

RULES AND REGULATIONS

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**KALAMAZOO VALLEY OVER-30 HOCKEY ASSOCIATION (K.V.O.H.A.)  
RULES AND REGULATIONS**

As adopted by the Board of Directors Meeting of July 9, 1980, in Kalamazoo, Michigan, and amended in subsequent Board of Directors meetings.

Participation in this program is limited to K.V.O.H.A. members only.

All K.V.O.H.A. league games shall be governed by A.H.A.U.S. and M.A.H.A. Rules as determined annually by the Board of Directors, except as amended herein or further defined in K.V.O.H.A. Rules and Regulations.

**ARTICLE I - REGISTRATION REQUIREMENTS**

1. All players must be registered in K.V.O.H.A. each season that player participates by signing the appropriate registration form provided before he is permitted to play. Such form includes a medical attention and responsibility to determine his own physical condition by consultation with his personal physician and further releases the Kalamazoo Valley Over-30 Hockey Association of all responsibilities for injuries or damages that he may incur as a result of his participation in the K.V.O.H.A. hockey program.
2. **Proof of Residency**  
At time of registration, or upon request, each participant must present a valid Michigan driver's license.
3. **Registration Fee**  
An annual registration fee, in an amount to be established by the Board of Directors, shall be paid.

**ARTICLE II - AGE REQUIREMENT**

4. Each player intending to join the K.V.O.H.A. Hockey Program must attain the age of thirty (30) on or before December 31 of the year he intends to participate. The only exception to this rule shall be in the case whereby no goaltenders over the age of thirty (30) are available. Such exception must be approved by the Board of Directors.

**ARTICLE III - TEAM MEMBERSHIP**

5. Players may not play for any league team other than the one to which they are assigned, unless approved by the Board of Directors..

**ARTICLE IV - PLAYER SELECTION AND REPLACEMENT**

6. Player selection and assignment of players shall be in accordance with the directives of the Board of Directors.
7. Temporary player replacement is permitted for injuries or illness at the request of the team representative. The replacement if requested and assigned, must substitute a minimum of three (3) games for the substituted player.
8. Alternate goalies may be furnished by the league when required and prior notification is given. In an emergency, or if a goalie becomes injured or ill during a game, any regular KVOHA goalie or any player from that team, provided said player is not a substitute, may be used. In the event that more than one regular KVOHA goalie is available as a substitute, the opposing coach shall designate which goalie shall play.
9. All team rosters shall be considered frozen effective with the last game of regular season play. No player replacements shall be made after this game.

**ARTICLE V - ELIGIBILITY RULING**

10. In case of disputes regarding K.V.O.H.A. eligibility ruling at game time, the decision of the Rules Committee shall prevail until referred to the Board of Directors Grievance Committee for a resolution.

**ARTICLE VI - ICE TIME**

11. It shall be the responsibility of the Board of Directors to agree upon allocation of all ice time to be used for league game purposes only within established policy and hours available for the current season.

**ARTICLE VII - GAMES**

12. All league games and activities shall be the responsibility of the K.V.O.H.A. Board of Directors.
13. Teams must be ready to start on time. Irrespective of starting time, game must be finished within the allocated time.
14. The length of periods and penalty time for games shall be determined on a yearly basis, but shall not be less than the minimum standards established by the Board of Directors.
  - A. Playing time for each game shall be three (3) eighteen (18) minute periods of "running" time.
  - B. The last two (2) minutes of the third period shall be "stop" time play if the score is tied or within two (2) points.
  - C. **For Playoff Games Only** - If at the completion of three (3) regular eighteen (18) minute periods the score remains tied, one (1) ten (10) minute "Sudden Death" overtime period shall be played, 4 on 4 format. Penalties in effect at completion of the "regular" playing time will continue into any "overtime" play. If the score remains tied at the conclusion of "overtime," a shootout will take place.

D, Penalty Times:

- 1) Minor: Two (2) minutes "running time."
- 2) Major: Five (5) minutes "running time."
- 3) Misconduct: Ten (10) minutes "running time."

E. First and Second Periods:

- 1) No "double shifting" is to take place during the first two periods of the game. A shift shall consist of a minimum of 1-2 minutes of "ice time" starting with the drop of the puck. The fact that a team is playing "short-handed" or has a "power play" is not considered as a suitable reason to "double shift."
- 2) All players must be played a minimum of every third (3rd) shift. A shift consists of a minimum of 90 seconds and a maximum of four minutes.

F. Third Period:

- 1) First fifteen (15) minutes: Same as above.
- 2) Last three (3) minutes: No restrictions.

G. "Sudden-Death" Overtime Periods: No restrictions.

H. Special Notes:

- 1) Exception to this policy will be allowed when a team has less than ten (10) skaters, or eleven (11) total players, dressed and available to play in a game.
- 2) Except in a case of a required player replacement due to injury, equipment repair, (or in the event the player has been on the ice for less than one (1) minute), all players, except the goalie, must come off the ice when a shift is made.

15. It is recommended that all players be given "equal ice time" should game conditions permit.

16. Goalies shall change ends at the end of each period. The goalie will be in the goal nearest to his bench during the first, third, and any overtime period of play.

17. All team representatives are charged with the responsibility to be alert for the flagrant violations for these rules and to submit detailed reports of such violations within forty-eight (48) hours of occurrence. Such reports should be in writing and be directed to the Board of Directors for appropriate action.

18. The score sheet of each game shall become a permanent league record and shall be signed by the game officials immediately following each game. Failure to comply with this rule shall waive the coaches' right to protest.

#### ARTICLE VIII - REGULAR SEASON AND PLAYOFF SCHEDULE

19. The Board of Directors shall determine and publish a monthly schedule showing the length and playing dates of the regular season game, as well as the time and type of playoff or tournament. The following formula shall be used to decide ties in league standings:

A. Most victories, B. Record against each other, C. Most goals scored against all teams, E. Fewest goals allowed

#### ARTICLE IX - FORFEITURES

20. Each team must have a minimum of five (5) eligible players, including goaltender, available, dressed, and on the ice at the time the referee is ready to drop the puck initiating the game, or that game shall be declared forfeited.

21. Any team using an ineligible player shall forfeit that game and shall be so recorded in the official scoring record.

22. In the event of a forfeiture, the remainder of the game is to be completed; however, no scoring records shall be recorded, and the game score will be declared 1 - 0. Only player penalty and attendance records will be recorded.

#### ARTICLE X - OFFICIAL SCORING

23. An official scoring record shall be used for each game played in the league and must be properly completed to show date, teams, scoring, and penalty records. Each scoring record sheet must be signed by the official scorer, the referee, and submitted to the league authorities immediately following each game.

24. In all cases whereby a Misconduct, Major, or Match Penalty has been given, the referee must give a full report on the reverse side of the scoring record and be signed by him.

25. When a player's name appears on the official scoring record, he shall be considered to have taken part in the game. Before each game, the coach or manager shall mark N.I.U. next to the name of each player Not In Uniform.

26. Timekeepers shall keep game time and control the penalty box.

#### ARTICLE XI - PROTESTS

27. In the event that a team representative intends to file a protest with the Board of Directors, he must so indicate his intention on the front of the score sheet of the game in question immediately following that game, or forfeit the right of protest. The Board of Directors shall inform the opposing coach of such protests.

28. All protests must be in writing, prepared by the team representative of the protesting team and be received by the Board of Directors within 120 hours of the conclusion of the game being protested. The Board of Directors must rule on each protest and advise both teams of their decision.

29. In the event that a substitute referee must be used to play a scheduled game, he shall be used only with the consent of both team representatives and no protest regarding officiating thereafter shall be considered.

#### ARTICLE XII - COMPLIANCE

30. No personal arrangement or gentleman's agreement shall be contracted or carried out between coaches or other persons involved in K.V.O.H.A. contrary to any part of the By-Laws, Rules and Regulations, or Motions passed by its Board of Directors.
31. No action shall be taken or Motion passed by the Board of Directors contrary to the K.V.O.H.A. By-Laws or Rules and Regulations without amending these Articles by means of the process laid down for such amendment.

#### ARTICLE XIII - TEAM REPRESENTATIVES

32. The team representative of each team shall be responsible for making sure all team equipment is returned to the K.V.O.H.A. or pertinent sponsor at the conclusion of each game, or season, as the Board of Directors so determines.
33. The team representative must familiarize himself with all the Rules and Regulations as defined in the K.V.O.H.A. Rules and Regulations.
34. The team representative shall be responsible for the discipline and behavior of his team members before, during, and reasonable time after the game.
35. The team representative of each team is required to verify the complete lineup before each game. He must mark N.I.U. upon the score sheet next to a player's name Not In Uniform.
36. A team representative may recommend to the Board of Directors a one-game suspension of any one of his players for the following reasons: Insubordination, Improper language, Absenteeism without notifying team representative.
37. It is the team representative's responsibility to assure that no player is allowed on the ice when the ICE CLEANING MACHINE is on the ice or prior to the resurfacing by the ice cleaning machine.
38. Only one (1) non-uniformed individual shall be allowed to remain on the bench area to act as a coach. All other persons, including team players not in uniform, are specifically prohibited from the bench area.

#### ARTICLE XIV - PLAYER CONDUCT

39. All players within K.V.O.H.A. shall conduct themselves in a proper manner and shall be subject to discipline by their coaches and team representatives during the hockey season. K.V.O.H.A. teams (coaches, representatives, and players) are similarly accountable to the K.V.O.H.A. Board of Directors.
40. Each player shall be required to notify his team representative, at least two (2) hours before scheduled game time that he will be absent.
41. Any player who will be unable to participate in league play for four (4) consecutive games or five (5) total games and has not given proper notification to the K.V.O.H.A. Treasurer will be immediately replaced.

#### ARTICLE XV - SLOW PUCK RULES

42. Slap Shots  
Slap shots and faking slap shots as defined by the Board of Directors and determined by the game officials shall be called as a Minor Penalty, and any goals scored as such shall be disallowed. A slap shot shall be defined as a puck slapped at after a wind-up exceeding boot height as determined by the game official.
43. Body Checks  
Body checks shall be evaluated by the game officials as accidental or deliberate. If the official determines the check to be deliberate, it shall be called as a Minor Penalty.

#### ARTICLE XVI - PENALTIES

44. All participants shall be subjected to the suspending authorities of the Board of Directors for an accumulated record of certain undesirable types of penalties. For the purpose of this Article, the following types of penalties shall be considered undesirable: (Any Major counts as two)

Elbowing	Kneeing	High Sticking	Charging	Slashing	Butt Ending
Checking	Spearing	Roughing	Kicking	Cross Checking	Fighting

45. **Any player receiving eight (8) undesirable penalties accumulated during the regular season and playoffs shall be disciplined as follows:**

**A. Eight (8th) Offense-Player will receive official letter of final warning.**

**B. Tenth (10th) Offense-Player will receive automatic one (1) game suspension from the next game.**

**C. Eleventh (11th) Offense-Board of Directors will consider permanent suspension.**

- NOTE: Misconduct, or Game Misconduct penalties will not be included in the actual count of undesirable penalties for these purposes, but will be considered as a part of the player's overall record and conduct.**

46. **Any player receiving three (3) penalties of any kind in the same game will be suspended from any remaining time in that game. In addition, that player will receive an automatic one (1) game suspension from the next scheduled league game.**
47. Any individual appearing before the Board of Directors for the second time regarding undesirable penalties is subject to a possible permanent suspension.
48. Any player receiving a Game Misconduct Penalty shall automatically receive a one (1) game suspension.
49. Any player receiving a second Game Misconduct Penalty in the same season shall receive an automatic three (3) game suspension from the next scheduled league game, and the matter shall be brought to the attention of the Board of Directors for further action as they deem necessary.
50. Any player receiving a Fighting penalty shall receive expulsion from the game and be automatically suspended from the next two (2) games. Any player receiving a second fighting penalty shall warrant permanent suspension from all league games.
51. Any player receiving a Match Penalty shall be automatically suspended from all further K.V.O.H.A. competition until he appears before the Board of Directors. Further, if such penalty is defined by the referee as "Intent to Injure," the player shall be permanently suspended from all further K.V.O.H.A. league activities.
52. Slap shots and faking slap shots shall be called a minor penalty, and any goals scored as such shall be disallowed. A slap shot shall be defined a wind-up exceeding boot height as determined by the game official.

#### ARTICLE XVII-DISCIPLINE

53. The Board of Directors shall have authority as provided herein over team representatives, and players. They shall not question decisions of referees.
54. The Board of Directors shall arbitrate all suspensions and protests.
55. The Board of Directors shall review the accumulation of all penalties incurred by each participant and take final disciplinary action.
56. The Board of Directors shall have the authority to temporarily suspend any member if they so determine the offending members conduct warrant such action.

#### ARTICLE XVIII-UNIFORMS AND EQUIPMENT

57. Any player not wearing his issued jersey shall wear an acceptable color or be refused permission to play if the opposing team representative objects.
58. Each player shall be required to wear the following protective equipment for all games:  
 Hockey Skates                      Hockey Shin Guards                      Hockey Pants and Protective Cup  
 Elbow Pads                      Hockey Gloves                      Helmet  
 Hockey Face Shield that covers at least below the eyes
59. It is recommended, but not required, that hockey shoulder pads and/or mouth guard be worn.
60. Goalies shall wear a protective facial mask and helmet.
61. Any player not fulfilling the above protective equipment shall not be allowed to play.

#### ARTICLE XIX-DUES AND ASSESSMENT & FUND RAISING

62. Dues, as established annually by the Board of Directors, shall be due as determined by the Board of Directors. Further, special assessments, in amounts determined by the Board of Directors, may be established as deemed necessary and shall be paid promptly when due. Players not making payment by the due date shall be considered delinquent and shall be ineligible to participate until such time as they are certified by the President or Treasurer as Paid. Use of an ineligible player in a game shall result in forfeiture of that game and shall subject both to action as the Board of Directors deems necessary.
63. An individuals prolonged absence for any reason does not relieve his responsibility to pay monthly dues unless specifically exempted by the Board of Directors.
64. No team or individual shall be permitted to raise funds for any purpose without written permission of the Board of Directors.

#### ARTICLE XX-AMENDMENTS

65. Amendments to the Rules and Regulations become effective with a majority approval of the Board of Directors.