

GMSHL Rules & Regulations – 2025/2026 Season

Vision Statement

To be the premier employee-based hockey league where colleagues can safely enjoy spirited, fun competition at a fair financial cost.

Mission Statement

To achieve our vision, the GMSHL will strive to:

- Communicate league results, standings, statistics, and events effectively and efficiently.
- Enforce league rules to uphold integrity, fairness, and safety for all players, managers, and coaches.
- Strengthen relationships with business partners.
- Make informed, sound decisions that enhance the league and preserve its proud heritage.

Governing Body

The Governing Body is responsible for scheduling, player assignments, discipline, and player eligibility. It consists of three league board members. Each team is granted one vote on league matters.

Player Eligibility

- Players currently participating in O.H.A. hockey are not eligible.
- Eligible players include GM salaried employees, employees of select business partners, returning GMSHL players, and new applicants referred by current GMSHL players (subject to approval and roster availability).
- Priority is given to active GM and partner company employees. Applications must be submitted by August 31st, 2025. Late applicants will be notified if vacancies arise.
- Coaches must inform the scorekeeper of absent players before each game.
- If a player is lost for the season due to injury or other reasons, teams may appeal to the Board and Talent Coordinator for a replacement of equal caliber.
- All players must pay a \$400 fee by September 30th. No refunds will be issued.
- The GMSHL reserves the right to restrict player entry at the discretion of the Executive Committee.

Records

The league will maintain team and individual statistics from game scoresheets and share updates via email and the league website.

Discipline (Major Penalties)

Automatic Suspensions:

- Immediate ejection from the game.
- Suspension from the next game.
- Possible review by the Board of Directors.

Three Penalties in One Game:

- Ejection from the game (goalies excluded).
- Suspension from the next game if one penalty is a major.

Team Officials

Each team must elect one Captain and two Assistant Captains. Only these designated players may communicate with referees. They must wear identifiable markings on their sweaters.

Game Rules

- Teams must remain in dressing rooms until the buzzer signals the ice is ready.
- No player may enter the ice until nets are in place and doors are closed at the south end. After the game, players must exit the ice promptly.
- All players must wear CSA-approved helmets with visors or cages, properly fastened at all times (including warm-ups). Goalies must wear approved helmets and facemasks.
- If a team's goalie is absent at the end of the first period buzzer, the game is defaulted with a 3-0 score.
- Only coaches, managers, and rostered players are allowed on the bench or in the dressing room area.
- Abusive language or behavior is strictly prohibited. Sportsmanship is expected at all times.
- Abuse (verbal or physical) toward rink staff, fans, referees, or team officials will result in suspension or expulsion from the league.
- Ejected players must go directly to the dressing room.
- Suspended players may not be on or near the bench.
- Penalized players must go directly to the penalty box. Minor penalties are 2 minutes (stop time).
- If a player cannot return due to penalty time, they may go to the dressing room but must be replaced in the penalty box.
- Games consist of three 10-minute stop-time periods. Quick face-offs and 20-second line changes are enforced. Each team may call one 30-second timeout per game. No timeouts in overtime.
- Tied games proceed to a 5-minute straight-time overtime with 4-on-4 play.
- C.A.H.A. rules apply unless superseded by GMSHL rules.
- Players must wear team sweaters and socks to be eligible (goalies exempt). Failure results in game forfeiture, loss of individual points, and possible suspension.
- Coincidental minors result in full-strength play.
- Delayed offside is replaced by a zone-clearing rule.

- High-sticking the puck above shoulder height results in a whistle if touched by the offending team. No penalty is assessed.
- Players must cross their own blue line before shooting the puck into the opponent's zone to avoid icing.
- The center red line is removed from play, allowing two-line passes.