



## Yellowknife Old-Timers Hockey League

### HOUSE RULES



These house rules for the Yellowknife Old-Timers Hockey League have been developed in consultation with players, officials and league executive to support awareness of the rules specific to the Yellowknife Old-Timers Hockey League.

These rules can be amended as required, and are intended to strengthen the rules of **Hockey Canada** that will be used by officials of the league. The league executive promotes that players will respect each other, play safely and play fairly. These rules will be reviewed and updated as required.

As an affiliate league of the **Adult Safe Hockey League (ASHL)** all players must be registered and insured before stepping on the ice to play with a team.



### General Rules

- All registered players must be thirty-five (35) years of age by December 31st of the playing season.
- Registered female players must be over 19 years of age to play in the league.
- Games will be 3 x 20 minute periods, running time.
- No timeouts can be called during league play.
- Majority of regular league schedule games will use a one-referee system, 2 – referee systems will be scheduled periodically throughout the season.
- No players on ice until the rink attendant has closed the Zamboni doors.

### Playing Rules

- The league will be officiated using the rules of Hockey Canada.
- 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.

## Penalties

At the discretion of the Referee, a Minor or a Major penalty shall be assessed, based upon the violence of the impact with the opposing player. When injury results, a Major penalty will be assessed.

- Minor Penalties are 3 minutes.
- Major Penalties are 7 minutes, and subject to disciplinary review and suspension.
  - Game Misconducts are also called with all major penalties
- A Misconduct Penalty will be 10 minutes in duration.
- Fighting is an automatic game ejection and reported to disciplinary committee for review and suspension.
- When a player is ejected from the game for a Major Penalty; the team must play short-handed for 7 minutes and incident to be reviewed by disciplinary committee.
  - Match Penalty is 7 minutes.  
A player is ejected from the game for attempt to injure; the team must play short-handed for 7 minutes and subject to disciplinary review by league.
  - Gross Misconduct.  
A player is ejected from the game for unacceptable on-ice or off-ice conduct and subject to disciplinary review by league.

The Yellowknife Old-Timers Hockey League Disciplinary Committee will review all incidents reported by officials.

- Penalty – high sticking the puck, minor penalty.

**Players are encouraged to keep their sticks down at all times**

- Officials will use the shoulders of the player as a measurement to assist in making calls.
- A Minor Penalty, or at the discretion of the referee, a Major Penalty and a Game Misconduct, for any player who contacts or intimidates an opposing player above the shoulders with a stick.

- Penalty – slap shot, minor penalty

**There are no slap shots allowed**

- Stick raised above the knee – greater than 15 inches. Note: in practice the knee of a player is used to judge distance.
  - No faking a slap shot is allowed , or
  - No slap shots when shooting the puck around the boards or down the ice
  - Shooting the puck anywhere on the ice that involves raising the stick above the knee is a minor penalty.

### **Game Ejection**

- 3 penalty rule, any 3 minor penalties, receives an automatic game ejection.
- Any player, who at the discretion of an official, engages in conduct that is deliberately reckless or endangering his/her opponents safety, may be assessed a **game ejection penalty** and ruled off the ice for remainder of the game. This would not involve the calling of a game misconduct.
  - Depending on the incident, the player(s) involved may be reviewed by disciplinary committee.

### **Body Contact**

**This is a no-contact hockey league.**

- Defined as any player who intentionally bodies, pushes, shoves, stands in front of an opponent or the purpose of making contact, and/or does not avert body contact with an opponent. When injury results from intentional body contact a major penalty shall be assessed. Minor or major penalty at discretion of the referee based upon intent and the violence of the impact with the opposing player.

### **Body Contact Penalty Situations**

- Defensive Player

A player skating with puck into their offensive zone along the boards, can be angled to keep them to the outside by a defensive player, along the boards, however the defensive player cannot use their body to make contact, or push them into the boards. A minor penalty may be assessed for body contact.

- **Offensive Player**

A player skating with the puck or without that makes no effort to avert/avoid contact with a defensive player and or aggressively makes contact to go around the defensive player can be assessed a minor penalty.

- **Coincidental**

The official is able to call coincidental minor penalties if both players are aggressively using body contact to obtain the puck or for positioning.

### **Goaltender Safety**

- In the event that a goaltender is struck in the mask or helmet with shot, the referee shall stop play.
- If the goaltender is hit in the head or mask with a shot, play shall stop immediately. Disallow any goal if the puck proceeds into the goal after contacting the goaltender.
- Players are encouraged to stay out of the crease area and to not make contact with goaltenders. Contact with goalie could lead to a penalty for goalie interference.

- 1. Respect for Self, and Teammates**
- 2. Respect for Opponents and Officials,**
- 3. Responsible/Accountable for all your actions.**

Players of the league have families to care for, mortgages/rent to pay, jobs to be at the next day, so let's keep this league and every hockey game fun and safe.

