



Ottawa Senators Adult Hockey League Official Rules and Regulations

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PART A – RULES AND REGULATIONS

1. RULES OVERVIEW

1.1 Hockey Canada Rule Book: Unless otherwise indicated in the Rules and Regulations, the Ottawa Senators Adult Hockey League (OS AHL) rules are based on the current Hockey Canada Rule Book. The rules and regulations stated below either supplement or override the rules found in the aforementioned Hockey Canada rules.

1.2 Player Responsibility: All teams shall designate a team representative. Team Representatives shall take full responsibility for the team, including attending league meetings, providing payment of team dues, keeping team members informed on league memos and other related matters. Team representatives are responsible for being familiar with the OS AHL Rules and Regulations document outlined below, as well as contractual obligations and the rules in the Hockey Canada rulebook. They are also responsible to ensure that their players have read and understand the OS AHL Rules and Regulations document.

Hockey Canada Rule Book: https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Officiating/Downloads/rulebook_casebook_e.pdf

1.3 Rule Changes: The OS AHL reserves the right to make any changes and/or additions to the league rules at any time during the season.

2. OFFICIALS

2.1 The OS AHL officials include both on-ice and 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. TEAM FEES, BONDS AND FINES

3.1 Team Fees: All league fees are required to be made by the indicated due date, as outlined below. Failure to do so will result in the suspension of the team rep, forfeiture of games or expulsion from the league.

3.1.1 \$565 Deposit – Due upon registration

3.1.2 \$2,835 Remainder – Due upon acceptance

3.2 Team Bonds: At the beginning of the season, all teams must submit a \$150 bond with the league, in the amount designated for that season.

- 3.3** Team Bond Deductions: During the season, fees may be deducted from the team bond to cover player and/or team fines. The League may ask a team to “top-up” the bond at any time to bring the balance back to a minimum of \$100. Admin penalties may be levied should the bond not be topped up as requested and in a timely manner.

Fines may be levied for the following reasons:

- 3.3.1** Forfeits - \$100 (1st offence), \$100 and Team Rep suspension (2nd offence)
 - 3.3.2** Illegal Players - \$50 (regular season), \$75 (playoffs)
 - 3.3.3** NSF Cheques - \$35
 - 3.3.4** Failure to produce legal team jerseys (appropriate numbers) prior to first exhibition game - \$25 (1st offence), \$50 (2nd offence), \$100 and Team Rep suspension (3rd offence)
 - 3.3.5** Failure to return equipment or jerseys borrowed from the League - \$25
- 3.4** Team Bond Carry-Forwards/Refunds: At the end of a season of play, each 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. If the team should leave its bond in trust with the League, that team will be given registration priority for the up-coming season, until 30 days before the expected start-date for the up-coming season.
- 3.5** 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.
- 3.6** 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. INDIVIDUAL PLAYER REQUIREMENTS

- 4.1** Player Distinctions: A full time player is defined as a player who will participate in at least the minimum number of games to meet the playoff eligibility rules. Due to COVID-19 protocols, spares are not permitted this Winter 2021 season.
- 4.2** Individual Player Registration/Waiver: All players and team officials participating in the OSAHL must submit the online waiver form prior to their first game. Only games played after a player has completed the online waiver 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. It is responsibility of the team rep to ensure that all players sign the league waiver. Should a player participate in a league game and not sign the waiver, the team rep may be given one warning by a league official. Subsequent similar violations will result in the team rep and the ineligible player both being suspended for one game (no exceptions) and the game being forfeited.

- 4.3** Age: All players must be at least 19 years of age prior to the start of the current season. 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.
- 4.3.1** 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. players under 35 (goalie exception) will be allowed to play in the playoffs.
- 4.4** 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 2-0 and no goalie or player stats will be recorded.
- 4.5** Minimum Number of Players: A team must have at minimum 5 skaters and a goalie dressed and ready when the whistle is blown to begin the game at the 23:00 mark of the first period. If a team does not have the required players, the game will be delayed until the required players (from their team) are on the ice, and a minor penalty for “delay of game” will be assessed to the team. If the team does not have the required players by the 16:00 mark, the game will be forfeited and a \$100 fine levied. A forfeited game score is 2-0.
- 4.5.1** If the opposing team will lend a player(s) to the team that is short-handed, the game will still be forfeited, but a friendly game will be played with the referees and timekeeper. Any goals or assists in this game will not count towards the league statistics, but any minor, double Minor, Misconducts, Major penalties, Game Ejections or suspensions from this game will.
- 4.5.2** Inclement Weather: The League has discretion to waive any forfeit penalties and/or compensation in the event of inclement weather.

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

5. TEAM REQUIREMENTS

- 5.1** Rosters: Team rosters must be submitted by the team rep prior to the start of the season.

6. PLAYER ELIGIBILITY

- 6.1** The OSAHL reserves the right to refuse any player entrance into the league.
- 6.2** Current National Hockey League (NHL) players are not permitted to play, unless receiving authorization from the League Convener

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. Illegal non-CSA approved goalie **cats-eye** style masks are not permitted.
- 7.1.2** Skater Helmets and Facial Protection: All skaters shall wear CSA approved hockey 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 warrantees and as such are no longer CSA approved. If a player participates with an illegal helmet, they will be assessed a minor penalty and immediately ejected until they fix or replace the item in question.

Although it is not mandatory, it is strongly recommended that all players wear a CSA approved full-face protection. If a player chooses not to wear full-face protection, their insurance for facial injuries may be lowered accordingly for wearing a CSA approved half-visor or no facial protection at all.

If a player chooses to not to wear any facial protection, they must remove the “J” clips from their CSA approved helmets as to minimize any potential injury. This player will not be allowed on the ice until the clips are removed. If a player participates with an illegal helmet, they will be assessed a minor penalty and immediately ejected until they remove the clips or replace the helmet in question.

7.2 TEAM JERSEYS

7.2.1 Jersey Set Definition: A matching set of jerseys is defined as one where all jerseys are the same 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 Jersey Set Requirements: 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. Failure to do so will result in a fine.

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.

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 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.

7.2.7 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 fine may be deducted from the visiting team’s bond.

7.2.8 Team Names and Jersey Design: All team names and uniform designs (& logos if applicable) are subject to the approval of the OSAHL. Team Reps are encouraged to check with the OSAHL convener prior to purchasing new uniforms or considering a name change for their team. League management reserves the right to change the name

of any team and to deny permission for a team to wear any jersey design; at their sole discretion should they deem the name or the jerseys to be inappropriate in any way. This is not restricted to newly established names or uniforms, and may involve team names or uniforms that had previously been permitted. In the event that a change of jerseys is required, the league will establish a deadline by which the team must complete the change.

Failure to meet the imposed deadline will result in discipline, which includes, but is not limited to:

- I. Suspension of team rep
- II. Forfeiture of team bond
- III. Expulsion from the OSAHL without refund
- IV. Denial from participating in any future OSAHL seasons

8. FACILITIES

8.1 Alcohol and Smoking: Outside alcohol (alcohol not purchased under license of league facilities) and smoking are strictly prohibited in the dressing rooms or anywhere on the premises at all of the facilities we use. Failure to comply with this rule will result in the team being penalized in the following escalating fashion:

- I. Suspension of the Team Rep(s) for 1 Game
- II. Suspension to Team Rep(s) and Team Leading Scorer for 2 Games
- III. Team expulsion from the league for balance of season with no refund

8.2 Dressing Rooms: Dressing rooms are to be cleared within thirty minutes of completion of each game. Respect other users of the facilities and leave the room in the condition you found it. IF there is an issue with damage and/or cleanliness, contact the arena facility attendants immediately

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 22 minutes.

9.2 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.

9.3 Stop Time: The last 2 minutes of the second period will be stop time **only** if the score is within 1 goal or tied.

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

9.5 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. ON-ICE PLAYING RULES

10.1 Icings: The determining line for an icing call will be a team's defensive blue line. If the puck goes through the crease icing will still be called.

10.2 Slap Shots: Slap shots are permitted in all divisions.

10.3 Body Checking: Body Checking is **NOT** permitted in any division.

10.4 Player Changes: Players will be eligible to change at any time during the game. Referees and players should work together to ensure as little time as possible is used for line changes. Referees have absolute discretion to deny line changes, and/or drop the puck before a team is ready, should they feel it is necessary to ensure playing time is maximized.

10.5 Non-Players on Bench: Due to COVID-19 regulations, no one other than players, are allowed on the bench.

11. PENALTIES & EJECTIONS

11.1 PENALTY ASSESSMENTS

11.1.1 Minor Penalty: 3 minutes.

11.1.2 Double Minor Penalty: 6 minutes. Further discipline may result.

11.1.3 Major Penalty: 7 minutes plus game misconduct. Further discipline may result.

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

Any misconduct in the last 10 minutes of a game or at the conclusion of a game may result in a suspension.

- 11.1.5** Game Misconduct: Immediate ejection. 10 minutes will be added to the penalized player's PIM total. **ALL GAME MISCONDUCT** penalties carry a minimum suspension of ONE (1) game with no maximum, and cannot be appealed. Any misconduct in the last 10 minutes of a game or at the conclusion of a game may result in a suspension.
- 11.1.6** Gross Misconduct: Immediate ejection. 10 minutes will be added to the penalized player's PIM total. **ALL GROSS MISCONDUCT** penalties carry a minimum suspension of TWO (2) games with no maximum, and cannot be appealed. There is zero tolerance for verbal or physical abuse towards referees, league officials, or Bell Sensplex, Richcraft Sensplex or Canadian Tire Centre staff. Any misconduct in the last 10 minutes of a game or at the conclusion of a game may result in a suspension.
- 11.1.7** Match Penalty: Immediate ejection. 7 minutes will be added to the penalized player's PIM total. **ALL MATCH PENALTIES** carry a minimum suspensions of THREE (3) games, and pending a review with the discipline committee further discipline may result up to and including a season-long or life-time ban.
- 11.1.8** 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.

Upon ejection from the game, players must proceed directly to the dressing rooms. They may not remain to watch the game from behind the glass however, they may return to watch the game from the arena stands in street clothes. Failure to do so or if an ejected player causes any disturbance will result in an additional minimum ONE (1) game automatic suspension.

Referees may eject any player whom they believe to be playing under the influence of any substance, at any time.

- 11.2** Serving a teammate's penalty: No player may serve another teammate's penalty except in the following situations:
- 11.2.1** A penalty assessed to a goaltender
 - 11.2.2** A major or minor penalty assessed to a player having been ejected or injured during game play and unable to return to the game.

11.3 PENALTIES - MISCELLANEOUS

- 11.3.1** High Sticking: High sticking will be a double minor or major penalty at the discretion of the referee. The double minor will count as two (2) penalties towards the three (3) permitted per game.

11.3.2 Three Penalties in a Game: Any player receiving three (3) penalties during the same game will be ejected.

Any player being ejected for three penalties for the third (3rd) time during the season will automatically receive a ONE (1) game suspension and an additional game suspension for each subsequent occurrence.

NOTE: A double minor will count as two (2) penalties.

11.3.3 Delayed Penalties: All delayed penalties will be recorded on the official league scoresheet.

11.3.3.1 If an opposing team scores on the delayed penalty call, the individual who was to be assessed the delayed penalty will not serve their penalty (minors only) but will have the penalty recorded

11.3.3.2 The exception to this rule occurs when a team is already playing shorthanded (and serving a minor penalty). In this situation, the minor penalty being served would terminate and the infraction on delay would be called and the offending player would serve their penalty.

11.3.4 Maximum Penalty Minutes: If any player reaches the penalty minute maximum as outlined below, they will be suspended in the following escalated fashion:

11.3.4.1 **Exhibition & Playoff Season:** Any player amassing a total of **twenty (20) minutes** in penalties will be suspended for **1-game**. If the player reaches **thirty five (35) minutes**, they will be suspended for **2 game**. If the player reaches **fifty (50) minutes**, a **5 game** suspension will be levied. If a player receives the maximum 5 game suspension, the player may be removed from the league.

11.3.4.2 **Regular Season:** Any player amassing a total of **sixty (60) minutes** in penalties will be suspended for **1-game**. If the player reaches **seventy five (75) minutes**, they will be suspended for **2 game**. If the player reaches **ninety (90) minutes**, a **5 game** suspension will be levied. If a player receives the maximum 5 game suspension, the player may be removed from the league.

11.3.5 Players receiving majors, misconducts and match penalties may also be given (depending on their past history) a choice of paying a Personal/Performance Bond to remain in the league.

11.3.6 No participant may step onto the ice until the Zamboni doors are closed due to safety of the arena operations staff and other league members. If a player steps onto the ice before the Zamboni doors are closed the following consequences will occur:

11.3.6.1 1st Offence: Minor Penalty to the offending team

11.3.6.2 2nd Offence: Double Minor to the offending team

11.3.6.3 3rd Offence: 1 Game Suspension to the offending Team Rep

12. SUSPENSIONS

12.1 Suspension Overview

12.1.1 Right Reservations: The OSAHL 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 OSAHL reserves the right to suspend any player for any length of time for any injurious or offensive on or off ice offence.

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

Suspended players are not allowed to be on or near either team bench during a game.

12.1.3 Playing on More Than One Team: Once a player is suspended, they are suspended from all Hockey Canada 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.

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

12.1.5 Suspended While Sparring: Any player suspended while sparring 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.

12.1.6 Playing While Suspended: Any team found to be using a player who is under suspension, an illegal player, or a player using an alias will be assessed the following penalties:

12.1.6.1 The final score of the game in which the suspended player participated will be recorded as 0. The non-offending team will keep their score or if they had not scored a score of 2 will be awarded.

12.1.6.2 The illegal/suspended player will have an additional five (5) game suspension

12.1.6.3 The team using the illegal/suspended player team representative will also be suspended for one (1) game.

12.2 Suspension Assessments

12.2.1 Abuse of Official: Any altercation in the hallway, with any on or off-ice league official, opposing player, or any other persons will result in a minimum FIVE (5) game suspension.

12.2.2 Discrimination, Harassment and Bulling: Any penalty issued relating to the race, gender, religion or sexual orientation of another participant, official or fan will carry a minimum THREE (3) game suspension, with no maximum. Each incident will be reviewed by the discipline committee.

12.3 Suspension Assessments – FIGHTING

12.3.1 Fighting may result in a season ending suspension. If a player received a major penalty for fighting, they will be immediately ejected from the game and will receive a minimum five (5) game suspension plus additional game(s) at the discretion of the League. Any player that received a fighting majoring with an instigator penalty will receive a minimum seven (7) game suspension.

Any player taking physical advantage of an unwilling and non-punching opponent may be banned for life from the league. League officials will not tolerate intimidation or revenge on the ice.

12.3.2 Any player who receives their second fighting major will result in an automatic season ending suspension.

12.3.3 Any player engaging in additional fights during the same stoppage will receive a Game Misconduct for each.

13. DISCIPLINE, PROTESTS AND APPEALS

- 13.1** All questions concerning discipline, protests and appeals should be directed to the OSAHL League Convener.

Colin Adams

AdamsC@sensplex.ca

Phone: 613-292-8622

- 13.2** Protests: A protest/appeal may only be heard if the following conditions are met:

- 13.2.1** A formal written submission is received within 24 hours of the completion of the game or from the issuing of the suspension.
- 13.2.2** No protests will be heard regarding a referee's decision.

14. PLAYOFF ELIGIBILITY & FORMAT

14.1 PLAYOFF SPECIFIC RULES

- 14.1.1** Mandatory ID Checks: During the playoffs, league officials will conduct mandatory ID checks prior to each game. If a player does not produce ID they will not be permitted to play.

- 14.1.2** Overtime: Overtime will take place in all playoff games.

- 14.1.2.1** 3 on 3 for 5 minutes with the last minute being stopped time
- 14.1.2.2** If the score remains tied, there will be a 3-skater sudden death shootout, where each team will shoot simultaneously (no repeats).
- 14.1.2.3** If the score remains tied, a single-shooter shootout will commence (repeats permitted).

14.1.2.4

If a player is in the penalty box at the end of overtime, they will not be permitted to shoot until every other player on their team has shot first.

15. EMERGENCY DELAYS

- 15.1** If OSAHL games are impacted by emergency delays (including but not limited to acts of god, power outage, fire alarms, electrical issues, etc..), the league will make every effort to ensure that the game is completed as soon as possible. A game in progress will be

delayed a maximum of 20 minutes before postponement or cancellation, with all subsequent games running behind schedule. The following guidelines will determine whether a game is postponed or cancelled:

- 15.1.1** If the delay occurs at or after the 15:00 minute mark of the 2nd period the result will be FINAL
- 15.1.2** If the delay occurs prior to the 15:00 minute mark of the 2nd period the game will be rescheduled.