



Caledonia Oldtimers Hockey

2022-2023 Rule Amendments and Additions to CARHA Rule Book

A. Game Format

A.1. Period Lengths – Two (2) Periods, 16 minutes in length

A.2. Time – The game will be stop time.

A.3. Penalty Length

A.3.1. Minor Penalties are 2 minutes in length

A.3.2. Major Penalties are 5 minutes in length (player is automatically ejected from the game including a major for an accidental high stick)

B. Face-off after a Penalty

B.1. When a penalty is called, the resulting face-off will be in the defensive zone of the offending team.

C. Slap Shots

C.1. Slap Shots are not permitted. Anything higher than the knee is whistled down and the face off is held in the offending player's defensive zone. This rule is at the referees' discretion – for example, if the heel of the stick is above the knee and the toe of the stick is at or below the knee, the referee may deem that the shot is legal.

D. Icing

D.1. Icing will be called from the Defensive Team's Blue Line (rather than the Center Redline).

E. High Sticking

The rules indicated in the CARHA Rule book have been amended for Caledonia Oldtimers Hockey and are to be adhered as outlined in this section:

E.1. High sticking will be defined as contact with an opponent above the normal height of his shoulders or contact with the puck above the normal height of the offending player's shoulders.

E.2. High sticking of the puck above the offending player's shoulders is a 2 minute minor penalty - whether there is a player in the vicinity of the offending player or not.

E.3. Accidental High Sticking that contacts a player above the shoulders and does not result in injury is 2 minute minor penalty

E.4. Accidental High Sticking that contacts a player above the shoulders and does result in injury is 5 minute major and a game ejection.

E.4.1. There is no subsequent suspension, as it was deemed accidental by the referees.

E.5. Intentional High Sticking is a 5 minute major penalty, plus game ejection, plus game misconduct resulting in an automatic 1 game suspension. Additional supplemental discipline may be imposed by the League

E.6. Only the Referees may deem a high stick penalty to be accidental or intentional.

F. Major Penalties, Game Ejections and Supplemental Discipline

F.1. Serving Major Penalties:

F.1.1. Major penalties carry automatic game ejection including an accidental high stick.

F.1.2. The penalized team does not have to have a player serve the penalty. After 5 minutes, they will add an additional player from their bench.

F.2. Abuse of any official will not be tolerated - You will receive a penalty and at the discretion of the referee, a possible game ejection. Supplemental discipline may be imposed by the League.

F.3. Major Penalties and Game Ejections may result in further discipline imposed by the League.

F.4. Supplemental Discipline – In the event supplemental discipline is required a discipline committee will hear the case and determine any and all supplemental discipline. Their decision is final and cannot be appealed.