



SUBSTITUTE PLAYER DOCUMENT

THINGS TO KNOW

Each NEW substitute will be required to sign the LFA waiver before stepping on the ice. No signature, no game!

HOW TO PAY YOUR GAME

There is only one way to pay for your game, at a cost of \$29.99 or \$15.99 (morning division) and it is online by following the link sent via the Maligue.ca / League2go.com

Here is the process in brief:

1. Follow the link sent by email following your registration.
2. Create a Maligue.ca or League2go.com account using the same email address you provided to the LFA
3. Find the game invitations, choose one that suits you and pay for your game
4. Save your payment method so you can pay quickly next time

No player who has not paid for their game will be able to get on the ice, without exception. So get into the habit of paying game fees at the same time you reserve.

YOUR TEAM AND THE LEAGUE

Even for substitutes, it is customary in hockey to show up at least 30 minutes before your game in order to create bonds with your teammates, have time to prepare well and make an adequate game plan. In the same sense, it is strongly recommended to stay after your game and share a few beers (or others) with your teammates and other members of the league in order to promote a warm atmosphere and respect between the players of all the teams. The LFA does not tolerate bad behavior and disrespectful gestures of any kind.

ADMINISTRATIVE REGULATIONS

The process for declaring your absence from a game is very simple and centralized. You have two ways to make your absence known if you can no longer take part in the game so that you are replaced by a player of the same caliber and thus not penalize the team.

48 HOURS BEFORE YOUR GAME

Online in the CALENDAR section of the site, and press the DECLARE MY ABSENCE button

Calls or text

In the event of an emergency **LESS THAN 24 hours** before the game, you must declare your absence at 514 835-7901.

Fine

A fine of \$30 will be imposed on any player who fails to notify management of his absence within the prescribed time frame or who simply does not show up for his game. A question of respect for his teammates, other participants and the league and its standards of excellence.

Teams

Rosters for the season are posted on our website in the OUR DIVISIONS section, under the TEAMS tab.

Games schedule

The games schedule is displayed on our website in the CALENDAR tab. It is the player's responsibility to check his schedule, as the league administration will not systematically send game reminders. These are sent by the application according to your notification preferences.

Important messages

Emails

The league sometimes sends invitations to special events, important news or other communications by email. Add info@lfahockey.com to your favorites so you don't lose important emails.

Facebook

The league posts important news and activity updates on its Facebook page @lfahockey. Add the page to your friends to stay up to date with what's happening in your league.

Texting

The league sometimes sends mass text messages to reach its members. The numbers displayed are random, but you can follow the links in the message to find out more.

MALIGUE.CA /LEAGUE2GO.COM

The LFA uses the Maligue.ca / League2go.com applications to manage player absences, its calendar and its statistics.

Registration

Go to <http://www.maligue.ca> or <http://www.league2go.com> and register for free using the SAME email you gave to the LFA when you registered. This way, everything will be synchronized automatically.

Calendar

You can see the schedule of your games under the CALENDAR tab in the LFA SPACE section of our website and you can declare your absence on the same page if necessary by logging into your maligue.ca or league2go account

Statistics

You can follow the statistics of all players in the league under the STATISTICS tab in the LFA SPACE section of our website by selecting the appropriate division.

Ranking

You can see the rankings of the teams in the different divisions of the league under the STATISTICS tab in the LFA SPACE section of our website.

HOCKEY REGULATIONS

The league encourages “Change on the fly” to maximize our ice time and the flow of the game. However, you will be able to change at stoppages of play except when an icing is refused for the offending team. We invite you to read all of our HOCKEY and ADMINISTRATIVE regulations on our site. Here are the main things to know:

Duration of games

Central, Satellite, Heritage, Mixed Rec, Rockettes divisions

All regular season games consist of three (3) periods of 22 minutes each

3v3 Challenge and 7AM Buzz divisions

All regular season games consist of two (2) periods of 26 minutes each

Pick-Up & Club House Divisions

All regular season games consist of two (2) periods of 35 minutes each

Time out

It is allowed to request a 1 minute timeout

Tied game

In most of our divisions if a game ends tied we have a shootout. Three players per team or more if the tie persists. Everyone must have a turn before a player can take a second shot if the tie persists. A victory in regulation time is worth 3 points, 2 points in a shootout with 1 point for the losing team.

Penalties

Minor penalties are 2 minutes stopped time and continuous time in the Pick-up and Club House divisions. In the 3v3 Challenge division, penalties result in a penalty shot.

Puck in the net

If a puck is thrown onto the protective net at the ends of the playing surface and lands on the ice, play continues. This regulation was implemented in order to increase playing time.

LFA BONUS

The LFA offers you an optimal hockey experience by offering you exclusive discounts with its partners and other promotions and advantages.

Privilege VIP card

A privilege card from Hockey Experts, Sports Expert and Atmosphère Rockland is part of your LFA MEMBERSHIP. (See details on our site). You can get it in store to benefit from a host of advantages such as free sharpening!

Beers and refreshments

The league sales Tremblay beers and refreshments at a cost of \$4 each. Only products sold by the league are allowed in the arena. The honor system for payment of drinks is used in the league.

LiveBarn

You can track your every move and review your best plays on LiveBarn, available in several arenas where we play.

OUR PARTNERS

The help of our sponsors allows us to benefit from special offers, nice uniforms, and good organization. LFA management works throughout the season to find new sponsors, improve their offers, save you money and provide you with professional service across the board. Your participation in the various aspects of the league such as our Post-Game get together and special events is greatly appreciated to maximize the hockey experience for everyone and to maintain the friendly spirit of the league. If you find one or more sponsors for the LFA, you will be compensated for your involvement.

SUBSTITUTE PLAYERS

Please make an effort and invite your hockey contacts to sign up to come sub with us and eventually become a regular member to help us have complete and balanced teams every week.

We wish you an excellent season, wherever you play hockey!!!