

Loose Ends Hockey Association — Rules

(Revised 2025)

The following are the League Rules and Regulations.

It is your responsibility to know the Rules and to abide by them.

These Rules will and have been enforced to the fullest of their meaning.

The Captains may present changes to the Rules to the Executive Committee.

All decisions by the Executive Committee are FINAL.

RULES & REGULATIONS:

1. Unless amended by the Captain and Executive Committee all G.T.H.L. rules are to apply to our league.
2. At the start of each season, the team roster must consist of 16 players.
All players on the roster must pay their respective league fees in full.
3. All players must submit a completed and signed waiver form before playing.
4. All players must be part of the approved team roster unless they are on the posted waiting list.
5. A person may be added to the wait list at any time by any means of communication to a member of the League Executive, providing they are 30 years of age and have not been previously disqualified from playing in the league.
6. The Executive reserves the right to refuse placement of wait list players upon reviewing eligibility.
The order of consideration for the placement of wait list players is as follows:
 - a) any player currently on the leave of absence list must be given first right of refusal;
 - b) all remaining players will be placed according to the ratings within reason;
7. To be eligible for playoffs, a player must have played a minimum of 7 games in the regular season. The Executive reserves the right to grant an exception to players who took a leave of absence.
8. Players may be traded from team to team if:
 - a) Both players agree to the trade;
 - b) Both team Captains agree to the trade and other Captains are notified;
 - c) The Executive Committee approves of the trade.
9. Players absent for five (5) consecutive weeks without reasonable cause may be suspended and replaced at the discretion of the Executive Committee.

10. If a player leaves the league after five (5) games into the season, a refund shall only be issued at the discretion of the Executive.
11. If a player leaves before five (5) games into the season, he must pay for games played at \$25.00 a game.
12. The league Executive will approve all league uniforms.
13. Players, not including goalies, not wearing the regulation or similar sweater approved by the league will be allowed to play only two games during the season in this manner. All sweaters must be numbered and must have a different number than any other listed on the roster. Further infractions will result in the player not being able to play the game.
14. Any team Captain failing to represent his team or supply an alternate to represent his team at two (2) meetings of the Captains and Executive Committee will no longer be recognized by the league as the team Captain.
15. Each team is allowed to name one (1) Captain and a maximum of two (2) Assistant Captains for each game.
16. The team Captain and Assistant Captains must be clearly designated by the appropriate letter on the front shoulder or beside their name on the game sheet.
17. Only the team Captain or Assistant Captain are allowed to approach the referees for a discussion.
18. Substitute goalie for all games must be selected first from the approved waiting list. If unavailable, selection will be made from other league goalies playing that night, then other players from within the league. No exceptions.
19. A game consists of two 17-minute stop time periods. Last 5 minutes of game will be run time unless it is within a 5 goal spread (ie. 10-5 is stop time, 11-5 is run time).
20. The Championship game will be three 15-minute periods stopped time plus overtime if required. Flood after the second period.
21. Icing will be determined when the puck is shot from inside the blue line by the defending team. The centre line will be deemed not in play.
22. The faceoff following a penalty that results in a man advantage (powerplay) will be in the offensive zone. In all other penalty situations the faceoff will be at the nearest spot determined by the referee.
23. High sticking when not involving another player but in an attempt to contact the puck will result in a stoppage of play and a face off in the defensive zone of the offending player's team.
24. Each team will be allotted one time out (60 seconds in duration) to be used at

their discretion.

25. The following rules apply in determining the order of finish when ties exist:
- a) Most Games Won
 - b) Most Points between tied teams (two or more teams may be involved)
 - c) Best plus-minus (goals for vs. goals against) from games between the two or more tied teams.
 - d) Least Penalty Minutes received during the season.
 - e) Coin Flip

26. The following rules apply to a tie game.

REGULAR SEASON

All games ending in a tie at the end of the regulation time will result in each team being awarded one point.

SEMI-FINAL GAME

All semi-final games will consist of two (2) periods as per regular season play. Should the teams remain tied at the end of the regular play the teams will play one (1) 15 minute non-stop time period of sudden death hockey. Should the teams remain tied, each team will rotate through their line-up one player at a time taking penalty shots until after each round of shots, one team has scored and the other hasn't.

FINAL GAME (CHAMPIONSHIP)

Should the game be tied at the end of two periods, a 5-minute rest will be allowed and will be followed by continuous 15-minute non-stop sudden death periods as long as time allows. If the game is still tied after the overtime, then the teams will play shoot out. The rules for shoot out are the same as stated in regulation 21 section semi-final game.

27. Any player being intoxicated due to drugs, alcohol, etc. or if hurt due to injury, the Captain of that team has the right to have that player not dress and play that game. This is to protect the player and the other players of the league from injury. During a game, a player suspected of being incapacitated by the opposing team can have their Captain approach the referee and have the referee determine if the player should be allowed to continue to play.
28. In the event that a Goaltender is struck in the mask or helmet with a shot the referee shall stop play as soon becoming aware of the event. The resulting face-off shall take place at the nearest end-zone face-off spot to where the shot was taken. If a shot hits the goaltenders' mask/helmet and deflects into the goal (directly or otherwise) prior to the official stopping play, the goal shall **NOT** count.

MISCONDUCTS AND SUSPENSIONS:

1. Fights will not be tolerated. All fighting suspensions are in effect for any fights on arena property.
2. Bench clearings: Any player leaving the bench during a fight on the ice will receive a game misconduct and a TWO (2) game suspension. If he gets involved in any infractions after leaving the bench, he will receive an additional three (3) game suspension totaling five (5) games.
3. The third man into a fight will receive a game misconduct and a TWO (2) game suspension. A second offense of this nature will result in expulsion from the league with no refund.
4. Players or goalies involved in a fight will receive a game misconduct and a one (1) game suspension. The player deemed to be the aggressor in the fight will receive a THREE (3) game suspension and an additional 2-minute penalty. If the same player is involved in a second fight for the season, he receives a game misconduct and is suspended from the league and all functions pending Executive review.

NOTE:

When a goalie is removed from the game, the team will be allowed to dress another goalie, however, the game will not be held up while the replacement goalie is dressed.

5. Attacking referees will not be tolerated and any player doing so will be charged with a minimum of five (5) game suspensions up to expulsion from the league with NO REFUND, pending Executive Committee review. This includes excessive verbal abuse on or off the ice. The rule is in effect anywhere on arena property.
6. Any player or goalie assessed a penalty for high sticking, cross checking, slashing, or body contact, will receive a four (4) minute penalty (unless a major penalty is awarded at the discretion of the referee).
7. Any player or goalie incurring three (3) penalties of any type or combination in one (1) game will receive a game misconduct. In addition, any player incurring any combination of two (2) 4-minute penalties in one (1) game will receive a game misconduct. The player's or goalie's third minor penalty (or second 4-minute penalty) or more will be served by another player on his team and that player will leave the game immediately.

Should a player receive a second misconduct for incurring three (3) penalties, or two (2) 4-minute penalties, he will receive a one (1) game suspension, and a review before the Rule Chairman where further actions may be taken, if warranted.

Should a player receive a third misconduct for incurring three (3) penalties, or two (2) 4-minute penalties, he will be suspended immediately pending the results of the Executive committee review.

8. Any goalie assessed a ten (10) minute misconduct will finish that game and be suspended from playing the following game.
9. If a player or goalie receives (2) or more misconduct penalties in one game, then that player is automatically given a game misconduct and ejected from that game.
10. Any player who delays the game more than one minute on penalty call will receive a one (1) game suspension. Second offense – a two (2) game suspension.
11. If a player is ejected from the game and leaves the ice and for any reason he returns to the ice he will automatically be suspended for 5 games.
12. Any player who receives a total of 30 minutes in penalties during the course of the regular season, will receive a one (1) game suspension. After 40 minutes – a two (2) game suspension and after 50 minutes – SUSPENSION from the league pending Executive Committee review.
13. In the playoff season, any player who receives 15 minutes in penalties will receive one (1) game suspension. After 20 minutes, 2 games suspensions, after 25 minutes, suspension from the league pending executive committee review.
14. Any player expelled from the league will not be allowed to return EVER and will not receive a refund or attend any league functions.
15. No appeal options for 3 games or less suspension

PENALTIES:

1. Slap shots or faking a slap shot will incur a two (2) minute penalty.
2. A slap shot is where the stick is raised higher than the knee on the wind-up or the follow through. This includes backhand slap shots.
3. Body contact other than from mild interference in front of the goal will result in a penalty.
4. Fights will not be tolerated. All fighting suspensions are in effect for any and all fights on arena property. Players/goalies involved in a fight will receive a game misconduct and 3 game suspensions. The player deemed to be the instigator will receive a 6 game suspension and an additional 2 min penalty. If the same player is involved in a second fight for the season, he will receive a game misconduct plus 6 games suspension or 9 games suspension if instigating. If the player is involved in a 3rd fight for the season he is expelled from the league and all functions and will have to meet with the executive review to be considered for returning the following year.

First fight= 3 games or 6 games (instigating)

Second fight = 6 games or 9 games (instigating)

Third fight = Expulsion from the league and executive review for next season

5. Spearing, butt ending or intent to injure penalties called by the referee will be dealt with by an automatic three (3) game suspension and a review before the Rules committee where further action may be taken.
6. Misconduct penalties count as 10 minutes towards the offending player's penalty totals.