

T.M.H.L.

38 Years 1978 - 2016

Tottenham Men's Hockey League

Playoff Rules Sept 2016

All general TMHL rules apply to the Playoffs and the following are added:

Substitutions: Regular season substitution rules apply. Pick up players (to 8 for Men's division and to 10 for Over 40) and may never be ranked higher than the missing player. Goalies may be substituted but should be ranked as close as possible whenever possible. **Most importantly the opposing Captain must approve of any substitution without question or consequence.**

Time outs: Each team is allowed 1 time out per game.

Shoot out: (Added Sept 9 2013)

If teams remain tied after regulation play:

- There will be a 3 player shootout to determine the winner.
- 3 players are chosen from each team by the captain.
- Higher seed team always shoots first.
- If after 3 shooters from each team there is still a tie the same shooters continue (in the same order) in a sudden death format until one shooter scores.

Note: Players serving a penalty at the end of regulation are not eligible.

Final Night: All regular games will end in a tie accept the Championship games. If tied after regulation we proceed with 10 minute sudden death overtime periods with a short break between periods until a goal is scored.

Playoff Points: (Added Sept 20 2015)

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

Tie-breaking Procedures: (added Sept 20 2015)

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.