



League games will be officiated under the rules of the C.A.H.A. with the following amendments:

### ***Offside***

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No centre red line offside.

### ***Icing***

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No touch icing from inside your own blue line, not the red line.

### ***Penalties***

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1. Minor penalties are 2 minutes.
2. Major Penalties are 5 minutes. A major in the last 5 minutes of a game will automatically result in expulsion for the balance of the game and a 1 game suspension.
3. A match penalty will result in a 3 game suspension and review.
4. A gross penalty will result in a 5 game suspension and review.
5. If a single player reaches 20 minutes in penalties during the summer regular season or 40 minutes in penalties during the winter season, that player will be levied an automatic 1 game suspension (to be served the following game). If that same player continues to abuse the rules on or off the ice, they will be dealt with more seriously and possibly suspended indefinitely from participating in the NEW DIRECTION Hockey League.

### ***Multiple Penalty Rule***

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If a player receives SIX MINUTES in penalties in one game, the player will be ejected for the remainder of that game. If a player receives two major penalties in a game, the player will be ejected for the remainder of that game and will go under review by the league. Any major penalty in the final period of the game will result in an automatic 1 game suspension to be served the following week.





## ***Fighting***

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Fighting will not be tolerated. Once your gloves hit the ice, you are out for the balance of the game (EVEN IF YOU DO NOT THROW A PUNCH – THIS SHOWS INTENT AND IS NOT TOLERATED). If a player is deemed to be the obvious aggressor in a fighting major, a season expulsion will be levied with no refund. If a player has no recourse during a fight, but to defend himself from injury by fighting back with the aggressor as an alternative to skating away, this will result in a minimum 1 game suspension.

## ***Checking From behind***

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Checking and/or crosschecking from behind will not be tolerated. Checking from behind is seen as a deliberate attempt to injure and will result in a major penalty and ejection. The League may also assess a suspension, pending a review. The League views checking from behind as a cowardly, dangerous assault and will make every effort to rid the League of this practice including expelling repeat offenders from the League without a refund.

## ***Stick Penalties***

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High-sticking, cross-checking and slashing will result in a double minor penalty, which will count as two (2) penalties toward the Multiple-Penalty Rule. However, a major penalty can be issued if the referee feels it is warranted.

## ***Crease Rule***

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To protect the goalie, players will be cautioned not to stand in, or skate through, the crease. Failure to obey a referee's warning will result in a face-off outside the blue line. If the player continues to obstruct the goaltender, he will be levied a minor penalty.





## ***Abuse of Officials***

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Abuse of Officials will not be tolerated. Continuous abusive language directed at a referee, convenor, timekeeper, or any other league or facility official will result in a misconduct penalty and/or suspension.

## ***Players Serving Suspensions***

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1. Players serving Suspensions are not permitted to stand behind their team bench for the duration of the suspension.
2. If a suspended player is dressed and attempts to play illegally, the game will be halted until the suspended player leaves the game and the Team Captain will also be penalized with a one game suspension.

## ***Regular Season Eligibility & Substitutions***

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All players must sign a game sheet and be dressed in a numbered team jersey. Substitute players must identify themselves prior to the start of the game, fill out a registration form and be approved by the convenor before the game starts. Players who do not comply will be asked to leave the ice. Players must play in at least 25% of a team's regular season games in order to be eligible for the playoffs. Regular season game attendance will be determined by comparing rosters on the ice to signed gamesheets. Remember, it's Just a Game, So Have Fun and Best of Luck to Everyone!



Rules and Regulations - Log onto [www.newdirectionhockey.com](http://www.newdirectionhockey.com)



General League Information

## ***Dressing Rooms***

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Dressing rooms must be vacated within 30 minutes of the end of your game to allow staff to clean up for the next team. Co-operation in this regard is important and is appreciated by fellow players. Using the "third period rule" is an effective way to manage this requirement (i.e. when the third period starts in the game after yours, you have overstayed your welcome). Please vacate and allow the other team to enter and dress for their game. NDH has ZERO TOLERANCE with regards to any player that is found to have brought alcoholic beverages **OR CHEWING TOBACCO** into the building. A TEAM SUSPENSION WILL BE LEVIED WITH NO REFUND. DON'T TEST ME ON THIS ONE!!

## ***Ice Resurfacing***

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Teams must stay off the ice during flooding. Players are not to step on the ice until the Zamboni has left the ice and the double rink gates are closed. Violation of this safety rule will result in a bench minor at the start of the game.

## ***Head and Face Protection***

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CSA-approved helmets are mandatory. Visors/cages are not mandatory. However, since the League does not provide medical or dental insurance, we strongly advise all players to wear a proper visor/cage for facial protection.

## ***League Jerseys***

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Jerseys provided by the League are exclusively supplied by HATS OFF SPORTSWEAR and they remain the property of the individual entry participant as part of his registration. However, please wash jerseys inside out in COLD water with mild



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detergent and hang to dry. DO NOT place in dryer. This will extend the life of the jersey significantly.

## ***Stats and Awards***

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Team standings will be posted on the [www.newdirectionhockey.com](http://www.newdirectionhockey.com) website. Awards will be presented at the end of the season for: playoff champions and we will also recognize the least penalized team across the entire league.

## ***Abuse of Facilities***

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Players found to have abused any of the facilities (glass, boards, dressing rooms, washrooms, etc.) will be held personally and financially responsible for reimbursing the arena owner for all damages incurred. Failure to reimburse the facility promptly will result in a team suspension until payment is made in full.

## ***Goalkeeper Substitutions***

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Replacement goalies are allowed at any time. If your goalie is unable to attend, the goalie or Team Captain should contact the League and they will assist you in obtaining a goaltender for your game. If you do not have a dressed goaltender by the start of the 2nd period of the game, that team will default the game to their opponents. The remainder of the hour can be taken up with shinny hockey by the two remaining teams. The refereeing staff is not obligated to stay on the ice.

## ***Game Format***

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1. All games are 32 minutes stop-time preceded by a 3-minute warm-up. The periods will be STOP TIME - 12 minutes, 10 minutes and 10 minutes in duration.
2. All games start as per scheduled time whether or not your entire team is dressed. So, please be ready to play when scheduled.
3. Games will not be cancelled or rescheduled due to inclement weather, so plan to arrive early during winter months.



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4. The clock will run for altercations, disputes, or arguments with officials about penalties or other game calls.
5. The clock will then be stopped at the discretion of the referees.
6. A team must have a minimum of six (6) skaters and a goaltender in order for the game to be official.

## ***Running Time***

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All periods are stop time, however, in the last period (3RD.) the clock will run when the score differential is five (5) goals or more at the end of the second period. If the score differential becomes four (4) goals or less, stop-time will resume.

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Compare and register on line at [www.newdirectionhockey.com](http://www.newdirectionhockey.com).

