

NOHL Playing Rules

Revised February 2008

All participants of the league shall abide by the NOHL Playing Rules as set forth below.

The following protocol will be used when deciding which rules are applicable.

1. **NOHL Rules** – will come 1st in making decisions
2. **CARHA Rules** – will apply when no NOHL rules come into effect
3. **Canadian Hockey Association** – will apply if there are no NOHL and CARHA rules that pertain to the situation.

Nanaimo Oldtimers Hockey League rules, suspension guidelines and the use of Certified CARHA Referees for NOHL games will help to ensure safe play. The Referees will be using all of these rules to regulate games play.

All Penalties and Suspensions are subject to review by the Competition Committee or NOHL Executive for further disciplinary action.

Dangerous Incident Advisory Report – This can be submitted to the league to report any dangerous incident that may have gone unnoticed by an official.

NOHL Penalties

Penalties - CARHA Rule 27

Minor Penalties	3 minutes (running time)
Bench Minor	3 minutes
Major Penalties	7 minutes
Match Penalties	7 minutes
Misconduct Penalties	12 minutes

Major Penalty – CARHA Rule 30

A player, including a goalkeeper, assessed a Major penalty shall be ruled off the ice for the remainder of the game (Major penalty plus Game Misconduct). The penalized team shall place a substitute player on the Penalty Bench to serve 7 minutes running time, during which no on substitutions shall be permitted.

The exception to this rule is when a Major Penalty has been assessed for an ACCIDENTAL high stick, in which case the Game Misconduct shall not apply. (CARHA 61b)

A player shall receive an automatic one game suspension as a result of receiving a Major and Game Misconduct penalty. (CARHA 32 (d))

Match Penalty – CARHA Rule 34

Any player or team official incurring a Match penalty shall be ordered to the dressing room immediately for the balance of the game and shall be suspended until his case has been dealt with by the Competition Committee. A player from the penalized team shall serve the 7 minute time penalty.

The minimum NOHL suspension for a Match penalty is 3 games.

Fighting – CARHA Rule 58

A Match penalty shall be assessed to any player who is identified by the referee as the instigator or aggressor in fight. The opposing player may then be assessed a Match penalty if he fights back or continues the altercation, a Minor penalty for roughing or no penalty at all, depending on the circumstances.

The minimum NOHL suspension for Fighting is 5 games. If a second offence occurs within 1 calendar year, the minimum suspension shall be 1 calendar year

Misconduct Penalties – CARHA Rule 31

A player, except a goalkeeper, incurring a Misconduct penalty shall be ruled off the ice for a period of 12 minutes. A player receiving a second Misconduct penalty in the same game shall automatically be assessed a Game Misconduct penalty.

A player receiving a Misconduct penalty in the final 10 minutes of a game shall be assessed a Game Misconduct penalty.

Game Misconduct Penalties – CARHA Rule 32

A player assessed a Game Misconduct penalty shall receive an automatic 1 game suspension.

Gross Misconduct Penalties – CARHA Rule 33

Any player or team official incurring a Gross Misconduct penalty shall be ejected from the game and the incident reported to the Competition Committee.

The minimum NOHL suspension for a Gross Misconduct is 3 games.

Game Ejection – CARHA Rule 28 (f)

Any player that is assessed 3 Minor penalties in one game shall be ruled off the ice for the remainder of the game (Game Ejection). It shall be necessary to place a substitute in the penalty box to serve the third penalty.

Any player receiving 3 Game Ejection penalties shall receive an automatic 1 game suspension. A 4th offence within 1 calendar year shall receive a minimum 3 game suspension.

Physical Abuse of Official(s)

Physical abuse of officials will result in a minimum of ONE (1) year suspension and will come under review by the Competition Committee or NOHL Executive for possible further disciplinary action.

Of Special Note

The NOHL strives to protect our goaltenders with enhanced enforcement of the goaltender interference rules.

Player in the Crease – No player shall take position in the crease of the opposing goaltender at any time. A minor penalty shall be assessed.

Contact with the Goaltender – Minor Penalty

Any incidental contact with the goalie in his crease, whether accidental or shall be assessed a Minor Penalty.

- Players are permitted to play a loose puck once it has entered the crease area; if the offensive player attempts to play the puck and at the same time the goalie covers the puck no penalty can be called at the discretion of the referee. It must occur simultaneously to be no penalty.
- If the offensive player takes more than one (1) attempt at the goalies glove under the above situation then a Minor Penalty shall be called.
- Players may **not** spear the goalie's glove covering the puck whether or not they say they were playing the puck – then a Minor Penalty shall be called.

- Any attempt by the offensive player to dislodge the puck once the goalie has established position will be a Minor Penalty.
- If a defensive player directs an attacking player into the goaltender, he shall be assessed a Minor penalty.

Contact with the Goalie – Major Penalty

- **Player Driving the Goal**– if an **Attacking** player drives to the net and makes contact with the goalie in the crease it is an automatic Major penalty plus Game Misconduct shall be called.
- **Player Driving the Goal** - If a **Defending** player directs an opponent (with his stick or body check) into the crease causing contact to the goalie, a major penalty shall be called against the **Defensive** player. If the Offensive Player did not let up then Coincidental Majors and Coincidental Game Misconducts can be called. This call must be made if the goalie is hurt on this type of play.

Driving the Goal- If a Defending player directs an opponent into the crease causing incidental contact with the goalie, a Minor Penalty shall be called against The Defensive player.

Appeal of Suspensions

A player may appeal a suspension of longer than 6 games as per the Suspension Guidelines as set forth by CARHA.