

STRATFORD SUMMER HOCKEY LEAGUE (Stratford Summer Leagues)

Participant Waiver, League Agreement, and Rules

Participant Waiver and Release Form

I, _____, acknowledge that my participation in the Stratford Summer Hockey League (Stratford Summer Leagues) involves inherent risks including, but not limited to, injuries to the body or head, collisions with other participants, falls on the ice, equipment-related injuries, and property damage.

In consideration of being permitted to participate in the league, I voluntarily assume all risks associated with participation, including those resulting from the actions or negligence of other participants, referees, spectators, or league staff.

I hereby release, waive, discharge, and covenant not to sue Stratford Summer Hockey League (Stratford Summer Leagues), the league organizer Nicholas McCabe, referees, timekeepers, volunteers, sponsors, agents, and the Stratford Rotary Complex and its operators from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may occur while participating in the league.

I certify that I am physically fit to participate in hockey activities and have not been advised otherwise by a medical professional. I acknowledge that I am responsible for maintaining my own health insurance coverage.

Participants agree to follow all league rules, facility policies, and decisions made by referees and league organizers. The Stratford Summer Hockey League reserves the right to interpret and enforce all rules in the best interest of player safety, fairness, and league integrity.

Players will have access to dressing rooms 20 minutes before their scheduled game and must vacate the dressing room within 15 minutes after the game.

Female participants will be provided with a designated dressing room.

The league organizer reserves the right to suspend, remove, or refuse participation to any player at any time for behavior deemed unsafe, disruptive, or detrimental to the league.

Any player involved in fighting will be immediately expelled from the league without refund and may be banned from future seasons.

Accumulating three penalties in a single game will result in ejection for the remainder of that game.

Players ejected from two separate games may be suspended and may be required to meet with the league organizer before returning.

League Overview

The Stratford Summer Hockey League is a competitive recreational co-ed summer league for players aged 18–25 designed to provide organized, well-officiated hockey in a safe and respectful environment.

Season: Summer 2026

Number of Teams: 6

Games Per Team: 1 game per week

Games are played at the Stratford Rotary Complex on indoor ice.

Player Eligibility

Participants must be between the ages of 18 and 25.

Male and female players are welcome.

All skill levels are welcome.

Team Structure

Each team must have a minimum of 13 players including one goaltender and may have a maximum of 16 players.

Each team must designate a team captain responsible for communication and conduct.

Teams must provide both a white jersey and a dark jersey for identification purposes.

Teams must supply their own pucks for warm-ups.

Game Format

Warm-up: 3 minutes

Games consist of two 22-minute running time periods.

The final two minutes of the game will be stop time if the score is within one goal.

There is no overtime during the regular season.

Rules and Gameplay

Body checking is not permitted.

Incidental contact may occur, however excessive physical play may be penalized or result in ejection at the discretion of the officials.

Slapshots are not permitted.

Teams must have a minimum of five skaters present to begin a game. Teams unable to field five skaters will forfeit the game.

Minor penalties result in a two minute thirty second running time penalty.

Dangerous play or head contact may result in major penalties or immediate ejection from the game.

Playoff games tied at the end of regulation will proceed to a five-minute 3-on-3 overtime period. If the game remains tied, a three-player shootout will determine the winner. If still tied, the shootout will continue in sudden death format.

Only registered and paid league participants are eligible to participate in playoff games. Teams using unregistered or unpaid players will forfeit the game.

All referee decisions are final.

Each game will be officiated by two referees and one timekeeper.

Required Equipment

All players must wear full hockey equipment including helmet, gloves, shoulder pads, elbow pads, hockey pants, shin guards, and skates.

Helmets must include either a visor or cage.

The league strongly recommends wearing a full cage for maximum safety.

Goaltenders must wear full CSA-approved goalie equipment.

Officials may remove players from play if equipment is unsafe or incomplete.

Registration and Fees

Player Fee: \$295 + HST

Registration is first come, first served.

If a refund is requested before registration closes, the player will receive \$285 back.

No refunds will be issued once registration closes.

Sending payment confirms acceptance of this waiver and all league rules.

Code of Conduct

Participants must respect referees, opponents, league staff, and facility personnel.

Participants must maintain a safe and sportsmanlike environment at all times.

All Stratford Rotary Complex facility rules must be followed.

Failure to comply may result in suspension or removal from the league without refund.

Participant Agreement

Participant Name: _____

Participant Signature: _____

Date: _____

