

2024- 2025 League Rules

1. **CARHA rules will be in effect (Secondary):** except where a PNHL rule (Primary) over-rides it.
2. Game's lost by default will result in a 3-0 score.
3. **If prior team(s), or rink personnel remain on the ice:** Do not go on the ice until is clear. No pucks or players on the ice until the Zamboni gates are closed. Do not go into the bench areas during ice re-surfacing.
4. **Waiver forms:** All players must sign the waiver form. This process must be witnessed by the team rep. (No exceptions).
5. **Team Registration:** Team rosters must be submitted at the start of the season to the League Statistician and updated as required. All players must be on the team rosters and sign League Wavers due to insurance and liability coverage. Team Rosters can have up to a maximum of 20 players including spares (goalies excluded). Players can only be on one team roster in the league (Goalies exempt). Team rosters are to be frozen by November 1. (**Note:** for 2023/2024 season, rosters will be frozen December 31st). Only players on the roster are allowed to play in the games. If a team uses a player not on the roster it will result as a default loss.
6. **Player Eligibility:** New players are to be OPG employees (or retirees), working for OPG on a contract basis or be part of any of the former Ontario Hydro successor companies (such as Hydro One, New Horizons, Bruce Power). Goalies are not required to have worked for OPG. Players that have met eligibility requirements in the past are grandfathered provided they remain on the team roster and are in good standing (discipline, financial). (**Note:** for 2023/2024, players eligible from 2022/2023 can be grandfathered provided they are on the active roster December 31st 2023).
7. **All players must wear CSA approved helmets:** There will be no exceptions. Referees reserve the right to rule on safety of any equipment. Also, if the helmet is lost during play the player must either skate directly to the helmet and put it back on or skate to the bench. All players must wear a half cage/ full cage or visor in order to play. Players cannot play without visor or cage.
8. **It will be the home teams' responsibility to bring the game sheets:** If a timekeeper is not available, the home team will be responsible to run the clock.
9. **If at any time neither referee shows up:** One player from each team will referee the game. If one referee shows up, he will complete the game by himself.
10. **No alcohol on the ice or in the dressing room:** Teams may be expelled by the arena staff.
11. **Goalies:** If Goalie in hit in the head with the puck, the play is whistled down immediately. **Any goalie may be used as a substitute:**
12. **Regular Season Game Time:** First period is 15 minutes running-time. Second period 13 minutes. Third period 15 minutes. (**Last two minutes are stop-time, unless the lead is four or more goals.**) Clocks run at all other times (even for injury). The last **30 secs** of the 1st and 2nd periods will be stop time, regardless of the score.
13. **No body checking:** A minor or a major penalty will be called based on the degree of violence (based on referees discretion).
14. **Icing Calls for Each Division:** In the A Division, **Red Line** is Icing. In the B Division, **Blue Line** is icing.
15. **Penalties:** **Minor penalties – 3 minutes run time. Major penalties – 7 minutes run time plus automatic game misconduct.** Three penalties in 1 game will result in ejection from the game.
16. **High-sticking the puck:** **Whistle play dead & face off will occur, unless opposing team plays puck first.**
17. **High-sticking/ Head Contact:** **accidental head contact is a minor penalty or intentional head contact is a double minor penalty (referees discretion). Intent to injure (see note 22)**
18. **Infractions:** A division and B division 2-member committee has been formed to deal with infractions that occur during PNHL games. Infractions will be recorded on the game sheet. All suspensions have to go with what is written on the game sheet, as well as feedback from the referees and with players past history. The committee will review & determine the length of the suspension. In the event that a committee member's team is being reviewed, the committee member will be removed from the committee and the remaining committee members will determine the length of suspension from the league. In the event of a tie vote, the discipline committee lead from the opposite division will cast their split vote to determine the suspension length.

Note: Once the play is blown dead, the referee will call over the team Rep's and communicate the ruling for the players involved. The referee will then record the infraction on game sheet and no changes will be made to the game sheet after the ruling stands. The player is removed from the game and automatically suspended as per PNHL rules.

19. **Fighting with gloves on or off during regular season & playoff games:**

- 1st time offence: automatic game misconduct and a 3 game suspension.
- 2nd time offence: automatic game misconduct and suspended from league for 1 full calendar year
- Player return: pending committee review

Note: If during the fight an official deems and records on the game sheet that only 1 PNHL member was engaged in the fight and the other PNHL member was NOT returning punches, then PNHL committee will review and treat the offence towards aggressor as an "Intent to injure" offence.

20. **If a player is deemed 'intoxicated' by the referee:** automatic game ejection
21. **Uttering threats at referee(s):**
- 1st time offence: game misconduct, and a 10 game suspension.
 - 2nd time offence: expelled from league for life
22. **Intent to injure infraction:**
- 1st time offence: game misconduct, and a 10 games suspension
 - 2nd time offence: expelled from league for life
23. **If a suspended player plays:** game misconduct, suspended from league indefinitely and game will result in a default loss for the offending team.
24. **If a player is suspended, they cannot be on or near the bench:** Stands & bleachers are okay. Out of league suspension will result.
25. **Slap:** shots are allowed
26. **Shorthanded teams may only change "on the fly":** not on a whistle (a minor penalty will be called). Teams may change on a whistle during stop time at the end of the period.
27. **Only the team "Captain" and "Assistant" (as identified on gamesheet):** can dispute calls (a minor penalty will be called).
28. **Minimum number of players for an official game is five per team & a goalie or six players:**
- GOALIE needs to be on the ice by the end of the 1st period, if not considered a default loss.
29. **Playoffs Format:** Games 1 & 2 can end in a tie. If game 3 ends in a tie, the winner will be decided by 5 minute run-time 3 vs. 3 (change on fly). After 5 minutes, a shootout will determine the winner. 3 players from each team start simultaneously, then sudden victory after the 1st three shooters.
30. **The League Executives can reprimand any player:** if they believe he or she is not playing the game in the spirit in which the league was created. The reprimand may result in a suspension or league expulsion.
31. **A Team must provide the opposing team 24 hour notice if forfeiting (lack of players, injuries etc.):** The Forfeiting Team will be fined \$50 and be paid to the League via cash or E-Transfer.