

OBHL RULEBOOK (Revised Dec/08)

GAME RULES

- 1) A team must have a minimum of 4 players for the game to proceed. If a team does not have enough players, that team will be in forfeit and the opposing team will be awarded the win.
- 2) The game will consist of two twenty minute periods, beginning at **5 minutes past the hour**. There will be a 10 minute intermission between the two periods, at which time the players will attend a devotional talk given by the coaches or a representative. In the event of a tie at the end of regulation play, there will be a **5 minute, sudden death period**. In the regular season, if there is no winner after 5 minutes, the game will be called a tie. In the playoffs, if there is no winner after the overtime period, there will be a shoot out. In the shoot out, the coaches will submit the names of five players to the referee before the shootout begins. The players will take alternating shots on the opposing goalies. There will be a coin toss to decide who will shoot first, the winner of the toss having choice of when to shoot. If the game is still tied after the five shooters, a sudden death shootout will take place. Teams will send out one player at a time, who will try to score on the opposing goalie. If the first team shooter scores, the team shooting second will have a chance to tie. If the second team shooting fails to score, the game is over. If the first team shooter fails to score and the second team shooter scores, the game is over. No player may shoot twice in the shootout until all the players, less the goalie, have tried to score.
- 3) Each team will be permitted **one 30 second time out per period**. The first period time out will not be carried over to the second period if it is not used. A time out is not required in the event of an injured player. If a team changes goalie during play time, a time out must be called.
- 4) If there is an injury or incident that causes the referee to stop the play, the time will continue to run.
- 5) No hats with hard peaks, watches or jewelry shall be worn during a game.
- 6) No fiberglass or wooden blades shall be permitted. Only plastic bladed sticks may be used.
- 7) Due to potential damage to the floor of the gym, excessive hitting of the stick on the floor is not permitted.
- 8) No shoes may be worn in the gymnasium if they are wet or snow covered. Please bring shoes other than those worn outdoors, during inclement weather.

OFFSIDE

A player is offside when he/she crosses the green line before the ball crosses it. If the ball is touched by a member of the offensive team inside the green line, before all players have come back outside the green line, the play will be stopped and a face-off will be held outside of the green line. If the ball comes outside of the black line (center line), all members of the offensive team must come back outside of the green line before the ball may be played back into the offensive end. An intentional offside will be called if the referee deems that the ball was deliberately played into the offensive zone while a team mate is still inside the offensive zone. An intentional offside will be called if there is a shot on net during an offside situation. If an intentional offside is called, there will be a face-off in the defensive zone of the offside team.

PENALTIES

MINOR PENALTIES (2 minutes)

- 1) **Tripping** - If a player trips another player with a stick or with a part of the body.
- 2) **Elbowing** - If a player's elbow comes in contact with another player
- 3) **Slashing** - If the stick is intentionally brought into contact with another player, or if excessive force is used on the stick of another player.
- 4) **Hooking** - If a player impedes the movement of another player with a stick.
- 5) **Holding** - If a player holds onto another player or another player's stick
- 6) **Interference** - If a player impedes the progress of another player when that player does not have possession of the ball.
- 7) **Goaltender Interference** - If a goalie is impeded in his movement inside the crease area.
- 8) **Delay of Game** - If a ball is intentionally sent out of the playing area, including contact with the roof, if a ball is held in the hand, if a player faces a corner or wall and does not allow another player to make a play on the ball, and does not attempt to play the ball, if line changes take too long.
- 9) **Body Contact/ Roughing** - There is **no checking** allowed.
- 10) **Too Many Men** - If there are more than the legal amount of players on the floor.
- 11) **High Sticking** - If a player's stick blade goes above the player's chest for any reason.
- 12) **Broken Stick** - If a player breaks his/her stick and does not immediately drop the broken stick.
- 13) **Unsportsmanlike Conduct** - If a player uses inappropriate language, or if a player uses inappropriate actions. If a player intentionally lifts the stick of another player to cause the other player to be assessed a high sticking penalty. These penalties are at the discretion of the referee.
- 14) **Intimidation** - If a player uses excessive noise or actions to intimidate another player.
- 15) **Excessive Slapping of the Stick** - If a player is uses excessive force with his/her stick on the floor, potentially causing damage.

- 16) **Bench Penalty** - If a player or coach leaves the bench area during play, if a player or coach is verbally abusing a referee or another player.

PENALTIES

MAJOR PENALTIES (5 minutes or ejection)

- 1) **High Sticking** - If a player's stick comes in contact with another player while above the chest.
- 2) **Fighting/ Roughing** - If there is a fighting or roughing major penalty called, the offending player(s) will be assessed a 5 minute penalty and will be ejected from the game for the first offense. If a player is called for a second fighting or major roughing penalty during the season, the player will receive a 5 minute penalty, game ejection and will miss the next game. Additional suspensions may be added by a disciplinary committee, which will consist of members of the referee staff and the convener staff.

PENALTY SHOT

A penalty shot will be awarded if a player throws his/ her stick or in some other way impedes another player on a clear break away or if a player other than the goalie intentionally covers the ball in the crease area.