



RULES AND REGULATIONS



♦ LIGUE HOCKEY DU GRAND MONTRÉAL ♦

2026–2027 SEASON

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GENERAL INFORMATION

1.1 PRINCIPLES

The rules of the Ligue Hockey du Grand Montréal supplement or clarify the rules of HOCKEY QUÉBEC and HOCKEY CANADA. All members are subject to these rules, just as they are subject to those of HOCKEY QUÉBEC and HOCKEY CANADA.

1.2 JERSEYS

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

1.3 ICE RESURFACER (ZAMBONI)

No one, including the referees, may be on the ice before the Zamboni begins its run. Players and officials must wait until the Zamboni'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 RULE

If, due to an accident or illness, the duly appointed referee and linesmen are unable to report for duty.

- A) The manager or coach of the home team must attempt to contact the assignor of the organization's or association's head referee to secure the services of officials.
- B) In the meantime, both teams shall begin the game under the following conditions: the managers or coaches of both teams present must 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 the two teams cannot reach an agreement and the game is not played, the game will be rescheduled for a later date.
- D) In light of the foregoing, if the coaches agree to play the game, it will be considered official.

*** Given the costs of ice time and team travel, if the staff of the two teams cannot agree on the unlicensed officials, the home team will offer the visiting team ice time for a practice ***

1.5 OFFICIALS' ROOM

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

1.6 USE OF THE OFFICIALS' PORTAL

Clubs or groups must use the officials' portal to assign officials and timekeepers.

1.7 RESPONSIBILITY

The head coach is responsible for his or her team at all times, for enforcing the rules of Hockey Canada and Hockey Québec, and for supervising the team both on and off the ice.

EXHIBITION GAMES

2.1 REGIONAL, ORGANIZATIONAL, OR ASSOCIATION OFFICIALS

Officials are available starting when training camps open in September.

Note:

Hockey Lac St-Louis: Teams in the M15-AA, [M17-AA](#), and [M19-AA](#) divisions must use regional officials for exhibition games.

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

Hockey Montréal: Teams in all divisions must use regional officials for exhibition games.

2.2 OFFICIALS' FEES

No cash payments may be made to officials. Organizations will be billed by the regional office following the completion of games. Fees for exhibition games are set at the rate established during the regular season.

2.3 OFFICIAL ASSIGNMENTS

To reserve officials, games must be entered into the system at least 7 days before 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 league's jurisdiction, every game in Divisions M11 through M19 must have 3 officials, and every game in the Junior and Senior Divisions must have 4 officials.

MEMBER REGISTRATION

3.1 TEAM MEMBER

Before participating in a team's activities, any person must be a duly registered member in HCR with that team.

3.2 RESPONSIBILITY

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

3.3 PROCEDURE

Before a team's first game of the regular season, the organization's registrar must have registered the players on each team; any games not in compliance with this rule will be forfeited.

3.4 MEMBER ELIGIBILITY

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

Any person who has not met the admission requirements set forth in the regulations is considered ineligible. The use of such a person results in a forfeit of games and may lead to other penalties.

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

3.5 MINIMUM NUMBER OF REGISTERED PLAYERS

- A. The minimum number of regular players that each M11 division team must register before the first (1st) game is nine (9) players plus one (1) or two (2) goaltenders.
- B. AA teams in the M13 through Junior divisions, including single-letter Junior, must at all times list a minimum of 13 players on its roster, as well as one (1) or two (2) goaltenders.

(Reference: Hockey Québec 5.3.1 A)

SCORE SHEET

4.1 GAME NUMBER, DATE, AND TEAM NAME

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

4.2 AFFILIATED PLAYER

When a team uses an affiliated player, it must indicate this via the electronic platform or notify the off-ice official. It must also cross out the name(s) of any players absent from the game. Before determining the eligibility of an affiliated player, the appropriate disciplinary committee must conduct an investigation before rendering its decision. For the first (1st) offense, the coach will receive a warning; in the event of a repeat offense, the coach will be suspended for one (1) game. (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 a player or vice versa. (Hockey Québec Reference 5.6.1 E)

A player may be registered with two (2) teams (according to the Hockey Québec registration table in Appendix 13.2) for a maximum of 10 total games played with both (2) teams during the regular season. Games are not counted separately for each team.

A goaltender may be affiliated with three (3) teams (according to the Hockey Québec affiliation table in Appendix 13.2) for a maximum of 10 total games played with the three (3) teams during the regular season. Games are not counted separately for each team.

After this 10th game, the player or goaltender may no longer substitute for these teams as an affiliated player and must play exclusively for their original team, where they are registered as a regular player. This rule does not apply during the playoffs, tournaments, or provincial championships. (Hockey Québec Reference 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 the 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 charged to the organization.**

4.7 ELIGIBILITY

Any person serving behind the bench must be a member and their name must be listed on the game sheet; otherwise, the team will forfeit the game and lose its Franc Jeu point if there is a challenge to eligibility that proves the person was ineligible. (Reference: Hockey Québec 7.2.3 B)

A maximum of five (5) members is permitted behind the bench, one of whom must hold a valid Health and Safety certification.

4.8 PARTICIPATION IN A GAME

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

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

4.9 TRACKING SUSPENSIONS

When updating the roster, the head coach or team manager is responsible for writing in the upper corner of the score sheet the name of any player serving a suspension, along with the number of games remaining to be served.

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

The league will track all suspensions. It will ensure that they have been served in accordance with the rules and posted on the league's website. It will keep a record of all unserved suspensions and ensure that they are served during the following season.

No coach or team staff member may use their privilege of playing for multiple teams to serve a suspension, regardless of their role on those teams, and this applies to all divisions.

GAME PROCEDURES

5.1 GAME DURATION

M11 AA-BB

Duration: 60 minutes

Warm-up: three (3) minutes

Periods: (10) timed minutes +^{3rd}period** (see below)

M13-AA, M15-AA, M17-AA, M19-AA, 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 ice time allocated 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 recorded on the score sheet.

5.2 WARM-UP

A three (3) minute warm-up is allotted for all divisions. The warm-up period begins as soon as the Zamboni exit doors are closed and the first player steps onto 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 sounds the buzzer. Both teams must be ready to shake hands and be at center ice (i.e., have picked up the pucks and given their team cheer).

If one team is not ready, the referee **MUST** call a minor penalty for delaying the game (A92) against 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 through SENIOR: At the start of the game, after receiving the official's signal, both (2) teams must shake hands.

5.4 END OF THE GAME

The officials must consult with the home team to determine the scheduled end time of the game and notify the visiting team of this time before the game begins. The game officials are responsible for stopping the game at the end of the 3rd period when the allotted time has elapsed, and the result is final and non-appealable. Arena staff and/or the off-ice official may also end the game.

5.5 LEGAL GAME

Two (2) periods completed.

Note: Following an investigation by the regional office, under exceptional circumstances, a game may be declared official 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, following an investigation by league officials.

If the second period is not completed, only the remaining time in the second period must be played at a later date. This may be played before an upcoming game between the two teams, following an investigation by league officials.

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

5.6 END OF THE GAME

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

Taking into account 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 GAME RESULT AND SCORE SHEET

Coaches are responsible for updating their lineups electronically before the game. Scorekeepers must use the electronic game sheet software for all games. For any game not entered in real time, the host association is responsible for submitting the game sheet within 24 hours; failure to do so will result in a \$25 fine per game imposed on the association.

5.8 TIME-OUTS

No timeouts will be allowed during the regular season.

5.9 SEVEN (7) GOAL DIFFERENCE

M11 AA-BB, M13-AA, M15-AA, M17-AA

After two full periods, if there is a seven (7) goal difference: the game will be played under continuous clock until the end of the game, regardless of whether the gap narrows. (Minor and major penalties will be timed.)
(Reference: Hockey Québec 9.5.5)

M19-AA, JUNIOR C-D, and SENIOR A

After two (2) full periods of play, as soon as there is a seven (7)-goal difference, the referee will end the game.
(Reference: Hockey Québec 9.5.5)

5.10 N NO-SHOW

A team that fails to appear for a game with the minimum number of players required will forfeit the game.

When a team fails to appear 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, M15-AA, M17-AA, M19-AA, JUNIOR C-D, and SENIOR A

A. In all classes of the M11 division and in the M13, M15, M17, and M19 single-letter divisions, as well as in the Junior C and D classes for the regular season, playoffs, tournaments, and regional championships, a team must field a minimum of six (6) players plus one (1) goaltender at the start of the game.

B. In the M13, M15, M17, and M19 double and triple letter divisions, as well as in Junior B, a team must field a minimum of 10 players in uniform, plus one (1) or two (2) goalies, at the start of a game.

(Reference: Hockey Québec 7.2.1 A)

5.12 LATE ARRIVAL TO A GAME

- A) A team that is not present at the scheduled start time of the game will be given a grace period of fifteen (15) minutes—including the warm-up period—to field the minimum number of players on the ice to start the game. In addition, a two (2)-minute penalty will be assessed for delaying the game. After this grace period, the team loses by forfeit (0-1) and forfeits 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, provided that the team in question notifies the referee at the start of the game and that the member's name has not been crossed off the score sheet.

Note—Any player or team official who arrives after the second period is not permitted 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 displayed on the scoreboard, a player deliberately delays the game with the intent to run out the allotted time and thereby gain an advantage.

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

5.14 GAME START TIME LIMIT

DIVISIONS	MAXIMUM START TIME FOR A GAME AT:
M11	19h30
M13	20h00
M15	20h30
M17	21h00
M19	21h00
JUNIOR	22h00
SENIOR	23h00

Note: Any game outside these time limits must be approved by both organizations involved.

MATCH CHANGE

6.1 CANCELED GAME

No games may be canceled for exhibition games or cultural exchanges. Only requests to reschedule games from teams participating in a tournament will be accepted.

It is the responsibility of the visiting team's scheduler to notify the local team's scheduler at least two (2) weeks before the scheduled date of the game. Any request made within this timeframe may be denied, and the game will be declared a forfeit in favor of the opposing team.

A rescheduled date must be proposed at the time a request is submitted by the home team's scheduler.

Any request that does not meet these conditions must be approved by both (2) organizations involved.

6.2 REQUEST FOR A CHANGE

In unforeseeable circumstances, only the president or the ice manager may submit a request for a game rescheduling to the league. No requests submitted directly by team officials will be processed. The league, at its discretion, may accept or deny the request.

The organization making the request must first reach an agreement with the manager of the other organization involved and then notify the manager of the new date via the software. The reason for the change must be specified for the change to be valid.

When a game is not played due to an administrative error, the at-fault organization has 10 business days to schedule 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 2 weeks; otherwise, the at-fault (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

[Any canceled game must be rescheduled before the end of the regular season.](#)

6.5 TOURNAMENTS ON THE SAME DATES

A team may not register for tournaments taking 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 them; otherwise, Hockey Québec may deny the team permission to participate in any other tournament during the season. ([Hockey Québec Reference 9.8.3](#))

TOURNAMENTS

7.1 NUMBER OF TOURNAMENTS

Only 3 tournaments are permitted during the regular season; a fourth tournament may be allowed only during the holiday season, spring break, or after the Provincial Championships.

DISCIPLINE

8.1 SANCTIONS TABLE

The sanctions table is a summary of the disciplinary code and applies to all games.

All suspensions listed are automatic and final. (Reference: Hockey Québec 7.5.6)

8.2 THREE (3) STICKING AND HEAD CONTACT PENALTIES

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

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

8.3 GOALIE

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

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

- i. A player who replaces a goaltender must wear at least a helmet, proper face protection, and a goaltender's stick (see Rule 3.3 – Sticks, and Rule 3.6 – Protective Equipment). In the U13 and older divisions, goaltender's leg pads are mandatory.
- ii. In the U13 and younger divisions, a player may return to another position after being designated as a goaltender. In divisions above U13, the player must remain as the goaltender after being designated as such.

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

8.4 COACH SUSPENSION

Following an investigation, any coach who has been suspended or ejected from a game and who, directly or indirectly, influences the course of the game will receive three (3) additional games of 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 has played a game outside the province, it must submit the score 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.

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; that person does not have the right to speak. As for a minor player, they must also be accompanied by a parent or legal guardian, who will have the right to speak. (Reference: Hockey Québec 11.5K)

8.7 NOTICE OF SANCTION

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

8.8 BALANCED TEAMS

When more than one team is formed for a given division and class within the same association or organization, such teams must be balanced and play against one another throughout the season to promote fair competition among teams in the same league or division. Associations or organizations must establish a process at the start of the season to balance these teams. The evaluation process must be submitted to the region and approved by the region before the start of the regular season. This responsibility falls to the association or organization in question. However, during the season, the region has the authority to require that teams be rebalanced in the event of a significant disparity between teams from the same association or organization competing within the same league. (Reference: Hockey Québec 4.1.2)

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