

BASIC RULES, EQUIPMENT & SAFETY REMINDERS

- Only use the stick to play the puck, NOT to impede a player. Keep your stick off an opponent's body. Do not hook a player, let him go. Hooking, no matter how minor often throws a player off balance leading to an increased possibility of injury.
- Do not infringe in the goal crease or cut to the net. Avoid contact with the goalie and all actions which might lead to scrums in the goal net area.
- Icing: Ease up! Defending team gets the puck. Attacking team moves outside the blue line. No fore-checking inside the blue line on icings.
- At each stoppage, always allow ample time and space to restart play.
- NO SLAP SHOTS; Raising the stick off the ice before shooting is a slap shot
- Avoid Body Contact: Players must do their best to avoid contact at all times.
- Don't slide along the ice to block shots.
- All players are encouraged to wear throat protection and a mouth guard.
- A CSA APPROVED HELMET WITH FACE PROTECTOR IS A MUST.
- To make insurance claims for a facial injury through CARHA Insurance:
 - A. for skaters - face protection must be CSA approved and at minimum a half-face shield as well as either an internal or external mouth guard.
 - B. for goalkeepers - face mask must be CSA approved. Some cat-eye masks are not SCA approved.
 - C. **Alterations to approved facial protectors or helmets destroys the certification and disqualifies a claim.**

LEAVES of Absence

A player can take a leave of absence for a year and have a guaranteed spot in the following year provided they inform the Executive of the desire to return from the year off by the end of May before returning. Failing notification, the player will be placed on the waiting list.

Players on leave for a medical condition or if their spouse has a medical condition are exempt from this rule. Those players are on leave indefinitely and maintain their position on the players list.