

# Panorama 35+ Adult Ice Hockey League

The Panorama Adult Ice Hockey League provides an opportunity for persons 35 years of age and older to play recreational, non-contact ice hockey. This league is designed for those who wish to play for the fun of it, regardless of ability. Ice hockey can be a tremendous source of fun, fitness and camaraderie if played according to league rules and with the right attitude.

League teams will be formed after the registration period is completed. Teams are created through random selection, followed by some juggling of players based on ability. The highest level of hockey last played determines ability. Registering at the same time as a friend or a group of friends does not ensure placement on the same team. Once two games have been played, some further juggling of players may be necessary to balance the teams. **NO PLAYER** can refuse a transfer to another team if it is decided that the transfer is in the best interest of the league. Our goal is to have the best possible balance of skill on each team. League schedules and team rosters will be available at reception on September 4<sup>th</sup> and online at <http://www.panoramarecreation.ca>. *You will not be contacted by reception.*

Rules and Conditions of the league:

1. Body Checking is **NOT** permitted.
2. Slap shots are **NOT** permitted.
3. Two line passes have been removed from the league. However, the red line will still be used to **determine icings.**
4. Helmets and full equipment are mandatory.
5. No statistics will be kept other than the team standings.
6. There will be absolutely **NO substitutions** of players with the exception of goalies. Games played with a substitute will be forfeited. Players found responsible for allowing an illegal player will be suspended for 1 game.
7. Goalies **MUST** phone another goalie in the league to spare. Goalies are responsible for finding a replacement, not the league organizers.
8. Minor penalties will be three minutes in duration. If a player receives **THREE MINOR PENALTIES** in a game, he/she will sit out for the remainder of the game.
9. **MAJOR PENALTIES** will result in an automatic game misconduct and a three game suspension. Subsequent major penalties will result in suspension from all remaining games.
10. **FIGHTING** will not be tolerated. Fighting will result in a three game suspension. Subsequent fighting will result **in suspension from all remaining games.**
11. Verbal abuse of the referees will result in an automatic game suspension and suspension from the next league game. Physical abuse of the referees will result in an automatic suspension from the league.
12. No refunds will be granted after an individual has completed two games (exceptional circumstances will be considered).
13. All individual players must obtain a league jersey (goalies will have the option to wear their own)
14. League Organizers reserve the right to bar any players from remaining games in the schedule.
15. League organizers' rulings are final.
16. Assumption of Risk Waiver, Release of Liability **MUST** be signed by any **Goalie substitutions** and all league players and sent in prior to **Sunday Sept 8th 2024**

**Initial:**

League organizers will do their best to fulfill ONE request to be placed on the same team as ONE other player. Both players must make the SAME request. In the best interest of the league, balanced teams are most important. Therefore, we may not be able to accommodate all requests. All special requests must be indicated at least one week prior to the league start date. Teams will be evaluated during the first 3 regular season games; league organizers will make any required player moves after this point.

**DO NOT REQUEST TO PLAY ON A SPECIFIC TEAM.**

**Special Request**

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Panorama Adult Hockey League  
ASSUMPTION OF RISK, WAIVER, RELEASE OF LIABILITY

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE  
RIGHT TO SUE  
PLEASE READ CAREFULLY**

To: The Capital Regional District and its elected officials, employees, officers, agents and volunteers

The Capital Regional District's (CRD) Panorama Recreation Center offers an Adult Hockey League for persons 19 years and older to play recreational, non-contact ice hockey.

**ASSUMPTION OF RISKS**

I am aware that playing ice hockey and being involved in the Panorama Adult Hockey League involves many risks, dangers and hazards including, but not limited to: impact and collision with other players or officials; impact with objects or equipment used in connection with playing ice hockey; changes in the type of surface and the condition of each surface, including ice surface, hallways, shower facilities, stairs and change rooms; loss of balance; failure to play safely within one's own ability; failure to play against others of equal stature or ability; negligence of other participants.

**I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH THE PANORAMA ADULT HOCKEY LEAGUE AND THE GAME OF HOCKEY AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE AND LOSS RESULTING FROM OR CONNECTED WITH THIS ACTIVITY.**

I am also aware that the Capital Regional District does not carry accident or medical or dental insurance on my

**RELEASE OF LIABILITY. WAIVER OF CLAIMS**

In consideration of the Capital Regional District allowing me to participate in the Panorama Ice Hockey League and permitting my use of their equipment, structures and other facilities, and for good and valuable consideration, the receipt and sufficiency of which is acknowledged, thereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the Capital Regional District, its elected officials, officers, employees, agents and volunteers (collectively, the "CRD") and to release the CRD from any and all liability for any loss, damage, expense or injury including death that I may suffer, or my next of kin may suffer resulting from my participation in the Panorama Ice Hockey League due to any cause whatsoever, including negligence, breach of contract, or breach of any statutory or other duty of care owed on the part of the CRD;
2. TO HOLD HARMLESS AND INDEMNIFY THE CRD from any and all liability for any damage to property of or personal injury to any third party, resulting from my participation in the Panorama Ice Hockey League;
3. This Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, and representatives, in the event of my death or incapacity;
4. This Agreement shall be governed by and shall be construed in accordance with the laws in force from time to time in the Province of British Columbia;
5. Any litigation involving the parties to this Agreement shall be brought solely within the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

**I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND REPRESENTATIVES MAY HAVE AGAINST THE CRD.**

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Participant Name (print clearly)

\_\_\_\_\_  
Witness Name (print clearly)