

SOHA HOUSE RULES – TUESDAY/THURSDAY LEAGUES

- Warm up is 3 minutes
- Games are two 17 minute periods with 1 minute intermissions and 1 one minute time out
- Running clock format only stops for SHORT-HANDED situations or a 1 goal or less differential within the last 5 minutes of the final regular period
- Center dot only used for start of period, after a goal and illegal goalie substitutions
- No delay of game if puck is shot out of bounds
- No additional 10 minute penalty for high stick penalty
- MAJOR penalties carry a GAME MISCONDUCT (ejection from game)
- FIGHTING penalties result in ejection from game and suspension of at least 1 game (possibly more upon review by SOHA)
- THIRD MAN IN penalties result in ejection from game and suspension of at least 2 games (possibly more upon review by SOHA)
- Goals are awarded if players not affecting the play are in the crease area during a goal
- All regular season and playoff games that end in tie will go to at least a 4 player shootout
- All Championship games that end in a tie will go to continuous 15 minute sudden death periods
- Clock does not stop during overtime periods
- 1 referee
- No Alcohol allowed on the rink, player's benches, or score keeper's box

SUSPENSIONS

- A suspended player may not play as a substitute player or on any other team on which he is rostered, or any other league (Sunday / Tuesday / Thursday) until the suspension is served.

RATING SYSTEM

- All players will be rated by a committee – no single person will assign ratings
- Players must be 16 years of age or older or have special permission from SOHA
- Players will be rated as Novice, Bronze, Silver, Gold or Platinum and re-evaluated every season
- Teams will be created so each team has a similar number of players at each skill

SUBSTITUTE PLAYERS

- Must have at least 1 player from roster or the game is forfeit. After game is declared forfeit, substitutes agreeable to opponent can be added and a game, with referee, can be played but stats and actual results will not be recorded.
- If a team only has 1 player from their roster, they may pick up substitute players agreeable to opponent, to bring their total to 6 players.
- A team may "roster check" the opponent at any time prior to the end of the game or prior to using their time out, whichever comes first. If the opponent has any ineligible players, the ineligible players will be ejected from the game and a present rostered player will serve a 10 minute misconduct penalty. If the opponent has no ineligible players, the team calling for the "roster check" will lose their ability to call a time out.