ICE HOCKEY – MEN & WOMEN

All participants must be at least 55 years of age by December 31 of the year of the games.

AGE CATEGORIES / EVENTS:

AGE	EVENTS	NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY
55+	Women's Team	2 teams of 20 (max)
60+ (2019)	Women's Team	2 teams of 20 (max)
55+	Men's Team	2 teams of 20 (max)
60+	Men's Team	2 teams of 20 (max)
65+	Men's Team	2 teams of 20 (max)
70+	Men's Team	2 teams of 20 (max)
75+ (2018)	Men's Team	2 teams of 20 (max)
TOTAL NUMBER OF PARTICIPANTS PER PROVINCE/TERRITORY = 280 (max)		

Canada 55+ Games players acknowledge that there is a risk of being injured when playing the game of hockey. It is your responsibility to be *physically conditioned*.

RULES INFORMATION

1. Canadian Adult Recreation Hockey Association (CARHA) Rules will apply, including exceptions, if necessary, by the Host Hockey Committee.

2. Each team **can** have up to 20 players on its roster. To be eligible for the playoff games, the players' name must appear on the team roster and must have participated in one (1) of their team's round robin games.

3. Home team status will have been predetermined by a coin toss and identified on the schedule prior to any team being slotted on the schedule.

4. The home team will wear light-coloured jerseys, or colours that do not conflict with the visiting team's colours. It is recommended that, if possible, teams bring two sets of jerseys to avoid colour conflict.

5. All games will be two (2), twenty (20) minute periods of stop time. Prior to the

start of each game there will be a five (5) minute warm-up. At the conclusion of the warm-up, each team must have eleven (11) eligible players ready to play. **FAILURE TO COMPLY WILL RESULT IN FORFEITURE.** The score will be 2-0. (CARHA Sec 7 #9)

6. All games must be played to a conclusion. If teams are tied at the end of regulation, a five (5) minute stop time, sudden death overtime period will be played.
   - The overtime will be played four (4) on four (4).
   - If the teams are tied at the end of the overtime period, the game will be decided by a shoot-out (see CARHA shoot-out rules).

7. A player is allowed to score only three 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.

8. The above three-goal rule pertains to regulation time only. Three goal scorers are eligible to score in overtime or in the shoot-out.

9. The goaltender's masks must comply with the CARHA rule book; see Rule Sec 7 Para 15 re caution to those who choose to play with cat eye goalie masks.

10. Except for the 55+ Age Category, all goaltenders may be five years younger than the age category in which they might normally play. No goaltender may be under the age of 55. No coach / manager may be under the age of 55 and MUST be registered as a participant.

11. Referees are to report all Game Misconducts and Match Penalties to the Host Committee's Game Manager at the conclusion of that particular game. Named player, coach or manager shall be suspended from all succeeding games until the case is reviewed and dealt with by the Disciplinary Committee. Any player receiving a Fighting Major or Match Penalty may automatically be disqualified for the balance of the tournament.

12. Any player who is assessed any combination of three penalties (minor or major) shall be ejected from the game (match penalty). Depending on the circumstances, he may be able to play in the next game at the discretion of the Disciplinary Committee.

NOTE:

1. The Host will hold a mandatory Managers/Coaches meeting including the Technical Director preferably the night before the start of competition.

2. The Host should endeavor to not have teams play two games a day on back to back days.