

North Bay Original 6 Oldtimer League

League Rules of Conduct

October 28th, 2013

League players are to be aged 45 or over but teams can have 2 underage players per team that are 40 or older. It is expected that these underage players understand our rules of conduct and respect the spirit of the league.

- 1) Fighting or any violent act will not be tolerated. This will result in a full suspension from the league and review of the incident by a special convening of team reps. Permanent suspension from our league may result.
- 2) No body contact is allowed. This means no blocking out players along the boards or any physical action that will impede a player's movement such as hooking arms or holding players with a free hand.
- 3) No stick contact to the body. Keep your stick on the ice.
- 4) No slap shots allowed. The slap shot rule is applied to any stick that is raised above the knee. Also, please be aware that shooting into a crowd a crowd is potentially very dangerous.
- 5) Players must not leave their feet and slide on the ice to stop shots or to perform a sweep check.
- 6) When a goalie covers the puck- stop the play, don't jab or hack to free the puck. (If you want it that bad, just ask☺) Restart from behind the goal line. Opposing players are asked to back off to the face off dots until the puck has started moving.
- 7) On an obvious offside, leave the puck and leave the zone. Players on the bench should call out when the play is offside.
- 8) When a team is scored upon, it is suggested that the puck be shot down the length of the ice and that the scoring team retreat to their half of the ice. Alternatively, you can face off at center ice depending on the scored upon team's preference.
- 9) Attacking forwards should be mindful when rushing around defenders into the congested goal crease area. Please slow down, keep it safe and stay out of the goalie's blue paint.

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- 10) When a puck is being chased at into a corner between a defender and a forward, the player that is behind should ease up his chase a bit to lessen the likelihood of getting tangled up which creates a dangerous situation. Once the puck has been touched by the first player in, the chaser can proceed to apply pressure in a safe way on the puck carrier.
- 11) If you are cleanly beat on a play, let the player go unimpeded to enjoy the fruits of his labour 😊. Defenders please refrain from hacking and hooking, this really kills the fun and is a violation of rule 3. If both reps are in agreement, obvious penalties in this regard can be remedied by allowing a penalty shot to be taken.
- 12) Follow the 3 R's: respect for self, respect for others and responsibility for all your actions.

We all have families to care for, mortgages to pay, jobs to be at the next day, so let's keep this league fun and safe. Team reps (and senior players, when reps are away) are to monitor all team actions and intercede if and when required. When an infraction is committed on ice as they always do, a simple apology and an inquiry as to the recipient's wellbeing is the gentleman's way of acting.