



2016-17 RULES AND REGULATIONS

CODE OF CONDUCT

The Lakeshore Oldtimers Hockey League is committed to providing a sport environment in which all players are treated with respect both on and off the ice. Members of the League shall conduct themselves at all times in a responsible manner and shall refrain from behaviour which is offensive or abusive. In particular, Members of the League shall not engage in activity or behaviour which endangers the safety of others. Failure to comply with this Code of Conduct may result in disciplinary action, suspension or ejection from the League.

GAME FORMAT

Length of Game

All games will have a 2 minute warm-up and two 23-minute running-time periods. The last minute of the first period and the last two minutes of the second period will be stop-time. If the goal spread is 5 or more with 2 minutes remaining in the game, the clock will continue to run.

PLAYOFF FORMAT

Playoff Format

At the end of the regular season the teams will play a single round robin. The top two teams at the end of the round robin qualify for the division championship final while the 3rd and 4th place teams will face off in a consolation match.

Playoff Standing Tie-Breakers

If two teams are tied after the playoff round, the advancing team will be decided based on the following formula:

1. Team with the best head-to-head record.
2. Team that finished higher in the regular season standings.
3. Team with the least number of penalty minutes.
4. Team with the fewest goals against.
5. Team with the most goals for.

Championship Overtime Format

If two teams are tied after regulation play, the format for over-time will be as follows:

- ▶ 5 stop-time minutes of sudden death play (4 on 4)
- ▶ 5 stop-time minutes of sudden death play (3 on 3)
- ▶ 5 stop-time minutes of sudden death play (2 on 2)

If the teams are still deadlocked, a best-of-five shoot-out will follow. Each team must designate a set of 5 players to participate. If the teams are still tied after the first 5 shooters, a new set of 5 players will be designated until the tie is broken. A player may not shoot a second time until all of the other players have participated.

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Eligibility

- All players must be 40 years of age by Dec.31st of the playing season. Exceptions will only be granted with the authorization of the League Executive Committee. Players are required to supply proof of age verification.
- To qualify for the playoffs, players must have played in a minimum of 6 games and have played in at least one game in the first 11 games of the schedule.

GENERAL PLAYING RULES

Except where otherwise noted, the League operates according to the CARHA Official Rule Book

- A team must have a minimum of seven players available to play by the start of the second period or the game is automatically forfeited. Any team which does not have a goaltender by the start of the second period will automatically forfeit.
- **Players in the offensive zone are not permitted to enter the crease before the puck.** If a player enters the crease before the puck, the Referee has the discretion to stop play and hold the face-off in the neutral zone.
- Following a stoppage in play, the referee will blow his whistle to indicate that in 5 seconds the puck will be dropped.
- The red-line offside rule will only be called when the player taking the forward pass from a teammate behind his blue line has crossed the centre red line and is clearly behind all of the defending players at the time he touches the puck.
- If a player uses a slapshot (raises the stick above the knee) play will be stopped and a face-off will occur in the offending team's end of the rink.
- Icing the puck will be called whenever a player shoots the puck from inside his own blue line beyond the goal line of the opposing team. If a player of the opposing team (except the goalkeeper) is able to play the puck before it crosses the goal line, but has not done so, the "icing" call will be waived off.
- **No player, coach or manager may participate in any game if he is under the influence of alcohol.**
- When a player is injured so that he cannot continue play or go to his bench, the play shall be stopped immediately, regardless of which team has possession of the puck.
- Any suspended player may not participate in on-the-ice or bench activities with his League team in any way during his suspension.
- Contacting the puck with the stick above the shoulders – or attempting to do so – will cause the play to be whistled dead and the face-off to occur in the offending team's end of the rink.
- **Referees are to whistle the play dead immediately when they lose sight of the puck, when the puck directly strikes the goalie mask or when it is held or smothered by the goaltender.**

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PENALTIES

■ Protective Equipment

Should the helmet of a player come off while play is in progress, that player must put it back on and fasten it before continuing play or must go to the bench for a substitution. If that player continues to play without his helmet he will be assessed a Minor penalty.

■ Line Changes

The penalized team will only be allowed to make line changes while the play is in progress. Players will not be permitted to change lines during stoppages in play.

- A Minor penalty will be 3 minutes in duration. A Major penalty will be 7 minutes in duration. A Misconduct penalty will be 10 minutes in duration.

- Any player who is assessed three penalties in one game shall be ruled off the ice for the remainder of the game.

■ A double minor penalty will count as two penalties.

- All incidents of Gross Misconduct will be investigated by the League Executive within one week of the incident. Any appeal of disciplinary action must be made by the player in writing to the League President.

MINOR PENALTIES

1. A Minor penalty shall be assessed to any player who attempts to impede the progress of an opponent by slashing with his stick, or swings his stick at an opposing player for the purpose of intimidation.
2. A Minor penalty will be assessed if an opposing player slashes or pokes at the goaltender when he has possession of the puck.
3. A minor penalty shall be assessed if any goalie causes a stoppage of play by freezing the puck outside the crease.
4. A minor penalty shall be called if a player takes a slapshot to clear the puck from the defending zone while killing a penalty.
5. A bench minor penalty will be called against a team if that team is deliberately stalling or causing unnecessary delay of the game. If sufficient time is not available to serve the delay of game penalty in its entirety, a penalty shot shall be called in lieu of the minor penalty.
6. A bench minor penalty shall be assessed a team where any player on the bench bangs the boards, glass or ice surface with a stick or any object in protest of an official's ruling. When a player on the ice commits the infraction an unsportsmanlike conduct penalty shall be assessed.
7. **A Minor penalty shall be assessed to any player or team official who challenges or disputes the rulings of an official during the game or who displays unsportsmanlike conduct.** If the player persists, even after being assessed the Minor penalty, he shall be assessed a Misconduct penalty. A referee is not required to assess a Minor penalty before assessing a Misconduct penalty.
8. A minor penalty shall be assessed for boarding or body contact.
9. A double minor penalty will be assessed if accidental contact causes the player to fall into the boards.

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10. A double minor penalty will be assessed any player who unintentionally high sticks another player.

11. When the attacking player is skating toward the defending player, the defending player has the right to maintain his position. In this case, the attacking player must avoid body contact. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

12. Slashing above the waist, deliberate body contact, contact above the neck or cross-checking from behind will result in a double minor penalty (6 minutes).

13. A Game Misconduct will be assessed for abuse of officials in the last 5 minutes of the game.

MAJOR PENALTIES

14. A Major penalty will be assessed any player who intentionally high sticks an opposing player.

15. A Match penalty will be assessed any player who intentionally hits a player from behind into the boards.

16. Any player who threatens or attempts to strike a referee during or after a game shall be assessed a Gross Misconduct penalty and indefinite suspension until the case is reviewed by the Discipline Committee.

17. Any player receiving a Major penalty for fighting will be removed from that game and will be suspended for the next 4 games.

18. A player who signals his intention to fight by dropping his gloves will be assessed a Game Misconduct penalty.

19. A Gross Misconduct will be assessed any player who is involved in an altercation with another player off the playing surface.

20. A Major penalty shall be assessed to any player who deliberately attempts to injure an opponent. Any player receiving a Major penalty for intent to injure will be suspended for a minimum of 4 games.

21. A Gross Misconduct penalty shall be assessed where a person conducts himself in such a manner as to make a travesty of the game. Any player receiving a Gross Misconduct penalty will be suspended indefinitely.

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SUSPENSIONS

GAME EJECTION	MATCH PENALTY	GAME MISCONDUCT	GROSS MISCONDUCT
A player is ejected for the balance of the game due to misconduct (at the discretion of the official).	A player is ejected from the game; the team must play short-handed for 7 minutes.	A player is ejected from the game for a major penalty; the team must play short-handed for 7 minutes.	A player is ejected from the game for unacceptable on-ice or off-ice conduct.
<ul style="list-style-type: none"> ▪ Disputing call of official ▪ Harassment of official ▪ Inciting 	<ul style="list-style-type: none"> ▪ Spitting ▪ Slashing ▪ Body contact ▪ Instigator ▪ Checking from behind ▪ Cross-checking above the shoulders 	<ul style="list-style-type: none"> ▪ Fighting ▪ Intent to injure ▪ Slew footing ▪ Threatening an official 	<ul style="list-style-type: none"> ▪ Travesty of the game ▪ Off-ice altercation
First Offence	2 games	4 games	Indefinite suspension
Second Offence	5 games	6 games	
Third Offence	Indefinite suspension	Indefinite suspension*	

* Applies to a 3-year period from the time of the initial suspension.

SUSPENSION APPEALS

1. A Team Manager may appeal a suspension of 4 or more games by filing a written submission to the League Convenor within two weeks of the incident.
2. The Disciplinary Committee, made up of two members of the League Executive plus one designated Team Manager (not involved in the incident) and the Director of Officiating, will review the submission and set up an Appeal hearing. The Team Manager who filed the appeal will then have an opportunity to present his case before a final ruling is made.
3. Where an indefinite suspension has been issued, the Disciplinary Committee will organize a review meeting within two weeks of the incident to determine the exact length of the player suspension or the possibility of expulsion from the League.



RULES EMPHASIS

These infractions are to be called with very strict enforcement.

Stick Infractions

The use of the stick will be limited to playing the puck. Sticks are not to be used to cross-check or slash opponents.

- **Slashing** – Hitting an opponent anywhere on the torso, legs, arms or gloves for purposes of intimidation. Even when a player swings his stick at an opponent and misses a slashing penalty will still be called.
- **Slashing the Stick** – Excessive use of force to slash an opponent's stick - slashing the stick out of an opponent's hands - or slashing the shaft of an opponent's stick close to the hands - will be penalized.
- **Cross-Checking** - Using the shaft of the stick to check an opponent at any height. This includes fouls in front of the net for purposes of intimidation.

Hooking and Holding Infractions

The use of the stick or hands to impede the movement or progress of an opposing player.

- **Hooking** – Use of the stick to tug or hook on to the torso, legs or arms of a player in order to impede progress or cause loss of puck control or balance.
- **Holding** – Use of a free arm or hand to clutch, grab or otherwise impede the movement of a player, including holding the opponent's stick.

Body Contact Infractions

The intentional (non-accidental) body checking of an opponent.

- **Body Contact** – Intentional body-checking, bumping or pushing of an opposing player. A player who knocks down another player *by not averting contact* will also be penalized.
- **Boarding** – Intentional pushing, shoving or body-checking which causes a player to collide with force into the boards.



PENALTY THRESHOLD POLICY

Players are expected to conform at all times to the League *Code of Conduct*. In order to ensure awareness and compliance with the rules governing play, the League maintains a record of *accumulated infractions* over the course of the regular season. Players who demonstrate a wilful disregard for League rules by repeatedly taking penalties are subject to a series of escalating suspensions ultimately resulting in disciplinary action once the maximum penalty threshold is reached. The threshold limits and suspension policies are outlined below.

Penalty Threshold Levels

Game Threshold*	Total Accumulated Number of Infractions**	League Action
5 games	5 infractions	Team Manager provides warning to player of penalty status
10 games	10 infractions	One game suspension
20 games	15 infractions	Full playoff suspension and League ejection. League Reinstatement subject to Disciplinary Committee review.

* Defined as participation in a specified number of regular season games.

** An infraction is defined as a minor or major penalty.