



ONTARIO HYDRO HOCKEY LEAGUE (O.H.H.L.) 1995/96

RULES & REGULATIONS

1. **C.A.H.A rules will be in force.**
2. The referees decisions are final. Only Captains/Alternatives may discuss ruling with referee.
3. All "**New**" players must be registered by President.
4. Slap shot are allowed.
5. No body checking (Non-Contact) - a minor penalty will be called.
6. Full equipment is mandatory !!! Helmets must be worn at all times including warm-ups !!! For your protection a $\frac{1}{2}$ visor is MANDATORY as per CAHA rule 24 (b).
7. Any player called for a "**Gross Misconduct**", "**Match Penalty**", "**Intent to Injure**" or "**Fighting**" penalty will be expelled from the league.
NO EXCEPTIONS !!! NO APPEALS !!! NO REFUNDS !!!
8. Any player called for "**Game Misconduct**" in the **1st or 2nd Period** will be ejected from game. If called any time in the **3rd Period**, player will be ejected from game and received an additional game suspension. This will be served the following game including play-offs.
9. Three 15 minute run-time periods per game. (3rd period may vary based on referee's discretion).
10. **Three minor penalties** in one game constitutes an automatic ejection from that game.
11. Coincidental penalties - teams will play at full strength.
12. High sticking above the shoulder; attempting to make contact with puck constitutes a minor penalty at referee's discretion.
13. Any contact with a player with a stick above the shoulder constitutes a minor or major penalty at the referee's discretion.

14. Minor penalties are **2 minutes** run-time. Also, the penalized team will not be allowed to change other than while the play is in progress (ie on the fly).

15. Default Games: **Less than 7 players** (not including goaltender); and/or if no goaltender available.
Teams will be given up to 15 minutes before a default is awarded.
Defaults are **3-0 scores**.

When a default is awarded, teams will equalize number on each team and play a scrimmage (refereed) game.

16. If a referee feels that the game is being delayed intentionally and is within 5 minutes left in game; he may award a penalty shot (Referee's Discretion).

Also, to further prevent delays and maximize ice time, the last period of each game will be played with teams not being allowed to change lines (players) unless it is done on the fly.

Exception:

Substitution for injured players or pulling goalie in last minutes. And after goal is scored by any team.

17. Teams that expect to be short players for a regular season game can call upon a **maximum 2 league players** if and only if they are under 10 players plus a goalie.

Please Note: 1. The substituting players must indicate the team which they play on normally (print Team Name beside signature on Gamesheet).

goalies 2. External Goalies may be used if no league are available. (If goalie is required, team must check with convenor for replacement.)

3. No Substituting players in the PLAY-OFFS, except goalies that are unavailable or unable to play. Team must contact convenor for legal substitution.

Teams that abuse this rule will default game automatically.

18. "Major" Penalties: **1st Offence:** Ejection from game + 3game suspension
2nd Offence: Ejection from game + 5 game suspension
3rd Offence: EXPULSION FROM LEAGUE
No Exception !!! No Appeals !!! No Refunds !!!

Violating team will play short-handed for **5 minutes** and provide a player to serve "Major" penalty. Also, the penalized team will not be allowed to change other that while the play is in progress (ie on the fly).

19. Players have played at least 6 games (¼ season Regular Season) with their registered team to be eligible for play-offs.

20. ALL RULES ARE FINAL !!!!

OHHL Goals & Objectives:

1. This League was created solely for the recreational and love of the sport of hockey, thus it will be played on a gentlemens basis, ie non-contact, no deliberately trying to injure and definitely NO FIGHTING!! The only way these standards can be upheld is if everyone encourages and demonstrates sportsmanship on and off the ice.

*2. Participants must demonstrate: a) respect for referees, opponents, and fellow team-mates;
b) use of appropriate language;*

- c) control emotions, and
- d) play by the rules.

3. Players are allowed to play on other teams when necessary. It is the responsibility of each player to let their representative know when they will not be able to attend games.

4. Play safe and have fun!!!

A. ALONZI August 28, 1995 MSWORD\RULES\OHL9495.DOC