



LEAGUE REGULATIONS



◆ GREATER MONTREAL HOCKEY LEAGUE ◆

2025-2026 SEASON

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Should there be any disparity between the French and English versions of this rulebook, the French version will take precedence

GENERAL

1.1 PRINCIPLES

The rules of the Greater Montreal Hockey League supplement or clarify the rules of HOCKEY QUEBEC and HOCKEY CANADA. All members are subject to these rules as they are subject to those of HOCKEY QUEBEC and HOCKEY CANADA.

1.2 JERSEYS

The home team must wear dark jerseys. The visiting team must wear light jerseys. If both teams take to the ice wearing identical jerseys, the home team must change jerseys.

1.3 ICE RESURFACER (ZAMBONI)

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

1.4 ABSENCE OF OFFICIALS – HOCKEY CANADA RULES

If, due to misfortune or illness, the duly appointed referee and linesmen are unable to attend.

- A) The manager or coach of the home team shall attempt to contact the assigner or the head referee of the organization or association to obtain the services of officials.
- B) In the meantime, both teams shall begin the game as follows: the managers or coaches of both teams shall agree on the selection of a referee and/or two linesmen.

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

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

*** Considering the costs of ice time and team travel, if the staff of both teams cannot agree on non-sanctioned officials, the home team will offer the visiting team ice time for practice. ***

1.5 OFFICIALS' ROOM

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

1.6 USE OF THE OFFICIALS' PORTAL

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

1.7 RESPONSIBILITY

The head coach is the representative for his or her team at all times, for enforcing Hockey Canada and Hockey Quebec rules and regulations, and for supervising his or her team on and off the ice.

EXHIBITION GAMES

2.1 REGIONAL, ORGANIZATIONAL, OR ASSOCIATION OFFICIALS

Officials are available as soon as training camps open in September.

Note:

Hockey Lac St-Louis: Teams in the M15 AA-BB and M18 AA-BB categories must use regional officials for exhibition games.

All other categories are officiated by referees from organizations or associations.

Hockey Montreal: Teams in all categories must use regional officials for exhibition games.

2.2 OFFICIALS' FEES

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

2.3 ASSIGNMENT OF OFFICIALS

To reserve officials, games must be entered into the system at least 7 days prior to the game. If this deadline is not met, we cannot guarantee the presence of officials.

2.4 NUMBER OF OFFICIALS PER GAME

For games under the jurisdiction of the league, each game in Divisions M11 to M18 must have 3 officials, and each game in the Junior and Senior Divisions must have 4 officials.

MEMBER REGISTRATION

3.1 TEAM MEMBERS

Before participating in team activities, all individuals must be duly registered with HCR as members of the team.

3.2 RESPONSIBILITY

It is the responsibility of the representative of the organization or association to register members under its jurisdiction.

3.3 PROCEDURE

Before the first game of a team's regular season, the organization registrar must have registered the players on each team. Any games that do not comply with this rule will be forfeited.

3.4 MEMBER ELIGIBILITY

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

Any person who does not meet the admission requirements set out in the regulations is considered ineligible. The use of such a person results in a loss of games and may result in other penalties.

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

3.5 MINIMUM NUMBER OF SIGNED PLAYERS

AA or BB teams must have at least thirteen (13) registered players, plus one (1) or two (2) goaltender, on its official team roster at all times. In order to count thirteen (13) players, one (1) goaltender cannot be considered part of the thirteen (13) registered players. (Reference: Hockey Québec 5.3.1 C)

The minimum number of regular players that each single-letter Junior and Senior division team must register before the first (1st) game is nine (9) players plus one (1) goaltender. (Reference Hockey Québec 5.3.1 A)

SCORESHEET

4.1 GAME NUMBER, DATE, AND TEAM NAME

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

4.2 AFFILIATED PLAYER

When a team uses an affiliated player, it must indicate this on the score sheet in the appropriate place with the initials J.A. The absent player must be crossed out on the game sheet. (Reference Hockey Québec 7.2.3 C)

An absent player or goaltender must be replaced by a player in the same position. A goaltender replaces a goaltender and a player replaces a player. It is prohibited to replace a goaltender with an affiliated player or vice versa. (Reference: Hockey Québec 5.6.1 E)

A player may be affiliated with two (2) teams (according to the Hockey Québec affiliation table) for a maximum of 10 games in total during the regular season and not separately for a total of 20 games. A goaltender may be affiliated with three (3) teams (according to the Hockey Québec affiliation table) for a maximum of 10 games in total during the regular season and not separately for a total of 30 games. After this 10th game, the player or goaltender may no longer substitute for these teams as an affiliated player and must play only with the team where he is registered as a regular player. This rule does not apply during playoffs, tournaments, and provincial championships. (Reference Hockey Québec 5.6.1 F)

4.5 SUSPENDED MEMBER

The number and name of any suspended member must appear on the score sheet in the space designated for that purpose.

4.6 ROSTER UPDATE

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

4.7 ELIGIBILITY

Anyone officiating behind the bench must be a member listed on the team's official roster. Failure to do so will result in the team forfeiting the game, including its Franc Jeu point. Their name and number must be listed on the score sheet. (Reference Hockey Québec 7.2.3 B)

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

4.8 PARTICIPATION IN A GAME

Any member is considered to have participated in a game if their name appears on the scoresheet.

For all divisions, an affiliated goaltender listed on the game sheet will not be credited with an affiliated game if he does not participate in the game. (Reference Hockey Québec 5.6.1 D)

4.9 TRACKING SUSPENSIONS

When updating the lineup, the head coach or team manager is the representative for writing the name of any player serving a suspension and the number of games remaining in the suspension in the upper corner of the score sheet.

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

The league will keep track of all suspensions. It will ensure that they have been served according to the rules and recorded on the league's website. It will keep track of all unserved suspensions and ensure that they are served the following season.

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

GAME PROCEDURES

5.1 GAME DURATION

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

Duration: 90 minutes

Warm-up: three (3) minutes

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

****3rd PERIOD**

The duration of the 3rd period will be determined based on the remaining time allocated for ice time and according to the following principle:

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

5.2 WARM-UP PERIOD

A three (3) minute warm-up period is allocated for all divisions. The warm-up period begins as soon as the exit doors for the ice resurfacer are closed and when the first player appears on the ice.

For all divisions and classes, the off-ice official sounds the buzzer with one (1) minute remaining in the warm-up.

At the end of the warm-up, the off-ice official will sound the buzzer. Both teams must be ready to shake hands and be at center ice (i.e., have collected the pucks and performed their team cheer).

If a team is not ready, the referee **MUST** call a minor penalty for delaying the game (A92) on the offending team. If both teams are not ready, both teams will receive a minor penalty for delaying the game (A92).

5.3 HANDSHAKE

M11 to SENIOR: At the start of the game, after receiving the signal from the official, both (2) teams must shake hands.

5.4 END OF THE MATCH

Officials must consult with the home team to determine the time at which the game must end and notify the opposing team before the start of the game. Game officials are responsible for stopping the game in the 3rd period when the allotted time has elapsed and the result is final and indisputable. Arena attendants and/or off-ice officials may also stop the game.

5.5 LEGAL GAME

Two (2) completed periods.

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

If the game is interrupted before the end of the first period, it will be replayed in its entirety at a later date after investigation by league representatives.

If the second period is not completed, only the remaining time in the second period shall be resumed at a later date. This may be played before a future game between the two teams, after investigation by league representatives.

If no other game is scheduled between the two teams, league representatives will decide whether the game should be completed, based on the impact on the standings.

5.6 END OF THE GAME

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

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

5.7 MATCH RESULT AND SCORECARD

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

5.8 TIME-OUTS

No timeouts will be allowed during the regular season.

5.9 SEVEN (7) GOAL DIFFERENCE

During the regular season, after two full periods, in the event of a seven (7) goal difference: the clock will run continuously until the end of the game regardless of the reduction in the goal difference (**minor and major penalties will be timed**). (Reference: Hockey Québec 9.5.5)

5.10 NO-SHOW

A team that does not show up for a game with the minimum number of players required will lose the game by default.

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

5.11 MINIMUM NUMBER OF PLAYERS

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

In double letter, a team must show up at the start of a game with a minimum of ten (10) players in uniform, plus one (1) or two (2) goaltenders. (Reference Hockey Québec 7.2.1 B)

JUNIOR C-D, SENIOR A, AND SINGLE LETTER LEAGUE

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

5.12 LATE FOR A GAME

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

Note - Any player or team official who arrives after the second period is not allowed to participate in the game, including overtime and shootouts if necessary.

5.13 DELIBERATELY DELAYING A GAME

During a regular season game, a penalty shot will be awarded to the non-offending team if, during the last two (2) minutes of the allotted time or the time indicated on the scoreboard, a member deliberately delays the game in order to run down the allotted time and thus gain an advantage.

In the event that a penalty shot is awarded and the arena attendant (Zamboni) ends the game without allowing the time necessary to take the shot, the referee shall report this to the League President.

5.14 GAME START TIME LIMIT

DIVISIONS	MAXIMUM FROM THE START OF A MATCH TO:
M11	7:30 p.m.
M13	7:30 p.m.
M15	8:00 p.m.
M18	9:00 p.m.
JUNIOR	10:00 p.m.
SENIOR	11:00 p.m.

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

GAME CHANGES

6.1 GAME CANCELLED

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

6.2 CHANGE REQUEST

In uncontrollable circumstances, only the president or ice scheduler may request a game change from the league. No requests made directly by team representatives will be processed. The league, at its discretion, may accept or refuse the request.

The organization making the request must first reach an agreement with the representative of the organization concerned and then inform the representative of the new date via the software. The reason for the change must be indicated for the change to be valid.

When a game is not played due to an administrative error, the organization at fault has 10 business days to determine a new date, otherwise the game will be forfeited.

If a date cannot be found, the game will be placed on the list of games to be rescheduled (TBRS). The game cannot remain on this list for more than two weeks, otherwise the team at fault (the home team) will be fined \$20 per day.

6.3 LEAGUE DECISION

The league's decision is final regarding the rescheduling of canceled games. A reasonable effort must be made to find a date that is convenient for both teams.

6.4 DEADLINE FOR RESCHEDULING A GAME

The team requesting the cancellation risks losing the game if it is not rescheduled before the end of the regular season.

6.5 TOURNAMENTS ON THE SAME DATES

A team may not register for tournaments that take place on the same dates, but may do so for tournaments with overlapping dates. In such a case, the team must notify both tournaments at least thirty (30) days before the start of both tournaments or withdraw from one of the two tournaments. Failure to do so may result in Hockey Québec refusing to allow the team to participate in another tournament during the season. (Reference Hockey Québec 9.8.3)

TOURNAMENTS

7.1 NUMBER OF TOURNAMENTS

Only three tournaments are permitted during the regular season. A fourth tournament may be permitted only during the holiday season, spring break, or after the provincial championships.

DISCIPLINE

8.1 PENALTY TABLE

The penalty chart is a summary of the disciplinary code and applies to all games.

All suspensions indicated are automatic and final.

8.2 THREE (3) STICK AND HEAD CONTACT PENALTIES

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

For the purposes of this rule, bat infractions are considered to be: high sticking, double-checking, stick checking, jabbing, and six-inch checking.

8.3 GOALTENDER

If a goaltender goes to the players' bench due to injury and a substitute goaltender is in uniform, the substitute goaltender must take his place in front of the net so that play can resume immediately. The substitute goaltender is not allowed to warm up. (Reference: Hockey Canada 2.4C)

If there is no substitute goaltender in uniform, the injured goaltender is given 10 minutes to recover. If the injured goaltender must be replaced, an additional five minutes are granted, for a total of 15 minutes. If the additional five minutes are granted, the injured goaltender must remain off the ice until the next stoppage of play. If this rule is violated, the goaltender is penalized under Rule 10.1 (a) – Delaying the Game. (Reference Hockey Canada 2.4C)

A player who replaces a goaltender is subject to the rules governing goaltenders and is entitled to wear all goaltender equipment. In addition, he must comply with the following rules (Reference Hockey Canada 2.4D):

- i. A player who replaces a goaltender must wear at least a helmet, adequate face protection, and a goaltender stick (see Rule 3.3 – Sticks, and Rule 3.6 – Protective Equipment). In M13 and older divisions, goaltender pads are mandatory.
- ii. In M13 and younger divisions, a player may resume another position after being designated as a goaltender. In divisions older than M13, the player must remain as goaltender after being designated as such.

A substitute goaltender may take the place of a starting goaltender who is ejected from the game or who receives a penalty for extreme misconduct, gross misconduct, or a match penalty. When there is no designated substitute goaltender on the initial lineup, the starting goaltender's position may be taken by any player listed on the official game sheet. This substitute is allowed 15 minutes to put on the complete goaltender equipment. (Hockey Canada Reference 4.13B)

8.4 COACH SUSPENSION

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

8.5 DISCIPLINARY REPORT

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

- A) A team member is serving a one-game suspension
- B) A team member receives a penalty resulting in a suspension.

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

8.6 DISCIPLINARY COMMITTEE

Any person appearing before a Disciplinary Committee may be accompanied by a person of their choice, who shall not be entitled to speak. Minor players must also be accompanied by a parent or legal guardian, who shall be entitled to speak. (Reference: Hockey Québec 11.5)

8.7 NOTICE OF SANCTION

When a notice of sanction is issued, the notice will also be sent by email to the presidents of the AHM. The date taken into consideration for the appeal deadline is the date of receipt.

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