

# Tottenham Men's Hockey League

## General Rules

### **OHA RULES APPLY, EXCEPT WHERE STATED BELOW**

- Each game will have a 2 min warmup, followed by 1 x 18 min & 2 x 15 min period
- Two line passes allowed are allowed, with your blue line for icing
- Game timeclock will start at designated start time or when refs are on ice (whichever time is later, i.e. No time clock will commence before set time unless 2 captains and refs agree)
- Referee's decisions are final during a game. Any discrepancies or concerns will be addressed by a captains / executive, meeting with the refs, if necessary
- Only captains can approach the referees to discuss a concern / issue. On ice only, not after the game
- No slapshots above the waist, both during windup and follow through. A slapshot above the waist results in a faceoff in the offending team's end
- No player changes for a shorthanded team during a stoppage in play
- Last 3 minutes of a game will be stop time if score difference is 2 goals or less

### **PENALTIES**

- Penalties are 3 minutes
- In addition to regular penalties, the following league rules are in effect:
  - 3 penalties during a game results in ejection for the remainder of the game
  - Any game misconduct penalty results in ejection from game and a suspension from the next game. (excluding the 3 penalty rule)

- High sticking with no injury is an automatic 6 minute penalty (accidental or not). After 1 goal being scored on penalized team the team will go back to full strength but the player will serve the entire 6 minutes
- High sticking causing any injury is an automatic 5 minute major and ejection from remainder of game (accidental or not)
- Any fight is a 2 game suspension. 2nd fight in one season is a 5 games suspension. 3rd fight in one year is a 1 year ban and review prior to reinstatement into league
- Body contact is a 3 minute penalty unless the ref determines that the hit was particularly hard / malicious in which case the ref's discretion will decide the severity of the penalty
- A match penalty is 3 games for intent to injure, followed by a captain/ exec/ ref meeting to review
- Minor penalties for unsportsmanlike conduct towards the officials are followed by 10 minute misconduct to the player if the conduct does not stop immediately, followed by a gross misconduct
- No unsportsmanlike like conduct will be tolerated in the hallway, rooms or lobby. Any unsportsmanlike conduct will be an immediate 1 game suspension and may escalate to gross, match or long term suspension after a captain / exec/ ref meeting
- Any player receiving 2 or more gross misconduct (2 games for abuse of official) will be suspended indefinitely and reviewed by captains/exec/ref.
- All suspensions will carry forward into playoffs and the following season.

# Tottenham Men's Hockey League

## Regular Season Addendum

### ALL GENERAL TMHL RULES APPLY

#### SUBSTITUTIONS

Teams can pick up players to bring their roster to a maximum of 9 skaters when they are short players. Pick up players may never be ranked higher than the player they are replacing.

Goalies may be substituted but should be ranked as close as possible to the goalie they are replacing, whenever feasible. Most importantly the opposing captain must approve of any substitution without question or consequence.

#### POINTS

- 2 points for a win
- 1 point for a tie

#### REGULAR SEASON TIE BREAK

If 2 or more teams are tied at the end of the Regular Season the standings will be determined by the following

1. Wins
2. Head-to-Head
3. +/-
4. Coin Flip

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## Playoffs Addendum

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### **TIME OUTS**

Each team is allowed 1 time out per game.

### **SHOOT OUT**

If teams remain tied after regulation play, there will be a shootout to determine the winner:

- 3 players are chosen from each team by the captain
- The higher seed team always shoots last
- If still tied after 3 shooters from each team, the shootout will continue in a sudden death format until one shooter scores. Players who have already shot are once again eligible to shoot after every player has shot. No player should have two more shots than any other player on their team. Substitute players must shoot last.

Note: Players serving a penalty at the end of regulation are eligible to shoot, excluding players who are serving a misconduct penalty

## PLAYOFF POINTS

- 3 Points for regulation win
- 2 Points for an overtime win
- 1 Point for an overtime loss

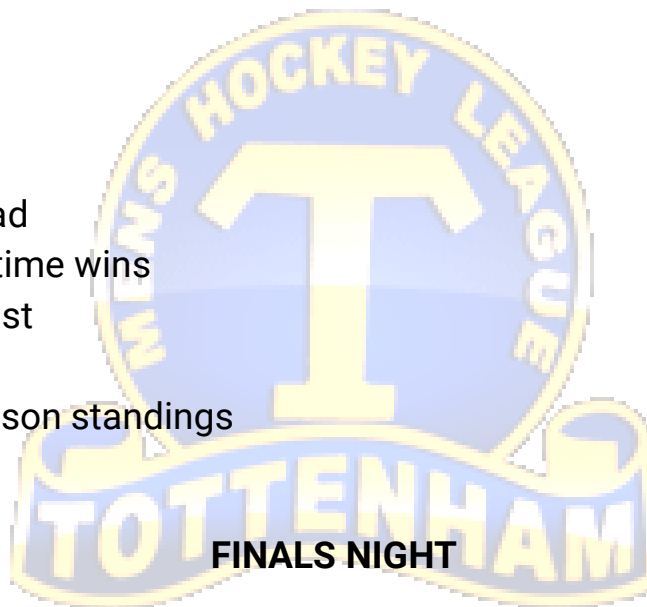
## TIE-BREAKING PROCEDURES

Men's:

- Head-to-head
- Goals against
- Goals for
- Coin flip

Over 40:

- Head-to-head
- Regulation time wins
- Goals against
- Goals for
- Regular season standings



All games will end in a tie except the Championship games. If tied after regulation, we proceed with one 10-minute sudden death overtime period (run time, with last 3 minutes stop time). If the overtime period ends in a tie, there will be a shootout to determine the winner. The shootout will follow the playoffs format.