



## Garrison Petawawa Inter-Unit Ice Hockey By-Laws Updated: January 2026

*PSP Petawawa Military Sports, with the assistance of the Referee in Chief and League President, in alignment with the Canadian Armed Forces (CAF) National Sports Policies and the current [Hockey Canada rulebook](#), are required to produce and amend the local constitution and by-laws prior to the beginning of the season to meet requirements of local programming. The following is a breakdown and amendment of the by-laws for the 2025-26 Season.*

### RULES

1. Games will be played in accordance with the current [Hockey Canada \(HC\) Rulebook](#).
2. **All game sheets will be completed with player's first and last name, printed legibly and signed at end of game by officiating staff.**
  - a. Game sheets are to be completed before stepping on the ice. Game sheets that are submitted late/not completed prior to stepping on the ice will result in the team(s) starting the game with a Delay of Game penalty.
3. The Constitution and By-laws are in addition to the existing HC rules. In the event of a conflict, the Constitution and Bylaws will take precedence. HC will not apply to the following;
  - a. Deliberate body contact will result in an automatic five-minute penalty and game misconduct. If it is in the opinion of the on-ice official(s) that there was intent to injure, the incident will be written up on the game sheet and referred to the Disciplinary Committee for further action.
  - b. Player involved in a fight will automatically be suspended from the league. In the case of a second incident, the Disciplinary Committee will review the case. The suspensions may carry over into the next season if necessary.
  - c. Physical abuse of any kind toward the game officials will result in an automatic suspension until the disciplinary committee meets. If the decision stands and the official followed the proper procedures, the suspension will be for the duration of the season.
  - d. Players who receive 3 minor penalties in the same game will be removed from the game.
  - e. Verbal abuse towards the game officials will not be tolerated. This action will result in an automatic suspension until such time the case has been reviewed and a decision made by the Disciplinary Committee. **Reference: Suspension list para 3.**
  - f. Teams are limited to only one captain and three assistant captains. These players shall be identified on the game sheet as well as displaying the proper letter on their player's jerseys. In the case where both teams show up with the same color jerseys, the home team will be responsible for signing out pennies and using tape to identify the captain





- and assistant captains. They will be the only players allowed to approach the on-ice official.
- g. Any player, that in the opinion of the on-ice official, deliberately attempts to injure another player by checking from behind, rough play, or any other manner attempts to cause injury, will automatically be suspended. They will not play in future games until the case has been reviewed and a decision rendered by the Disciplinary Committee.
  - h. Player's pants must be zipped, snapped or taped and not torn for the player to proceed onto the ice. Not abiding this rule will result in a two-minute minor and the player will be asked to leave the ice.
  - i. Neck guards must be worn properly, not taped or rolled up. Failure to comply will result in a 2 min minor and player will be asked to leave the ice.
  - j. Any misconduct penalty in the 3<sup>rd</sup> period will result in a suspension of the next game and review of the situation.
  - k. C Division Specific Rules:
    - i. Slap shots are forbidden from C Div Ice Hockey. **Any slap shot that is taken from above the hip will result in immediate stop of play** and the resulting face off will be inside the offending team's zone. This rule will be in effect from anywhere on the ice surface.
    - ii. Snap shots will be allowed, provided the stick doesn't come above the player's hip. This rule will be in effect from anywhere on the ice surface

## **GAMES**

1. All games will consist of 3 x 10 min stop time periods with no floods. Run time will be in effect starting in the third period if there is a five-goal differential. Stop time resumes if the lead becomes less than five goals. Minor penalties will be two-minutes – stop, three-minutes – running and major penalties will be five-minutes – stop, and seven-minutes – running time.
2. Two (2) points will be given for a win, One (1) points given for a tie, Zero (0) points given for a loss. League standings for playoff seeding will be calculated on a percentage base of accumulated points, with minimum of 50 % + 1 games played. In the case of a tie, seeding preference will be given to the team that won last head-to-head match. Teams that do not meet the minimum number of games will be seeded in the bottom position in their advance to the playoffs.
3. 1 X 30 sec. time out will be given to each team during a game.
4. During regular season games, overtime will not be in effect. If teams are still tied after regulation time, that will be the final score of the game.

## **SCHEDULES**

1. All schedules can now be found on our [NEW inter unit website](#).
  - a. Bylaws, schedules, scores, standings & more can be found on the new website.
2. No games will be played on holidays such as Remembrance Day, Family Day and March Break. As voted on by league members, games will not be played on Halloween or Valentine's Day.
  - a. Should any other holidays be identified, we will amend the schedule as needed.





3. All divisional games will take place at the Silver Dart Arena, between the Bear Rink and the Stags Rink. Games will be played Monday to Thursday, between 1700-2000hrs. Respective divisions will play on the following days:
  - b. **A division** – Bear Rink, Tuesdays, Wednesdays and Thursday
  - c. **B Division** – Bear Rink, Tuesdays, Wednesdays and Thursday
  - d. **C Division** – Stag Rink, Mondays, Tuesdays, Thursdays

### **SUSPENSIONS & DISCIPLINARY PROCEDURES - \*NEW\***

1. All verbal and physical abuse suspensions and disciplinary procedures will be assigned as per chapter 5 in accordance with the [CAF Sports Rule Book](#).
  - a. Fighting: suspensions and disciplinary procedures will be assigned as per chapter 5 in accordance with the [CAF Sports Rule Book](#). **(12. Behavioral Suspensions, 12.9)**
  - b. Pre/Post Game Altercations: Any team/player involved in a pre/post-game fight, suspensions and disciplinary procedures will be assigned as per chapter 5 in accordance with the [CAF Sports Rule Book](#). **(12. Behavioral Suspensions, 12.9)**
2. The following suspension will be assigned as per the [Hockey Canada \(HC\) Rulebook](#).
  - a. Where a Major Penalty and Game Misconduct are assessed for an infraction including, but not limited to high sticking, slashing, etc., for the first offence it will be a minimum of 1 game suspension. For a second offence, it will be a minimum of 2 game suspension, and on the third offence, the player will be suspended indefinitely pending a disciplinary review.
  - b. When a Match Penalty is assessed, it is an automatic 5 games suspension followed by a Disciplinary Committee Review in which the additional game suspensions may be added.
  - c. If on the game sheet the official(s) state that they were insulted in any way with the use of profane, abusive, or obscene language or actions, an automatic 3 game suspension will be issued for first offense. Upon a players second offense, they will receive a 5-game suspension. The determining factors for additional game suspensions will be the consideration of language and/or actions used at a Disciplinary Committee Review.
  - d. Game Misconduct Penalty within the last period of the game (last 10 minutes) – 1st offence will receive a minimum of 1 game suspension, 2nd offence will receive a minimum of 2 games, and 3rd offence will receive a minimum of 4 games.
  - e. Coach of a team whose player is penalized for fighting will undergo a disciplinary Committee review.
3. When a suspension is assessed the member's Sport Officer and Chain of Command will be informed.
4. The suspension is added to the CAF National Sports Suspension Database.

### **CANCELLATIONS**

1. It is expected that all teams are to attend their scheduled games for the Inter Unit season.
2. Team may only cancel games due to **OPERATIONAL** reasons (training and exercises).





3. 48h notice of cancellation must be provided to the Military Sports Department or the team that does not show will be given a forfeit loss.

### **3 STRIKE POLICY**

1. No showing/not attending in inter unit sports without cancellation notice is unacceptable.
  - a. Strike 1 – Email is sent to OPI and Sport Officer
  - b. Strike 2 – Email is sent to unit Chain of Command, Sport Officer and OPI
  - c. Strike 3 – Unit is removed from the inter-unit league for the entire season and all those mentioned above are notified.

### **PROTESTS**

1. There will be no protests on any on-ice rulings by the officials.
2. All protests shall follow the format below:
  - a) Protests must be lodged to the game referee and noted on the game sheet before the end of that game.
    - i. If a team fails to lodge a protest to the game official and have it put on the game sheet, the president will not entertain the protest.
  - b. The team protesting the game must present their protest in writing to the Military Sports Coordinator within 24 hours of the incident, who will then forward it to the President.
  - c. If time permits, the President will call the Protest committee to settle the incident before the next scheduled game. In all other cases, the President shall make a ruling.
  - d. If the team is not satisfied with the decision rendered, their Unit Sports Officer may appeal to the Chairman, 2 CMBG/Petawawa Military Sports Committee.

### **TEAM COMPOSITION**

1. Roster must be submitted to the Military Sports Department **before the 1<sup>st</sup> game of the season.**
2. Rosters can be amended as needed. Players **MUST** be on the roster submitted to the Military Sports Department before they can play their first game.
3. Maximum number of players that a team can pool is twenty-five (25), however a maximum sixteen (16) skaters, plus goaltenders will be dressed and listed on the game sheet each game. This includes coaching staff and trainers.
4. A minimum of five (5) skaters and one (1) goaltender are required to initiate the game.
5. There shall not be more than 3 team officials behind the bench for each game, inclusive of the 20.
6. Within the divisions, players are allowed to play up a division if they are needed by their home unit team. **There is ZERO tolerance for players playing down a division.** **Players caught playing**





outside their respective division will result in disciplinary action by league president and division executive.

- a. Any team may dress as many players as required from a lower division to field a team. However, an individual player may only play 5 games throughout the season in a division higher than his/her identified division. After the 5<sup>th</sup> game, the 6<sup>th</sup> game will be played in the higher division.
7. Any member who plays for the Men's Garrison Ice Hockey Team, will **NOT** play in either the B or C Divisions.
8. A team can loan up to a maximum of three players as long as both team captains agree at the start of the game and as long as it is noted on the game sheet prior to the game starting. Players being loaned must come from opposing team.
9. Current players/staff are the only people who should be seated on the player's bench – no children.
10. Players must play a **minimum of 2 games to qualify for playoffs.**

#### **EQUIPMENT**

1. All players will use mandatory equipment; CSA approved helmet and full-face mask, earpieces, shoulder pads, elbow pads, shin guards, gloves and pants, and neck BNQ approved throat protector. Goaltenders are to wear CSA approved helmet and cage, (no old-style cat-eyed helmets are permitted) **with neck BNQ approved Billy Goat throat protector**, chest, shoulder, arm, and elbow protectors, pants, goalie leg pads and goalie gloves. Failure to comply will result in a 2 min minor and the player will be asked to leave the ice. Note: Goalies can wear a regular helmet with Billy Goat and neck guard.
2. Inter Unit jerseys will be signed out and **RETURNED after each game**. They are **NOT** to be kept for the season. Any team with outstanding jersey, will not be assigned a new set of jerseys for their next game, until all previous game jerseys have been returned.
3. Goalie equipment will be available to sign out and returned after the game, if needed.

#### **ELIGIBILITY**

1. As per the decision of PSP Military Sports Coordinator and League President, the following eligibility requirements will apply to the below groups;
  - a. **Garrison Men's Ice Hockey players** - will play **ONLY** in the A Div Hockey League. If their Unit does not have an A Team, they will be drafted to another Unit's A Div Team
  - b. **Seniors' Ice Hockey players** - can play with Unit Team in the A or B Divisions, yet cannot play in the C Div.
  - c. **Women's Ice Hockey players** - can play in either A/B/C Divisions
  - d. **Old Timers and Women's Ice Hockey Players** - if their Unit Team plays up a division, they may play without being penalized by the 5 max games.





2. If either the Seniors' or Women's Team is playing a Unit team, and the Unit Team does not have enough to make a team, the member who plays for both teams, will join the Unit Team to avoid a forfeit.
3. If a player plays Goalie on a Garrison Team, yet wishes to play out on a Unit team, they can join the Division to their skill level as an out of net player.
4. A player shall play for the unit, to which they are posted or attach posted at the time of the beginning of the season. If a player is then posted or attached posted to another unit halfway through the inter-unit season, they will begin playing with their new unit.
  - a. Should the players new unit not have a unit team within the league/division, they may finish out the season with the team which they began, provided the waiver form process is followed and both Team OPIs/Sport Officers are in agreeance.
5. League president and division executive have the authority to move a player/team in/out of division as they see fit. This decision will be confirmed through the Military Sports Coordinator.
6. Any games/practices that are held outside of allocated inter unit slots are not considered part of the inter unit program.
7. Goaltenders can play up two divisions or down one division. If in an emergency, teams can refer to the Goalie Emergency list to pull in a goalie, yet must follow the sample order of gaining a goalie;
  - o C Div Team – go through Goalie list C – B – A
  - o B Div Team – go through Goalie list B – C or A
  - o A Div Team – go through Goalie list – A – B – C
8. **Ineligible Players** – There will be a strong enforcement of player eligibility. Team rosters will be compared to the final game sheet at the end of the game by the Military Sports Coordinator and Admin Assistant.
  - a. Ineligible players are defined by the following:
    - i. Players who are not a part of the unit team roster prior to game time;
    - ii. Players from a different unit, other than the units scheduled to play, participating in the scheduled game; or
    - iii. Players who do not meet the set eligibility within the bylaw or by that of the PSP Petawawa Military Sports Department.
  - b. Teams caught using an ineligible player shall result in the following penalties:
    - i. All games leading up to, and current games, the ineligible player has participated in will be forfeited.
    - ii. Playoffs – teams caught using an ineligible player will be disqualified from the playoffs, no matter the outcome of the game.





### **OFFICIALS**

1. All officials must hold a current Hockey Canada certification/qualification, or officiating certificate from a recognized hockey organization under Hockey Canada.
2. The Military Sports Coordinator along with the Manager of Fitness and Sports will select the Referee in Chief.
3. The Chief Official will select the game officiating style.

### **PLAYOFFS**

1. Playoff format will depend on the amount of teams still active at the end of the regular season.
2. League standings will be sent out prior to playoffs.
3. Overtime will be played in playoffs. Overtime will consist of five (5) minutes of stop time, 3 on 3 hockey. First team to score wins.
  - a. Should no one score, we will move into a 3-player shootout.
4. All Teams must submit their playoff team roster a minimum of 1 week prior to their first playoff game. **All players on the playoff roster must have played a min of 2 game in the regular season and should have their name on 3 regular season game sheets.**
5. The season will wrap up before March break.
6. All draft requests must come through the Military Sports Department, players cannot pick their teams and teams cannot scout players.
7. Playoffs will not happen if the majority of teams in the league are affected by operational tempo.

### **AWARDS**

1. A trophy and banner will be presented to the overall championship team based upon the outcome of the play-off games.
  - a. The trophy is to remain at DDH, the banner is for the winning unit to keep and display at unit lines.
2. If there are no play-offs, the championship team will be based on the highest tally of points accrued throughout the regular season. The Military Sports Department will keep the trophy display at DDH.





**Submitted by:**

*Jessica Crouch*

Jessica Crouch  
Military Sports Coordinator  
[Jessica.Crouch@forces.gc.ca](mailto:Jessica.Crouch@forces.gc.ca)

Local: 677-7176  
January 2026

*Alaric Leskie*

Alaric Leskie  
Military Sports Assitant  
[Alaric.Leskie@forces.gc.ca](mailto:Alaric.Leskie@forces.gc.ca)

Local: 677-4782  
January 2026

**Approved By:**

Capt Alexander Lister  
League President – Inter-unit Ice Hockey  
Garrison Petawawa  
February 2026

WO Steve Cupelli  
Referee in Chief – Inter-Unit Ice Hockey  
Garrison Petawawa  
February 2026

