

OLD TIMERS HOCKEY LEAGUE

Welcome to the Recreation Oak Bay Hockey League. This league is designed for those who wish to play for fun regardless of ability. We ask all players to remember this is a recreational league; there are no scouts in the stands.

General rules of play are:

1. No touch icing
2. No red line for offsides.
3. If a player loses a helmet they must immediately put it back on or leave the ice, otherwise a penalty may be awarded at the discretion of the referee. Chin straps must be tightly done up. If a goaltender loses any gear that may compromise his/her safety the play will be whistled dead. If a goalie is hit in the head or mask with a puck the referees will stop play at their discretion.
4. If any player is cut during a game and blood is drawn the player must leave the ice.
5. Body checking is NOT permitted.
6. Slapshots are NOT permitted.
7. CSA approved helmets and full equipment must be worn, players may not play with helmets that do not meet CSA standards. Any modification to helmets, specifically concerning the removal of protective ear pieces, destroys CSA certification of said helmet. Players using helmets that do not meet CSA standards will be immediately removed from the game and suspended from further games until the player has a helmet that complies with CSA standards.
8. There will be absolutely no substitutions of players with the exception of goalies. Games played with a substitute from another team will be forfeited and given a 0-1 score. Players found responsible for allowing a person outside of the league to play will be suspended from the league.
9. Goalies must contact the league organizer if they need a spare. Speak to the Sports Programmer or reception; do not leave a phone message or e-mail.
10. Major penalties will result in an automatic game misconduct and a three game suspension. Subsequent major penalties will result in suspension from the league.
11. Minor penalties will be three minutes in duration. If a player receives three minor penalties in a game, he/she shall sit out for the remainder of the game.
12. If a player knocks the puck out of the air with their stick they will be given a minor high sticking penalty.
13. Verbal abuse of referees will result in an automatic game suspension and suspension from the next league game. A second verbal abuse incident will result in an automatic suspension from the league. Physical abuse of the referees will result in an automatic suspension from the league.
14. There are no line changes allowed in the last minute of the last period of any game, except on the fly. If teams delay play the referees may award a penalty shot to the other team at their discretion.
15. No refunds will be granted after an individual has completed two games (exceptional circumstances will be considered).
16. All players must obtain a league jersey:

[Jerseys must be returned by Tuesday August 23 at 6:00pm in order to receive \\$35.00 refund.](#)

Players will be issued a specific number. You MUST NOT trade jerseys for the following reasons:

- a) The issued jersey and number coincides with a master players list.
- b) In the case of any suspension, the referees will not ask for any names, they will inform league organizers of the team number and the player's number.

In the situation where a jersey does not fit, the player must contact the league organizers and inform them of any exchanges with another player.

17. There will be periodic checks performed by the referees to ensure players' jerseys match team lists.
18. Any jersey not returned to the referee's immediately after your last game must be washed prior to being returned to Reception. Unwashed jerseys will not be accepted.
19. League organizers reserve the right to bar players from any remaining games in the schedule.
20. Any player found playing while under suspension will have his/her suspension doubled, at minimum. The team playing with the suspended player will forfeit the game 0-1.
21. NO PLAYER CAN REFUSE TO BE TRADED TO ANOTHER TEAM IF IT IS IN THE BEST INTEREST OF THE LEAGUE.
22. Players will be required to sign in for playoff games.
23. No statistics will be kept other than team standings.
24. Players must sign out dressing room keys and leave their own set of keys for the duration of the game.

If you have any questions regarding the Hockey League, please phone 370-7113.