

# Grimsby Oldtimers Hockey Association

## Rules & Regulations 2024

1. All players must be thirty-five (35) years of age by December 31st of the playing season and no person may accrue seniority for hockey purposes until attaining the age of 35.
2. The League will be divided into as many Divisions as deemed necessary by the Directors.
3. All players must be residents of Grimsby and the surrounding area as per the Constitution.
4. Participating players must have paid, in advance, by September 1st each year, the specified registration fee, and be in good standing with no arrears outstanding for a prior year or years. Also, players must have signed the waiver, which states the League will not be responsible for injuries to players participating in any game. "Failure by a playing member to register and pay the required dues by September 1st will result in his relegation to the player pool.
5. Discipline
  - a. "Any member of the GOHA who in the opinion of his Division Convener(s) and most of the Division captains conducts himself in a manner having little or no regard for the safety and well-being of other players or members of the GOHA or conducts himself in a manner not keeping with the purpose of the GOHA will be **subject to a disciplinary hearing. Such hearings may result in short term suspension, long-term suspension, or expulsion from GOHA.**
  - b. If a player, in the opinion of the Divisional Convener and VP of Hockey, plays at a level unrelated to Discipline that adversely affects the game and the playing experience of the other players, that player may be removed from full-time playing status. The procedure will be as follows:
    - i. The Divisional Convener, after consulting with the Division Captains will advise the VP Hockey that a player move is required. The request will be in writing (or email) and will identify the reason for this decision.
    - ii. If the VP of Hockey supports this change, the Convener will call a meeting with the player and the players current Captain as well as the VP Hockey. The player will be advised and be moved to the Pool. The player may also choose to voluntarily change status when advised of the meeting.
    - iii. If the player so chooses, after a minimum 16 games in the Pool the player may request, in writing, the VP of Hockey and the Convener to be re-instated. A decision to re-instate the player will be at the VP Hockey's discretion. If the player wishes to apply for full-time playing status in subsequent years, that player must submit a request to the VP Hockey in the same manner and under the same guidelines.
    - iv. The Board will be advised at the first Board Meeting following an involuntary change in player status and must ratify the change for it to continue to be in effect.
6. **Mandatory Equipment:**
  - A Hockey Canada approved hockey stick
  - Shin pads
  - Hockey gloves

- Elbow pads.
- Hockey pants or equivalent protection (No track or sweatpants allowed)
- Athletic support with cup
- Ear guards
- Helmets CSA approved full and half face shields which are unaltered and must protect the player's eyes are mandatory for all skaters and on ice officials as minimum face protection. All certification (CSA) stickers must be in plain view. Full face shields must be fastened so that, in the event of an injury, medical attention such as CPR can be provided without removing the helmet. The chin/neck strap can "hang" no greater than two finger width below the players' chin.

CHA Rule 24 specifies "all players must wear CSA approved helmets and facial protection, securely fastened at all times. Full, CSA approved unaltered face shields, full head protection, approved plastic throat guard and approved throat protector are mandatory for all goaltenders. Any goaltender playing without the proper equipment will be suspended from further play until the proper face protection and head protection is used.

## 7. Goalie Masks:

- Manufacturers have created a new version of the "Cat Eye" mask, which is CSA approved and may be worn during play under CARHA Hockey rules and regulations. The photo below shows the difference between the CSA Approved and the non-CSA Approved illegal "Cat Eye" mask; the legal CSA approved mask has an additional bar that runs along the top of the eye hole and protects the goaltender from pucks and sticks entering the mask and causing injury.



## GAME PROCEDURES

The League will participate under the C.A.R.H.A. rules.

- All games being played using stop time, except if the game is running late, running time shall be utilized in lieu of stop time subject to the referee's discretion. However, if possible, the last five minutes of any game will be played in stop time. The center red line will not be used in all games. Running time will also start if there is a 5-goal lead and only 3 minutes remaining in the game. The time will not stop until the end of the game regardless of any goals scored.
- Icing the puck will only be called when the defending player shoots the puck from behind his own blue line across the opposing team's goal line with no player from either team contacting the

puck. The referee may waive off the icing call if, in his judgment, the puck could have been contacted by a defending player but due to the lack of effort by the player, no contact was made.

- C. League games will consist of two (2) periods:
  - o Period One (1) - seventeen (17) minutes stop time.
  - o Period Two (2) - seventeen (17) minutes stop time.
- D. There will be a two (2) minute warmup. Referee to give a 30 second warning at which time the captains are to get pucks picked up and starting line up onto the ice. If a longer than normal delay is encountered during a stoppage (etc. injury, broken glass, etc.) app. 30 seconds then the timekeeper will be instructed by the referee to start the clock running until play is ready to resume.
- E. The minimum number of players to start a game is eight (8). You can start the game without the goalie.

#### **Games ending as a tie:**

- Ties count for one point in league standings. There is no provision for tie breakers.

#### **Determining Divisional Champions:**

- a. At the end of the regular season, the team with the greatest number of points is declared the Divisional Champion.
- b. If two teams are tied in total points, the Divisional Champion is the team which has the greatest number of head-to-head wins during regular season play.
- c. If still tied, or more than two teams are tied, the Champion is the team with the most wins throughout the season.
- d. If still tied, the Champion is the team with the fewest losses throughout the season.
- e. If still tied, the Champion is the team with the most goals for.
- f. If still tied, the Champion is the team with the fewest goals against.

## **PENALTIES:**

#### **Minor Penalty:**

- Two (2) minutes stop time or three (3) minutes running time, three minor penalties to any player in the same game will require automatic expulsion from that game.

#### **Major Penalty:**

- Any major penalty will eject a player from that game and the next game also. The team being assessed a five (5) minute stop time, or seven (7) minutes running time penalty will place a substitute player in the penalty box to serve the major penalty. An alternate player may replace such player at a stoppage of play. For goalies only, if they receive a major penalty (5 min.) they remain in the game and will serve a 1 game suspension for their next game. The only exception is if a goalie is penalized for fighting then they are ejected from that game with the major penalty.

#### **Match Penalty:**

- Automatic suspension from that game and all future games until a disciplinary hearing has been held. If a match penalty is assessed to a player, the player shall proceed directly to the dressing room and a player from that team shall serve a five (5) minute stop time or seven (7) minutes running time penalty. An alternate player may replace such player at a stoppage of play.
- **Any deliberate attempt to injure another player, coach, official, or manager will result in an automatic match penalty.**

- The case will be referred to the Discipline Committee for review and a hearing to determine the outcome and any further action or the suspension of the player.

#### **Misconduct Penalty** (All references to Misconduct Penalties to be read Game Misconduct Penalties)

- If a misconduct penalty is assessed to any player, coach or manager in the first period, the person will leave the playing area and be suspended for the balance of the game.
- The player, coach or manager must proceed to the dressing room immediately and not be involved with the team while under suspension.
- If the misconduct penalty is assessed after the first period has officially ended or during the second period of play or after the second period has expired and before the teams have returned in their entirety to their respective dressing rooms, the player, coach, or manager will be suspended for the remainder of that game if applicable and the next league and or round robin game.
- If a second misconduct penalty is assessed to the same person in the same season, the person will be suspended from that game and the next three league and or round robin games.
- If a third or subsequent misconduct penalty is assessed for any player, coach or manager, no further league or round robin play or team participation for that person may take place until after a discipline hearing has been held to discuss the situation.

#### **GROSS MISCONDUCT PENALTY**

- Gross Misconduct Penalty shall be assessed where a person conducts himself in such a manner as to make a travesty of the game.
- A player, coach or manager assessed a Gross Misconduct penalty will be suspended from league or Round Robin play for 2 games subject to any action deemed necessary by the discipline committee. A second Gross Misconduct in the same season will be required to appear before the Discipline Committee before reinstatement.
- The Discipline Committee will submit its recommendations to the Vice President, Hockey, who will bring the matter to the Board of Directors for ratification, if suspension from the League is necessary.

#### **DISCIPLINE COMMITTEE MEMBERS:**

- Designate-Chairman
- Referee-in-Chief or Designate
- Referee of the game
- Player, Players involved with the Team Captains or Alternate Captains Convener of the division/divisions or designate where the offender/offenders play.

As indicated above, C.A.R.H.A. rules will apply, subject to the modifications indicated below:

(A) **Roughing** - A major penalty or at the discretion of the referee a Major penalty and a Game Misconduct penalty shall be assessed to any player who is guilty of unnecessary rough play.

- i. Roughing shall be interpreted as a shove/push or attempted blow.
- ii. Any player who, having been struck, retaliates with equal or greater force shall be assessed a minor penalty.
- iii. Any player who is identified as being the instigator or the aggressor, shall be assessed an additional minor penalty.

(B) **Fighting** - A match penalty shall be assessed for any player or players who fight.

- i. Fighting shall be interpreted as throwing a punch or punches with vengeance/force so as to cause physical harm to an opponent.
- ii. Any player who retaliates, after being struck with a forceful punch or punches, shall be assessed a fighting penalty.
- iii. Any player who is identified by the Referee as the instigator or the aggressor in a fight will be subject to additional penalties.

**Note:**

1. After being assessed minor penalties for roughing, a fighting penalty will be assessed if participants continue to, or attempt to, carry on the roughing incident.
2. Game Misconduct penalties will be assessed to a third man entering an altercation (roughing or fighting) plus any other penalties he might incur under the rules.
3. Any player who refuses to follow the Referee's instructions to proceed to a neutral zone during a roughing or a fighting incident shall be assessed a Game Misconduct Penalty.
4. The Referee shall submit a full report of the incident to the Referee in Chief and the Chairman of the Disciplinary Committee.

**(C) Use of wrist shots only.** No slap shots are permitted. A minor penalty shall be assessed to any player using a slap shot and if in the attacking zone, the face off will take place at the nearest neutral zone face-off spot.

- A major penalty will be assessed to any player who causes another player to be injured because of taking a slap shot.

**Interpretation of a Slap Shot**

- Any player who propels the puck by drawing the stick back 15 inches or more from the puck and/or who makes a shot or pass where any part of the players stick blade is above the height of the skate boot.

**(D) No body checking of any kind** will be tolerated, including playing the man, under any circumstances. A minor or a major penalty at the discretion of the Referee, based upon the violence of the impact with the opposing player, shall be assessed any player who intentionally pushes, shoves, or stands in front of and does not avert body contact with an opponent.

- 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, coincidental contact has taken place, no penalty shall be assessed.

**(E) Referees are to whistle the play dead immediately when they lose sight of the puck**, when held or smothered by the goaltender. Under no circumstances shall an opposing player slash at or poke at the goaltender when he has possession of the puck. A penalty for roughing is to be assessed if required.

**(F) Referees are instructed to drop the puck immediately if they suspect one team, coach or player is deliberately stalling or causing unnecessary delay of the game** and a bench minor penalty will be called against the offending team. If sufficient time is not available, that is, the last 2 minutes of the game or in any overtime, to serve 'delay of game' penalty in its entirety then a penalty shot shall be called in lieu of the penalty.

**(G) Every team captain appointed by the Convener shall appoint one assistant captain.** A second assistant captain shall be elected by the team members. Not more than two (2) assistant captains per team and no goaltender can be the captain or assistant captain of any team. Only the captain or alternate captain on the ice can discuss (politely and within reason) rule interpretations or penalties imposed with

the referee. Any captain or alternate captain will lose his privilege as a captain or alternate captain when assessed any penalty.

(H) **All officials on the ice are empowered to call penalties.** A full report of undesirable incidents is to be made by the Referees and given to the Referee in chief immediately following the game.

(I) **No protest of games played or officiating will be allowed** under any circumstances.

(J) **No profanity will be tolerated** on the ice or from the bench. Such language will incur an automatic misconduct penalty. Any further profanity from the same player or coach will result in a disciplinary hearing for further action.

(K) **Spearing or butt ending** - suspension from that game and no further playing until a disciplinary hearing has been held and penalty has been assessed by the Disciplinary Committee. (Match penalty to be assessed.)

(L) **Tripping** - Accidental tripping is a minor penalty; however, intentional tripping is a very serious offence and will warrant a major penalty. It should be kept in mind that this is Recreational Hockey and deliberate tripping can cause serious injuries. A defending player will be assessed a major penalty for causing to trip by sliding along the ice and attempting to block the puck or shot if contact is made with an opposing player.

(M) **High Sticks** - Sticks are not to be carried above the shoulders. Contacting the puck or making a play to contact the puck with a high stick will result in a minor penalty to the offending player. A Minor penalty shall be assessed to any player who checks an opponent or intimidates an opponent while carrying their stick above the WAIST height of their opponent.

- A player who accidentally, at the discretion of the referee, contacts an opponent above the normal height of the shoulders with a high stick shall be assessed a minor penalty.
- A player who intentionally contacts an opponent with a high stick shall be assessed a major penalty whether injury results.

**Note:** In the event the Referee is unable to identify the offender and both players' sticks are above normal shoulder height, a minor penalty may be assessed to both players. Any player who checks an opponent by bringing his stick down on his opponent's stick from above the normal height of the shoulders may receive a minor penalty. Any player who carries his stick above the normal height of his shoulder may receive a minor penalty.

(N) **Any player, coach or team official yelling at game officials will incur a personal or bench penalty** (to be strictly enforced).

(O) **Coincident major or minor penalties** do not require the teams to play shorthanded. Penalties will be assessed to any player/players, whose action after the final whistle of a game may cause injury to any person.

(P) **Molesting Officials** - Any player or team official who threatens or attempts to strike a Referee during or after a game shall be assessed a Match Penalty and immediate suspension shall occur. A Disciplinary Committee shall be convened as soon as reasonably possible to determine further action as required.

(Q) **Unnecessary Nuisance**

- i. A bench minor penalty shall be assessed on a team where any player or team official on the bench bangs the boards or ice surface with a stick or any object in protest of an official's ruling.
- ii. When a player on the ice commits the infraction (1) unsportsmanlike conduct penalty shall be assessed.
- iii. 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.

- iv. If the person persists, after being assessed for the minor penalty, he shall be assessed a Game Misconduct penalty.

(R) Sliding: Any sliding is a minor penalty. This includes the goalie once they leave the crease to challenge a player coming to take a shot or breakaway. If in the act of sliding the player contacts a player and trips the opposing player, it is a 5-minute major. All major penalties result in an ejection from the game and a 1 game suspension. Note that sliding must be intentional and not from falling and sliding. Blocking shots are allowed if not sliding, sliding requires movement along the ice. (S) Penalty for contact with the head will follow CARHA rules. Single minor for accidental, double minor for intentional and a 5-minute major at referee's discretion if the hit is excessive.

(S) Penalty for contact with the head will follow CARHA rules. Single minor for accidental, double minor for intentional and a 5-minute major at referee's discretion if the hit is excessive.

### **Double Minor Penalty**

- a. A Double Minor penalty shall be assessed to any player or team official who uses the shaft of the stick above the upper hand, to hold or hook an opponent, or who attempts to butt-end an opponent.
- b. Boarding and Body contact. If a player, by committing an infraction of the rules, causes an opponent to collide with the boards, the Minor penalty normally assessed under the rules will be waived, and a Double Minor penalty shall be assessed.

Note:

- 1. A Referee is not required to assess a minor penalty before assessing any Game Misconduct penalty.
- 2. Any suspension not served during the current playing season will be carried forward to the Year End Tournament and/or the next playing season to ensure the full suspension is served.

### **(T) Roughing After the Whistle**

- A minor penalty, or at the discretion of the referee, a major penalty and a game misconduct shall be assessed to any player who, in judgement of the referee, makes deliberate contact with an opponent after the whistle. *Example: At a stoppage of play, a Team A player pushes a Team B player who then pushes back. The referee would assess a minor penalty to Team A player for roughing after the whistle. Where the retaliation is too severe to be ignored and that player is penalized, the referee shall assess the initial player with a double minor penalty so that a time differential exists.* NOTE: The key is to penalize the team which caused the initial foul.

### **(U) Entering the Crease**

- When the attacking team has possession and control of the puck in the attacking zone, should any player of the attacking team be observed by the referee to contact the goaltender's crease (blue ice), play shall be stopped after 5 seconds, and the ensuing face-off shall take place at the nearest neutral zone face-off dot. No penalty is assessed. The intent of this rule is to protect our goalies knowing that winning is secondary. If in any event a goalie is hit in the mask with the puck and the puck does not go directly over the goal line into the net, the play is to be stopped immediately. The ensuing face-off shall take place at the nearest defending team face-off dot. If the puck does go off the mask and directly over the goal line into the net the goal would count, and face-off would take place at center ice. In both cases the referee is to check with the goalie to make sure he can continue to play before a face-off takes place.

# OPERATING PROCEDURES

## SUBSTITUTE PLAYERS:

The Leagues waiting list will be the first option for substitute players. This list is in the control of the division convenor and all requests must go through them.

- A. Players who miss four consecutive games without notice or who are habitually absent, may, at the option of the Board of Directors or an assigned Convener of the League, be removed from a house league team to the player pool and a player pool member be moved on to the team in his place.
- B. A spare player is eligible to play a maximum of five games under CARHA rules. If that player is to be added to a team their fee for the season will be prorated to cover ice time and insurance.
- C. We cover the cost of substitute goalies.

Substitute players are strictly prohibited from playing in any PLAY OFF GAMES.

Exception a spare player that has been assigned to a team to replace an injured player and has played a minimum of five games before the playoffs start.

- a. Substitutions (missing player) – (Regular Season)

Any team with 8 or less players may pick up a player from the divisional spare list.

- b. Substitutions (injured player)

If a player is unable to return to play, he must be replaced from our spare player waiting list.

If an injured player can return to play at some point, his replacement player will not be allowed to continue to play.

Substitute players are allowed to play a maximum of 5 games under CARHA regulations.

If an injured player is unable to return to play the substitute can replace that player if their ratings are comparable.

- D. Any player drafted to a regular position on a league team who:

- i. opts to leave the league team and join the player pool or become a non-active member at any time following the pre-season player draft, or,



- ii. is removed from a league team for cause as outlined in league operating procedures, must remain a member of the player pool or a non-active member for a minimum period of 16 consecutive games (or the remainder of the season, whichever is of shorter duration), commencing with the first scheduled game of the regular season or the date of transfer to the player pool (or non-active list). This ruling does not apply to players becoming non active members for medical reasons. During this 16-game period, the player will not be considered for placement to any team as a permanent or full-time temporary player regardless of seniority. The player will, however, be eligible to participate as a pool player at any time beginning with the date of transfer to the player pool list. At the end of the 16-game period the player will again assume all normal rights and privileges.
- C. Player movement the Conveners may move players from team to team or from division to division at any time they feel it is in the best interest of the league. We ask for your complete cooperation.
- D. A player who cannot make a game is expected to advise his captain well in advance so that a pool player gets a chance to lace 'em up.
- E. Pool players who, when called habitually refuse to play may be relegated to a non-active playing status for the remainder of the season.
- F. Both the number and severity of penalties an individual player receives will be monitored and further disciplinary action may be warranted.
- G. Players represent the entire Grimsby Oldtimers Hockey Association to the community each time they step on the ice. Foul and profane language on the bench, on the ice or in the penalty box is not appreciated by spectators, timekeepers, officials, or arena staff. Penalties can and will be assessed.
- H. Any member of the Grimsby Oldtimers Hockey Association reported to be consuming alcohol in the dressing rooms or in any other part of the arena during our scheduled time periods will be required to appear before the discipline committee. If found guilty of the policy violation, the member will be subject to the following:

**1st offence in a Calendar Year:**

The member(s) will be suspended from league activity (playing, coaching, or refereeing) until a Discipline hearing has been held to discuss the situation. The Discipline Committee will set the length of suspension(s) for a period of 4 games minimum to 16 games maximum. If no individual(s) from a team can be determined, then the Team(s) will be suspended for a period of 1 game minimum to 4 games maximum. Discipline Committee to set length of suspension based on info given by the Convenor, Captain(s) info provided during investigation. The Town of Grimsby may ban any player or team if found guilty of the policy violation to a longer suspension from all town property. All games missed by Team(s) suspended will not count in regular season standings. If Team(s) Suspension is during Round Robin all games missed or played during Round Robin will not count in the standings. Team(s) that was suspended during Round Robin may not participate in Championship games.

**2nd offence in a Calendar Year:**

The member will be suspended from league activity (playing, coaching, or refereeing) for a period of 5 games minimum to 16 games maximum. If no individual(s) from a team can be determined the team(s) will be suspended for a period of 3 games minimum to 10 games maximum, Discipline Committee to set length of suspension based on info provided by the Convenor and Captain(s) during investigation. Town of Grimsby may ban any player(s) or team(s) if found guilty of the policy violation to a longer suspension from all city property. All games missed by Team(s) suspended will not count in regular season standings. If Team(s) Suspension is during Round Robin all games missed or played during Round Robin will not count in standings.

**3rd offence in a Calendar Year:**

The member will be suspended from league activity (playing, coaching, or refereeing) until a

discipline hearing can be held. Discipline Committee to set length of suspension for a period of two years minimum, 5 years maximum. The member will be required to put in writing reasons why he should be allowed to return to GOHA and hand a letter to VP. of Hockey. If V.P. of Hockey agrees with the member, he shall bring the member's name to the board for board approval before the member can rejoin GOHA.

## **TEAM CAPTAINS/COACHES**

The following points should be kept in mind for each coach/team captain:

- a. The purpose of the Oldtimers' Hockey is to provide recreation and enjoyment for its members and, as such, each Team Captain should endeavor to provide equal Ice time for all members of his team. The name of the game is FUN for all members.  
**Winning is secondary.**
- b. When a goalkeeper is absent from his regular team; replacement should be obtained from his division pool. If no pool goalie is available, another goalie from his own division may be used. Failing this, another goalie from the next division may be used.
- c. No player, coach or manager may participate in any game if he is under the influence of alcohol.
- d. Any suspended player may not participate in on the ice or bench activities with his League team in any way during his suspension.
- e. A penalty may be assessed to any player, coach, or manager whose conduct, in the opinion of the League Executive, or Directors, is not in keeping with Oldtimers' hockey. Ungentlemanly conduct on behalf of anyone will be at least a one game suspension, however, the Disciplinary Committee may assess additional game suspensions if, in its opinion, further suspension is of benefit to the League.
- f. The above rules are to be STRICTLY enforced and all players, coaches and managers should keep in mind that an offending player faces the possibility of ejection from the League if, in the minds of the Executive of the Association, it is felt the player's actions and attitude is not in keeping with the purpose of the Association.

## **ROUND ROBIN YEAR-END-RULES:**

1. Each team captain must register the names of ALL players who will participate in the playoff Round Robin prior to the first game.
2. Only full-time players registered on that list will be allowed to play on that team during the Round Robin.
3. No player may play for more than one team during the tournament except a goaltender in cases of injury. When a pool goaltender is not available the Divisional Convenor will appoint the replacement goaltender from that Division.
4. Each team in All Pros and Silver Elite is guaranteed 3 group games and the two teams with the highest number of points will play for the championship for their division.
5. Legends Division teams will play 5 group games and the four teams with the highest number of points will play in a semifinal game. The two top teams will play for the division championship.
6. Legends 5<sup>th</sup> and 6<sup>th</sup> placed teams play for the Bottoms up Cup.

## **Tie Breaking Procedure**

If after the group games, there is a tie in points, the teams to advance to the championship will be determined as follows:

### ***Three or more teams***

If 3 or more teams are tied at the completion of the round robin, their ranking will be based on their head-to-head games (mutual games played against each other).

The tie breaking criteria for the head-to-head games will be:

- Most wins
- Plus/minus
- Goals scored.
- Least amount of penalties
- Fastest goal scored.

***Two teams tied for second.***

- Head-to-head.
- Plus/minus
- Goals scored.
- Least amount of penalties
- Fastest goal scored.