

# OAK BAY ADULT HOCKEY LEAGUE

Welcome to the Recreation Oak Bay Adult 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:

1. No touch icing
2. No red line for offsides
3. If a player loses a helmet or a goaltender loses any gear that may compromise his/her safety the play is whistled dead
4. If any player is cut during a game and blood is drawn the player must leave the ice until properly bandaged.
5. Body checking is NOT permitted.
6. No statistics will be kept other than team standings.
7. If a goalie does not show up, is injured or unable to finish the game for whatever reason, that team may choose to play with 5 skaters and the plywood shooter-tooter, or an open net and six skates. The game is only defaulted when a team is unable to produce 6 players one being or not being a goalie.
8. No refunds will be granted after an individual has completed one game (exceptional circumstances will be considered).
9. Current Standings are recorded by points first, then wins, and then goal differential if still tied.

## Penalties and Suspensions:

10. Major penalties will result in an automatic current game misconduct and a one to three game suspension (dependant on the severity of misconduct) decided on by the official. Multiple offences will be subject to an indefinite ban from the league.
11. Minor penalties will be three minutes in duration decided on by the official. If a player receives three minor penalties in a single game, he/she shall sit out for the remainder of the current game.
12. Verbal abuse of referees will result in an automatic current game misconduct and one game suspension from the next league game.
13. Physical abuse of the referees will result in an automatic suspension from the league.
14. Any player found playing while under suspension will have his/her suspension doubled. The team playing with the suspended player will forfeit the game.

## Substitutions:

15. There will be absolutely no substitutions of players with the exception of goalies. Games played with a substitute will be forfeited. Teams found responsible for allowing an illegal player will forfeit their following league game.
16. Goalies must phone another goalie in the league if they need a spare. Contact league organizers at 370-7114 or at [borr@oakbay.ca](mailto:borr@oakbay.ca) if you cannot find a spare

## Equipment:

17. CSA approved helmets and full equipment are mandatory, players may not play with helmets that do not meet CSA standards. Any modifications 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.
18. All players must obtain a league jersey.
19. Jerseys must be returned by the due date in order to receive \$35.00 refund.
20. 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.
21. In the situation where a jersey does not fit, the player must contact the league organizer and inform them of any exchanges with another player.
22. There will be periodic checks performed by the referees to ensure players' jerseys match the team lists.
23. Any jersey not returned to the referee's immediately after the last game must be washed prior to being returned to Reception. Unwashed jerseys will not be accepted.

**If you have any questions regarding the Hockey League, please phone 250-370-7114.**