



DURHAM CENTRAL
ADULT HOCKEY
LEAGUE
OFFICIAL RULES
WINTER 2019/20



MISSION STATEMENT

The Durham Central Adult Hockey League is designed to provide a safe, fun, and competitive environment while emphasizing the importance of sportsmanship and loyalty for Adult Hockey players of all skill levels

WHY SHOULD YOU CHOOSE THE DCAHL AS YOUR HOCKEY PROVIDER?

- All games played at the Tribute Communities Centre; home of the Oshawa Generals!
- Full AD&D Insurance coverage for all participants
- Professional management team dedicated to ensuring a positive experience for all participants
- All DCAHL Officials are closely monitored to ensure their performance is consistent with DCAHL values and vision of professionalism.
- State-of-the-art stats software program and up-to-date website provided by HockeyShift, dcahl.ca.
- League-wide tournaments throughout the season provide an opportunity for teams to play similarly skilled teams from other nights of play
- Loyalty is paramount in the DCAHL! We respect and appreciate your business

DURHAM CENTRAL ADULT HOCKEY LEAGUE
RULES AND REGULATIONS
WINTER 2019/20

The current Hockey Canada Rule Book will be utilized for all games with the exception of rules specific to the Durham Central Adult Hockey League; all are listed within the DCAHL Rule Book. All rules could be modified, changed or deleted by the DCAHL Manager at any point during the season. It is expected that Team Representatives understand the rules set forth in this Rule Book. Not knowing a specific rule is an unacceptable method of avoiding penalty or consequence. Upon completion of the season, League Management will review the conduct of players and teams to ensure the rules and regulations of the Durham Central Adult Hockey League have been adhered to. The DCAHL reserves the right to decline the registration of an individual or team for violating the rules and regulations in this document.

TRIBUTE COMMUNITIES CENTRE/CITY OF OSHAWA POLICIES

DAMAGE TO ARENA PREMISES

Any damage or vandalism within the Tribute Communities Centre will be replaced at the cost of the offending individual or team. Any further penalty as a result of damage or vandalism is at the discretion of the DCAHL and Tribute Communities Centre Management.

ALCOHOL

Alcoholic beverages in all forms are prohibited in all areas of Tribute Communities Centre (including the Parking Lot), with exception to Prospects Bar and Grill and other designated areas within the facility. Failure to adhere to this rule will result in a suspension for the offending player(s). If a team receives a second violation, the Team Representative will also be suspended for the same length of time as the offender. Teams may be issued a fine, a suspension or expulsion from the league.

SMOKING AND DRUG USE

Smoking is not permitted at Tribute Communities Centre in compliance with the Smoke-Free Ontario Act S.O. 1994, Chapter 10. All persons caught smoking or using illegal substances of any kind, in any area of Tribute Communities Centre, will be immediately suspended for that night of play. If the offending person has already played their game prior to being caught, they will be suspended for the following scheduled game. If an offending player that has been issued a suspension plays in a game where he/she was supposed to be suspended for, the suspension will double for the offending player AND the respective Team Representative.

PERSONAL PROPERTY

Tribute Communities Centre and the DCAHL accept no responsibility for lost, damaged or stolen personal property. Please refrain from taking valuables into the facility.

LEAGUE INFORMATION

All teams/players are asked to visit our website at dcahl.ca on a regular basis to ensure urgent notices and/or messages to league members are recognized. You can also follow us on Twitter at @DCAHL and Facebook.

INCIDENTS AND ACCIDENTS

All incidents or accidents must be reported to Tribute Communities Centre and/or DCAHL Staff Members in a timely manner following the occurrence.

DRESSING ROOMS

Teams are asked to vacate their dressing rooms (30) thirty minutes after their game to allow for Tribute Communities Centre staff to clean the room for the following team. Any vandalism within the dressing room will result in fines and

suspensions for the offending team, as well as the team representative. Please report any damage and/or deficiencies to DCAHL or Tribute Communities Centre staff immediately. Teams must provide their own lock.

GENERAL RULES

DCAHL MANAGEMENT

Management of the DCAHL has the right to perform the following acts at any time during a respective season:

- Align teams within division/night of play
- Declare a defaulted game
- Movement of Individual Registrants to ensure a Competitive balance is reached
- Issue Suspensions
- Issue League Expulsions
- Schedule teams on an off night due to event bookings or holidays

INELIGIBLE PLAYERS

All players **MUST** register with DCAHL management and sign all appropriate registration and waiver forms to be allowed to participate in the League.

All players participating in a game **MUST** sign their name on the game sheet. If players falsely sign another name on the game sheet or an illegal player is utilized in a DCAHL game, the entire team will be suspended for a single game and the Team Representative, three games.

“Coaches” are not allowed on the bench in any capacity.

ADDITIONAL PLAYERS

A team must only use the players originally submitted on their application roster unless additional players have been approved by league management.

If on a league night a team has less than eight (8) skaters they are permitted to borrow players, **NOT** from their opponents, in order to achieve a roster size of eight (8) skaters. However, the borrowing of players cannot exceed a team having eight (8) skaters.

LATE ENTRY

Players are only permitted to enter a game **PRIOR** to the beginning of the third period of play.

AGE OF PARTICIPANTS

All players participating in the Durham Central Adult Hockey League must be 18 years of age or older.

PLAYOFF ELIGIBILITY

For the Winter 2019/20 season, players must play in the following amount of games to be eligible for the playoffs:

Sunday teams: 8 games per team

Wednesday & Thursday teams: 8 games per team

Exceptions may be in order due to medical purposes. All cases must have sufficient information (ex. Doctor's certificate) to be provided an exception by DCAHL Management.

SPARE GOALTENDERS can be utilized in the playoffs in the event of injury to roster goaltenders. The spare goaltender must be approved by DCAHL management to qualify for the playoffs and play in a division similar to or lower than the team he/she is playing for.

PLAYERS CAN PLAY FOR MORE THAN ONE TEAM, but must declare one team should more than one of his/her teams advance to the Season Championship Tournament.

SUBSTITUTE GOALTENDERS

Substitute Goaltenders in any game must be reported to the DCAHL Manager.

Should a Goaltender be removed from the game for any reason, personal or dismissal, the team will have 10 minutes to dress a suitable replacement. If a replacement cannot be found, the team will forfeit the game.

IF A PUCK HITS A GOALIE IN THE MASK

If a puck hits a goaltender in the mask a stoppage of play will occur, except when the puck deflects directly into the goal then a goal shall be awarded.

TEAM JERSEYS

All players on a team must have the same coloured jersey with different numbers on each jersey. No taped numbers are permitted. No triple-digit numbers are permitted. Should a jersey not have a number a league-issued pinnie will be provided. Should both teams in a game have the same coloured jersey, the team noted with fewer skaters will be given league-issued pinnies to wear.

ROSTER SIZE

Each team may have minimum of 10 players and one goalie and a maximum of 21 players and a goalie on their roster.

PRIZING

All playoff-eligible players on a Championship team (league/playoff) will be awarded a prize at the end of the season.

LEAGUE PARITY

In order for the DCAHL to fulfill their vision of providing a balanced league for all teams, it is understood that teams may be moved at the DCAHL Manager's discretion.

TIES IN DIVISION STANDINGS – TWO OR MORE TEAMS

In the event of a tie in the standings after the regular season, and after realignment, final results will be decided by:

- a) Head-to-Head Record against the team(s) you are tied with
- b) Most Wins in Regulation
- c) Least Penalty Minutes (Avg. per Game)
- d) Goal Differential (GF-GA)
- e) Least Goals Against
- f) Most Goals For
- g) Coin Toss

In the event that three or more teams are tied and after a team is eliminated from the tie-breaking process, the remaining teams will revert back to the top of the tie-breaking process.

SUSPENSIONS

The following grid provides strict guidelines in relation to on-ice infractions that result in suspension, and their related consequences.

SUSPENSION GRID

OFFENSE	MINIMUM RECOMMENDED DCAHL SUSPENSION
Fighting (First Offense)	5 GAMES

Fighting (Second Offense)	Balance of Season (If 2 nd fight occurs in last three weeks of season, a 10-game suspension will be issued and will carry over to the following season)
Major Penalty (First Offense)	1 GAME
Major Penalty (Second Offense)	3 GAME
Major Penalty (Third Offense)	Balance of Season (If 3 rd Major occurs in last three weeks of season, a 10-game suspension will be issued and will carry over to the following season)
Gross Misconduct	Length of suspension will be determined by League Manager
Match Penalty	5 GAMES, MINIMUM! Punishment may be increased depending on severity of the penalty
Game Misconduct (1 st & 2 nd period)	BALANCE OF GAME
Game Misconduct (3 rd period)	1 GAME
Game Ejection	BALANCE OF GAME

Suspensions or infractions that are not listed above will be determined by the DCAHL Manager. Intent to injure may result in expulsion from the league, at the discretion of the DCAHL Manager. The DCAHL Manager reserves the right to issue a different penalty versus what is listed in the grid, depending upon the suggestions made by other DCAHL officials.

If a player plays for more than one team, he/she will be suspended from play until he has served his suspension. The ability to play on his/her additional team(s) will also be compromised.

EQUIPMENT

GOALIE MASKS

Goaltenders must wear CSA approved masks/helmets at all times

HELMETS

All players **MUST** wear a CSA certified helmet to participate. Manufacturer supplied chin straps must be fastened and in place throughout the duration of the game.

FACIAL PROTECTION

Facial protection is highly recommended for all participants. Should an injury occur to the eye and the participant is not wearing proper facial protection, AD&D insurance will **NOT** cover the injury.

PLAYING RULES

ICING

Icing must be initiated from behind the defensive zone blue line and is automatic when the puck crosses the goal line. If a goaltender leaves the crease area to play the puck, the icing will be waved off.

FACE-OFF LOCATION – FOLLOWING PENALTY

When players are penalized at a stoppage of play so as to result in penalties being placed on the penalty time clock to one team, the ensuing face-off shall be conducted at one of the two face-off spots in the offending team's end zone.

EQUIPMENT MEASUREMENTS

Stick and equipment measurements are NOT permitted. If a piece of equipment being used threatens the safety of DCAHL players, the offending player will be asked to remove the equipment immediately.

DEFAULTED GAME

A defaulted game occurs when:

- A team does not have enough players (6) to play the game.
- A team does not have their goaltender to start the second-period.
- A team will default a game if a player is asked to leave the playing surface, and they refuse to do so in a timely manner.
- If a replacement goaltender cannot be found for a team that loses their goaltender.
- The environment becomes un-safe for any reason due to the actions of a given team.

If both teams are defaulted, the game will be recorded as having played and both teams will be given a loss and zero points.

The score of a defaulted game is 1-0 for the non-defaulting team.

In the event a team is not going to have enough players for a scheduled game, 48-hours' notice is required for a team cancellation. Should a team not provide notice within the 48-hour time frame the following will occur:

- 1st Offense - \$75 fine added to team's overall fees
- 2nd Offense - \$150 fine added to team's overall fees
- 3rd Offense – Team expulsion for the remainder of season

START OF GAMES PROCEDURE (DELAY OF GAME)

DCAHL games will begin as follows:

- The ice resurfacing machine will leave the ice and the players will wait until the doors are closed before entering the playing surface. Failure to do so will result in a two-minute minor penalty for Delay of Game.
- 15 minutes will be put up on the clock and the clock will countdown as soon as the gates close.
- Officials will whistle 30 seconds prior to the end of the three-minute warm-up and stand at centre ice for the opening faceoff.
- The clock will continue to run until the first stoppage of play
- If a team fails to have enough players on the ice by the ten-minute mark of the first period, a Minor penalty will be issued for Delay of Game.

TIME OUTS

Each DCAHL team is permitted one thirty (30) second time out per game. Both Teams are not permitted to take their time out during the same stoppage in play. There will be no time outs during running time.

GOAL CREASE

Players in the offensive zone are not permitted to enter the crease area under any circumstance before the puck enters the crease area. Should a Player's skate(s) enter the crease in any manner, the Referee has the discretion to blow down the play, and a face-off will take place in the neutral zone.

OVERTIME

REGULAR SEASON/ PLAYOFF GAMES

DCAHL overtime will be a 3-man, simultaneous shootout.

Shootout participants will declare their participation to the Referee prior to the Shootout and will sit on the opposite side of the ice from the benches following their shot. No players may be repeated in the shootout order until all players have had their turn in the rotation.

GAME CLOCK - TIMING

If a game has a five or more goal spread within the last five minutes of the third period, the game clock will move to running time. The clock will continue to run, unless the spread is reduced to (3) three goals. All DCAHL Referees have the ability to declare the end of a game at any time due to undesirable actions or unsafe play.

BLOOD RULE

If a player is cut during a game and blood is drawn, the player must leave the ice to clean and cover the wound, prior to being allowed to continue playing in the game.

RULE CLARIFICATION

Referees may address player concerns (limited to rule clarification) briefly during stoppages in play. If players are persistent or abusive they will be penalized and, if necessary, reviewed by the league for further disciplinary action.

PENALTY GUIDE

HIGH STICKING

A player who contacts an opponent above the normal height of his shoulders with his stick shall be assessed a Double Minor, Major and a Game Misconduct, or Match penalty at the discretion of the Referee in relation to the severity of the incident; if injury results a Major penalty and a Game Misconduct will be assessed. A Match penalty may be assessed, depending on the intent of the offending player. If a stick infraction causing injury is deemed to be accidental, a Major and Game Ejection will be assessed, and it will be at League Management's Discretion to be viewed as a Suspendable Offense.

BODY CHECKING / BOARDING

Players that deliberately use their body to body check, bump, push, or shove an opponent may receive a Double Minor penalty for body checking or boarding depending on the severity of the incident. Incidental collisions will be called at the discretion of the official.

HEAD CONTACT

A Double Minor penalty and a 10 minute misconduct or a Major and a Game Misconduct penalty, at the discretion of the referee and based on the degree of violence of impact shall be assessed to any player who intentionally contacts an opponent in the head, face or neck with his/her stick or any part of the player's body or equipment.

DELAY OF GAME

Players may be assessed a Minor penalty for Delay of Game, should the referees determine that:

- A player made a deliberate play to remove the puck from the playing surface in the defensive zone
- A team does not enter the playing surface in appropriate time for their scheduled game

GOALTENDER DELAY OF GAME

A Minor penalty shall be assessed to any goaltender who shoots or bats the puck directly out of the playing surface with his/her stick.

A Minor penalty shall be assessed to any goaltender who, while outside his crease, deliberately falls on or gathers the puck into his body, or holds or places the puck against any part of the goal, thus delaying the game unnecessarily.

BUTT-ENDING

A Double Minor and/or Match penalty will be assessed to any player who butt-ends or makes an obvious attempt to butt-end an opponent.

ROUGHING / ROUGHING AFTER THE WHISTLE

A Minor penalty may be assessed to any player who is guilty of unnecessary rough play. If an injury results from a Roughing infraction, a Major penalty and Game Misconduct will be issued.

FIGHTING

If a player or players drop their glove(s) and do not throw any punches, an automatic Game Ejection will be assessed and may result in suspension. Referees will escort each player off the ice to their respective dressing rooms. See the Suspension Grid for a defined look at the suspension for Fighting.

FIGHTING – OFF THE PLAYING SURFACE

All suspensions double for altercations that occur after the game or off of the playing surface! Team Representatives may also be suspended at the discretion of the league manager. Any player(s) involved in an altercation deemed to be a Fight will be assessed a Gross Misconduct.

SPEARING

A Double Minor penalty will be assessed to any player who deliberately jabs (or attempts to jab) an opposing player with the toe of the blade of the stick. A Match penalty shall be assessed if an injury occurs during a Spearing incident.

SLASHING

A Double Minor, Major and a Game Misconduct, or Match penalty, shall be assessed to any Player who swings his stick at an opponent, impedes the progress of an opponent, or who, in the midst of playing the puck, makes a wild swing at the puck with the intention of intimidating his opponent.

CROSS-CHECKING

A Double Minor, Major and a Game Misconduct, or Match penalty shall be assessed to any Player who cross-checks an opponent in a deliberate manner. If an injury results from a Cross-checking infraction, a Major penalty and Game Misconduct will be issued.

SLEW FOOTING

A Double Minor, Major and a Game Misconduct, or Match penalty may be assessed to any Player who slew foots an opponent. Suspensions, according to the grid, will follow if necessary. An incident causing injury is subject to an automatic match penalty.

CHECKING FROM BEHIND

A Major and a Game Misconduct or Match penalty may be assessed to any Player who checks an opponent from behind. Suspensions, according to the grid, will follow if necessary. An incident causing injury is subject to a more severe penalty.

TEN-MINUTE/UNSPORTSMANLIKE MISCONDUCTS

Any player, with exception to the Goaltender, incurring a Misconduct penalty, shall remain in the penalty box for a period of ten minutes of game time. A player serving a Misconduct penalty shall remain in the penalty box until the first stoppage of play following the expiration of the ten-minute penalty.

Any Player who is assessed a second Misconduct penalty in the same game shall automatically be assessed a Game Misconduct penalty. If this occurs after the beginning of the third period, a one-game suspension will be assessed.

No teammate shall be required to serve a Misconduct penalty for another Player.

GAME MISCONDUCTS

Any Player or Coach receiving a Game Misconduct penalty will be ejected for the balance of the game. A player must remain in their team changeroom or leave the facility upon ejection. If a player remains within the ice surface area they may receive additional penalties. If this penalty is assessed in the third period, an automatic one game suspension will be assessed. Game Misconduct penalties are subject to more severe penalties following review of the incident by DCAHL Management.

STICK INFRACTIONS

All stick infractions will be assessed as Double Minor penalty (four minutes total in two-minute segments). If the non-offending team scores with the man advantage during the first two minutes of a Double Minor, the original penalty will be reduced on the penalty time clock to two minutes. Stick infractions include:

- High Sticking
- Cross-Checking
- Slashing
- Butt-End
- Spearing

POST WHISTLE ALTERCATIONS

At the referee's discretion, the clock may run during any post whistle altercations. The clock will continue until next stoppage of play. This rule applies to all times of the game except for the last minute of the third period.

MULTIPLE MINOR PENALTIES - GAME EJECTION

Any Player receiving three Minor penalties or two Double Minor penalties during one game will receive a Game Ejection. If the third Minor penalty or second Double Minor penalty is a co-incidental penalty, where the offending player is NOT the aggressor, that Player will not receive a Game Ejection until a fourth penalty occurs. If a player is the offending player in a penalty shot decision, the penalty incurred will count towards that player's penalty game total. A player must remain in their team changeroom or leave the facility upon ejection. If a player remains within the ice surface area they may receive additional penalties

If a Goaltender receives a Game Ejection for penalties, the Goaltender will remain in the game, but will be suspended for the next scheduled game.

GROSS MISCONDUCTS

A player receiving a Gross Misconduct is immediately ejected from the game, and will be penalized under the league suspension chart. A player must remain in their team changeroom or leave the facility upon ejection. If a player remains within the ice surface area they may receive additional penalties. This penalty can be assessed to any member of a team, players or coaches alike. Gross Misconducts may include but are not limited to obscene gestures, excessive abuse of DCAHL officials or making a travesty of the game.

RACIAL SLURS

If any player on a team utters a racial slur during a DCAHL game, the offending player will receive a Gross Misconduct and the Team may be subject to suspension by DCAHL Management. If the offending party is not easily identified, the Team Representative will be suspended according to the suspension chart.

MATCH PENALTIES

A player receiving a Match Penalty will be subject to an immediate suspension in accordance to the DCAHL Suspension Chart. Match Penalties include, but are not limited to, verbal or physical threats toward any member of the DCAHL Staff, Management or participants within the DCAHL.

A Match Penalty causing injury will result in a more serious suspension

PLAYER SUSPENSIONS

It is the responsibility of the Team Representative to check dcahl.ca for any player suspensions prior to his/her team's next scheduled game. Any Team Representative who permits a suspended player to play in a game will be issued

a two-game suspension. Any player found to be playing while under suspension will be issued an additional two-game suspension.

Any suspension as the result of an incident occurring off the ice-surface, will be doubled. Also, any suspension occurring in the playoffs will be doubled.

Refunds will not be given due to suspension from the league for players or teams as a result of any infraction of the Durham Central Adult Hockey League Official Rules.

PROTEST AND APPEAL PROCESS

Protests are not allowed. The referees' decisions are final. Issues may be discussed between the Team Representative and the League Manager the following day (the only exception being if there is a game the following day).