



RULES AND REGULATIONS
SUMMER 2026

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WAVE ADULT HOCKEY LEAGUE (WAHL) RULE AND REGULATIONS – SUMMER 2026

The Wave Adult Hockey League (WAHL) reserves the right to amend these rules and policies at any time in order to improve the quality and effectiveness of the league. Changes will be posted immediately to the website and announced to the league when appropriate.

The Canadian Hockey Association (CHA) rules will govern all games, with the exception of a number of rules that are specific to the WAHL. The league manager assumes no responsibility for any claims arising through operation of the league. No allowances will be made for ignorance of the rules.

SECTION ONE: THE RINK

1.1 ARENA PROPERTY

Any damage to the arena property by any player or team will result in a suspension from further league play. Any damage will be paid for by the player or team responsible. Noncompliance constitutes automatic suspension from the league and possible legal action.

Each team and player agrees to hold the arena owner, the league, and their respective affiliates, management, agents, and staff harmless from, and indemnify them against, all damage, claims, costs and liabilities arising in any way from their unlawful acts, deeds, activities or uses within any part of the arena premises.

1.2 ALCOHOL/DRUGS POLICY

Alcoholic beverages/drugs are prohibited in the arena and the outdoor premises. Failure to comply will result in disciplinary action against the offending individuals/team, including possible suspension from the league. Any players from any team caught drinking in the parking lot will receive a written warning. The second time your team is caught, the team will be dismissed from the league with no exceptions. Your league fees will be forfeited.

If any player skates in a game under the influence of drugs or alcohol, that player and/or team is ejected from the game immediately and faces possible supplementary discipline including league expulsion.

1.3 SMOKING

Smoking is not permitted in the facility. Failure to comply will result in disciplinary action against the offending individuals/ team, including possible fines, and/or suspension from the league.

There will be a **\$100.00 fine** for any team caught smoking in the building. The fine is to be paid before the team's next scheduled game.

1.4 ACCIDENTS

All accidents must be reported to an arena employee, league manager / convenor or arena management, immediately after the accident has occurred.

1.5 DRESSING ROOM SECURITY

Do not leave valuables in the dressing room. Dressing room keys can be obtained from the zamboni driver. The WAHL and Wave Hockey are not responsible for any theft, loss of money or valuables.

Teams are advised to use a team valuables bag that you can bring to your bench during each game.

SECTION TWO: TEAMS

2.1 INELIGIBLE PLAYERS

Only players that have registered with the league may participate.

Use of an ineligible player will result in a loss for the team using the ineligible player. Once the third period has started, no new players may join the game.

All players participating in the league, must be 18 years of age or older. Players under the age of 18 will not be permitted in the league.

2.2 PLAYER REGISTRATION

All players participating in the league will be required to complete an online registration process.

No player is permitted to play in the league until they have successfully completed the registration.

It is up to each individual player to ensure they are registered in the league. Failure to do so could result in game forfeiture.

During the playoffs, players may be asked to produce photo I.D. (i.e. license, Health Card) in the event there is an appeal, due to player ineligibility.

2.3 PLAYOFF ELIGIBILITY

For a player to be eligible for playoff competition, the player must have played in **4 regular season games** (or obtain approval from the league manager).

It is up to each individual player to ensure they have been credited with their games played.

If a player misses regular season games due to injury, a valid doctor's note / certificate will be required that specifically indicates the date of the injury and the date the player is able to return to play. The doctor's note / certificate must be handed in to the league manager within 72 hours of the time of injury. Failure to submit the note /certificate in the required time, those games missed will not be counted towards the total of number of games that is required.

2.4 SUBSTITUTE GOALTENDERS & GOALTENDER INJURIES

Substitute goaltenders may only play with the approval of the league manager / convenor. Teams may use any consenting goaltender from the league and/or division.

The goaltender must be of the appropriate skill level for the regular season, with the approval of the league manager. For the playoffs a team can only use a goaltender who has played in the **SAME DIVISION OR LOWER** and had met eligibility requirements (or league manager approval prior to the game).

If a goaltender receives six minutes in penalties during a game, the goaltender shall remain in the game.

If the goaltender continues to receive penalty's, at the discretion of the referees the goaltender will be removed from the game. If a goaltender receives a game misconduct, at the discretion of the referee the goalie can remain in the game, but will be suspended a game if the game misconduct is in the third period.

If a goaltender receives a major (except accidental high sticking), or match, the game will be called if there is no back-up goaltender. The game will be called as a forfeit.

For the playoffs, the time allotted for a goaltender replacement is at the discretion of the referee / timekeeper.

PLAYOFFS

In the playoffs, a team may pickup any playoff eligible goaltender, as a spare, from the division the team is playing in or lower. This must be approved by the league manager.

The spare goaltender can only be used by the team if the roster goaltender is unavailable. Any goaltender that qualifies for the playoffs on two (2) teams in different divisions is considered a higher division goaltender for the purposes of sparing.

2.5 TEAM SWEATER CONFLICTS

All players must wear matching sweaters, and be numbered differently. In the event of a conflict of team colors (the referees and the league manager / convenor will determine if there is a conflict) the Visiting Team will need to change their jerseys. The league does not supply pinnies/coverups/jerseys. Each team should carry 2 sets of jerseys (white and dark).

2.6 TEAM ROSTER

Each team is permitted to carry a maximum of 20 players on their roster (18 Skaters, and 2 Goaltenders).

A player will not be allowed to participate in the same division with more than one team for the season and playoffs. A player can play for more than one team but it must not be in the same division. **Suspensions MAY carry over to all teams that the player plays on (ie- 2 game suspension, the player cannot play for 2 games on both teams). This is at the discretion of the league manager if warranted.**

2.7 OVER 35 and OVER 40 DIVISIONS

In the 35+ Division, players must be 35 years of age or older, as of December 31st of the year in which the season began. Each team is allowed a maximum of 2 players that are below the age of 35, but not younger than 30.

In the 40+ Division, players must be 40 years of age or older, as of December 31st of the year in which the season began. Each team is allowed a maximum of 2 players that are below the age of 40, but not younger than 35.

Any other player to be added to the roster that are not 35+/40+ is at the discretion of the league manager. Slap shots are allowed in the 35+ and 40+ divisions.

2.8 FIRST AID POLICY

If a player is injured or cut during a game and blood is drawn, the player must leave the ice to clean and bandage the wound, prior to being allowed to continue playing the game.

THE WAHL AND WAVE HOCKEY , THE ARENA, THE SPONSORS, THE DIRECTORS, OFFICERS, AGENTS, REPRESENTATIVES AND ANY VOLUNTEERS IN ANY WAY ASSOCIATED WITH THE EVENT/PROGRAM/GAME HAVE BEEN INSTRUCTED NOT TO OFFER ANY FIRST AID ASSISTANCE OF ANY KIND OTHER THAN TO CALL 911. ALL TEAMS ARE ADVISED TO PROVIDE THEIR OWN FIRST AID KITS.

2.9 LATE PAYMENT POLICY/ TEAM PAYMENT PLAN

Teams must be paid in full on or before the deadlines indicated below. If payment is late, the team may be assessed a \$200 finance fee and will not be allowed to resume play until the team account is paid in full. Total team fee is \$6300.00 including HST.

\$1500 minimum deposit prior to season.

\$1600 on or before April 30, 2026

\$1600 on or before May 29, 2026

\$1600 on or before July 10, 2026

SECTION THREE: LEAGUE GAMES / PLAYOFFS

3.1 LENGTH OF GAME – REGULAR SEASON / PLAYOFFS

Each game will play 12x10x10 periods stop time. At the start of a game, 2 minutes will be added to the clock for warm-up, the clock will then read 12 minutes and the clock will start immediately and not stop until the first stoppage of time.

If there is a 5 goal spread / lead with 5 minutes to go in the third period, the clock will run. If the lead becomes less than 5, the clock will then stop.

3.2 OVERTIME/SHOOTOUT – REGULAR SEASON

There will be a 3 player shootout to determine the winner in case of a tie game. Players will shoot at the same time. If it is still tied after 3 players, it will then go to a sudden death shootout. No player can shoot twice until all players have taken a shot. Players serving penalties CANNOT participate in the shootout.

3.3 OVERTIME/SHOOTOUT – PLAYOFFS (not including Finals)

There will be a 3 player shootout to determine the winner in case of a tie game. Players will shoot at the same time. If it is still tied after 3 players, it will then go to a sudden death shootout. No player can shoot twice until all players have taken a shot.

3.4 OVERTIME/SHOOTOUT – FINALS

In the case of a tie game in the finals, there will be a 5 minute, run time, sudden death overtime. If it is tied after overtime, there will be a 3 player shootout to determine the winner. Players will shoot at the same time. If it is still tied after 3 players, it will then go to a sudden death shootout. No player can shoot twice until all players have taken a shot.

SECTION FOUR: PROTECTIVE EQUIPMENT

4.1 MANDATORY EQUIPMENT

All CSA approved equipment must be worn at all times. The WAHL and Wave Hockey will not be responsible for any injury that may occur.

4.2 HELMETS

Helmets must be worn by all players and referees. Helmets must be CSA approved helmets with the proper fastened chinstraps. This rule will be enforced by the referees and league manager / convenor. No 'Gretzky' Jofa helmets will be allowed.

4.3 FACE SHIELDS

It is strongly recommended (but not mandatory) that you wear face shields (Mask) for all levels of hockey. For players under 18 years of age, full face shields are MANDATORY.

4.4 NECK GUARDS

Neck guards are recommended but not mandatory.

4.5 CARDED REFEREES

All referees must be at minimum Wave Certified.

SECTION FIVE: PLAYING RULES

5.1 ICING AND OFFSIDE PASSES

The centre red line will NOT be used for icings or 2 line passes. Icing the puck will be whistled down when the puck crosses the goal line when it is shot from behind the defending blue line (not the centre red line).

5.2 STICK MEASUREMENTS

Stick measurements will no longer be permitted. If a player's stick is a threat to the other players, at the referee's discretion, the player will be asked to remove it from the game.

5.3 DEFAULTED GAMES

All teams must dress a minimum of six (6) players and one (1) goaltender. The teams are expected to be ready for the start of their game. When the zamboni doors close, 3 minutes will be added to the game clock for warm up. After the warm up, the clock will be set to 12 minutes and not stop until the first stoppage of play. If a team is not ready by the 10 minute mark of the first period they will be assessed a 2 minute delay of game penalty. The penalty will be added to the clock at the start at the beginning of the second period. If after the 5 minute mark of the first period, if a team is not ready, the game will be recorded as a default win for the other team scheduled to play. The team with the required number of players will receive a 1-0 default win. The team that was affected by the default will get the ice time for their use for a scrimmage or practice. The team that defaulted will lose the game 1-0.

5.4 TIME-OUTS

Each team is permitted 1 time-out for regular season and playoff games, including overtime. There will be no timeouts in running time, either in regulation or in overtime.

5.5 GOAL CREASE

If a player enters the opposing team's goal crease, and does not make an attempt to leave the crease, the referee has the right to blow the play down, and a face-off will take place outside the zone. If the player makes contact with the goalie, at the referee's discretion he/she shall call a penalty on the play depending on the level of contact.

5.6 BALANCING OF TEAMS / DIVISIONS

The league manager of the WAHL has the right to move team(s) to a different division based on the skill level of the players. This rule applies to all division and team realignment.

5.7 PLAYOFF FORMAT

Playoff formats will be as followed (but may be changed at the discretion of the league manager):

4 Team Divisions – round robin (3 games). Semi – Final. Winners play 1 game final

6 Team Divisions – Top 3 teams play bottom 3 teams. Semi – Final (5v6 plays friendly). Winners play 1 game final

8 Team Divisions – will be separated into Pool A and Pool B based on regular season standings. Top 4 will play in Pool A and bottom 4 teams will play in Pool B. Playoff format based on 4 team division format as above.

10 Team Divisions - will be separated into Pool A and Pool B based on regular season standings. Top 4 (or top 6 will play in Pool A and bottom 4 (or bottom 6) teams will play in Pool B. Playoff format based on 4 and 6 team division formats as above.

5.8 SUSPENSIONS

Any incidents that occur before, during and after scheduled games are subject to review by the league manager. The league manager may issue suspensions at any time during the regular season or playoffs. See suspension chart below.

All suspensions listed are minimum suspensions. Suspensions can be increased / decreased at anytime, at the league manager's discretion. Only the league manager can alter, change, or adjust a suspension at anytime, depending on the circumstances. All Gross and Match penalties are indefinite suspensions upon further review by league manager.

Suspensions MAY carry over to all teams that the player plays on (ie- 2 game suspension, the player cannot play for 2 games on ALL teams). This is at the discretion of the league manager if warranted.

Regular season suspensions carry over into the playoffs.

IT IS THE TEAM CAPTAIN'S RESPONSIBILITY TO ENSURE THAT SUSPENDED PLAYERS DO NOT PLAY IN ACCORDANCE WITH THE LEAGUE RULES. SHOULD A TEAM PLAY A SUSPENDED PLAYER, THE GAME WILL BE FORFEITED AND THE PLAYER WILL HAVE TO SERVE THE SUSPENSION IN SUBSEQUENT GAMES. SUPPLEMENTARY DISCIPLINE MAY RESULT, INCLUDING PLAYER/TEAM EXPULSION.

SUSPENSION CHART - (NOTE MINIMUM SUSPENSIONS)

Game Ejection - Balance of Game

Game Misconduct First or Second Period - Balance of Game

Game Misconduct Third Period - Minimum 1 Game Suspension

Major Penalty First Offense - Minimum 2 Game Suspension & Reviewed by League Manager

Major Penalty Second Offense - Minimum 4 Game Suspension & Reviewed by League Manager

Major Penalty Third Offense - Minimum 6 Game Suspension & Reviewed by League Manager
Gross Misconduct - Suspended indefinitely upon review by League Manager
Match Penalty - Suspended indefinitely upon review by League Manager
Fighting First Offense - Minimum 3 Game Suspension
Fighting Second Offense - Minimum 6 Game Suspension
Fighting Third Offense - Suspended for the remainder of season

5.9 LEAGUE MANAGER'S RIGHTS

The league manager has the right to re-align teams / divisions based on game performance. The league manager has the right to suspend players that are not displaying sportsmanship with in the league and its players. The league manager has the right to restrict movement of players to a lower division. This is to prevent stacking of lower teams with higher calibre players.

SECTION SIX: PENALTIES

6.1 HIGH STICKING

A player who makes contact with another player/opponent above the normal height of his/her shoulders with the stick. A double minor, major, or match penalty shall be called at the discretion of the Referee. If injury results, a Major Penalty, or Match Penalty will be assessed depending on the intent of the offending player. If the high stick infraction, at the referee's discretion only, is deemed to be accidental, a Major and a game ejection will be assessed, no suspension will be handed out.

6.2 BODY CONTACT

Body contact is not permitted at anytime on or off the ice. All body contact that occurs on or off the ice will be called at the referee's discretion. No player is entitled to use his/her body to body check or bump an opposing player. If a player receives a second body contact penalty in the same game, he/she will receive a game misconduct. A major penalty can be called on a body contact penalty.

6.3 BUTT-ENDING

A Match / Major / or Game Misconduct penalty will be assessed to any player who butt-ends or attempts to butt-end an opponent, depending on the severity.

6.4 ROUGHING

A minor penalty shall be assessed to any player who is involved in any unnecessary rough play. If an injury results from rough play from a player, a Major penalty will be assessed. Excessive rough play from a player will be reviewed by the league manager and result in a suspension.

6.5 FIGHTING & INSTIGATOR

All fighting majors will result in a suspension. First fighting offense will be a minimum 3 game suspension. Second fighting offense will be a minimum 6 game suspension. Third offense will result in a suspension for the remainder of the season. If a player drops his/her gloves, he/she will be assessed a game misconduct. Any players that fight off the ice will result in an indefinite suspension, and reviewed by the league manager. Any fighting off the ice will not be tolerated. Any players involved will be suspended. The referees are to escort the players involved to their own dressing room.

Any player assessed an instigator to a fight or altercation will be assessed an additional 1 game suspension.

6.6 SLASHING

A “slashing” penalty shall be assessed to any player who swings his/her stick at an opponent (whether out of range or not) without actually striking the player, or who, on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating his/her opponent.

A double minor penalty or, at the discretion of the referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who impedes or seeks to impede the progress of an opponent by “slashing” with his/her stick.

6.7 CROSS-CHECKING

A double minor penalty or, at the discretion of the referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who cross-checks an opponent.

A Match penalty shall be assessed to any player who deliberately injures an opponent with a cross-check.

6.8 SPEARING

A double Minor penalty and a Gross Misconduct shall be assessed to any team official who pokes or jabs or attempts to jab an opposing player with the toe of the blade of the stick.

A Match penalty shall be assessed to any player or team official who deliberately spears or attempts to spear an opponent by jabbing him/her forcefully with the toe of the blade of the stick, or who injures an opponent by any spearing action.

6.9 SLEW-FOOTING

An automatic game misconduct for any player penalized with a slough-footing penalty during a game. A major penalty or match penalty at the discretion of the referee shall be assessed to any player who slough-foots from behind an opponent.

6.10 CHECKING FROM BEHIND

A Minor penalty and a Game Misconduct penalty or a Major penalty and a Game Misconduct at the discretion of the referee, based on the degree of violence of the impact; shall be assessed to any player who intentionally pushes, body checks, or hits an opposing player from behind, anywhere on the ice. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed. A Match penalty could also be assessed under this rule.

6.11 MISCONDUCTS

A Misconduct penalty shall be assessed to any player who:

- 1) Uses obscene, profane or abusive language or gestures to any person.
- 2) Persists in disputing or shows disrespect for the ruling of any official.
- 3) Intentionally knocks or shoots the puck out of reach of an official who is retrieving it. A player, except a goaltender, incurring a Misconduct penalty, shall be ruled off the ice for a period of ten minutes actual time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiry of the penalty. When a player is assessed a Minor and a Misconduct penalty or a Major and a Misconduct penalty at the same time, the penalized team shall immediately place a substitute player on the penalty bench to serve the Minor or Major penalty.

6.12 GAME MISCONDUCTS

A player incurring a Game Misconduct penalty shall be ordered to the dressing room for the remainder of the game. If the Game Misconduct takes place in the third period, the player shall be assessed a “One” game suspension.

6.13 ATTEMPT TO INJURE & ABUSE (Player, Official, Spectator)

A Match penalty shall be assessed to any player or team official who deliberately attempts to or deliberately abuses or injures an opponent, official, team official or spectator in any manner.

6.14 STICK PENALTIES

Stick penalties are four minute penalties (at the discretion of the referee), or else otherwise stated by the referee if an infraction is determined to be more serious.

6.15 GAME EJECTIONS

A game ejection will be handed out to any player receiving (3) minor penalties or (2) stick infractions in one game. A player will receive a game ejection penalty. A game ejection penalty is for the balance of the current game. If a player receives 3 game ejections during the season, that player will be assessed a 1 game suspension. If a player receives 5 game ejections during the season, that player will be assessed a 2 game suspension. If a player receives 7 game ejections, that player will be assessed a 4 game suspension and a meeting with the league manager.

6.16 GROSS MISCONDUCTS

A gross misconduct penalty shall be assessed where a player conducts his/her self in such a manner as to make a travesty of the game. This penalty is assessed to anyone that makes obscene gestures, excessively abuses spectators, or league officials. Any player that enters the referee’s room for any reason will be assessed a Gross Misconduct.

6.17 RACIAL SLURS

When a player utters a racial slur, the player identified by the referee will be assessed a gross misconduct and suspended indefinitely from the league upon review of the incident by the league manager. If the player is not identified by the referee, the team rep will be held responsible for his/hers team actions, and shall be suspended. There is no tolerance for such behavior from anyone associated with the league.

6.18 APPEALS (PLAYOFFS Only)

If a team would like to appeal a suspension or player eligibility, they may do so for a fee of \$150.00. Calls during the game by the referees cannot be appealed. (I.e. off-side, icing, disallowed goal, missed penalty). The fee shall be paid along with in writing the appeal in question. During the playoffs, the team shall make the appeal within a half hour of the game being finished. The team appealing must approach the time keeper after the game (Not during the game). Submit in writing along with the fee, the appeal. The league manager will contact both team reps involved in the game the following morning. Within 48 hours of the game being ended, a decision will be made. A third party person will be brought in to hear the appeal. If the ruling is reversed, the fee of \$150.00 will be returned to the team. If the ruling is not reversed, the \$150.00 fee will be donated to a recognizable charity of the team’s choice.