



TNHC RULE AMENDMENTS FROM CHA 2003-2004

1. All players must wear CSA approved helmets with a proper chin-strap. A chin strap is the strap going between the ear flaps and under the chin. This is not to be confused with straps holding the face mask on. ALL BEGINNER LEVEL PLAYERS MUST HAVE FULL FACIAL PROTECTION INCLUDING A CHIN CUP. This cup is the foam cup at the bottom of the gace mask that protects the player from being injured by the face mask. Goalies are permitted to wear custom made masks, including Cat's eye and other style masks. Altered masks or equipment are not permitted.
2. If any player skates in any TNHC game under the influence of drugs or alcohol, that player and/or team will be ejected from the game/league immediately and will face supplementary discipline including possible expulsion.
3. All players, including substitute goaltenders, must be outfitted in an approved league uniform, as determined by TNHC. All uniforms must be supplied by TNHC or approved by TNHC. The uniform includes a jersey with numbers on the back and the team crest on the front. For the winter and Beginner League, Socks must also match the team uniform. It is not necessary for Summer League teams to have matching socks. The only reason for a player to be out of uniform will be that the uniform is pending delivery from TNHC. Team Uniforms must be consistent for every member of the team. In case of a sweater colour conflict, the home team is responsible to resolve the conflict. All teams are encourage to have home and away uniforms in order to minimize uniform conflicts. See rule 22.
4. All games must have a minimum of 1 TNHC referee. If there are no referees, the teams shall use the ice for shinny and the game will be rescheduled.
5. All TNHC games are stop time. In the case of catastrophic injury, travesty of the game or other emergency, the games will be shortened in order to accommodate the rest of the teams scheduled to play. See rule 11.
6.
 - A) If a player receives 3 minor penalties (except for a ten-minute misconduct penalty) the player will be ejected from the game.
 - B) If a player leaves the bench during an altercation the player will receive an automatic Game Misconduct.
 - C) If a goalie receives a game misconduct penalty, it is the discretion of the referee as to whether or not the goalie will be allowed to continue playing in the game. If the referee ejects a goalie from the game and the referee determines that there is enough time left in the game to allow a goalie substitution, a substitute goalie can be used, if a substitute goalie is not available, another player from the team will be allowed to suit up as the goalie. If time permits, the time allowed for the substitution will be no more than 5 minutes. The substitute goaltender will not be allowed a warm up.
7. If a player is ejected from a game or receives a Major Penalty, the player must either leave the arena immediately after changing or remain in the dressing room for the remainder of the game. Failure to comply with this rule will result in further disciplinary action against the player, including possible expulsion from the league.
8. Teams are allowed to change lines/players on the fly or on a whistle during a stop in play. The Referee will allow apx. 5 seconds AFTER a stop in play for line changes. The referee will not allow line changes when his hand is UP for the face-off.

9. A 2-minute minor penalty will be assessed for minor infractions. A Double Minor Penalty will be assessed if the referee feels that an infraction deserves more than a minor penalty but is not deserving of a major penalty and a Game Misconduct. A Game Misconduct will be assessed to any player receiving a 5 minute Major Penalty. Major Penalties are assessed according to the CHA Rule Book. The most common reasons for Major Penalties to be assessed are the following:

- A deliberate infraction that results in an injury
- A deliberate high stick or cross check above the shoulders
- Slashing, at the discretion of the referee based on the degree of violence or impact
- Checking from behind, at the discretion of the referee, based on the degree of violence or impact. This penalty is more stringently called when the player is checked into the boards or net.
- A Match Penalty will be assessed for any infraction that is a deliberate attempt to injure. This is far more severe than a Major Penalty.
- The team will play shorthanded for 5 minutes and the player is not only assessed an additional Game Misconduct, but will be suspended indefinitely from league play pending a decision from the Tier administrator.
- A Game Ejection can be assessed to a player at any time in a game for conduct which is deemed to be detrimental to the safety of the other players or conduct which would be deemed to be a travesty of the game.
- There does not have to be any other penalties assessed with a Game Ejection, but there usually is.

A Game Ejection is called in order that a player is removed from the game to prevent an individual from participating in a more serious or violent situation.

10. If a player drops their gloves and/or removes their helmet for any reason other than during a stop in play to adjust equipment, that player will be automatically receive a MINIMUM of a Game Ejection.

11. Verbal abuse of officials will not be tolerated. There will be a progression scale applied to these infractions in each game that will be team oriented.

- The first offence will result in the individual receiving a 2 minute minor for unsportsmanlike conduct.
- The team's second offence in the same game will result in a 2 minute minor for unsportsmanlike conduct and a 10-minute misconduct.
- The team's third offence in the same game will result in a 2 minute minor for unsportsmanlike conduct and a game ejection.
- The team's fourth offence in the same game will result in a game misconduct and subsequent suspension.
- The team's fifth offence in the same game will result in the game being immediately declared a 1-0 forfeit loss charge to the team with 5 verbal incidents, regardless of the score of the game.

Verbal abuse of officials will not be tolerated. There will be a procedure that will ultimately end the game if the team continues verbally abusing the officials.

- Each penalty that involves abuse of an official will be indicated to the game supervisor by making an upside- down "V" with the tips of the fingers. The game supervisor will mark "VA" for the penalty code. This would apply for unsportsmanlike conduct minors, misconducts, game ejections or match penalties.
- After the third "VA", the official will find the team rep of the team with the 3 "VA"'s and explain the rule. If they get two more verbal abuse penalties of any kind the game will be over and they will forfeit to the other team.
- If there is a fifth "VA", both officials will get together and concur that this is the right call as the game will now end. If they agree, then they inform the teams that the game is over and leave the ice. To cancel a game for verbal abuse, you must have 5 "VA's" on the game sheet.
- If there is time left in their allotted time, the players can use the ice. If the time is over, they must leave.

The league will follow-up on teams with verbal abuse problems.

12. This rule is only applicable to games played in the Adult Beginner Program. Stacking is not permitted. All players will receive equal ice time except for the last 5 minutes of a regular season game when stacking is permitted. The referee will assess a 2-minute bench minor for stacking. Repeated infractions will result in

supplementary discipline. This rule does not apply during Playoffs.

13. All teams must submit a team roster to the Game Supervisor before the game or they will be assessed a 2 minute bench minor for delay of game.

14. When a player's penalty is over, the player must ensure that the penalty box door is closed completely when the player returns to the ice. Failure to close the door completely will result in a 2-minute minor penalty for delay of game. Please note that the team will not be shorthanded, nor will the infraction be counted against the individual's or team's seasonal penalty total. This rule has been implemented in order to minimize possible serious injury to players and referees.

If a player leaves the penalty door open when he leaves he has to go back for what amounts to a 2 minute misconduct - the team does not play short. The penalty does not even go on the game sheet. If the player makes an honest effort to close the door and it doesn't latch or is hard to close because of high glass like at Ice Sports, the referees are instructed to be reasonable.

15. There is no centre line and therefore no 2-line offsides.

16. No-fault Offside. When in a delayed offside situation, if the puck inadvertently and unintentionally touches an attacking player without affecting the play, then the referee will let the delayed offside continue.

17. Icing the puck is completed the instant the puck crosses the goal line when it is shot from behind the defending blue line. If the puck enters the goal or passes through the goal crease, the icing will not be called.

18. During the regular season, if there is a goal spread of 5 or more goals, the clock will be on running time for the last 5 minutes of the 3rd period. If the goal spread becomes less than 5, the clock will once again resume stop time. This rule does not apply to first year Adult Beginner Teams in the Adult Beginner Program.

19. Fair Play Rule. No goals or assists will be recorded above a 7-goal spread.

20. All players are expected to exercise care and control of their stick at all times. For situations not covered by current TNHC or CHA rules, a minor penalty will be assessed for players using their stick in such a manner that other players could potentially be injured. If an injury does occur, other penalties would be levied. For example:

- A player waving their stick wildly at the puck as it goes over his head
- An out of control follow-through on a shot
- A goalie dangerously batting the puck out of the air with his stick

Referees are not limited to these infractions but will call the penalty when a player is using his stick with "reckless abandon".

21. TNHC will be using the CHA rule for checking from behind. The rulebook allows the referee to call a minor, major or match penalty depending on the severity of the infraction. In any case, any hit from behind penalty will also include an automatic game misconduct. Normally, a game misconduct carries an automatic suspension. In the case of a minor plus a game for checking from behind the following will apply:

- If the penalty occurs in the 1st or 2nd period, there will be no suspension.
- If the penalty occurs in the 3rd period, there will be a minimum one game suspension.
- The Tier Administrator will always have the option of reviewing repeat offenders and assessing additional suspensions and or expulsion if necessary.

22. All goalies are encouraged to have the same jerseys as the rest of the team. If that is not possible, the goalie must wear a jersey that is the same colour as the team's. Goalies can not wear the same colour as the opposing team. The only exception to this rule would be that if both teams had the same colour and cover-ups must be used by the home team. If the game is delayed for the reason of a goalie needing to change his sweater, then the team would be assessed a 2-minute delay of game penalty. Borrowed, fill-in or Rent-A goalies will be asked to change their sweater, but if they do not have one, the referees will not pursue it.

23. A goalie can not come out of his crease to deliberately freeze the puck. If the goalie's body is completely outside the crease, he will receive a delay of game penalty. If the goalie comes out of his crease to stop a shot and in so doing, freezes the puck, this will not be a penalty. The differentiating point is that if the goalie only intends to cause a stoppage and he is outside the crease then he will receive a penalty.

If the goalie is within the crease and under no pressure, he MUST play the puck. The determination of "under no pressure" would be when he gains control of the puck. Obviously, if he waits with the puck, attacking players will eventually put pressure on him. At this point, he is already committed to play the puck. Failure to do so will result in a delay of game penalty. The referee will give each goalie one warning for this situation before assessing a penalty.

We have instructed the referees to yell at the goalie when they should be playing the puck and not otherwise. In the situation where the goalie is thinking about covering the puck in the crease and is under no pressure, the referee will yell - "play the puck". This will indicate to the goalie that he must play the puck. It also puts the onus on the referee to issue a warning or call a penalty if he has yelled. It also indicates to everyone that if there is no yell, then there is no penalty. The referees are instructed to be very clear to only yell in the situation where the goalie is under no pressure and at that point - not later.

To help with defining what under no pressure means, please note the following: if the goalie has control of the puck and is clearly able to make a play with the puck either by shooting it or throwing it and get back into position to make a save, then he would be considered to be under no pressure.

TNHC POLICY IN CONJUNCTION WITH RULE AMENDMENTS FROM CHA

24. All players must act in a mature manner when participating in TNHC activities, including games, tournaments and/or other league functions. The player agrees that any behavior which the management of TNHC shall deem to jeopardize TNHC's ability to lease ice or otherwise conduct its business will result in the player's immediate expulsion from the league.

25. No player will be allowed to play for any TNHC team while under suspension. The only exception to this rule would be if a player played for two teams and was suspended for exceeding 30 or 40 minutes in penalties as per rule 31. If a player exceeds 50 minutes in penalties or has been suspended for any other reason, that player is ineligible to play for any TNHC team.

26. The player agrees that he/she will never bring alcohol or any other drug onto the premises of any arena for any reason whatsoever.

27. The player agrees to reimburse TNHC in full, within 10 days of notice, for any property damage for which the player is responsible as determined by TNHC or the team will be expelled from TNHC immediately.

28. The player and team agree that TNHC is the sole authority as to what level the player or team will participate.

29. TNHC reserves the right to refuse to register or re-register any application by any player or team at the league's discretion.

30. The player agrees that TNHC may use any audio and/or visual recordings and/or photographs of any TNHC activity in which he/she may appear for promotional purposes.

31.

A) If a player accrues 30 or more penalty minutes during the Fall/Winter regular season, the player will be suspended for 1 game.

If a player accrues an additional 10 minutes in penalties, (40 minutes) that player will be suspended for another game.

If a player accrues another 10 minutes or more in penalties, (50 minutes) that player will be suspended for the remainder of the regular season as well as playoffs.

B) If a player accrues 20 or more penalty minutes during the Summer League regular season, the player will

be suspended for 1 game.

If a player accrues an additional 10 minutes in penalties, (30 minutes) that player will be suspended for another game

If a player accrues another 10 minutes or more in penalties, (40 minutes) that player will be suspended for the remainder of the regular season as well as playoffs.

C) If a player accrues 14 or more penalty minutes during the Beginner League regular season, the player will be suspended for 1 game.

If a player accrues an additional 10 minutes in penalties, (24 minutes) that player will be suspended for another game.

If a player accrues an additional 10 minutes in penalties, (34 minutes) that player will be suspended for the remainder of the regular season as well as playoffs.

32. No one may play for any team who has not signed a TNHC team registration form/waiver and been approved by TNHC. No player may play or register for more than one team per division, goalies exempted for emergency fill-in purposes. All players must be 19 years of age or older. If an illegal player is used in a game, that game shall be declared a 1-0 forfeit loss AND THE ILLEGAL PLAYER WILL BE EXPELLED FROM THE LEAGUE FOR THE BALANCE OF THE SEASON.

No player is allowed to play while under suspension except as noted in rule 25. Substitute goaltenders are exempt from this rule. For the Fall/Winter regular season, no person is allowed to play on or after January 1 if they have not played for the team on or before December 31st.

For the Summer regular season, no person is allowed to play on or after July 1st if they have not played for the team on or before June 30th. For the Beginner league, no team is allowed to add a player to their roster without prior league approval.

33. Tie games shall stand for the regular season. Play-off format will be given to all teams in writing at least one week prior to the first playoff game. Playoff Final - If time permits, a 5-minute sudden-death overtime period will be played. If still tied, there will be a shootout.

34. SUPPLEMENTARY DISCIPLINE. In addition to suspensions imposed under the TNHC Rule Amendments from CHA, TNHC may, at their discretion, investigate any incident that occurs in connection with any game and may assess additional suspensions during or after a game whether or not such an offense has been called by the referee. It must be noted that the TNHC Rule Amendments from CHA spell out the MINIMUM sanction or penalty that a player will serve. A player's additional suspension and/or even expulsion from the league could result after the league completes their investigation of an incident.

35. TNHC First Aid Policy. True North Hockey Canada, the Arena, the Sponsors, the Directors, officers, employees, agents, representatives and any volunteers in any way associated with the event/program/game have been instructed not to offer any first aid assistance of any kind other than to call 911. All teams are advised to provide their own first aid kits.

36. Late Payment Policy. Teams must be paid in full on or before the deadlines indicated at registration. If payment is late, the team will be assessed a \$200.00 finance fee and will not be allowed to resume play until the team account is paid in full.

37. NSF Cheque Policy. Any returned cheque will be subject to a \$35.00 charge.

38. Playoff format and eligibility.

Playoff formats will be announced prior to the end of the regular season.

Fall/Winter league playoff eligibility - All players (except for substitute goaltenders) must have played a minimum of 7 regular season games.

Summer League playoff eligibility - All players (except for substitute goaltenders) must have played a minimum of 5 regular season games.

Beginner League playoff eligibility - There are no minimum number of games required for playoff eligibility.