DORVAL OLDTIMERS HOCKEY LEAGUE

Game Play and Administrative Rules

Complete Merged Version - Revised: October 2025

Français à venir

LEAGUE HISTORY AND MISSION

League Background: The Dorval Oldtimers Hockey League, established in Dorval, Quebec, has a rich history rooted in camaraderie, community, and a shared love of hockey. Founded in 1968, the league was created to provide adult players, aged 35 and older, an opportunity to stay active, relive their passion for the game, and foster friendships through friendly competition.

What began as a small group of hockey enthusiasts has grown into a well-organized league with multiple divisions, accommodating players of various skill levels. The league emphasizes sportsmanship and fun, with games that balance competitiveness with the joy of the sport. Over the years (and continuing to this day), there have also been exchanges with other cities in the United States as well.

Community Impact: Over the years, the Dorval Oldtimers has played an integral role in the community, hosting charity events, hockey tournaments and golf tournaments to support local causes. This blend of athletic tradition and community spirit has cemented the league's reputation as a cherished part of Dorval's cultural fabric.

CODE OF CONDUCT

The Dorval Oldtimers Hockey League (DOT) is committed to providing a safe, respectful, and enjoyable hockey environment where all players are treated with respect both on and off the ice. All players shall conduct themselves in a manner that shows respect for teammates, opponents, officials, and league volunteers. Members shall conduct themselves responsibly and refrain from behaviour that is offensive, abusive, discriminatory, threatening, or that endangers the safety of others. **Players may not participate if under the influence of alcohol or drugs.** Violation of the Code of Conduct may result in disciplinary action, suspension, or expulsion from the league.

MEMBERSHIP AND ELIGIBILITY

1) Only duly registered members may participate in league activities. **All players must be 35 years of age or older by September 1st of the playing season** and provide proof of age verification upon request.

a. **There is no upper age limit for the league as long as the calibre of the player is sufficient for the division assigned.**
b. Registration fees must be paid in full before participating in any league activities.

2) The League Committee has the right to refuse entry to or eject from the league any member that it judges undesirable or deemed detrimental to the league's integrity or safety.

a. In such a case, the player shall have the right to appeal the notice of ejection by petitioning the league's committee, in writing, within thirty (30) days of the receipt of the ejection notice. Appeals will be reviewed by an independent three-member panel within two weeks of submission.

3) Quebec Ice Hockey Federation (Hockey Quebec) and **CARHA Oldtimers rules** governing minor and Oldtimers Hockey leagues will be enforced, as well as rules particular to our league. Where conflicts exist between Hockey Quebec/CARHA rules and league-specific rules, Dorval Oldtimers rules take precedence.

4) SABBATICAL POLICY:

a. A player who is unable to participate for health or personal reasons may request a sabbatical for the season, in writing, subject to payment of any applicable sabbatical or administrative fee established by the League.
b. A player on approved sabbatical retains league seniority, subject to the limits set out below.
c. No player may take more than three (3) consecutive sabbatical years, or more than three (3) sabbatical years in any five (5) year period, and still retain seniority.
d. If a player exceeds either of the limits in subsection (c), the player may return to the league at a future date, but his seniority date will be reset to the new date of registration.
e. A player who becomes unable to continue after the season has started may request, in writing, an in-season sabbatical for health or personal reasons. The League Committee may approve the request and determine any resulting roster or fee adjustments.
f. Where a sabbatical is requested for medical reasons, the League may require reasonable medical documentation to support the request.
g. Injured players on sabbatical may continue to attend league social activities and other non-playing league functions, unless otherwise directed by the League.
h. If a player who requested a sabbatical year wants to return during the season, a request must be made to the league. The League will decide on a case-by-case

basis due to the needs of the division of the returning player. If the request is refused, the player can apply for the following season as normal.

5) **REPLACEMENT OF REGULAR PLAYER UNABLE TO PLAY DUE TO HEALTH REASONS:** Active players who are unable to play due to health reasons for a portion or the entire season will be replaced by a spare player. The spare player will be informed in writing of his status and that he will go back to the spare's list when the regular player returns or at the end of the season.

6) **DISCIPLINARY REVIEW**

a. The Referee-in-Chief, his designate, or any League Director may, at his or her discretion, refer a player's conduct to the Discipline Committee for review.
b. All such incidents shall be reviewed by the League Discipline Committee within one (1) week of the incident.

7) **TEAM BALANCING AND PLAYER REASSIGNMENT**

a. Equalization of the number of players per team is the responsibility of the League Directors and the Spares Committee.
    i. The Committee may, at its discretion, rebalance teams to maintain the calibre of play within and between divisions.
    ii. Players may be moved within their division, or up or down a division, according first to the best interests of the League and second to the interests of the player.
    iii. No player may refuse reassignment where such reassignment is made in the best interests of the League.

ATTENDANCE AND PLAYER STATUS

8) **ATTENDANCE POLICY**

a. Any player assigned to a team who fails to report his absence at least six (6) hours before game time shall be subject to the following:
    i. First occurrence: verbal warning issued by the Spare Coordinator.
    ii. Second occurrence: written warning issued by the Spare Coordinator, with notice to the League Directors.
    iii. Third occurrence: written notice of loss of regular-player status and reassignment to the Spare List for the remainder of the current season, with notice to the League Directors.

9) Any player assigned to a team who does not play more than **50% (half)** of the regular season, unless due to documented injury or health reasons, may lose his status as "Regular player" and be reassigned as a "Spare" for the current or following season.

GAME FORMAT AND PLAYING RULES

10) GAME LENGTH: All games will have a **short warm-up** with a total of 50 mins of ice time for each game

a. The last two minutes of the game will be stop-time if the game is within 2 goals.

11) TEAM REQUIREMENTS: A team must have a minimum of **seven (7) players** available to play by the start of the second period or the game is automatically forfeited. Any team which does not have a goaltender by the start of the second period will automatically forfeit.

12) Rules during gameplay:

- **No touch icing** - icing called when puck crosses opposing goal line unless an opponent could have played the puck. When icing is called, the opposing team must retreat and not attack the play until the puck passes the blue line. Failure to do so will result in a face-off- in the opposite zone.
- **Modified red-line offside**: Only called when a player taking a forward pass from a teammate behind the blue line has crossed the center red line and is clearly behind all defending players when touching the puck
- **No crease entry before puck**: Players in the offensive zone are not permitted to enter the crease before puck. The referee has discretion to stop play and hold a face-off in the neutral zone
- **High sticking**: Contacting the puck with the stick above the shoulders will cause play to be whistled dead, face-off in the offending team's end
- **Rough play, intimidation, taunting, threats, or abusive language** directed at another player is prohibited and shall be penalized at the discretion of the referee based on severity.
- Depending on the nature of the conduct, the referee may assess a minor penalty, misconduct, game misconduct, or major penalty, and the matter may be referred to the Discipline Committee for further review.
- **No verbal abuse** of referees will be tolerated.

13) SAFETY PROTOCOLS During Game:

- **Helmet loss**: If a player loses a helmet during play, they must immediately replace and fasten it or leave the ice for substitution. Continuing play without a helmet results in a minor penalty

- **Neck Guard:** If a player loses a neck guard during play, they must immediately replace and fasten it or leave the ice for substitution. Continuing play without a neck guard results in a minor penalty
- **Blood rule**: Any player bleeding must leave the ice immediately
- **Injury stoppage**: When a player is injured and cannot continue or reach the bench, play stops immediately, regardless of puck possession
- **Goalie safety**: Play is whistled dead when the puck strikes goalie's mask, when the referee loses sight of the puck, or when the goalie's gear compromises safety comes off

EQUIPMENT REQUIREMENTS

14) All players must wear complete hockey equipment, including:

a. **CSA-approved helmet with a full face mask**
b. **CSA-approved throat protector**. **Protective equipment mentioned above is to be worn during warmups and games.**
c. Any player on the ice not wearing regulatory equipment will be assessed a minor penalty and will not be allowed to play until proper equipment is worn. Any modification to helmets, specifically the removal of protective ear pieces, destroys CSA certification.

15) Sweaters provided by the league must be used in the regular Oldtimers scheduled games.

a. Jerseys are to remain in the arena and be handed in at the end of each game for washing.
b. Sweaters belong to the league and must remain with the league at all times.
c. **Jerseys provided by the league remain league property and require approval from the league directors for outside use in tournaments or other uses.**

PENALTIES AND SUSPENSIONS

16) PENALTY DURATION:

- **Minor penalties**: **2 minutes** running time, team plays short-handed
- **Major penalties**: **5 minutes** running time, team plays short-handed, player ejected
- **Misconduct penalties**: **10 minutes**, teams play at full strength (5-on-5)
- **Double minor penalties**: **4 minutes**, count as two infractions toward ejection

17) EJECTION RULE:

a. After receiving **3 minor penalties** OR **2 minors and a misconduct** in 1 game, a player is expelled from that game.
b. Double minor penalties count as two infractions toward ejection.

18) PROHIBITED ACTIONS:

- **Body checking and all forms of on-ice violence** are not permitted and shall constitute a minor penalty.
- **Slap shots** are only allowed in the A Division - in all other divisions, it is NOT permitted and shall constitute a minor penalty.
    - **Slapshot is defined as raising a stick above knee level.**
- **No substitutions** permitted except for goalies with league organizer approval
- **No alcohol or drugs**: No player, coach or manager may participate if under the influence of alcohol or drugs

19) FIGHTING AND MAJOR INFRACTIONS:

a. Fighting, boarding, body checking from behind, and charging shall be assessed a major penalty and automatic ejection from the game.
    i. First fighting offence: automatic suspension of three (3) league games.
    ii. Second fighting offence: suspension for the remainder of the current season.
    iii. Third fighting offence within any three (3) year period: expulsion from the League.
    iv. Any player receiving a major penalty under this Rule, or for any other reason requiring disciplinary review, shall not be permitted to play again until the incident has been reviewed by the Discipline Committee.
    v. A player assessed a major penalty or game misconduct shall be immediately ejected from the game in progress. The player's team shall remain short-handed for the duration of the penalty, and no other player shall serve that penalty in the penalty box.

20) SUSPENSIONS

a. Suspensions shall be served in scheduled league games only. During a suspension, a player may not participate in any on-ice or bench activity with his Dorval Oldtimers team.
b. Participation in non-league hockey is not prohibited unless specifically stated in the disciplinary decision.
c. Any player whose suspension is not served at the end of a given season shall serve the balance of said suspension at the commencement of the following season.

21) LINE CHANGES:

a. Players on the penalized team are not permitted to change lines during stoppages in play. Minor penalty assessed for violations. The penalized team may only make line changes while play is in progress - “on the fly”.

22) PENALTY THRESHOLD POLICY:

a. To promote safe and respectful play, players who accumulate penalties during the regular season will be subject to progressive discipline as follows:

i. Upon reaching 5 total infractions, the player shall receive a formal warning from the League Discipline Committee
ii. Upon reaching 10 total infractions, the player shall be suspended for one (1) league game.
iii. Upon reaching 15 total infractions, the player shall be suspended for and ejected from the League for the current season, subject to review by the League Discipline Committee.

CONDUCT AND DISCIPLINE

23) VERBAL ABUSE OF OFFICIALS

a. According to the circumstances and the official's report, verbal abuse of a referee or other league official may result in a minor penalty, misconduct, or game misconduct.
    i. Verbal abuse of officials shall not be tolerated.
    ii. Taunting, swearing at, threatening, or otherwise showing disrespect toward an official may result in additional discipline beyond the on-ice penalty.
    iii. A second incident of verbal abuse of an official in the same season shall result in an automatic suspension, the length of which shall be determined by the Discipline Committee.
    iv. The Discipline Committee may require the player to appear before it before the player is permitted to return to play.

24) UNSPORTSMANLIKE CONDUCT: If several players from one team skate off the ice, leaving less than 5 skaters and a goalie on the bench, the game will be **forfeited/annulled for both teams**. The case will be referred to the discipline committee.

25) SERIOUS MISCONDUCT: Intent to injure, abuse of officials, or gross misconduct results in indefinite suspension pending review. Any behaviour that makes a travesty of the game will result in severe disciplinary action.

ADMINISTRATIVE PROCEDURES

26) PRESENCE OF AN OFFICIAL: No match will be held without 2 designated officials on the ice.

27) **RETURN TO PLAY:** In every case where the discipline committee must render a decision about a player, this player will be advised by a director that he is not allowed to play until said decision is rendered.

28) **RIGHT OF APPEAL**
    a. A player may appeal any sanction imposed by the Discipline Committee by submitting a written appeal to League administration within seven (7) calendar days of receiving notice of the sanction.
    b. Appeals involving suspensions of three (3) or more games shall be reviewed by the Disciplinary Committee at a hearing scheduled within a reasonable time.
    c. The decision on appeal shall be final.

29) **DISCIPLINARY COMMITTEE COMPOSITION:** Committee includes League Executive members, one uninvolved Team Manager, and Director of Officiating. All major infractions are reviewed within one week, with decisions communicated in writing within 5 business days.

ADDITIONAL MEMBERSHIP CATEGORIES AND BENEFITS

30) **SOCIAL MEMBERSHIP**
    a. Hall of Fame members may attend League social events as social members.
        i. Eligible Hall of Fame members shall receive notice of League social events.
        ii. Social membership does not include playing privileges unless otherwise approved by the League.

31) **INJURED PLAYER CONSIDERATIONS**
    a. The League Executive may, at its discretion, extend recognition or a goodwill gesture (League gifts) to injured players in acknowledgment of their continued commitment to the League.