



The LEOHL

Bylaws and Playing Rules

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The LEOHL Bylaws

1. **The Organization** - The Organization shall be known as The London East Old-timers Hockey League (LEOHL, and LEO Hockey).
2. **Intent, Nature and Purpose** - The intent of the League will be to promote and organize the playing of recreational hockey for adults (35+). The nature of play in the League will be maintained at a strictly recreational level, with low emphasis on competition between teams, and significant emphasis on the promotion of camaraderie and good sportsmanship among all players. The League will be operated on a non-profit basis.
3. **Rzone** - This City of London by-law is enforced in all PUC recreation facilities and parks. <https://london.ca/rzone>. The Rzone policy promotes respectful and responsible behavior from all attendees on PUC property. The LEOHL does not condone inappropriate behavior on or off the ice, and will address the violators of such incidents.
4. **Hand Shake** - At the end of each game all players will shake hands. Players choosing not to participate may be disciplined by the league. Any carry over of aggression off the ice may also result in disciplinary measures, up to and including removal from the league.
5. **The Executive** - The Executive committee shall consist of the President, Vice President, Treasure, Secretary, Captains, Web Design, Rating, Referee, Banquet, and Rules Committees. These positions will be a 2 year term. A maximum of 2 elected positions can be held at 1 time.
6. **Age requirement** - Eligible players must turn 35 years of age during their first season as a full time player, or spare, or as designated by the Executive.
7. **Applications** - All players full time or spare must submit an application to the Executive (for level evaluation) prior to playing their first game each season. This will include an emergency contact, and any medical restrictions/information necessary to assist in a medical emergency.
8. **New players** - New full time players will be selected from former full time players prior to any spares, or new applicants. A list of players will be ranked, and supplied prior to the draft.
9. **Spare List** - The spare list will consist of rated players that may be used by the captains to replace a missing full time player. The official spare list will be located on the web site, any printed list is void. Players not on the official spare list may not be used at any time.
10. **Spare ratings** - Spares will be rated as: 5, 4, 3, 2, and G. Players may not have more than 1 rating.
11. **Spares** - Spare players of equal or lesser rating may be used to replace full time players. **When forced to use a full time player to spare, captains must first make the effort to secure the spare from the correct rating AND the same position needed. If there are no correctly rated position players available, forwards can play for defense and defense for forwards if agreed by the opposing captain. In all cases, the rating must be same or lower for the spare chosen.**

Note: During the playoffs a spare may only play once for any team, or as designated by the Executive. During the playoffs any full time players used must come from the other division, except in the finals.

12. **Player Fees** - For each season full time fees will be \$450.00. To secure a spot for the next season players must submit an application with an EMT/Cash down payment of \$50.00 or a post-dated cheque (\$450.00) to the league at the end of the regular season. Each captain is responsible for reporting any non-returning full time players at the end of the season.
13. **Spare Fees** - Each week spare fees shall be \$20.00 for the first game, \$10.00 for the second, and the next 2 games no fee. Full time players on the spare list must also pay the spare fee, up to the discretion of the Executive (Example a spare goalie that is also a spare player).
14. **Penalty Fines** - Penalty minutes will be assessed a fine equivalent to \$1.00 for each minute assessed. If a penalty shot is awarded the player must pay \$3.00 during run time, or \$2.00 during stop time.
15. **Player buy-out** - A player may declare themselves ineligible for the season, or any remaining part. The replacement, selected by the Executive will pay the remainder of the season fee to the ineligible player (via Executive). This player will become a full time player, and be removed from the spare list.
16. **Injury Replacement** - An injured player may be replaced by a spare for the season, and or playoffs as designated by the Executive. The spare will continue to pay the spare fee, and be removed from the spare list. They will not be classified as full time.
17. **Teams** - The formation of teams will incorporate a random drawing of rated players except for team captains and sponsors who will be automatically placed on the same team. Sponsors may be placed into the draft at their own request. Each team will be made up of 1 goalie, and 10 skaters. Player ratings are as follows 5A, 5B, 4A, 4B, 3, 2, 5D, 4D, 3D, 2D, and G.
18. **Standings** - A tie is decided on the following criteria (applied separately for Regular Season, and Playoffs)
 - a. Total Points in the Regular Season, or Playoffs.
 - b. Total Wins in the Regular Season, or Playoffs.
 - c. Head to Head Record in the Regular Season, or Playoffs.
 - d. $GF+GA$ divided by $GA =$ (higher number) in Regular season, or Playoffs.
 - e. A Coin Toss in the Regular Season, for playoffs start at (a.) regular season procedure, and continue.

LEOHL Specific Rules

- **The Rule Book** - The LEOHL will follow the [CARHA rule book](#), (LEOHL's insurance coverage is through the PUC and not CAHRA). As a reminder a list of LEOHL specific playing rules shall be posted in the Referee's room. These specific rules will supersede the CARHA rule book.
- **Game Duration** 3 - 15 minute periods - run time. The last 2 minutes of the 3rd period will be stop time if the score differential is less than 3 goals. The finals will be 2 - 15 minute periods, followed by a 3rd being 20 minutes all stop time. (Based on available ice times).

- In the finals if tied after 3 periods of play a 5 minute overtime 5 on 5 sudden death will be held. If still tied 5 shooters for each team in a shootout, then 1 for 1 until a winner is determined.
- No Body checking or intentional contact. Any player who intentionally pushes, shoves, or does not avoid contact with an opponent will be assessed a body contact penalty.
If an injury to an opponent results, a major penalty shall be assessed.
- For offside purposes only, there will be no center red line.
- Blue line icing: Icing will only be called if the defending team shoots the puck from INSIDE their own BLUE LINE.
- No slap shots (the raising of stick blade past the knee).
Any player who uses a “slap shot” anywhere on the ice during the game shall be assessed a minor penalty. A player who uses the action of a “fake slap shot” shall also be assessed a minor penalty.
- Any attempt to play the puck (above the player’s shoulders) will result in a high stick minor penalty.
- A CSA certified helmet with chin strap fastened, and a minimum 1/2 cage/visor is mandatory, any alterations void the CSA Certification, and cannot be used.
- A player losing his helmet during play must immediately go to his bench. The referees are required to enforce that helmets are worn properly. They will notify players to adjust or correct any problems with their helmets before allowing them to resume play.
- When the puck strikes the Goaltenders mask, the play will NOT be stopped automatically. Referees still have discretion to stop play if any player appears hurt, including the goaltender.
- Referee decisions are firm and final. Arguments will not be tolerated. A 3 minute misconduct penalty may be assessed at the referee’s discretion. The team will not play short-handed.
- A minor penalty occurring during run time is 3 minutes (stop time 2 minutes) for its entirety or a goal is scored against the offending team.
- A major penalty is 5 minutes, and will be served for its entirety.
- If a player commits 3 penalties in a game, they will be ejected.
- If a goalie is ejected from the game and the offending team gets behind by 5 goals the game will be considered complete.
- If a player receives a 10 minute misconduct, that player will also be suspended the following game.
- Regular players accumulating 30 minutes in penalties will be assessed a 1 game suspension.

Spares from the spare list that accumulate 30 minutes in penalties will be suspended for the remainder of the season.

Any player accumulating 15 minutes in penalties in the playoffs will be assessed a 1 game suspension.

Note: Penalty minutes will reset at the end of the regular season if all fines are paid in full.

- Faceoff after penalty: After play is whistled dead due to a penalty being called, the ensuing face off will be taken in the penalized team's end of the rink.
- Any fighting, or an attempt to fight will result in a game ejection, and possible further discipline including removal from the league.
- Automatic suspension or ejection from the league may be assessed to aggressor and/or participant or any number of game misconducts. Each case will be written up by officials on the game sheet and reviewed and ruled by the Executive.