



**Ottawa Travellers Hockey League Official Rules, Regulations and Practice of
Procedure Last Updated August 2021**

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PART A - RULES AND REGULATIONS

1. RULES OVERVIEW

- 1.1. CARHA Hockey Rule Book: Unless otherwise indicated in the Rules and Regulations, the Ottawa Travellers Ice Hockey League rules are based on the current CARHA Hockey Rule Book. Rules and Regulations stated below either supplement highlight or override the rules found in the aforementioned CARHA Hockey rules. Hockey Canada rules may be used to supplement CARHA Hockey and League rules.
- 1.2. Player Responsibility: Team Representatives are responsible for being familiar with the Travellers Hockey League Rules, Regulations and Practice and Procedures document outlined below, as well as contractual obligations and the rules in the CARHA Hockey rule book. They are also responsible to ensure that their players have read and understand the Travellers Hockey Leagues Rules, Regulations and Practice and Procedures document.
- 1.3. Rule Changes: The Travellers reserves the right to make any changes and/or additions to the league rules at any time during the season. These rule changes may include changes to fines and suspensions.
- 1.4. Correspondence: The league corresponds directly with the Team Representative or in his/her absence or suspension then only with the Alternative Team Representative.

2. TRAVELLERS LEAGUE OFFICIALS

Travellers League officials include both on-ice and Travellers off-ice officials and staff, or any other person from time to time deemed by the League to be suitable to report on a matter or to submit evidence, if required, and, all of whom have the authority to report to the League on any matter. Timekeepers are considered off-ice officials and the two terms may be used interchangeably in this document.

3. COMMITTEES

The Travellers Hockey League may set up and authorize a committee(s) and the conditions and mandate under which each committee may operate, to deal with any matter or issue of importance to the league.

- 3.1. Rules Committee: The rules committee is an ad hoc committee that is made up of a minimum of the League Convenor, a CARHA Hockey League official, the Referee-in-Chief. The committee has the role and responsibility to identify and present all of the “pros” & “cons” with regard to any matter of concern regarding any rule and regulation, and to make recommendations to the League. Final decisions on any matter rest with the League and the Travellers Athletic Club Executive.
- 3.2. Disciplinary Committee: The Disciplinary Committee is an ad hoc committee that is made up of a minimum of the League Convenor, a CARHA Hockey League official, the Referee-in-Chief. The committee has the role and responsibility to deal with matters of discipline and appeals, if requested to do so by

the League, and to identify and present all of the “pros” & “cons” with regard to any decision that needs to be made regarding a matter of discipline or an appeal, and to recommend to the League. Final decision on any matter rests with the League and CARHA Hockey. A committee member is not permitted to participate in a matter, which involves his team, a player on his team, or his division.

4. BONDS, FINES AND ADMIN PENALTIES

4.1. Team Bonds: At the beginning of the season, all teams must submit a bond with the league, in the amount designated for that season.

4.2. Team Bond Deductions: During the season, various amounts may be deducted from the bond to cover “fines”. Fines given to players will come off of that player’s team bond. The League may ask a team to “top-up” the bond at any time to bring the balance back to the designated amount. Admin penalties may be levied should the bond not be topped up as requested and in a timely manner.

4.3. Team Bond Carry-Forwards/Refunds: At the end of a season of play, the team has the option to have the team’s bond remain in trust with the League, to be applied to a subsequent season, or to request its return. Should the team leave its bond in trust with the League, that team will be given registration priority for the up-coming summer or winter season, until 30 days before the expected start-date for the up-coming season (or the date designated by the league for that up-coming season), after which all new or returning teams will be accepted into the League only if space is still available and on a first-come, first-served basis. Bond refunds are dealt with in accordance to the bond document located on the www.ottawatravellers.ca homepage.

4.4. Bond Ownership: The person who wrote the cheque (if known), or the team rep owns the bond, not the team. If a team or team rep requests a return of the team bond, the refund cheque will be made out to the person who initially wrote the bond cheque (if known), or to the team rep. Therefore, should there be a change of team rep, a new bond must be submitted by the new rep, or permission must be granted by the previous rep to transfer the bond to the new rep.

4.5. Personal Bonds: Individual players may be asked to post personal bonds to allow them to continue to play in the league. Personal bonds may be any size deemed necessary by the League and will be accompanied by a written agreement, which the player must sign and return to the League prior to playing. The league reserves the right to place any player, at any time, on a personal bond.

4.6. Fines: All fines (including individual player fines for full-time players or spares), unless otherwise determined by the League, will be taken off of the team bond.

4.7. Admin Penalties: The Travellers Hockey League reserves the right to impose on-ice penalties resulting from off-ice administration issues. Admin penalties can be applied for any reason deemed necessary but would typically be applied for financial issues such as NSF cheques. Admin penalties are initially 3-minute minor penalties applied to the offending team at the beginning of the first and second periods of play. An Admin Penalty will continue to be applied game after game until the issue has been resolved. One player from the offending team must serve the penalty the same way as they would a regular minor penalty. The offending team is short-handed during the admin penalty. The League reserves the right to suspend any player from the offending team, normally the Team Rep, at the commencement of each game until the fine and/or fees are paid. In the absence of the Team Rep a

player will be selected at random by an Ottawa Travellers representative.

4.8. Late Payment Fines: There will be an automatic fine in accordance with the Schedule of Fines and Penalties should a team for whatever reason not have submitted a required payment cheque to the League's designated address by midnight of the day preceding the payment due date.

4.9. NSF Cheques: An NSF cheque will result in an automatic fine in accordance with the Schedule of Fines and Penalties.

5. INDIVIDUAL PLAYER REQUIREMENTS

5.1. Individual Player Registration/Waiver: All players and team officials participating in the Travellers League must submit the online registration/waiver form prior to the player's first game. Those players playing on multiple teams must submit a waiver for each team. Only games played after a player has completed the online waiver and has registered will be used as qualifying games toward playoff eligibility. It is the responsibility of the team rep to ensure that all of his players sign and/or submit the league waiver.

5.1.1 All players, coaches and volunteers participating in The Ottawa Travellers Hockey League during the Covid-19 Pandemic era must be double vaccinated against the Corona virus.

Players not double vaccinated will be ineligible to participate in the Ottawa Travellers Hockey League. The League reserves the right to check vaccination confirmation at any time

It is the responsibility of the Team Rep to ensure all participants on his/her team have been double vaccinated. The Team Rep will complete the online confirmation form and file it with the Ottawa Travellers League office prior to the start of the season. In lieu of a team confirmation form, an Individual player online confirmation form may be filed by participants.

Failure to do so may result in appropriate sanctions taken by the League, which may include but not limited to, the suspension of the Team Rep.

5.2. Age: All players must be at least 19 years of age prior to the start of the current season. Any team found to be using or attempting to use an underage player, unless otherwise authorized by the league, may be fined up to \$100. Any/all players under the age of 19 at the start of the season must have a waiver signed by a parent or guardian which must be approved and in possession of the league prior to commencement of play.

5.2.1 Age restricted (+35) Divisions

Regular roster players must turn 35 or more during the regular season ie pre-playoffs. Goalies must be 30 years of age at the start of the season. During the regular season only, teams may use one (1) spare player under 35 (but over 30) per game providing this player is the appropriate caliber for the Division. No players under 35 (goalie exception) will be allowed to play in the playoffs. The Ottawa Travellers Adult hockey league reserves the right to address individual team requests, on a case by case basis, concerning player eligibility.

5.3. Valid Identification: All players must have valid photo identification with them in the dressing room on game day. The Travellers League considers a drivers license, health card, student card, or a government access card valid ID, provided that they include a photo. The league reserves the right to check ID at any time. Any player who fails to produce a valid ID upon request by a League official may be prevented from playing. Any player who is unwilling or unable to produce valid photo identification after they have played a game may be fined \$25. It is assumed that if the player has played the game, he is able to produce photo ID afterwards.

5.4. Illegal Players: Any player determined by the League to be ineligible to play for any reason is

deemed to be an "illegal" player and will be suspended from play immediately. Any team found to be using an illegal player or one playing signed in as someone else and playing under their name will be fined \$50 per player. During the playoffs, the fine is \$75 per player. The win will be awarded to the non-offending team. A forfeited game will be scored 0-0 and no goalie or player stats will be recorded.

5.5. Any League official has the authority to prevent any player from playing, or continuing to play, if the game is underway.

6. TEAM REQUIREMENTS

6.1. Full-Time Players (regulars): A full time player can be defined as someone who will play at least the minimum number of games to meet the playoff eligibility rules (regardless of what he paid to play). Teams may not list more than 20 players (full-time or spares) including goalies at any one time. Full-time rosters must be submitted before the start of the season during the registration process. Players may be added and subtracted at anytime throughout the regular season, but all players (regulars or spares) must register online with the league before playing their first game. A player may play as a full-time player for any number of teams in any number of divisions (even in the same division).

6.2. Spare Players: During the regular-season, spare players do not have to be cleared by the league before games, but they have to register online beforehand. A spare can play for any number of teams in any number of divisions (even in the same division) during the regular season. Spares must be an appropriate caliber for the division. The league reserves the right to forfeit games, or adjust the final score of a game if a spare is an inappropriate caliber and influenced the outcome of the game.

7. EQUIPMENT

7.1. SKATER & GOALIE EQUIPMENT

7.1.1. Goalie Helmets and Masks: All goalie helmets and masks must be CSA approved. All paint jobs must have been done by a manufacturer-approved and/or CSA approved paint shop and must meet manufacturer warrantee and CSA requirements. Any goalie found on the ice without a CSA-approved helmet may be subject to a \$25 fine and will not be able to play until he acquires a legal mask. Illegal non-CSA approved goalie "cat eyes masks" are not permitted in our league. In the interest of completing the scheduled game, and with no other option available, the illegal mask MAY be permitted on a "one off" basis. The league will not be held responsible for any injury that results in a player using a non-CSA approved goalie mask.

7.1.2. Skater Helmets and Facial Protection: All skaters shall wear CSA approved hockey helmets. Skaters are not allowed to wear the old-style "Gretzky Helmets". Players must have a proper chinstrap fastened to both sides of the helmet. Tape, string or any other non-standard chinstraps or modifications to chinstraps will not be permitted. Modified and/or painted helmets are not permitted as they void manufacturer warranties and as such are no longer CSA approved.

Although it is strongly recommended, players are not required to wear cages or visors. If a player has removed his face shield, he must also remove the mask clips as they pose a safety risk if left on the helmet. The league recommends wearing either a full cage or a half-visor with a mouthguard. Failure to do so may void the CARHA Hockey dental and facial insurance.

7.1.3. Improper Equipment: Players without proper equipment will not be permitted to play. Any player participating in a league game, who is notified by an on or off-ice official of an equipment violation, is prohibited from returning to the ice until the violation has been corrected.

7.1.4. Shoulder Pads: Although they are recommended, skaters are not required to wear shoulder pads.

7.2. TEAM JERSEYS

7.2.1. Jersey Set Definition: A matching set of jerseys is defined as one where all jerseys are identical similar in colour and where all jerseys are properly numbered as per the rules below. Full time players are permitted to wear blank (no logo or pattern) "practice" jerseys as long as they are the same colour and are properly numbered.

7.2.2. Number of Sets: All teams are required to have two sets of jerseys, one light and one dark. Each team must specify a "primary" and "secondary" set and are expected to use the primary set for all games, except when they are the visiting team and are required to switch because of a colour conflict with the other team.

7.2.3. Numbering: Each skater must have a proper number on the back of their jersey, which is different from all other numbers on the team. Numbers must be clearly legible and must be securely fastened to the jersey. Goalies are not required to have a number. Tape will not be accepted as a means to create a number on a jersey.

7.2.4. Jerseys for Spare Players: Jerseys for spares will be considered acceptable if they are matching in colour to the team set and are properly numbered. Note: Spare jerseys are not required to have a matching logo. Blank, properly numbered practice jerseys matching in colour are acceptable.

Note: Spare jerseys do not require matching logo. Blank, properly numbered practice jerseys matching in colour are acceptable.

7.2.5. Spare Goalies Jerseys: Notwithstanding the above, spare goalies are not required to have identical jerseys as per the definition above but should wear jerseys that are close in colour to the team they are playing on for that game.

7.2.6. Fines for Illegal Jerseys: Each jersey that is considered to be illegal (does not meet numbering and/or similarity rules) will result in a fine of \$5 being deducted from a team's bond (a maximum of \$5 per jersey and a maximum of \$25 in total per game). For example, if 3 jerseys are considered illegal, a fine of \$15 would be levied.

7.2.7. Lost Jerseys or Equipment: In the event that the team does not return equipment or jerseys borrowed from the League, the league will fine the team the greater of the full value of replacement of each lost article, or \$25.

7.2.8. Colour conflicts: Unless otherwise mutually agreed by both teams, the visiting team must change jerseys in the event of a colour conflict (ultimately determined by the off-ice official). The home team is expected to wear their primary jerseys and the visiting team is expected to wear whichever set accommodates this. If the home team wears their primary jerseys and the visiting team is not able to produce an alternate set of jerseys (in the event of a colour conflict), a \$25 fine may be deducted from the visiting team's bond. Should the home team accommodate the visiting team in this situation by using their secondary set, \$25 will be credited to the home team's bond (if the visiting team was fined).

An alternate set may be provided by the league should one be available at the time for a \$25 fee.

8. FACILITIES

8.1. PARKING

8.1.1. Parking Passes: Each team rep will receive parking passes for the University of Ottawa at the beginning of each season. Parking Passes for TD Place will be distributed on a nightly basis.

8.1.2. Parking at the University of Ottawa: The Ottawa U parking passes can be used at the parking garage attached to the sports complex located at the corner of King Edward and Mann Avenue. The parking passes are good on any nights when the Travellers League has games. Parking pass must hang from the rear-view mirror or be prominently displayed on the dashboard.

8.1.3. Parking at TD Place: Parking passes at TD Place are only good for the night of your game. Each Team Representative is responsible to collect individual inbound tickets and give these to the timekeeper. The timekeeper will then distribute the correct number of outbound passes to the Team Representative. When parking at TD Place, please use the entrance off Bank Street.

8.2. DRESSING ROOMS

8.2.1. Room Keys: Keys for the dressing rooms at Ottawa U must be obtained at the respective kiosk. At TD Place, the time keeper will drop off the key along with the roster sheet prior to your game. At TD Place, keys must be left in the lock after your game so as to allow easy retrieval by the time keeper. Teams will be charged \$1,500 by TD Place for any lost, damaged or missing keys.

8.2.2. Clearing Rooms: Dressing rooms are to be cleared within thirty minutes of completion of each game.

8.3. Alcohol and Smoking: Alcohol and smoking are strictly prohibited in the dressing rooms or anywhere on the premises at all of the facilities we use. In addition to an automatic \$150.00 fine for the first offense, the team representative will be automatically and immediately suspended for five (5) games, without right of appeal or refund. In the absence of the team representative being present at the game in question, the assistant team rep will be suspended for five (5) games. If neither were present at the game in question, the team captain or another high-standing "regular" team member present at the game will be selected by the management of the Ottawa Travellers Athletic Club to serve the automatic 5-game suspension.

8.4. Further to a subsequent and final review of the incident in question, the league reserves the right to further impose the following - a ban for the selected player(s) or the entire team for the remainder of the season and future seasons from the Travellers League, without right of appeal and without refund.

8.5. STOPPAGE OR CANCELLATION OF GAMES

8.5.1. Fog, Poor Ice or Facility Conditions: A League official may at his discretion order a game not to be played or to be stopped for any reason whereby the safety of players is of concern. Should both team reps agree, they also have the right to cancel or stop the game should they feel their safety would be compromised. In either of the above cases, all players must leave the ice surface immediately. Re-scheduling of the game would be at the option of the League.

9. TIMING OF GAMES

9.1. Period Lengths: The game clock shall start counting down from 26 minutes as soon as the Zamboni and rink staff is off the ice and have closed the gate behind them. The second period will start immediately after the first period ends and will count down from 23 minutes.

9.2. Playoff games: for any playoff game for potential in which a tie must be broken, and where the game is being played in a time slot where the league must be off the ice at the exact allocated time, period lengths will be set, at the discretion of the time keeper to 25 minutes for period 1 and 22 minutes for period 2.

9.3. Warm-up: There will be a 3-minute warm-up period at the beginning of the first period. Teams will be encouraged to face-off at the 23-minute mark.

9.4. Stop Time: The last 2 minutes of the second period will be stop time if the score is within 1 goal.

9.5. Penalty Shots: The game time will stop on all penalty shots and will re-start upon completion of the shot.

9.6. Other Clock Stoppages: It will be to the discretion of the on or off-ice officials as to whether the clock is momentarily stopped due to injury or other delay (ice problems, rule explanations etc).

9.7. Displaying Large Goal Difference: At the discretion of the timekeeper, large goal differences of 5 or more goals may not be displayed on the time clock.

10. GAME REQUIREMENTS

10.1. LINEUPS

The team rep will obtain the roster sheet from the timekeeper and must write the number of each player beside the player's name and submit it to the timekeeper prior to the game. Failure to provide the lineup to the timekeeper prior to the end of the warm-up may result in a delay of game penalty. The team rep must ensure that the lineup is correct and it must only include players that are present and will be playing in the game, unless the team rep has advised the timekeeper that a player will be arriving late. If/when a player arrives after the game has begun either the player or the team rep must identify the late player to the timekeeper before the late player plays his first shift. Players are required to sign their own signature on the roster sheet. Forged signatures will result in further review and subsequent action(s) by the League. Players cannot be added after the game is over.

10.2. MINIMUM NUMBERS OF PLAYERS

10.2.1. Start of Game: A team must have at least 5 skaters plus a goalie on the ice at the 23:00 minute mark of the first period ready to begin play. Failure to do so shall result in a delay of game penalty; however, if the goalie is late, the game shall be started with a sixth skater (with no goalie privileges) until the goalie arrives. Defending players who position themselves in the crease must have a full face mask or they will be assessed an illegal equipment penalty.

10.2.2. Continuation of the game: If a team starts the game with the minimum number of players and receives a coincidental minor penalty the game will continue with the teams icing as many players as possible to a maximum of five skaters and a goalie. If a second coincidental penalty is assessed during the original coincidental, the game will continue with each team icing as many players as possible to a maximum of five skaters and a goalie. If at any time the team in question cannot ice a minimum of three skaters and a goalie the game will be forfeited to the non-offending team.

10.2.3. No Goalie: If no goalie is ready and on the ice by the 12:00 minute mark of the first period, the game will be forfeited to the team that has enough players. The timekeeper, however, has the authority to overrule on any possible forfeit and order that the game be played, even if the 12:00 minute deadline has expired. In the event of a forfeit, teams may use the ice to play a friendly game with referees (forfeit fine still applies). Player's points will not count. The league reserves the right to administer suspensions or any other appropriate sanctions deemed appropriate for player's actions either on or off the ice.

10.2.4. Injury to Goalie: A team, whose goalie is injured and unable to continue to play, will be allowed to use an extra skater on the ice (with no goalie privileges). Defending players who position themselves in the crease must have a full face mask or they will be assessed an illegal equipment penalty.

10.2.5. Forfeits: Any team which is unable to ice enough players, as per the above rules, to allow for a proper game will be assessed a fine as per the Schedule of Fines and Penalties.

11. GAME PLAY

11.1. Entering Ice Surface: Players may enter the ice surface only after the maintenance staff has fully closed the Zamboni gate. The time keeper shall impose a minor penalty(ies) to team(s) if any player steps onto the ice prematurely (before arena staff is office and gates are closed). These penalties are included in the player's penalty totals.

11.2. TD Place: After the game is underway, players are not permitted to enter the playing surface via the main gate after it has been closed to start the game, unless there is someone there to close and secure it afterwards. Failure to close and secure it afterwards may lead to a delay of game penalty.

11.3. Bench Selection: Benches are assigned based on home and visitor designations. The game schedule indicates whether a team is considered the home or visiting team.

12. ON-ICE PLAYING RULES

12.1. Off-sides: The red line will not be used when considering two line passes.

12.2. Icings: The determining line for an icing call will be a team's defensive blue line. Icing will be called when the puck crosses goal line (even if it goes through crease or Goalie comes out of net).

12.3. Slap Shots and Body Checking: Slap shots are allowed in all divisions. Body Checking is not allowed in any division.

12.4. Player Changes: Players will only be allowed to change on the fly except following: an icing call, a goal, a penalty, an injury, or the end of a period. A change will also be allowed anytime during the last two minutes of the last period, including stoppage of play, when the score differential is 1 goal or less.

12.5. Puck Contact with Goalie Mask: The referee may choose whether or not to stop play after the puck has made contact with the goalie's mask.

12.6. Player in Crease: If a player enters the crease area before the puck and a goal is scored the goal will be disallowed with the face off in the neutral zone.

12.7. Closing Penalty Box Door: A minor penalty may be assessed any player who fails to close the penalty box door after his/her penalty.

12.8. Serious injuries: Any player considered by an on or off-ice official, or the team rep to have incurred a serious injury prior to or during the game (in particular a head injury), will not be permitted to continue to play. The onus is on the team rep and the player to assess and ensure when the player is able to return without further risk.

12.9. Non-Players on Bench: A maximum of three "coaches" will be allowed in a team's bench area during the game. Coaches will be at least 19 years of age or older. Coaches must stand safely behind the boards and they will be subject to the usual penalties that may be called by referees against coaches for disruption to the game or for improper conduct.

12.10. Fans: The team rep is responsible for the conduct of his team's fans in the stands. Should the conduct of a team's spectators be deemed inappropriate, the on or off-ice officials will ask the team rep to ask them to leave the arena or to cease the inappropriate conduct. Should problems continue, a team may be subject to unsportsmanlike conduct penalties and/or to fines in accordance with the Schedule of Fines and Penalties.

13. PENALTIES & EJECTIONS

13.1. PENALTY ASSESSMENTS

13.1.1. Minor Penalty: 3 minutes

13.1.2. Major Penalty: 7 minutes plus game ejection. Further discipline may result.

13.1.3. Misconduct Penalty: 10 minutes. Further discipline may result.

13.1.4. Game Misconduct/Gross Misconduct/Match Penalty: Immediate ejection. 10 minutes will be added to the penalized player's PIM total. Further discipline may result.

13.1.5. Game Ejections: Referees may choose to eject a player from the game at any time. 10 minutes will be added to the penalized player's PIM total. Further discipline may result.

13.1.6. Maximum Penalty Minutes: If a player receives multiple 10 minute penalties in a game, only one of them will be included in that player's penalty minute total. Example 1: A player receives two minors

(3+3), a game ejection (10) and a game misconduct (10), only 16 minutes will be counted, not 26.
Example 2: A player receives a major (7), a minor (3), a match (10) and a game misconduct (10), only 20 minutes will be counted, not 30.

13.2. THREE PENALTIES IN A GAME

Any player receiving 3 penalties during the same game will be ejected. No suspension will be levied for receiving 3 penalties in a game. The ejected player must leave the ice surface and go directly to his dressing room. At the discretion of the timekeeper and referees, the ejected player may be permitted to sit in the box for the remainder of the game. Any goalie receiving 3 penalties in a game will not be ejected from the game.

Note: Any combination of minor, bench minor or major penalties shall apply to the personal total of any individual in the game and count toward 3 penalty maximum.

Any/all double minor penalties shall count as 2 penalties to the 3 penalty maximum.

13.3. SERVING A TEAMMATE'S PENALTY

13.3.1. Serving another Player's Penalty: Teams are not required to have a player serve a teammate's penalty except when:

- a) A penalty has been assessed to a goalie.
- b) A non-coincidental penalty has been assessed to a player who has to leave or has been ejected from the game.

13.3.2. Game Ejection with Coincidental: Teams are not required to have a player serve a teammate's penalty when the penalized player has been ejected and has received a coincidental minor with an opposing player.

13.3.3. Serving Another's Double Minor or Major: Whenever a player is unable to serve his penalty after receiving a major penalty or a double minor, his team must have someone in the penalty box only before the penalty expires. His team has the option of putting someone in the penalty box at any time during that penalty during a stoppage of play. However, if a team waits too long and fails to have a player in the box at the time of expiration, the team is not allowed to have a player enter the ice surface from his bench. In this case, the team will continue to play short-handed until the next stoppage of play. Entering the ice surface from the bench in this situation may (will) result in a too many men penalty.

13.4. PENALTIES –MISCELLANEOUS

13.4.1. Conduct in Penalty Box: Players are expected to remain calm and refrain from slamming doors and/or smashing the glass or further penalties and/or suspensions may result.

13.4.2. Delayed Penalties: Delayed penalties which result in a goal being scored, will be recorded on the official game sheet as a penalty against the player who committed the infraction.

13.4.3. Grabbing Face Mask: A player who pulls an opponent's hair or who grabs the facial protector, helmet, or chin strap of an opponent and uses this to inflict punishment or injury shall be assessed a Match penalty as per the CAHA rules. A suspension may also be levied.

13.4.4. Contact to Opponent's Head: Any contact to an opponent's head/neck area resulting in a penalty will result in an additional minor penalty (hit to head).

13.4.5. Shorthanded Delayed Penalties: In circumstances where a team is shorthanded and a delayed penalty is called against that team, resulting in a goal, the penalized player in the penalty box will leave the box and the player who committed the most recent infraction will serve his full penalty.

13.4.6. Goaltender Ejections: The goalie is the only player on the ice who is not automatically ejected for three penalties or for a more serious offence such as a major or misconduct. It will be at the discretion of the on-ice officials to determine whether the goalie in question could be a threat or a liability for the remainder of the game. Goalies in these outstanding circumstances will be subject to a review and possible league suspension.

14. SUSPENSIONS

14.1. SUSPENSION OVERVIEW

14.1.1. Right Reservations: The Travellers Hockey League reserves the right to suspend any player for any injurious, dangerous or objectionable on or off-ice offence that may have gone unnoticed by the on-ice officials, was not called, or was called only minor penalty at the time. The Travellers Hockey League reserves the right to suspend any player for any length of time for any injurious or offensive on or off ice offence. The Travellers Hockey League may honour suspensions received in other area leagues. Each suspension will result in the player being suspended from any CARHA Hockey sanctioned event. Failure to comply may result in further disciplinary action.

14.1.2. Posting Suspensions: The league will attempt to post suspensions within 48 hours. When a suspension is posted, team reps will be contacted by email.

14.1.3. Suspension Carry Forwards: The Travellers reserves the right to carry-forward suspensions from previous seasons. Players cannot claim to have served their "carry forward" suspensions if, after the suspension, they do not play enough games to be eligible for the playoffs. They can only claim to have served the suspension if they end up playing at least 4 games in the summer, or at least 6 games in the winter. Players with carry forward suspensions who play but do not make the minimum number of games for the playoffs will be fined as per the Schedule of Fines and Penalties (deducted from the team bond).

This is to prevent, spares from claiming to have served a suspension when they were not even on the full time roster.

14.1.4. Playing on More Than One Team: Once a player is suspended, they are suspended from all CARHA Hockey sanctioned events. This means that if a player is suspended from one team, they cannot play for another team until their suspension is served. If a suspended player is registered as a full-time player on more than one team, the suspension will be served coincidentally with both teams. It is the Team Representatives responsibility to ensure all of their players are eligible to participate in each game.

14.1.5. Sparing While Suspended: A suspended player may not spare for any other team while his suspension is still being served.

14.1.6. Suspended While Sparing: Any player suspended while sparing will serve his suspension, if applicable, with his regular full-time team. If a spare player is not a full-time player on any other team, he will not be allowed to spare again for a period of time to be determined by the League. In these cases the Team Rep will serve any suspension normally administered under the circumstances to the offending player. The League reserves the right to fine the team in accordance with the Schedule of Fines and Penalties in the event of a spare player being suspended.

14.2. SUSPENSIONS ASSESSMENTS - ABUSE OF OFFICIALS

14.2.1. Incessant verbal abuse of on-ice officials: Any player who is expelled for “incessant verbal abuse” of on-ice officials will receive a minimum 2 game suspension.

14.2.2. Threat of physical abuse of on-ice official: Minimum 6 games.

14.2.3. Physical abuse of on-ice official: Permanent expulsion from the league.

14.2.4. Verbal abuse of off-ice official: Minimum 3 game suspension.

14.2.5. Threat of or physical abuse of off-ice official: Permanent expulsion from the league.

14.3. SUSPENSIONS ASSESMENTS - GAME PLAY/MISCELLANEOUS

14.3.1. Misconduct Penalties in Last 10 Minutes: Any misconduct in the last ten minutes of a game may result in a minimum 1 game suspension & any misconduct after the conclusion of the game may result in a minimum 2 game suspension.

14.3.2. Intent to Injure: Minimum 3 games suspension.

14.3.3. Grabbing Helmet: A player who is ejected for grabbing the helmet or hair of an opponent will receive a minimum 2 game suspension.

14.3.4. Discriminatory Slur: Minimum 3 game suspension.

14.3.5. 3rd Misconduct in league play: Minimum 1 game suspension.

14.3.6. Subsequent suspensions: Each subsequent suspension will be given an extra game.

14.4. SUSPENSIONS ASSESMENTS – FIGHTING

14.4.1. Voluntarily fighting: If both participants willingly fight, they will be suspended for a minimum of 2 games for the first offence. The second offence will yield a minimum suspension of 4 games and any subsequent offence may result in permanent expulsion from the league.

14.4.2. Involuntary fighting: Any player who proceeds to fight with any other player who does not wish

to fight will receive a minimum 5 game suspension for the first offence. A second offence will result in permanent expulsion from the league.

14.4.3. Aggressor designation: A minimum of one game will be added to a player's suspension if he is deemed to be the instigator or aggressor.

14.5. SUSPENSIONS ASSESMENTS - POST-EJECTION/OFF-ICE CONDUCT

Any and all players, upon ejection from the game for any reason whatsoever, must immediately proceed to the dressing room. He may not stay and watch the remainder of the game behind the glass (unless given permission by an on or off-ice official). He may, however, return to watch the game from the stands after changing into his street clothes. Ejected players who cause further disturbances or disruptions, may be subject to the following suspensions:

14.5.1. Disrupting flow of game after ejection: Minimum 1 game suspension.

14.5.2. Disrupting flow of game after ejection by littering the ice surface: Minimum 2 Games.

14.5.3. Refusing to leave ice surface or go to dressing room: Minimum 2 Games.

14.5.4. Entering the dressing room of opposing team or on-ice officials in a confrontational manner: Minimum 5 Games.

15. PLAYOFF ELIGIBILITY

15.1. Skater Playoff Eligibility: Players must have played 6 regular season games as a skater in the winter or 4 regular season games as a skater in the summer with a team to be eligible to participate with that team during the playoffs as a skater. Only games played after registering will be used to determine playoff eligibility. Games played as a goalie will not count as games played as a skater unless otherwise decided by the league executive. Skaters who play in the playoffs who are not eligible, unless otherwise approved by the league, will be considered illegal. The team may be subject to fines as per the Schedule of Fines and Penalties and/or the League reserves the right to forfeit the team's game, to adjust the score, or to change a win to a tie or a loss. In the event of a shortage of players in the playoffs, the team rep may make a special request to the league to permit a player who has not played the required number of games. Exceptions for the playoffs will be considered, on a case by case basis, only under exceptional extenuating circumstances. The onus falls upon the team requesting to provide evidence to support approval by the league convener.

Exemption with restrictions may be imposed upon players who have played less than the prescribed number of games. Special permission from the League Convener to play may be granted, providing the team requesting has less than eight (8) full time skaters for any given game and that the player(s) requested is/are of equal or lesser caliber than the average player in that division. Same day requests for the use of any spare(s) players will not normally be considered. The league reserves the right to adjust the score, or to change a win to a tie or a loss.

15.2 Goalie Playoff Eligibility: A goalie must have played at least 4 games as a goalie with a team to be eligible to play for that team during the playoffs. Only games played after registering will be used to determine playoff eligibility. If a team's full-time goalie has a legitimate reason for not being available for a playoff game, a spare goalie may be used but he must be of the same or lower

caliber as the Division he is playing in and he must be approved in advance of the game by the league Convener. Spare Goalies not approved in advance by the league will be subject to fines as per the Schedule of Fines and Penalties and the league reserves the right to adjust the score, or to change a win to a tie or a loss.

PART B - SCHEDULE OF FINES AND PENALTIES

16. ADMINISTRATION

16.1. Late Payment Fines: There will be an automatic \$50 fine should a team for whatever reason not have submitted a required payment cheque to the League's designated address by midnight of the day preceding the payment due date.

16.2. NSF Cheques: Should a team's cheque be returned NSF, an automatic \$35 fine will be deducted from the team bond. A 2nd NSF cheque will result in a \$50 fine. 3rd and subsequent NSF cheques (this season and future seasons) will result in \$75 fines.

17. PLAYER FINES

17.1. Playing While Suspended: The following will result if any team is found to be using or attempting to use a suspended player:

- a) If the suspended player played, his team's score will be "0" and no players on that team will be awarded any point for goals or assists earned during the game.
- b) The team may be fined up to \$100.
- c) The suspended player will receive an additional 3 game suspension.

17.2. Not Serving Suspension as Full Time Player: Players with a "carry forward suspension" who play but do not end up playing enough games to be eligible for the playoffs may be fined \$75.

17.3. Suspended While Sparing: Any team whose spare player receives a suspension may be subject to a fine of up to \$100. Any suspension resulting from the actions of a spare player will be served by the Team Representative. In the event of the absence of the Team Representative, the league reserves the right to select a player from the team roster to serve the suspension.

17.4. Team Using Illegal Goalie During Playoffs: A team found to be using a goalie during the playoffs who was not pre-approved by the league will be fined \$25.

18. PENALTY MINUTE FINES:

Any player who surpasses 60 minutes (50 in summer) in penalties, will from that point on, be assessed a \$1.50 fine for each subsequent minute. The league reserves the right to reduce or increase an individual's allowable penalty minute maximum, or per minute fine amount at anytime during the current season or for upcoming seasons.

19. FORFEITS

Any team which is unable to ice enough players to allow for a proper game will, at the request of the aggrieved team, be assessed a \$150 forfeit fee.

The request for compensation by the aggrieved team must be made within 36 hours of the scheduled start of the forfeited game. Payment of this forfeit fee is on the honor system between teams and is based on the contractual agreement between teams who play in the Travellers League as indicated in the Travellers League Contract signed by each team. The forfeit fee is to be handled between the two team reps, and collection, if necessary, is the responsibility of the aggrieved team. The league's role will be to urge the forfeiting team to pay the other team and will impose Admin Penalties until the payment has been completed. If payment is not completed within seven (7) days of the request, the team rep from the forfeiting team will be suspended until payment has been made. The league may not allow a team to return for future seasons.

PART C - LEAGUE OPERATING PRACTICES

20. STATISTICS

20.1.1. Assists: The Travellers will record no more than one assist for each goal scored.

20.1.2. Reporting Goal or Assist Errors: Requests to adjust goals or assists will only be accepted when submitted by the team rep within 48 hours of the game.

20.1.3. Website: Game results, standings and statistics are posted regularly on the Travellers' website.

20.1.4. Game Sheets: Game sheets will be posted on the Travellers website in downloadable PDF format.

20.1.5. Regular-Season Tie-Breakers: The following tiebreakers will be used to determine playoff seeding if two or more teams are tied in points at the end of the regular season:

- a) Head-to-head win-loss record.
- b) Goals differential.
- c) Fewest goals against.
- d) Most goals scored.
- e) Fewest penalty minutes.
- f) Coin toss

20.1.6. Playoff Tie-Breakers: In the event of teams being tied in points at the end of a playoff round-robin, final regular-season standings will be used as a tie-breaker.

20.1.7. Shootout: A shootout will be used as a tie-breaker in semi-final and final games should the score be tied at the end of regulation time. Each team will get three shots. Each team rep will choose three different players from their team to participate. Players will shoot simultaneously on opposing goaltenders. If still tied after three shots, a sudden death shoot out will go into effect until a winner is determined. Only players that have not been previously selected will be allowed to shoot. Players that have been ejected from the game may not participate in the shootout. After the entire team (excluding goaltenders) has had the opportunity to shoot, teams will be allowed to reuse players in the same order as before. This format will continue until a winner has been determined.

20.1.8. Coin Toss: A witnessed toss of a coin may be used to break ties in points should they not be able to be broken by the aforementioned tie-breakers. Also, a coin toss may be used should time not permit a shootout at the end of a tied playoff game. In both of these instances, team reps may agree to use another reasonable tie-breaker option should it be approved by the League.

21. DIVISION RE-ALIGNMENTS

21.1. When: Division re-alignments, should they be necessary, will normally occur after three games but no later than after all teams have played each other once in their division (complete round-robin). Additional re-alignments may occur at any time thereafter during the season should it be necessary. Re-alignments will only be considered when in the best interests of the Ottawa Travellers Hockey League, and not at individual team requests.

21.2. Point Carryovers: No team may move from one division to another (either up or down) with more points than the totals of the highest team or less points than the lowest team. A team's record will be adjusted if necessary.

22. AWARDS

22.1. Trophies/Plaques: Plaques or trophies will be presented to the team finishing first in the playoffs in each division.

22.2. Top Goalie: Top goalie honours will be given to the goaltender in each division who has played at least 10 games in winter or 7 games in summer on the same team and maintain the best (lowest) goals against average at the end of the regular-season. In the event of a tie, the goalie that played more games will be awarded the title.

22.3. Top Scorer: Top scorer honours will be given to the skater who has the highest number of points at the end of the regular-season. In the event of a tie, the skater with fewer games played will be awarded the title.

APPENDIX A - NEW ADDITIONS/CHANGES TO RULES

- October 29th, 2015 amending of playoff eligibility regulations.
- October 29th, 2015 amending suspension right reservations.
- September 21, 2013 amending timing of games.
- September 21, 2013 removing accidental major penalty (Rule 13)
- November 15, 2012 – Alcohol consumption in the dressing rooms, playoff eligibility rules, fines for NSF cheques.
- January 5, 2011 – “...a \$25 fine will be deducted from the visiting team’s bond”(if unable to produce a secondary jersey to avoid a colour conflict), has been changed to “...a \$25 fine may be deducted from the visiting team’s bond.”
- December 1, 2010 - Changes to statistics will be made if the request comes from the team rep within 48 hours.
- September 28, 2010 – Changes to the team jersey rules – added permission for full timer players to wear blank practice jerseys: “Full time players are permitted to wear blank (no logo or pattern) “practice” jerseys as long as they are the same colour and are properly numbered.”
- August 15, 2010 – Changes to team jersey rules: “All teams are required to have two sets of jerseys, one light and one dark. Each team must specify a “primary” and “secondary” set and are expected to use the primary set for all games, except when they are the visiting team and are required to switch because of a colour conflict with the other team.” Now, a visiting team will only be fined in the event they cannot produce an alternate set, if the home team was wearing their primary jerseys: “If the home team wears their primary jerseys and the visiting team is not able to produce an alternate set of jerseys (in the event of a colour conflict), a \$25 fine will be deducted from the team bond of the visiting team. Should the home team accommodate the visiting team in this situation by using their secondary set, the \$25 fine will be credited to the home team’s bond...”
- August 1, 2010 - Removed restrictions on playing on multiple teams in same division.
- April 11, 2010 - Notes added to suspension carry forwards: The Travellers reserves the right to carry- forward suspensions from previous seasons. Players cannot claim to have served their "carry forward" suspensions if, after the suspension, they do not play enough games to be eligible for the playoffs. They can only claim to have served the suspension if they end up playing at least 5 games in the summer, or at least 7 in the winter. Players with carry forward suspensions who play but do not make the minimum number of games for the playoffs will be fined as per the Schedule of Fines and Penalties (deducted from the team bond).
- January 9, 2010 - Maximum Penalty Minutes: If a player receives multiple 10 minute penalties in a game, only one of them will be included in that player’s penalty minute total. Example 1: A player receives two minors (3+3), A game ejection (10) and a game misconduct (10), only 16 minutes will be counted, not 26. Example 2: A player receives a major (7), a minor (3), a match (10) and a game misconduct (10), only 20 minutes will be counted, not 30.
- December 18, 2009 – Adjusted Carleton parking pass procedures.
- September 14, 2009 – Any contact to an opponent’s head/neck area resulting in a penalty will result in an additional minor penalty (hit to head).A minor penalty may be assessed any player who fails to close the penalty box door after his/her penalty. If a player enters the crease area before the puck and a goal is scored the goal will be disallowed with the face off in the neutral zone. If a player has removed his face shield, he must also remove the mask clips as they pose a safety risk if left on the helmet. Icing will be called when the puck crosses goal line (even if it goes through crease or Goalie comes out of net). Players will only be allowed to change on the fly

except following: an icing call, a goal, a penalty, an injury, or the end of a period. A change will also be allowed anytime during the last two minutes of the last period, including stoppage of play, when the score differential is 1 goal or less.

- August 20, 2009 – Added fine for player unwilling to produce ID after game.
- July 24, 2009 - Changes to the fine structures for high penalty minute getters. July 13, 2009 – Updates to teams using a sixth skater in place of a goalie: “Defending players who position themselves in the crease must have a full face mask or they risk an illegal equipment penalty.”
- July 13, 2009 - Addition of “The league reserves the right to forfeit games, or adjust the final score of a game, if one of the teams used a spare of inappropriate caliber who influenced the outcome of the game.”
- July 13, 2009 - Forfeited games are now scored 0-0, not 2-1.
- September 20, 2008 - Modification to NSF penalties.
- April 8, 2008 - Modification to skater playoff eligibility: Added the stipulation that games played as a goalie will not count as games played as a skater. Players must have played the minimum number of games as a skater to be eligible to play as a skater in the playoffs.
- April 8, 2008 - Modification to penalty minute fines: “The league reserves the right to reduce an individual’s allowable penalty minute maximum before that player’s first game if the player went over the penalty minute maximum in his previous season of play.”
- April 8, 2008 - Round-robin no longer used as a tie-breaker for semi-final games.
- May 22, 2007 - Document released to public.