

**Gryphon Old-timers Hockey League
Playing Rules and Regulations
2016-2017 Season**



The Gryphon Old-timers Hockey League (G.O.H.L.) Rules and Regulations have been developed by team representatives and league office with the objective of producing a fun, competitive, and non-violent environment for old-timers hockey in Guelph.

General Rules and Obligations of Teams:

1. All team captains/representatives shall be held responsible for enforcing all the rules and regulations of the GOHL. Any team that does not abide by the rules and regulations may be suspended from the league.
2. All players and referees must wear full hockey equipment, including helmet with a minimum half shield that is CSA approved. Goalies may choose to wear a cat-eyed mask if they wish.
3. Any team short a goal tender may use any other goalie in the league. If a goalie is not on the league list, the opponent must approve of the goalie being used. If the opponent does not agree to the proposed substitute goalie, the game is a 1-0 forfeit but a can still be played with the substitute goalie.
4. Consumption of alcohol while on ice or in the change rooms are strictly prohibited. Any team member impaired by drugs or alcohol, based on the judgement of the officials, may not play in a game. Any team allowing an impaired player to continue playing after being identified by the on ice officials will forfeit the game. Teams may be suspended from the league if their player's continuously contravene this rule.
5. Team rosters will be printed on the game sheets. Teams will be responsible for checking the roster accuracy before each game. Any changes to jersey numbers or addition of substitute player names will be written in by team captain/representative. Any player that is present for the game will need to put a check beside their name for eligibility purposes. **Listing a player on the game sheet who is not present at the game will result in forfeiture of that game.** A

player arriving late is required to give his name to the timekeeper before participating in the game.

6. To participate in a team's playoff series, a player must be on the team's roster and have played a minimum of eight (8) regular season games. A player who receives an injury that may prevent them from achieving the minimum eligibility for playoffs must contact the league office immediately to request a medical exemption.
7. All official rosters will consist of not more than 20 names. The team's roster must be handed into the league office prior to the first regularly scheduled league game. Teams are responsible for providing updated rosters for any major changes throughout the season.
8. All players must be at least 35 years of age by the first regularly scheduled league game to be eligible for inclusion on the roster. Teams must submit a birthdate for each of their players that are on the team roster. Any team that wishes to challenge the age eligibility of a player can appeal to the P&DC.
9. The final team roster must be submitted prior to the 1st league game of the season. Amendments can be made to a team roster throughout the regular season. Rosters will be locked once playoffs begin.
10. League participants may not referee the league.
11. Teams will be allowed a 5:00 minute grace period beyond the official start time of the game if they do not have the required minimum amount of players. The official minimum number of players needed to play is six (6). Teams can play with six (6) skaters and no goalie if necessary. At the end of the 5:00 minutes, the game will be a forfeit and the final score will be 1 - 0. No scoring points will be awarded. Teams may still use the ice surface to.
12. League standings will be calculated based on the following tie breakers:
 - i) Winning %
 - ii) Wins
 - iii) Least Penalty Minutes
 - iv) Best Goal-Differential
13. In the case of a tie in the final standing during playoffs, the team with the least penalty minutes will advance.
14. All games will be 41 minutes stop time. Any games running behind will play straight time in the 3rd period (except the last 2 minutes of the game will be stop time). Period 1 & 2 are 13:00 minutes in length, while Period 3 is 15:00 minutes in length. Teams will receive a 2:00 minute warm up before their game.
15. In the event that a timekeeper does not show up for the game, the teams will play a run time game with two officials. Period 1 & 2 will be 18:00 minutes in length, while Period 3 is 20:00 minutes in length. Minor penalties would then become 3-minutes in length.

16. In the event of a tie after regulation time in a playoff game, teams will play an overtime period of 5:00 minutes playing 4 vs. 4. If the game is still tied at the conclusion of this overtime period, teams will go directly into a shoot-out. The shoot-out format will consist of a best of five (5) shooters. *NEW* All five shooters must be different players. In the event that the shoot-out ends in a tie, a sudden death shoot-out will commence and teams may select any player to shoot in any order or frequency. In the shootout, the goalie must stay within his crease until the opposing shooter touches the puck. The home team will have the right to choose whether they shoot first or last before the shootout commences.
17. Players may only move from one team to another if they have received a release from their previous team, and this can only occur once during each playing season.
18. If a player does not receive a release, he can sit out a season and then join with any other team for the next season.

Rules Not Listed Herein:

19. All rules described in this document will take precedence over the normal playing rules of hockey as defined in the current OHL guidebook. In the event that a rule is not listed or referred to in this GOHL document, then the normal playing rules of OHL hockey will apply per the current season's rulebook.

Penalties and Other Infractions:

20. All minor penalties are 2:00 minutes in length, while major penalties are 5:00 minutes in length, regardless of whether the game is in stop-time or running-time.
21. Coincidental minors: teams will play at even strength, which is 5 vs. 5, plus goalies.
22. Slap shots are not allowed. Slap shots are defined as raising the blade of the stick above the hip on the attempted shot. The referee must use their own discretion regarding slap shots. If a slap shot has been taken or feigned then a 2:00 minute minor penalty is assessed.
23. Any 2:00 minute minor penalty can be upgraded to a 5:00 minute major penalty at the direction of the official. The official may choose to upgrade the minor penalty to a major penalty based on the severity of the incident and any other mitigating circumstances.
24. Any player, except goaltenders, receiving any combination of three (3) (2:00 minor penalties during a single game will be immediately ejected from that game. A player from the ice will serve the final penalty minutes on behalf of the ejected player. Any player receiving subsequent ejections for exceeding the multiple minor penalty limit, will be suspended for the next scheduled league game. Any goaltender who receives four (4) (2:00 minute minor penalties) in a single game will be permitted to continue playing in the current game but he will be suspended for the next scheduled league game. Any player receiving an ejection for exceeding the multiple penalty limits will be ejected for the remainder of the game, even if his team must continue short-handed.
25. Any player that commits a serious offense in a game can be awarded a 5 or 10-minute

misconduct. Based on the severity of the incident, the player might also be ejected from the game. If a player is ejected from two games throughout the season for any reason, the player is automatically suspended indefinitely pending review from the P&DC.

26. Fighting — Players involved are ejected immediately from the game, and are immediately suspended for the next three (3) scheduled games, pending review from the Protests and Disciplinary Committee (P&DC Committee). A fight is defined as throwing or attempting to throw punches to another player's head, regardless of contact and with or without "dropping" ones gloves. A second fighting violation will result in an immediate indefinite league suspension pending review from the Protests and Disciplinary Committee (P&DC Committee). If a player is deemed to be the instigator of a fight the other player may or may not be subject to the same suspension pending a review by the Protests and Disciplinary Committee (P&DC Committee).

27. The following constitute serious infractions in our league:

i) Gross Misconduct

A Gross Misconduct penalty, immediate ejection and 10:00 minute penalty shall be assessed to any participant that conducts themselves in such a manner as to make a travesty of the game and subject to a review by the Protests and Disciplinary Committee (P&DC Committee), such as.:

- Consumption of drugs/alcohol during the game.
- Physical assault between a participant and league official or spectator
- A participant that sprays water on or at an official
- Any participant who engages in verbal taunts based on discriminator grounds (race, ethnicity, religion, gender or sexual orientation).

All Gross Misconducts carry a minimum two (2) game suspension, plus review by the P&DC.

ii) Game Misconduct

A participant who receives a game misconduct penalty will be assessed a 10:00 minute penalty and be ejected from the game. All Game Misconducts carry an additional 2:00 minute unsportsmanlike minor penalty, to be served by another player of the same team. Game misconducts include:

- Continues or attempts to continue a fight.
- Fighting off the playing surface or with an opponent who is off the playing surface.
- First or second player to leave the players' bench during or to start an altercation
- First to intervene in an altercation (third man in).
- Interferes with a game official in the performance of their duties.
- Leaving the penalty bench during an altercation.
- Obscene gestures.
- Persists to challenge or dispute an official's ruling.
- Physically abuses an official.
- Player who has been ordered to the dressing room but returns to the bench or the ice.

All Game Misconducts will be subject to review by the P&DC, at the discretion of the game

officials and league Convenor.

Any 2nd Game Misconduct within a season carries an additional one (1) game suspension, plus review by the P&DC Committee. Any player that receives a 3rd and or 4th Game misconduct in a future games will be suspended indefinitely pending a review from the P&DC.

iii) Match Penalty

A player who receives a match penalty will be immediately ejected from the game. Match penalties will be awarded based on the official's judgement of severity and include:

- Attempt to injure (in any manner).
- Biting
- Butt-ending
- Charging
- Clipping
- Cross-checking
- Deliberate injury (in any manner)
- Elbowing
- Hair Pulling
- Head-butting
- Intentional Check to the Head.
- Kicking a Player.
- Spearing.
- Throwing stick or any object.

All Match Penalties carry a minimum five (5) game suspension, plus review by the P&DC.

28. Any player refusing to leave the ice after an ejection will be suspended for the next scheduled game with an extra 5:00 minute major penalty called on his team during the present game.
29. Any player attempting to cause bodily harm (i.e. Intent to Injure) will be immediately ejected from the game and the team will be assessed a 5:00 minute penalty. Any player assessed an "Intent to Injure" penalty will be suspended indefinitely from the league pending review by P&DC.
30. Any participant who demonstrates excessive verbal abuse/harassment towards any official/staff will be awarded a 2:00 minute minor penalty on the first offense. On the second offense, the participant is awarded a 5:00 minute major penalty. On the third offense, the participant is immediately ejected from the game and assessed a gross misconduct penalty and the team will be assessed a 5:00 minute penalty to be served by another player on the same team. Any participant who physically assaults a referee/staff (i.e.: Sprays water on them) will be immediately ejected from the game and be awarded a gross misconduct penalty.
31. The P&DC may place participants who are found to have a history of suspensions/penalties on probation.
32. A participant who is placed on probation will be suspended indefinitely from the league if he receives a minimum one (1) game suspension during the probationary period, pending a review

from The P&DC.

33. Any game suspensions that are not served by the conclusion of the present season will be carried forward to the following season.

Protest and Disciplinary Committee (P&DC):

34. The Protest and Disciplinary Committee (P&DC) shall be comprised of:
 - Two (2) League Officials.
 - League Referee in Chief.
 - Four (4) members at large, who are Team captains. Two representatives shall be from each of the A and B divisions respectively.
 - A Chairperson shall be appointed from within this group.
35. The P&DC will need a quorum of four (4) members listed above to vote on matters.
36. The P&DC will be responsible for reviewing and adjudicating on all suspensions requiring review as defined in these rules, and hearing all valid appeals.
37. The P&DC will be composed of team, league and official representatives. Any person(s) on the committee found to have a conflict of interest in an incident will be excused from the process.
38. A general consensus will determine decisions of the P&DC. This method is defined as having no major objections to the outcomes of P&DC reviews.
39. The P&DC will have the final authority on all disciplinary matters.

Appeals of Suspensions:

40. Appeals of suspensions, probationary periods and other punitive measures implemented will only be conducted under the following circumstances:
 - The appeal is made by the penalized participant and not by any other party.
 - The player can show that a misapplication of the rulebook has been made.
41. Any participants may file a written appeal of a suspension with the league office within 48 hours of receiving notification of a suspension. The P&DC committee will investigate the issue and return their recommendations regarding the decision