

NORFOLK OLDTIMERS MEN'S HOCKEY LEAGUE 2019-2020
RULES & REGULATIONS

1. Approximately 26 - 30 games (dependent on final number of teams and players).
2. Sweaters and socks are supplied and **MUST BE RETURNED AT THE SEASON END.**
3. Majority of league games are to be played on Friday nights, with some Sundays.
4. Trophies, timekeepers and referees are supplied.
5. Teams to consist of 10 or 11 skaters (to be determined based on total players available) and 1 goalie.
6. Fees are \$360.00 (subject to change depending on final number of teams and players), which includes HST, insurance, and banquet tickets. See "Payment Options" memo, on available options and payment schedule
7. NSF cheques will have a \$15.00 surcharge. **NO REFUNDS WILL BE ISSUED. DEADLINES WILL BE ENFORCED!!**
8. **AGE:** All players in the league must be 35 years of age or older on or before Dec 31, 2019.
9. Team spares will be eligible to play in the absence of team regulars (only one spare per team per game, unless agreed upon by opposing team). Team executive are to monitor the use of team spares. Spares are not eligible to play in playoffs. Spares can play in any Consolation game on Championship Day.

PLEASE NOTE: THE NOMHL IS GOVERNED BY THE COHA RULES, AS WELL AS THE FOLLOWING RULES, WHICH WERE IMPLEMENTED TO AVOID UNNECESSARY PROBLEMS.

1. Any Player that is asked to leave the league by the NOMHL will not receive a refund of any money paid to the NOMHL.
2. The NOMHL cannot be held responsible for any injury, accident or loss of any kind incurred during NOMHL game
3. Proof of age must be supplied on demand.
4. Any Player that is under suspension from any other league will not be allowed to play in the NOMHL. The Player will forfeit his registration.
5. CSA approved helmets are mandatory, including Goalies. Cages are recommended for all players.
6. **ALCOHOLIC BEVERAGES OR SMOKING IS NOT PERMITTED IN THE ARENA!**
7. Slap shots are **NOT** allowed. Sticks are not to be raised higher than waist high. If the stick is higher than the waist this will result in a 3 minute penalty.
8. First offence of accumulating 18 minutes in penalties will result in a \$20.00 fine.
9. Second offence of accumulating 18 minutes in penalties will result in a \$20.00 fine plus a 2 game suspension and executive will approach the player.
10. Third offence of accumulating 18 minutes in penalties will result in a \$20.00 fine plus an automatic ejection from the NOMHL and is not eligible to play next year.
11. The above penalties carry over into the playoff round and through to the final game on Championship Day.
12. The executive will review all penalties.
13. No player shall enter his opponent's goal crease (blue ice). This action will result in the play being stopped and face-off moved outside the blue line. If contact is made with the goaltender in the blue ice, this will result in a 3 minute penalty and face-off will be in penalized teams end.
14. Three penalties in 1 game will result in an automatic ejection from that game, goalies included.
15. Any player penalized with a 10 minute misconduct will be ejected from the game, plus receives an automatic additional 1 game suspension, plus will be reviewed by the executive to determine if additional disciplinary action is deemed necessary. A second misconduct will be brought before the executive where a decision will be rendered.