournament.
3. INDIVIDUAL ENTRIES POOL – Registration would be accepted from Alberta 55 plus members completing the registration form and submitting appropriate fees. The fee will be refunded if the registrant is not placed on a team. Only members not selected to represent their Zone may submit an entry to this pool.
4. ZONE FILLS – a) The Host Zone shall have the first right to fill a vacancy in the schedule, b) followed by Zone teams that were eliminated from the Zone playoff, c) followed by teams made up from the 'Individual Entries Pool'.
5. All games will be two (2), twenty (20) minute periods of stop-time.
6. A player is allowed to score only three (3) goals in regulation time. If a fourth goal is scored, it will be disallowed and the face off shall take place at the nearest face-off spot in the neutral zone. The three-goal rule pertains to regulation time only. Three-goal scorers are eligible to score in sudden victory overtime or in the shoot-out.
7. All games will be played to a conclusion. If teams are tied at the end of regulation time, a five (5) minute stop-time, sudden victory overtime period will be played. The overtime will be played four (4) on four (4). If teams are tied at the end of the overtime period, the games will be decided by a *3 player per team* shoot-out. If still tied, teams will continue with a *single player per team* shoot-out until a winner is determined. See *CARHA Rules, Section 7, Scoring/Tie Breakers*.
8. Goaltenders may be up to 5 years younger than the age category in which they compete but be a minimum of 55 years of age.
9. Any player who is assessed three penalties in one game shall be ruled off the ice for the remainder of the game (Game Ejection Penalty). A double minor penalty will be considered as two (2) penalties. Misconduct penalties are included in the three-penalty rule and are considered as one penalty. It shall be necessary to place a substitute player from the ice on the penalty bench immediately to serve the third penalty.
10. All equipment worn by players must be CSA approved. While on the ice, players must wear CSA approved helmets with the chin-strap properly fastened under the chin.
11. Goaltenders must adhere to the CARHA Goalkeeper Facemask Rule and wear a CSA approved hockey helmet to which a CSA approved facial protector has been securely attached and not altered in any way. It is recommended that all goaltenders wear a throat protector.
12. Any unsportsmanlike conduct will be handled by the Zone or Alberta 55 Plus Games discipline committee, depending on whether it is a Zone Playoff or Provincial Games.
13. A minimum of one referee, one official scorer and one timekeeper shall be utilized for each game.