

CONSTITUTION

LEAGUE NAME:

The league shall be known as the Pickering Old Timers' Hockey League and reference the POHL in the constitution and by-laws shall mean the Pickering Old Timers' Hockey League.

PURPOSE, POWER & JURISDICTION:

The POHL was formed under the auspices of the Township of Pickering Recreation Department in October 1970 as a five-team recreation league and in November 1971 incorporated as a non-share association under the Province of Ontario Corporation Information Act (letters patent). In October 1979 the league expanded to seven teams and adopted the rules and regulations of the C.O.H.A. In October of 1995 the league expanded to eight teams. In 2004 the league expanded to 6 teams in a +50 division and 8 team +35 division. The objects of the league, as amended from time to time, are:

OBJECTIVES:

1. To promote and foster old timer's recreational hockey.
2. To govern the league in such a manner as to minimize the chance of injury and to maintain a friendly competitive spirit among its members.
3. To promote and encourage strong and lasting fellowship among its members while setting an example of true sportsmanship for younger members of the community.
4. To coordinate and conduct hockey competitions for its members as well as encourage League representation in old timer's recreational hockey tournaments.
5. To do all such things as are incidental or conducive to the attainment of the above objectives.

The affairs of the league are governed by the League's Executive Committee. The League is affiliated with the Town of Pickering as a duly constituted member of the Department of Parks and Recreation. And as such, represent and govern Old Timer' Recreational Hockey in the community of Pickering, Ontario.

HEAD OFFICE:

1. The Head Office of the league shall be the Don Beer Arena located in the Municipality of Pickering, Ontario on Dillingham and Quigley Streets (Home Ice).
2. The President of the league will maintain the records of the league in the league office at Don Beer Arena, and at the request of the Executive Committee, produce these records for periodic review and clarification.

EXECUTIVE COMMITTEE:

1. The Executive Committee shall consist of the officers of the league, President, Vice-president, Secretary, Treasurer, Statistician and web site analyst and one director (team representative) from each team. One director from each team will be permitted to vote at executive meetings, of which a majority shall constitute a Quorum. A director shall also be referred to as a "Team Rep".
2. Disciplinary Committee will consist of at least three players and at least one from each division.
3. The election of the officers of the Executive Committee shall take place annually prior to the first league game. (Explanation-Do not have to be a team rep (director) to be on the executive committee)
4. Executive and Directors as such, shall not receive any stated remuneration for their services.
5. A retiring elected director shall remain in office until the dissolution or adjournment or the meeting at which his successor is elected.

6. The office of Director shall be automatically vacated:
 - a. If a director shall resign his office by delivering a written resignation to the Secretary of the League.
 - b. If at a special general meeting of members, a resolution is passed by three quarters ($\frac{3}{4}$) of the members present at the meeting, that he be removed from office.
 - c. If an elected director or appointed director fails to perform and/or assume responsibilities as a director of the league, he shall be replaced by a Majority vote of the standing directors.
 - d. If suspended for any violation or breach of the By-Laws or rules of the league, or for any violation or breach of any decision or ruling of the Board of Directors, the Director shall be replaced by a member of his team for the period of the suspension.
 - e. On death.
7. The Executive Committee of the league shall have the power to:
 - a. Formulate, prescribe, alter and amend these By-Laws or rules and regulations for the government of this league not inconsistent with the scope and provisions of its constitution By-Laws and rules and regulations.
 - b. Impose and enforce penalties for any violation of the constitution, By-Law or rules and regulations.
 - c. Remove or remit any suspension or penalty that has been imposed by its officers or a committee.
 - d. Forthwith remove from office any officer or member of the Board of Directors by a two-thirds vote.
 - e. Appoint sub-committees from its membership.
 - f. Establish and collect the fees and funds of the league and direct the expenditure of money.
 - g. Interpret, define and explain all the provisions of the constitution, by-laws and rules and regulations.
8. The Executive Committee may exercise all such powers of the league as are not, by these by-laws, required to be exercised by the members at general meetings.
9. The Executive Committee shall have the power to manage and conduct the business and property of the league.

OFFICERS:

1. The Executive Committee shall be those members who hold the elected office to be defined as follows: President, Vice-President, Secretary and Treasurer.
2. Any officer elected must be elected by an absolute majority of fifty (50) percent of the votes cast, plus one vote. If no winner is declared on the first ballot, the candidate with the fewest votes will be eliminated from the second ballot and so on until one candidate attains an absolute majority.
3. The President and Vice-President of the league shall hold office for one year and/or until their successors are elected or appointed in their stead.
4. The Vice-President of the League shall be the President of the League for the ensuing year, unless the current President in any given year wishes to stand for re-election or the Vice-President does not wish to assume the role of President.

DUTIES OF OFFICERS:

1. The President shall be the executive officer of the league. He shall preside at all meetings of the league and of the executive committee. He shall generally perform the duties usual to the office of the President, including the general and active management of the business of the league. He shall see that all orders and resolutions of the Executive are carried into effect and he or the Vice-President or other officer appointed by the Executive shall sign all by-laws and other documents requiring the signatures of the officers of the league.
2. The President shall exercise, in addition to his own powers conferred upon him by the by-laws, all duties and powers of the Executive Committee, when it is impossible for him to obtain a vote of his Executive Committee in the case of emergency.
3. The President shall have the power to suspend summarily any player, coach, manager, person, club team member or individual for any breach or violation of any of the provisions of the constitution by-laws, regulations, rules or any of the decisions and rulings of the Executive Committee. Such suspension to be

automatically and continuously effective until dealt with by the Executive Committee and the Discipline Committee

4. The President shall give or cause to be given notice of all meetings of the members and of the Executive Committee.
5. The Vice-President shall, in the absence or disability of the President, perform the duties and exercise the powers of the President and shall perform such other duties as shall from time to time be imposed upon him by the Executive Committee.
6. The Treasurer shall have custody of the league funds and securities and shall keep full and accurate accounts of receipts and disbursements in books belonging to the league, and shall deposit all money and other valuable securities or effects in the name and to the credit of the league in such depositories as may be designated by the Executive Committee and its duly constituted Committees. He shall take proper vouchers of such disbursements and shall render to the President and the Executive Committee at regular meetings of the finances of the league and shall to them exhibit, upon request, his books and accounts. Upon retirement or removal from office, he shall immediately restore to the league, all books, papers, vouchers, money and other records or property in his possession or under his control belonging to the league.
7. The Secretary shall attend all meetings of the Executive Committee and general meetings and act as secretary thereof and record all votes and minutes of all proceedings in the books to be kept by him for that purpose. He shall give or cause to be given notice of all meetings of the directors of general membership and shall keep, cause to be kept the charter of the Corporate Information Act.

MEETINGS:

1. Meetings of the Executive Committee shall be held monthly as determined by the Executive commencing in September and terminating the 1st month following completion of the league playoffs. Meetings of the Executive Committee may be held at any time and place to be determined by the Directors, provided the President advises Directors seven (7) days prior to such a meeting.
2. The annual meeting of the league membership shall be held at the Head Office of the league or elsewhere in Pickering as may be designated by the Executive Committee. At such meetings, the members shall receive a report of the Directors.
3. Special meetings of the league shall be held when requested by a vote of two thirds (2/3) of the Executive Committee upon not less than fifteen (15) days notice to all members. The notice of such meeting shall contain the date and place of the meeting and objective thereof.

AMENDMENT OF BY-LAWS:

1. The By-laws of the league may be repealed or amended by By-law enacted by a majority of the league membership at a league general meeting and sanctioned by at least two thirds (2/3) of the members.
2. A member may not appoint as his proxy any other member to vote at any annual or special general meeting.
3. At all meetings of general membership of the league, every question shall be determined by at least two thirds (2/3) of the vote cast at the meeting.
4. Notice of proposed amendments to the Constitution or By-laws must be provided to the league Executive in writing, seven (7) days prior to the scheduled general meeting.

SIGNATURE AND CERTIFICATION OF DOCUMENTS:

Contracts, documents or any instrument in writing requiring the signature of the league shall be signed by any one of the President, Vice-President, Secretary or Treasurer and all contracts, documents and instruments in writing, so signed shall be binding upon the league without any further authorization or formality. The Directors shall have power, from time to time, by By-laws, to appoint an officer or officers on behalf of the league either to sign contract documents in writing, generally, or to sign specific contracts, documents and instruments in writing.

RULES AND REGULATIONS:

The Executive Committee may prescribe such rules and regulations not inconsistent with these By-laws relating to the management operation and discipline of the league as they deem expedient, provided that such rules and regulations shall have force and effect only until the next annual meeting of the members of the league when they shall be confirmed and in default of the confirmation at such annual meeting of the members shall at and from that time cease to have force and effect.

VOTING:

1. Each Director in attendance shall have one vote.
2. At all meetings of the Executive Committee or Committees, voting shall be by a show of hands, unless the meeting decides upon a ballot.
3. Decisions shall be by majority of votes cast, unless the favourable vote of the larger portion of the vote is required by the Constitution and By-laws.
4. Voting rights will be restricted to paid up league members, designated coaches, managers and trainers.
5. In the case of a tie vote, the President has the deciding vote.

COURT ACTION:

Any recourse to the courts of any jurisdiction by a member or individual before all the rights and remedies of the Constitution and By-laws of this league shall have been exhausted, shall be ungentlemanly conducted within the meaning of the By-laws and violation thereof, entailing the immediate suspension and disqualification of any such member or individual.

FINANCIAL:

1. All monies received by the league from any source shall be used for the expenses and objects of this league by the Executive Committee subject to the approval of the general membership at each annual meeting.
2. At each annual meeting an itemized financial report shall be presented by the Treasurer for approval by at least half of the Team reps and executive committee members.
3. A temporary replacement shall pay the league prior to game time an amount determined by the league each year for each game played. A portion of this amount will be credited to the registration fee of the current season when the player is classified as permanent.
4. The P.O.H.L. registration fee is to be determined by the league Executive Committee prior to the start of the season.
5. Should a team carry two goaltenders; the registration fee will be one-half the fee, provided both are registered prior to the start of the current season.
6. Any player violating the rules of eligibility shall forfeit all of the monies paid to the league and the delinquent team shall default all games played by this player.
7. Any formal written protest of an Executive Committee or Discipline Committee must be accompanied by a \$25.00 cash deposit. If a ruling is made in favour of the protest, the deposit shall be refunded. If the ruling is made against the protest, the deposit will be forfeited to the league.
8. After the start of each season there shall be no refund of registration fees unless all teams have a minimum of fourteen (14) players and a replacement player can be found. The fee refunded will be that paid by the replacement player.

PLAYER ELIGIBILITY:

1. Minimum age of all new players, except for goaltenders, is 35 years of age as of December 31st of the current season for the 35+ division and 50 years of age as of December 31st of the current season for the 50+ division
2. Minimum age for full time goaltenders is 30 years of age as of December 31st of the current season for either league.
3. Any player who leaves the league and decides to return at any time must reapply for membership as a new member.
4. All new members must provide a valid driver's license and/or passport as proof of age and residency. Photocopies of same are to accompany the player's application to join the league.
5. If a player defaults in his league fees by way of NSF cheques or otherwise, he is suspended from play from time of notification by the league President or alternate to the team's representative. The team shall forfeit any games that the player plays following notification. Payment must be received by the league within seven (7) calendar days, by cash or by certified cheque.
6. All players returning from the previous season must be registered including payment of registration fees by the completion of the League's Annual General Meeting held in September.
7. Payment of player registration fees for players who register prior to the completion of the Annual September General Meeting or prior to the first game of the season must be, one cheque post dated October 1st, second cheque post dated November 1st and final cheque post dated Dec 1st. Cheques must be provided at the time of registration or prior to the teams first game. Oct 1st cheque must be 40%. Nov 1st cheques must be 40% and Dec 1st cheque must be 20% of league fees.
8. Half Time Players are described as paying for half the games of one season and half the league fees. The player is eligible to play any night up to half the league games. Any game after half the league games will result in payment of a game fee equal to full time league fees divided by the number of regular season games.
9. Spare players can be used to play when a team is short or additional players are required. The cost of these players is the amount of the league fee divided by the number of regular season games rounded up to the nearest \$5.00.

PLAYOFF ELIGABILITY:

1. To be eligible for playoffs, a player must play at least half of the league games unless he is a full time player who paid in full at beginning of the year. In the event of illness or acquisition of a player from the waiting list, the status of the player involved will be decided by the President and no less than two (2) members of the Executive Committee.
2. If a team carries two goaltenders, the goaltenders used for the playoffs must have played at least one third (1/3) of the regular league games, unless otherwise approved by the President and no less than two (2) members of the Executive Committee.
3. Part Time players must declare, prior to the start of the playoffs, which night they will participate in for the playoffs (Wednesday or Sunday)

LEAGUE REGULATIONS:

The following rules and regulations have been designed to preserve the recreational and age group nature of the POHL that is truly philosophically distinctive from all aspects of the regulatory program of competitive hockey from ATOM through to the senior ranks of the C.A.H.A.

1. The league shall be governed by CARHA (Canadian Adult Recreational Hockey Association) and league house rules.
2. Each team shall consist of a minimum of Thirteen (13) players including one goaltender.

3. In the event that a team feels it will be short players for any game, the team may draw players from other teams in the league. Minimum players required for a game is 7 players. Team can draw players to equal a maximum of 10 skaters and one goalie. In the event a registered roster player shows up late, then one of the borrowed players must be removed from the lineup.
4. Any team wanting a change in any scheduled game has to notify the Executive at least two weeks before game time.
5. A player may be registered to play with only one POHL team per division.
6. Any team playing a non-registered player will default that game and every game involving that player unless he is listed as a spare player and game spare fee has been collected and paid to the league.
7. Any incident considered detrimental to the League or any violation of the Constitution, Rules or Regulations of the POHL or decisions of the Executive by any member of the League, including coaches, managers and trainers will be recorded and dealt with by the League Executive.
8. Annual League competitions - the following categories are currently open to teams and players:
 - a. league champion team
 - b. playoff champion team
 - c. most valuable player (team vote)
 - d. highest scorer (league)
 - e. best defenseman (team vote)
 - f. goaltender (lowest goals against)

NOTE: Goaltenders must play in at least fifteen (15) games to qualify for League Awards.
9. The Executive Committee shall, from time to time, approve the awarding of special awards of recognition.
10. The playoff format may be any one of the following as determined by the Executive from year to year.
 - a. A round robin series in which the winner is the team with the highest total points. In the event of a tie the winner will be decided, in order as listed below:
 - i. Highest number of Wins
 - ii. Head to Head total points
 - iii. Least Penalty Minutes
 - iv. Least Penalty Minutes Head to Head
 - v. Goal differential calculated as (GF-GA) / GA
 - vi. Coin flip by the Team Reps (if rep(s) are not available League president will determine who)
 - b. Two-game total point series with the winners of the first round advancing to the "A" championship and the losers of the first round moving to the "B" championship, the winners of the second series advancing to a third round for the respective "A" and "B" titles, and the losers of the second series in the "A" and "B" divisions playing each other.
11. Ice Time will be as follows:
 - a. Three (3) twenty (20) minute periods. Last 5 minutes in the third period is stop time provided the score is within 3 goals. At any time during the last five minutes of the game, the captain or team rep of the trailing team may instruct the referee to run the clock continuously.
 - b. One minute break between periods.
 - c. Flood before each game.
12. Social Events:
Social Events may, from time to time be organized. Teams will be required to provide the man power to set up the facility, assist at the event and to clean-up after the event. Teams or individuals failing to meet their obligations may be fined and/or suspended from the League.
13. Players playing for other teams:
Any player participating in any game including playing for another team shall have any penalties added to his total; however, any points accumulated will NOT be added to his totals.

ZERO TOLERANCE POLICY:

Zero Tolerance Policy instituted whereby all players must sign a letter each season that they register and covers areas already in the constitution and reads as follows:

Zero tolerance to fighting. Anyone fighting will be expelled from the game by the referees and suspended until the Discipline Committee holds a hearing. Should an incident involving the same individual occur a second time during your tender in the League, said individual will be permanently expelled from the League without refund.

Verbal and physical abuse of officials, towards opposing players and arena personal will not be tolerated. Abuse of any official or towards opposing players (on/off ice) will not be tolerated by the League. The League, in its sole discretion, reserves the right to suspend or terminate any player for abuse. All reviews will be informal in nature, made on a case-by-case basis and may consist of information from teams, referees, scorekeeper and arena personal. The League's decision will be final.

By signing this policy, all players acknowledge the above and agree to abide by the league's zero tolerance and understand the ramifications of not adhering to this policy.

ARENAS:

All games of the POHL season are to be played at Don Beer Arena. The league and its Executives have the discretion to schedule games at other venues.

DEFAULTS:

A default shall include any one or more of the following:

- a. Failure to present a team of at least 7 eligible players at the time and place appointed to play in any POHL (exhibition or regular season and playoff) game and/or to play such a game, unless such a failure is caused by an unavoidable accident or unforeseen contingency.
- b. Withdrawal of a team from the surface and failure to return and start play or if being on the surface, failure to start play within 2 minutes after being ordered to do so by the referee. If a team, after being ordered to return, does return to the surface to start play, then a minor penalty shall be assessed.

If the same set of circumstances occurs a second time within the same game, the 2 minutes allowance shall not be granted and the game shall be defaulted.

- c. Any action of a team deemed a default in the opinion of the POHL executive committee.

In the event that a team defaults a game, the penalty incurred shall be as follows:

- a. The game and/or series shall be awarded to the non-offending team. A 2-0 score shall be recorded for the defaulted game.
- b. A fine may be levied by the POHL Executive against the offending team.

APPEALS OF SUSPENSIONS:

1. Any player who feels aggrieved with regard to his status with a club may appeal his situation to the POHL Disciplinary Committee.
2. Appeals of suspensions of three (3) games and over must be made within 48 hours of the penalty and must be accompanied by a deposit of \$25.00 to the POHL office, at the arena. Said appeal will be heard by the POHL Disciplinary Committee at their next meeting.
3. Suspensions of one (1) game cannot be appealed.
4. All suspensions must be honored regardless of pending appeal, i.e., a player must serve that portion (or all) of a suspension if the appeal date is not prior to his next scheduled game.
5. Deposits accompanying appeals will be retained by the POHL as said appeals are disallowed.

PROTECTION EQUIPMENT:

1. All players must wear C.S.A. approved helmets with the chin strap property fastened under the chin.
2. Goalkeepers shall also wear C.S.A. approved helmets and face masks.
3. Any type of face protector may be worn providing it is securely fastened to the helmet, and is made in such a way as not to cause injury to the wearer or opposing players. Such protective equipment may not have any protrusions, which could be caught on a player's stick or other equipment and must be sufficiently strong so as not to break under normal impact with the goals, boards or opposing players.
4. Matching Hockey sweaters
5. Elbow pads, which must be worn under the sweater.
6. Shin pads, which must be worn under Hockey socks or sweat pants.
7. Hockey pants

NOTE: Any player who has only the sight of one eye must wear a protective face protector if he chooses to play.

FINES:

1. A team shall be invoiced by the POHL Executive committee, to the player rep for fines assessed by the POHL. Details of the fine, that is, date of the game; player and infraction shall be included within the invoice.
2. The fine must be paid before the player is eligible to return from suspension.
3. The POHL Executive shall decide whether to uphold the fine, base on team's explanation.
4. Teams shall not be permitted to engage in post season competition if any fines are outstanding.

LEAGUE STANDINGS:

1. In league play, standings shall be decided on a point system, that is, two points for a win, one point to each team for a tie and no points for a loss.
2. When two or more teams are tied in points in the standings at the completion of the regular schedule, the higher finish shall be awarded to the team with:
 - i. Wins
 - ii. Head to Head total points
 - iii. Least Penalty Minutes
 - iv. Least Penalty Minutes Head to Head
 - v. Goal differential calculated as $(GF-GA) / GA$
 - vi. Coin flip by the Team Reps (if rep(s) are not available League president will determine who)

PLAYOFFS:

1. If Championship playoff games are tied at the end of regulation time there shall be a 5 minute stop time sudden victory period.
2. If after sudden victory period, teams are still tied there will be a shoot out.
 - a. Each team will pick three different players which will take penalty shots at the same time.
 - b. If still tied at end of the three players then each team will pick one player (can be any player, including one of the original three) and will take sudden victory penalty shots.

PROTEST:

1. If a protest involves a referee's decision it shall be valid only if it questions an application of a rule of the game.
2. In any matter affecting the outcome of a game, a team may protest to the POHL Disciplinary committee.
3. In the case of matters affecting the outcome of a game, the procedure for registering a protest shall be as follows:
 - a. The team prior to the expiry of 48 hours from the date of the game, file with the POHL office, a concise statement of the matter of protest, together with a \$25.00 security deposit, and deliver a copy thereof to the team protested.
 - b. The team protested shall, prior to the expiry of 48 hours from the receipt of the protest, file with the POHL office, a concise statement of defense together with a \$25.00 security deposit, and deliver a copy thereof to the team protesting.
4. Statements of protest and defense shall be heard and decided upon by the POHL Disciplinary committee which decision may include one or more of the following:
 - a. Allowing the protest.
 - b. Disallowing the protest.
 - c. Forfeiting or returning of the security deposits or any parts thereof.
 - d. Mandatory rearrangement of points in a game or series.
 - e. Mandatory replaying of a game or series.
 - f. Suspension of a team and/or player.
 - g. Imposition of fines.
 - h. Mandatory imposition of such further and other remedy or penalty as the nature of the protest demands.
5. All parties to the protest and affected persons shall be sent notice of such decisions by the POHL Disciplinary Committee.

SUSPENSIONS:

1. Any violation of the rules or regulations of the POHL or a decision of the POHL Executives shall render such player or team official liable to suspension by the POHL Disciplinary Committee.
2. Any suspension must commence being served in a team's next scheduled league game, regardless of any pending appeal and shall extend over consecutive games.
3. It is the responsibility of the team official(s) to ensure that a player who incurs a suspension is not allowed to compete for the duration of his suspension. Failure to comply with this regulation shall result in the suspension of the team officials and forfeit game(s).
4. A team official who is under suspension shall not be permitted to direct his team for the duration of his suspension. A playing official or coach, suspended for any action, shall lose his right as a player, official and coach.
5. A suspended player is not permitted to participate in any activities with his team's pregame warm-ups or assist on the bench. He is to have no involvement with the team during the suspension.
6. Suspensions of 1 game or less shall be without right of appeal.
7. Suspensions that do not expire prior to a team's elimination from further play during a season, shall be carried forward to the next season.
8. A suspended player from a disbanded team shall remain under suspension until such time as reinstated by the POHL Disciplinary Committee.
9. Any player ejected from a game, must proceed directly to the player's dressing room and remain there until the game is over or leave the arena. If not additional game suspensions will result.
10. All misconducts shall be served in the tier that it was received in. No player is allowed to participate in the league (all tiers) while they are serving their suspensions.

UNIFORMS:

1. Each team shall declare their official team colours at the annual POHL Executive Committee meeting and these colours shall be the only colours allowed on such team's uniforms.
2. All players on a team must wear exactly the same uniform, that is:
 - a. Each player (Goalies exempted) must wear exactly the same sweater, in terms of colour and striping.
 - b. Any player not wearing an identical uniform may be prohibited by the referee from competing in such game. This decision will be finalized by the referee of that game/day.
3. Sweater specifications shall be as follows:
 - a. All sweaters must be of the long sleeved, ice-hockey variety
 - b. All sweaters must be numbered 0-99, using contrasting 10 inch numbers.
 - c. Optional - Each team captain (1) and alternate (no more than three) must be identified by the letter "C" or "A", respectively, on the front left shoulder of the sweater.
4. Each player must wear his own sweater.
5. In the event that the two competing teams in a game cannot be distinguished as a result of sweater colour clashes:
 - a. The visiting team, listed second on the schedule, shall be required to wear alternate sweaters or cover ups.
 - b. If the visiting team cannot so comply, the game shall be declared a default and awarded to the home team.
6. It shall be solely the decision of the referee whether the two competing teams in a game can be distinguished and whether a uniform contravenes the identical uniform rule. The two competing teams shall not be party to the decision.

POHL PENALTIES, FINES AND SUSPENSIONS:

<u>Infraction</u>	<u>Penalty</u>	<u>Additional Penalty</u>
Any minor	3 minutes running time 2 minutes during stop time	none
Three penalties in one game	3/7/10 minutes 2/5/10 during stop time	game ejection
Any major	7 minutes 5 minutes during stop time	one game suspension
Misconduct	10 minutes	none
2 misconducts	10 minutes	game ejection plus one game suspension
Game ejection	game ejection	none
Game Misconduct	game ejection	one game suspension
Gross Misconduct	game ejection	game ejection plus 2 game suspension
Match penalty	7 minutes 5 minutes during stop time	game ejection plus 5 game suspensions
Fighting	7 minutes 5 minutes during stop time	game ejection plus 5 game suspensions

Second Fighting	7 minutes 5 minutes during stop time	game ejection plus indefinite suspension pending league review
Fighting aggressor	7 minutes 5 minutes during stop time	game ejection plus 10 game suspensions
Fighting instigator	7 minutes 5 minutes during stop time	game ejection plus 5 game suspensions
Third man in	10 minutes	game ejection plus 3 game suspension
First player off the bench during an altercation	5 minutes	game ejection plus indefinite suspension pending league review minimum 5 games
Fighting off the ice	10 minutes	game ejection plus indefinite suspension pending league review
Hitting an official	5 minutes	game ejection plus life suspension plus civil action

CAUTION: Any major incurred in the last 5 minutes of a game shall warrant an additional one game suspension in addition to any other discipline action.

NOTES:

1. A player incurring two match penalties in one season shall be suspended indefinitely pending league review from the date of the second infraction.
2. A player incurring **3 game ejections** in **one season** shall be suspended indefinitely pending league review from the date of the third infraction.
3. A player shall be allowed a maximum three penalties in one game prior to being ejected from such game, provided that the first and/or second penalty does not carry an additional game ejection.
4. Any team that received **5 game ejections** in one season shall have a **three game suspension** levied on every player who receives a game suspension after that, no matter what the infraction.
5. A penalty of 2, 3, 5 or 7 must be served by the penalized player, or by a player designated by the team, where the penalized player incurs an additional game ejection as a result of the nature of the original infraction. This shall also hold true for a player assessed 10 minute misconduct except where effected by the "3 penalties in one game" or "2 misconducts/1 major and 1 misconduct in one game" rule.
6. Penalty Suspension will occur at the following points:
 - a. Thirty-three (33) minutes 1 game suspension
 - b. Forty-four (44) minutes 1 additional game suspension
 - c. Fifty-five (55) minutes 1 additional game suspension
7. Penalty Suspensions for playoffs will occur at the following total of penalties:
 - a. Fifteen (15) minutes 1 game suspension
 - b. Twenty one (21) minutes 1 additional game suspension
8. Any player reaching sixty-one (61) minutes in penalties and/or twenty seven (27) in playoffs will immediately leave the game in which 61 minutes was reached or exceeded and will be dismissed without refund of fees from the League for the remainder of the season, including playoffs.
9. Major, Misconduct, Game Misconduct and Gross Misconduct will be defined by referee as they are awarded.