

FMHL 45+ Division Fact Sheet

A division for those who love camaraderie and a lot of fun!

Purpose

The purpose of the 45+ division is to provide a division for players who are 45 and over who want to play where they can have fun with their friends in a safer, slower, and less intense environment than our traditional A, B, and C divisions.

Summary Points

- Designed for “chronologically mature” players who want a safer, slower, and less intense pace.
- Must be 45 or older to play in this division (each team may have 2 players between 40 and 44)
- Full slap shots are allowed
- A minimum of a visor is required
- Teams may consist of 11 or 14 people (extra cost for 11-man)
- Lower rating limit is 3 and upper rating limit is 7
- Rating Cap is 4.8

Questions

1. If I'm 45+, do I have to play in this division?

No, you may opt to continue playing in the traditional A, B, or C divisions.

2. When will games be played?

Early and late games will be equally spread out amongst all four divisions.

3. Can I play with my friends?

Yes, as long as they are 45+ and the team is under the team rating cap.

4. Can we have a goalie on the team who is under 45?

If there are not enough 45+ goalies signed up for the division, then yes.

5. Can we have other players under 45 on the team?

If there are not enough 45+ players signed up to fill out the teams, then players 40+ will be considered to fill the remaining roster spots.

6. Will there be a tournament at the end of the season?

Yes, we will hold a tournament at the end of the season using the Buffalo Point system.

7. If I'm rostered in the 45+ division, can I also roster and/or sub in the regular B or C divisions?

Yes, assuming you meet the rating requirements of that division.

8. If I roster on a B or C team, can I sub in the 45+ division?

If you are 45+ and meet the rating requirements, then you may sub in the 45+ division regardless of whether you are rostered in that division.

We are super excited to offer this new division to our 45 and over athletes!!! Wow! It might even feel like the old days for some of us!!!! Now is the time to plan on joining in on this opportunity.

Sign up information will be on the website closer to the fall season.