

**True North Hockey Canada (TNHC)
Rule Amendments from
Hockey Canada 2022-2023**

[Penalties](#) | [Ejections](#) | [Suspensions](#) | [Conduct](#)
[TNHC Policy](#) | [TNHC Games](#) | [Playoffs](#) | [Equipment](#)

Penalties

1. Penalties are assessed as follows:

a. 2-minute Minor Penalty is assessed for minor infractions.

b. Double Minor Penalty (two Minor Penalties) is assessed if the referee feels that an infraction deserves more than a Minor Penalty, but, is not deserving of a Major Penalty and a game misconduct.

- A player can be assessed a Double Minor Penalty for any penalty in the rulebook. It is assessed if the referee feels that an infraction deserves more than a Minor Penalty but is not deserving of a Major Penalty plus a Game Misconduct. A Game Ejection can also be assessed at the referee's discretion.

c. Misconduct Penalty is assessed when an individual has done something that requires the individual to be penalized during a game, but the team will not be short handed. A misconduct penalty does not count against an individual's penalty total but it will count against a team's penalty total.

d. Game Ejection is assessed to a player at any time in a game for conduct, which is deemed to be detrimental to the safety of the other players.

- there do not have to be any other penalties assessed with a Game Ejection, but there usually are. A Game Ejection is called in order to remove a player from the game and prevent an individual from participating in a more serious or violent situation.

e. Major Penalty is assessed according to the Canadian Hockey Association Rules. The most common reasons for major penalties are the following:

- deliberate infraction that results in an injury

- deliberate high stick or cross check above the shoulders

- slashing is at the discretion of the referee based on the degree of violence or impact

- checking from behind is at the discretion of the referee based on the degree of violence or impact. This penalty is more stringently called when the player is checked into the boards or net.

- the team plays shorthanded for 5 minutes and the player is not only assessed an additional

Game Misconduct, but also is suspended indefinitely from league play pending a decision from the Tier Administrator.

f. Game Misconduct is assessed to any player receiving a 5 minute Major Penalty. A Game Misconduct carries with it a 10 minute penalty that will count against the individual's and the team's penalty minutes.

g. Match Penalty is assessed for any infraction that is a deliberate attempt to injure. This is far more severe than a Major Penalty.

- the team plays shorthanded for 5 minutes and the player is not only assessed an additional Game Misconduct, but also is suspended indefinitely from league play pending a decision from the Tier Administrator.

h. After a penalty has been called, the face off will be held in the offending team's defensive zone. If the penalty(s) called do not result in a man advantage, the face off will occur at the face off zone closest to the stop in play.

i. All penalties assessed, even if not served due to a goal occurring during a Delayed Penalty, will still be recorded to the player(s) and team's total.

[top](#)

2. Stick control. A penalty shall be called if a player is interfered with or a stick or free hand/arm is used to restrain an opponent and, as a consequence the:

- Balance of an opponent is adversely affected to any degree,
- Progress of an opponent is impeded or hindered to any degree,
- Ability of an opponent to propel, pass or shoot the puck, or to receive a pass is hindered to any degree, or
- Positional advantage achieved by an opponent is reduced or lost.

All players are expected to exercise care and control of their stick at all times. For situations not covered by current TNHC or Canadian Hockey Association rules, a Minor Penalty is assessed for players using their stick in such a manner that other players could potentially be injured. If an injury does occur, other penalties are levied. For example:

- A player waving their stick wildly at the puck as it goes over their head
- An out of control follow-through on a shot
- A goalie dangerously batting the puck out of the air with their stick

Referees are not limited to these infractions but can call the penalty when a player is using their stick with “reckless abandon”.

Crosschecking. Striking an opponent or “raking” an opponent’s body or arm with the portion of the stick held between the hands will result in a cross-checking penalty. Any cross-check that contacts an opponent above the normal height of their shoulders will result in an automatic Major penalty plus a Game Misconduct penalty.

Slashing. Players that swing their stick with excessive force or swing (or threaten to swing) their stick for the purpose of intimidating an opponent will be penalized. Slashing type stick contact with any degree of force with an opponent’s glove, forearm or torso will be penalized. Forceful stick contact with a goaltender will result in a penalty.

Slashing the Stick:

- Stick on stick contact where the intent is to play the puck is permitted provided that the force is not overly excessive and that the contact occurs low on the stick
- Slashing an opponent’s stick out of their hands will result in a penalty
- Slashing the shaft of an opponent’s stick close to the hands will result in a penalty.

Can-Opener/Corkscrew: Placing or moving a stick between an opponent’s legs is not permitted if it causes the opponent to stumble or fall, or actually hinders an opponent’s ability to move freely.

[top](#)

3. **Checking from behind.** TNHC uses the Canadian Hockey Association rule for checking from behind. The rulebook allows the referee to call a minor, major, or match penalty depending on the severity of the infraction. In any case, any hit from behind penalty also includes an automatic game misconduct. Normally, a Game Misconduct carries an automatic suspension. In the case of a minor plus a game for checking from behind the following apply:

- If the penalty occurs in the 1st or 2nd period, there is no suspension.
- If the penalty occurs in the 3rd period, there is a minimum one game suspension.

The Tier Administrator always has the option of reviewing repeat offenders and assessing additional suspensions and/or expulsion if necessary.

4. **Head Contact.** A Minor Penalty for Roughing will be assessed for any player who accidentally contacts an opponent in the head, face or neck with their stick or any part of the player’s upper body or equipment. A Major Penalty and a Game Misconduct or Match Penalty could be assessed to any player who intentionally contacts an opponent in the head, face or neck with their stick or any part of the player’s upper body or equipment.

5. Punching to the head. A player punching another player in the head will be assessed a 5 minute Punch to the Head penalty and a game misconduct. This penalty is called when:

- The head is targeted
- The punch is deliberate
- There is enough force in the punch to move the player's head
- The attempt to punch is made and will be called even if the punch misses the intended victim.

6. A player will receive an automatic 5-minute Major Penalty and a Game Misconduct for spearing or butt-ending.

7. Interference.

- Pick or Block: Intentionally changing direction or location to block the projected route of a non-puck carrying opponent will result in a penalty.
- Face-Off Interference:

Players are entitled to the space they occupy, however, players are not permitted to use their stick or free-arm/hand to impede or block the progress of an opponent after the puck is blocked.

Players are also not permitted to impede an opponent in pursuit of the puck or puck carrier by turning into the opponent or turning into the opponent's projected route.

Players can "battle" for position as their paths merge if both are in pursuit of the puck.

8. If a player leaves the bench during an incident, the player receives an automatic game misconduct.

[top](#)

9. 3rd Man In. A 3rd Man In penalty will be called if a player skates aggressively into an altercation or incident that is taking place during a game or stoppage in play. The incident is not limited to a fight but can occur for any penalty or stoppage in play. This penalty will be called when there is a clear and obvious action taken by a player who was not involved in the original incident but has skated aggressively into an on-going incident or stoppage in play. This rule does not apply to a "Good Samaritan" who is attempting to restrain or otherwise diffuse the actions or behaviour of a team-mate. This penalty can be called as a minor, double-minor or 5-minute Major as warranted.

10. If a goalie receives 3 minor penalties or a Game Misconduct penalty, it is the referee's discretion as to whether or not the goalie is allowed to continue playing in the game. The goalie is warned of the situation and any further misconduct will add to the suspension. The goalie is allowed to stay only if viewed as a non-threat to the other players or the referees.

If the referee ejects a goalie from the game and the referee determines there is enough time left in the game to allow a goalie substitution, a substitute goalie can be used. The time allowed for the substitution is no more than 5 minutes. If a substitute goalie is not available, another player from the team is allowed to suit up as the goalie. The substitute goaltender is not allowed a warm up.

11. A goalie can not come out of the crease to deliberately freeze the puck.

- If the goalie's body is completely outside the crease, the goalie receives a delay of game penalty.

- If the goalie comes out of the crease to stop a shot and in so doing, freezes the puck, this is not a penalty.

The differentiating point is if the goalie only intends to cause a stoppage and is outside the crease, the goalie receives a penalty.

- If the goalie is within the crease and under no pressure, the goalie must play the puck.

The determination of "under no pressure" is when the goalie has control of the puck and is clearly able to make a play with the puck, either by shooting it or throwing it, and get back into position to make a save, the goalie would be considered to be under no pressure.

- If the goalie waits with the puck, attacking players eventually put pressure on. At this point, the goalie is already committed to play the puck. Failure to do so results in a delay of game penalty. The goalie receives one warning from the referee for this situation before a penalty is assessed.

The referees will yell at the goalie when the goalie should be playing the puck. If the referee yells, "play the puck", this indicates to the goalie that the puck must be played.

- It puts the onus on the referee to yell, and once having yelled issue a warning or call a penalty if the puck is not played.

- It indicates to everyone that if there is no yell, there is no penalty.

The referees are instructed to only yell when the goalie is under no pressure, to yell at that point and not later.

12. Penalty box door. When a player's penalty is over, the player must ensure that the penalty box door is closed completely returning to the ice. Failure to close the door completely results in a 2-minute Misconduct for delay of game. However, the team will not be shorthanded, nor will

the infraction be counted against the individual's or team's seasonal penalty total. This rule has been implemented in order to minimize possible serious injury to players and referees.

If the player made an honest effort to close the door and it didn't latch or the door is hard to close because of high glass, the referees are instructed to be reasonable.

13. Zamboni doors. A team receives an automatic 2-minute penalty for having pucks on the ice while the Zamboni doors are still open. The team rep serves the penalty.

[top](#)

Ejections

14. A Game Ejection can be assessed to a player any time in a game for conduct which is detrimental to the safety of the other players, 3rd man in, or for minor abuse of officials, players or arena staff. There do not have to be any other penalties assessed. No time penalty to the team or suspension to the player goes along with a Game Ejection. When assessed, the player must leave the ice quietly. The Game Supervisor tracks the reason for the Game Ejection.

15. If a player receives 3 minor penalties, the player is ejected from the game. Goalies see rule #10.

16. If a player drops their gloves and/or removes their helmet for any reason other than during a stop in play to adjust equipment, that player automatically receives a minimum of a Game Ejection.

17. If a player is ejected from a game or receives a Major Penalty and an automatic Game Misconduct, the player must either:

- leave the arena immediately after changing
- remain in the dressing room for the remainder of the game.

If opposing players are ejected at the same time, the home team's player(s) will be removed first and then the visiting team player(s) will be ejected after the home team player(s) have gone to the dressing room.

Failure to comply with this rule results in further disciplinary action against the player, including possible expulsion from the league.

When a player receives 3 game ejections per team, per season, he/she will incur a game suspension.

Suspensions

18. A suspended player is not allowed to be on the bench for any reason.

19. During the Fall/Winter League regular season:

- a. 1st level penalty plateau: if a player accrues 30 or more penalty minutes, the player is suspended for 1 game.
- b. 2nd level penalty plateau: if a player accrues an additional 10 minutes in penalties, (for a total of 40 minutes) the player is suspended for a second game.
- c. maximum penalty plateau: if a player accrues an additional 10 minutes in penalties, (for a total of 50 minutes) the player is suspended for the remainder of the regular season including playoffs.

20. During the Summer League regular season:

- a. 1st level penalty plateau: if a player accrues 20 or more penalty minutes, the player is suspended for 1 game.
- b. 2nd level penalty plateau: if a player accrues an additional 10 minutes in penalties, (for a total of 30 minutes) the player is suspended for a second game.
- c. Maximum penalty plateau: if a player accrues an additional 10 minutes in penalties, (for a total of 40 minutes) the player is suspended for the remainder of the regular season including playoffs.

[top](#)

21. During the Beginner League regular season:

- a. 1st level penalty plateau: if a player accrues 14 or more penalty minutes, the player is suspended for 1 game.
- b. 2nd level penalty plateau: if a player accrues an additional 10 minutes in penalties, (for a total of 24 minutes) the player is suspended for a second game.
- c. Maximum penalty plateau: if a player accrues an additional 10 minutes in penalties, (for a total of 34 minutes) the player is suspended for the remainder of the regular season including playoffs.

22. No player is allowed to play for any TNHC team while under suspension. The only exception to this rule is if a player plays for two teams and is suspended for exceeding 1st or 2nd level penalty plateaus. If a player exceeds the maximum penalty plateau or has been suspended for any other reason, that player is ineligible to play for any TNHC team for the duration of the suspension.

23. At the end of a game, if an incident occurs in which one player commits a totally unnecessary foul designed to provoke a response from the other player, the offending player will

be assessed a Game Misconduct in addition to whatever other penalty is assessed. For example, a few seconds after the buzzer a player slashes an opponent in a way that would only incur a minor penalty, since all players are now on the ice, a melee breaks out with possibly more penalties. In this case, in addition to whatever else the referee assesses, the original infraction will also be assessed a Game Misconduct for unnecessarily starting a problem after the buzzer.

24. All disciplinary matters are dealt with by the Tier Administrators. The Tier Administrator will investigate any and all disciplinary incidents. Expulsions or suspensions exceeding 5 games can be appealed by the team. The appeal must be submitted to the league in writing within 7 days of the decision and must accompany a \$100 cash bond. Any suspensions 5 games and under can not be appealed. The Tier Administrator's decision is final. Successful appeals are 100% refundable. Money collected from unsuccessful appeals will be donated to the Canadian Heart and Stroke Foundation.

[top](#)

Conduct

25. Alcohol and drugs. The player agrees that he/she will never bring alcohol or any other drug onto the premises of any arena for any reason whatsoever. If any player skates in any TNHC game under the influence of drugs or alcohol, that player and/or team is ejected from the game/league immediately and faces supplementary discipline including possible expulsion.

26. All players must act in a mature manner when participating in TNHC activities, including games, tournaments and/or other league functions. The player agrees that any behavior which the management of TNHC shall deem to jeopardize TNHC's ability to lease ice or otherwise conduct its business will result in the player's immediate expulsion from the league.

27. Property damage. The player agrees to reimburse TNHC in full, within 10 days of notice, for any property damage for which the player is responsible, as determined by TNHC, or the team is expelled from TNHC immediately.

28. Dressing Room Security. Do not leave your valuables in the dressing room. The league and the facility are not responsible for any theft or loss of money or valuables. Be sure your dressing room is locked! All facilities require the team supply their own locks. Teams are advised to use a team valuables bag that will be brought on the bench during each game.

29. Verbal abuse of officials is not tolerated. The following procedure can ultimately end the game if players continue to verbally abuse the officials.

- After the third verbal abuse, both officials will find the team rep of the team with the verbal abuses and explains the rule. If the player(s) get two more verbal abuse penalties of any kind, the game will be over and the offending team will forfeit the game.

- If there is a fifth verbal abuse, both officials will get together and concur that this is the right call as the game will now end. In order for a game to be cancelled for verbal abuse, there must

be a minimum of 5 verbal abuse incidents on the game sheet. If the officials agree there are 5 verbal abuse incidents, the teams will be informed that the game is over and the offending team must leave the ice. If there is time left in the game, the remaining team can use the ice. If the time is over, the remaining team must also leave the ice.

The administrator will follow-up on teams with verbal abuse problems.

[top](#)

TNHC Policy

30. The player and team agree that TNHC is the sole authority as to what level the player or team participates.

31. TNHC reserves the right to refuse to register or re-register any application by any player or team at the league's discretion.

32. No one may play for any team if they have not completed a TNHC registration and they have been approved by TNHC. A player must be a minimum of 19 years in order to play. No player (with the exception of Goalies) may play or register for more than one team per night. This includes using players from a previous game, unless the illegal player or players are declared at the beginning of the game, resulting in a forfeit loss. This allows the players to enjoy the ice time. The only exception is goalies for emergency fill-in purposes. Substitute or Rental Goalies must have a completed waiver before they take the ice. Any goalie who has registered for any TNHC team is eligible to play for any TNHC team. Waivers and registrations only apply to the current season and not previous seasons.

No player is allowed to play if they have been charged with a criminal offence or is involved in litigation or a pending, ongoing or concluded court case involving TNHC and/or any member, employee, referee or agent of TNHC.

- For the Fall/Winter League regular season, no person is allowed to play on or after the last Friday in December if they did not play for the team on or before that date.
- For the Summer League regular season, no person is allowed to play on or after June 30th if they did not play one game prior to this date.
- For the Beginner League, no team is allowed to add a player to their roster without prior league approval.

If an illegal player is used in a game, that game is declared a 1-0 forfeit loss and the illegal player is expelled from the league for the balance of the season, including playoffs.

33. Non-Players in Player's Bench or Arena

Non-players or coaches are not allowed on the player's bench at any time for any reason. The

only exception to this rule is for accredited coaches approved by True North Hockey Canada. These coaches must register with the league, be issued a TNHC Coach's Card and stand safely behind the boards. Coaches will be subject to any penalties or supplementary discipline as would any TNHC players. Non-playing team members can not disrupt the game in any way or behave in an unsportsmanlike manner or they will face supplementary discipline up to and including expulsion if necessary.

34. Spectators and Non-Playing Team Members Code of Conduct

- All spectators or Non-playing team members must conduct themselves with courtesy and respect for others participating or observing TNHC games or events.
- All spectators or Non-Playing team members must remain in designated spectator areas or behind the glass areas of the rink at all times.
- All spectators or Non-Playing team members must avoid contact with the player's bench, time keeper's box, penalty boxes, arena equipment access areas, equipment rooms or other non-spectator or player areas except as noted in rule 33.

[top](#)

35. Supplementary discipline. In addition to suspensions imposed under the TNHC Rules, TNHC may, at their discretion, investigate any incident that occurs in connection with any game, and may assess additional suspensions during or after a game, whether or not such an offense was called by the referee. It must be noted that the TNHC Rules spell out the minimum sanction or penalty that a player serves. A player's additional suspension and/or expulsion from the league could result after the league completes their investigation of an incident.

36. TNHC First Aid Policy. TNHC, the Arena, the Sponsors, the Directors, officers, employees, agents, representatives and any volunteers in any way associated with the event/program/game have been instructed not to offer any first aid assistance of any kind other than to call 911. All teams are advised to provide their own first aid kits.

37. Late Payment Policy. Teams must be paid in full on or before the deadlines indicated at registration. If payment is late, the team is assessed a \$300.00 finance fee and the team is not allowed to resume play until the team account is paid in full.

38. NSF Cheque Policy. Any returned cheque is subject to a \$35.00 charge.

39. The player agrees that TNHC may use any audio and/or visual recordings and/or photographs of any TNHC activity in which the player may appear for promotional purposes. No player is allowed to use/wear a personal video recording device on the ice during a game.

TNHC Games

40. Holiday Policy and Ice Allocation Exception Dates. True North Hockey Canada will not

schedule games on statutory holidays (with the exception of Family Day) as recognized by the Government of Canada and/or the Province of Ontario. Games that fall on religious holidays that occur on dates other than recognized statutory holidays will not be rescheduled for any reason. It is up to the individuals affected by this policy to choose between playing hockey or observing their religious holidays. True North Hockey Canada cannot and will not reschedule games for teams or individuals wishing to observe their religion. Due to bye weeks, schedule conflicts, mechanical breakdown, facility exception dates and other unforeseen circumstances, teams may be required to play up to 3 games on a night other than the night they registered for. TNHC will always make every effort to avoid this situation and if we are forced to take an exception date, teams will be notified immediately.

41. All games must have a minimum of 1 TNHC referee. If there are no referees, the game is rescheduled. The teams can use the ice for shinny.

42. All games are stop time. In the case of catastrophic injury, travesty of the game or other emergency, the game is shortened in order to accommodate the rest of the teams scheduled to play.

[top](#)

43. Before the game, all teams must submit a team roster to the Game Supervisor or the team is assessed a 2 minute bench minor for delay of game. It is the Team Rep's responsibility to make sure all roster changes are submitted accurately to the Game Supervisor before each game. The game sheets and rosters generate every player's Stats including Games Played. Team Reps must check the accuracy of the game sheet after every game. No penalty stats can be changed or players added to the game sheet more than 48 hours after the game has been played. It is at the discretion of the Administrator as to whether or not stats changes will be allowed.

44. Each team is allowed one thirty second time out per game.

45. Teams are allowed to change lines or players on the fly, or, on a whistle during a stop in play. After a stop in play, the referee allows approximately 5 seconds for line changes. When the referee's hand is up for a face-off, line changes are not allowed.

46. Forfeit games. At the start of a game, if a team cannot ice 5 skaters and a goalie or 6 skaters and no goalie, the game will be declared a forfeit loss. During the course of a game a team has a short bench and also incurs penalties, the game will not end in the following situations:

- A team with 5 skaters incurs a coincidental penalty, both players will serve a penalty and the game will continue 4 on 4.

However, the game will end in the following situations:

- A team with 4 skaters incurs any penalty
- A team with 5 skaters or less incurs a misconduct, a game misconduct or a game ejection.

If a game is forfeited the ice will be used by both teams as a scrimmage with the inclusion of the Referees and game Supervisor unless it is determined by the referee that such a scrimmage might incur the risk of violence or possible misconduct.

[top](#)

47. Adult Beginner Program only - stacking is not permitted. All players receive equal ice time. The referee assesses a 2-minute bench minor for stacking. Repeated infractions result in supplementary discipline. The only exceptions to this rule are during:

- the last 5 minutes of a regular season game.
- playoffs.

48. 2-line offside. There is no centre line; therefore there is no 2-line offside.

49. No-fault offside. In a delayed offside situation, if the puck inadvertently and unintentionally touches an attacking player without affecting the play and not putting the defending team at a disadvantage, the referee lets the delayed offside continue.

50. Icing. When the puck is shot from behind the defending blue line, icing is called the instant the puck crosses the goal line. There is no centre line in TNHC; therefore, the centre line is not used for icing.

51. Goal spread. During the regular season, if the goal spread is 5 or more goals, the clock will be on running time for the entire 3rd period only if both teams agree. If there is no agreement, the last 5 minutes of the 3rd period will be running time. If the goal spread becomes less than 5, the clock will once again resume stop time. No goals or assists are recorded above a 5-goal spread.

There is no running time in any game of the Adult Beginner Program.

52. Allowable penalty subs. If a player gets more than one Minor Penalty and is ejected or removed from the game, his team can rotate a substituted player in the penalty box to serve the penalty. The substitute player must be from the ice, and the substitution must be on whistles and can not delay the game.

53. Fair Play Rule. At any time, in any game where a team does not have a goalie, slap shots are not allowed. If a slap shot is taken, by either team, an unsportsmanlike penalty will be assessed.

54. Tie games. For the regular season, a tie game shall stand. During a playoff game, a 5-minute sudden-death overtime period is played. If still tied, there is a shoot-out. The winning team will accrue 2 points and the losing team will accrue 1 point. The play-off format is given to all teams in writing at least one week prior to the first playoff game.

55. Default (No Show) Regular Season Games (see rule 61). If a team defaults (fails to show up) any game for any reason including inclement weather, the team will accrue 10 penalty minutes. A second (or more) defaulted game will require the league to investigate the circumstances

surrounding the team not taking ice.

After 2 defaulted games, the league will impose a \$500, performance bond. This bond would be returned to the team, if no further defaults occur by the end of the season, including play offs.

If both teams default a scheduled game, no penalty minutes will be accrued by either team and the game will be recorded as a 0-0 tie with no points awarded to either team and no shutout will be recorded by either goalie.

[top](#)

Playoffs

56. Tie Breaker for regular season standings, Playoff Format, Overtime and Player Eligibility

Fewest Penalty Minutes. The tied team with the fewest penalty minutes will be seeded higher.

If penalty minutes are tied, teams head to head record will be used.

If still tied, goal differential will be used. (plus/minus)

If still tied, coin toss.

Playoff Format

- Fall/Winter League - All players (except for substitute goaltenders) must play a minimum of 7 regular season games.
- Summer League - All players (except for substitute goaltenders) must play a minimum of 5 regular season games.
- Beginner League - There are no minimum number of games required for playoff eligibility.

All playoff games are played until a winner is determined.

TNHC uses two playoff formats depending on Division size.

For Divisions comprised of 4, 5, 7 or 8 teams, a Modified Double Elimination tournament format will be used.

For Divisions comprised of 6 teams, a Modified Round Robin format will be used. At the conclusion of the modified round robin, the following tiebreaker formula will be used:

Two Team Tie Breaker, Playoff Head to Head record against each other.

Three Team Tie Breaker:

Step 1 – Determining First Seed

A) Fewest Penalty Minutes

B) Best Plus/Minus (Goals for and against based on playoff games)

- C) Fewest Penalty Minutes (Based on regular season games)
- D) Coin toss

Step 2- Determining Second Seed between two remaining teams
Head to Head playoff record against each other.

Overtime Format

In all overtime games, the teams play 3 on 3 plus goalies for a 5 minute "sudden victory" period. During this period, the teams can only change on the fly unless there is a penalty, in which case both teams can change at any time. The teams can also change if a time-out is called.

If there is more than one penalty to a team, the second and subsequent penalties are delayed and not started until the first penalty expires. If the player strength is 5 on 3 going into overtime, the overtime period will be played this way until the first whistle after the player strength goes back to 5 on 4 or even strength. At this point, the player strength will be changed to 4 on 3 or 3 on 3, depending on the situation.

If teams are still tied at the end of the overtime period, a three man simultaneous shootout will ensue with each team allowed three shooters, each shot being taken by a different player.

Any players in the penalty box when the 5 minute overtime period ends are not allowed to participate in the shoot-out.

Total goals scored will determine the winner. If the teams are still tied after the first three shots, a sudden death simultaneous shoot-out will determine the winner. A player can not shoot a second time until all of the players on the team, except the goalie, have taken a penalty shot. Should one team run out of shooters, the team can then go back to the top of the order, in which case the opposing team can also go back to the top of the order.

57. Playoff format and eligibility.

The playoff format is announced prior to the end of the regular season. Playoff eligibility:

- Fall/Winter League - All players (except for substitute goaltenders) must play a minimum of 7 regular season games.
- Summer League - All players (except for substitute goaltenders) must play a minimum of 5 regular season games.
- Beginner League - There are no minimum number of games required for playoff eligibility.

58. Uniforms. Players not in wearing a consistent team uniform will not be allowed to participate in the Playoffs. The only exception is goalies.

59. Overtime. In all overtime games, a 5-minute "sudden victory" period is played with teams playing 3-on-3 plus goalies. Teams are only allowed to change on-the-fly unless there is a penalty or a time-out called, then both teams can change. Carry-over penalties apply as usual to this period.

- If regulation time ends with penalties on the clock, the following applies to the 5-minute "sudden victory" period:
- If regulation time ends with teams playing 5-on-3, teams will start the 5-minute "sudden victory" period playing 5-on-3. When player strength reaches 5-on-4 or 5-on-5, player strength is adjusted to 4-on-3 or 4-on-4 (respectively) at the next stoppage of play.
- If regulation time ends with teams playing 4-on-4, teams will start the 5-minute "sudden victory" period playing 3-on-3.
- If regulation time ends with teams playing 3-on-3, teams will start the 5-minute "sudden victory" period playing 3-on-3. When player strength reaches 5-on-4 or 5-on-5, player strength is adjusted to 4-on-3 or 4-on-4 (respectively) at the next stoppage of play.

At no time will a team have less than 3 players on the ice. If a 2-man advantage occurs during the 5-minute "sudden victory" period, a 5th skater can be added to the non-offending team. After the 2-man advantage is no longer in effect, player strength is adjusted to 4-on-4 or 4-on-3 (respectively) at the next stoppage of play.

When the 5-minute "sudden victory" period ends, any players in the penalty box are not allowed to participate in the shoot-out.

60. Shoot-out. If there is not a winner in the overtime period, a shoot-out will follow. Each team selects 5 shooters. The shooters take a penalty shot on the opposing net at the same time. The team with the most goals after the 5 shooters is the winner. If still tied, each team goes 1 on 1 until a winner is declared. The team with the fewest available shooters must use all their shooters before they can go a second time. When the team with the fewer number of players begins using shooters for a second time, the other team can do the same, even if all their available shooters have not yet gone. The referee will instruct the teams before the shoot-out begins. The shooters must go in the same order each time.

61. Default Playoff Games. (see rule 55) No team will be allowed to benefit from a default loss that would allow a defaulting team to advance to the next stage of the playoffs.

[top](#)

Equipment

62. All players must wear CSA approved helmets with a proper chin-strap. A chin strap is the strap going between the ear flaps and under the chin. String, hockey laces or tape do not constitute a chin strap. The chin strap is not to be confused with straps holding the face mask on. The player must immediately correct the chin strap to play. There are no warnings.

63. **FACE SHIELDS ARE MANDATORY.** All (non-Beginner Program) players must wear CSA approved facial protection. All Beginner Program players must wear full facial protection

including a chin cup. This cup is the foam cup at the bottom of the face mask that protects the player from being injured by the face mask. Any player not wearing a minimum of a half visor or cage will be asked to leave the ice surface immediately and will not be permitted to return until they have the proper facial protection in place. The visor/cage must be fastened securely to the helmet as per CSA Approved Regulations with all straps firmly attached as per manufacturer's design. If a player loses their visor/cage during the course of play, the official will immediately stop the play and allow the player to safely return to the bench to re-attach or replace the cage/visor before they are permitted to return to the game. Goalies are permitted to wear custom made masks, including Cat's eye and other style masks.

64. Players wearing eyeglasses must wear a full visor, unless the glasses are plastic lens sport safety glasses with plastic frames and a head strap.

65. All players, including substitute goaltenders, must be outfitted in an approved league uniform, as determined by TNHC. All uniforms must be supplied by TNHC or approved by TNHC. The team jerseys must be the same colour and the numbers on the back must be unique and permanently attached. Taped numbers are not allowed due to safety reasons. In case of a jersey colour conflict, the home team is responsible to resolve the conflict. All teams are encouraged to have home and away uniforms in order to minimize jersey conflicts.

All players must be properly outfitted in a team uniform by November 1st in the Fall/Winter League.

During Summer League, teams are allowed a maximum of 3 inconsistent team jerseys.

66. All goalies are encouraged to have the same jerseys as the rest of the team. If that is not possible, the goalie must wear a jersey that is the same colour as the team jersey. Goalies can not wear the same colour as the opposing team. If the game is delayed because a goalie needs to change their sweater, the team is assessed a 2-minute delay of game penalty. Borrowed goalies, fill-in goalies, or Rent-A-Goalies are asked to change their sweater, but if they do not have one, the referees do not pursue it.

[top](#)