

2026/27 EDITION

PLAYER'S BOOKLET 2026/27

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THE CLUB



PRESIDENT'S WELCOME



WELCOME TO THE 51ST SEASON OF OUR HOCKEY CLUB

First and foremost, thank you for giving me the incredible honour of serving as your President for the next three years. When I first joined the BOHC, I never imagined that one day I'd be writing the President's message. To be given this opportunity with our Club that has such a rich history, strong traditions, and incredible membership is something that I do not take lightly.

For more than five decades, our club has brought together players from all walks of life who share a common passion for hockey, camaraderie, and community. What began 51 years ago as a group of individuals who simply loved the game has grown into something much greater—a brotherhood built on friendships, competition, sportsmanship, and countless memories that extend far beyond the ice.

It's also about community.

Before anything else, I'd like to recognize the people who truly make this club what it is: ***our volunteers***. The countless hours spent organizing schedules, arranging events, managing teams, balancing budgets, settling disputes, and making sure the lights are on and the beverages are cold don't happen by accident. Behind every game night is a group of dedicated members who quietly put in the work so the rest of us can show up, complain about our ice time, and debate whether we still "had wheels back in the day." To every volunteer who gives their time to keep this organization running smoothly, thank you. You are the backbone of this club, and we owe you a tremendous debt of gratitude.

This season is especially exciting because we are now the proud owners of our clubhouse, Hector's. For many clubs, a post-game gathering means grabbing a quick drink somewhere nearby. For us, Hector's is much more than that—it's our home away from home. I encourage every member to take advantage of this incredible tradition. Stop in after games, bring your teammates, support club events, and enjoy what makes our organization unique. Hockey may bring us together, but it's the friendships and memories created off the ice that keep us coming back year after year.

> "It's also about community."

For our newer members, you'll quickly discover that some of the best moments happen long after the game ends. You'll hear stories about legendary goals that may or may not have happened, miraculous saves that nobody else remembers, and injuries that somehow become more dramatic with every retelling.

As we head into another season, I'd also like to remind everyone about something that matters far more than wins and losses: ***safety and respect***.

We're all competitive. Nobody likes losing, and there will always be the occasional disagreement over a missed offside call or whether someone really tripped over the blue line or simply discovered gravity at an unfortunate moment. But at the end of the night, we're all here for the same reason—to enjoy the game we love.

Let's remember that every player on the ice has a family, a career, and responsibilities waiting for them the next morning. Play the game and compete but respect your fellow players, the officials, and the game itself.

I also encourage everyone to get involved. Volunteer for a committee, attend club events, or simply introduce yourself to someone you've never met before. The strength of this club has always come from the willingness of its members to step up and contribute.

Most importantly, let's remember why we're here. Few things in life compare to walking into a dressing room full of teammates, lacing up your skates, chirping your buddies, and forgetting about the stresses of everyday life for a couple of hours.

That's what this club has provided for 50 years, and with your help, it will continue for many more.

Have a great season, stay safe and let's make our 51st season one to remember.

See you at the rink – and at Hector's.

Paul Greenlee - President,
The Burlington Oldtimers Hockey Club



WELCOME TO BURLINGTON OLDTIMERS HOCKEY

MISSION STATEMENT

To preserve and further the enjoyment of participation, camaraderie and sportsmanship of its members and to contribute to the community of Burlington.

The operating procedures and rules of play of the Burlington Oldtimers Hockey Club are in place to ensure that everyone enjoys Oldtimer hockey. The following are a few rules and regulations to keep in mind over the course of the season:

Player Movement
Convenors may move players from a team or division at any time, if they feel it is in the best interest of the league. Movement is to keep the league competitive, fun and fair. We ask for your complete cooperation.

Absent
A player who cannot make a game is expected to advise his captain well in advance to enable a substitute/ replacement player to be found. Players who miss four (4) consecutive games without notice or are habitually absent, may be removed from his team and placed in the player pool. A player from the pool will be moved onto the team in his place. Pool players who habitually refuse to play may be relegated to a non-active playing status for the remainder of the season.

Penalties
Both the number and the severity of penalties an individual player receives will be monitored and further disciplinary action may be warranted.

Alcohol
The consumption of alcohol in all arenas is strictly prohibited. Anyone reported to be violating this policy will automatically be subject to a discipline hearing with further consequences to follow (see rules section www.bohc.ca).

Profanity
Players are representing the BOHC to the community each time they step in an arena. Foul and profane language will not be tolerated. On the ice, on the bench or in the penalty box, penalties can and will be assessed.

Fun
Winning should be secondary. The purpose of Oldtimers hockey is to provide recreation and enjoyment for its members and as such, each coach/captain should provide equal ice time for all members of a team.

Get Involved
Volunteering or helping out with events is always appreciated and can be an enjoyable part of Oldtimers hockey. New faces and new ideas are what keep our organization healthy and viable.

BOHC WINTER HOCKEY 2026-27

WINTER REGISTRATION

Join Us at Any Time of the Year.



WELCOME to another BOHC Season!

FULL TIME positions for the 2026-2027 season are filled by seniority as we do every year. Once filled, every registrant starts off in one of the divisional pools. Because some members choose to stay in the pool, most pool players who wish to play full-time get that opportunity during their first season.

IMPORTANT DATES

WINTER REGISTRATION for the 2027-28 Season opens on
April 1, 2027

Register by
May 1, 2027
of the upcoming season to save your playing seniority.

Register by
Sept 1, 2027
of the upcoming season to save your Club seniority.

ON-LINE REGISTRATION

Link is on the website.
(www.bohc.ca)
Credit card payment only.

IN-PERSON REGISTRATION

- Registration forms are available at Hector's.
- Drop off your printed form, with cheques for payment (no credit card) at Hectors.
- These can be left in the "registration' box inside Hector's or in the front mailbox if Hector's is closed.
- Cheques only with printed form... no credit cards.

ONE CLUB. ONE GOAL.
MORE THAN HOCKEY.

HISTORY OF THE BOHC

It started as an idea in 1975 and it grew into one of Canada's largest Oldtimers hockey clubs. The Burlington Oldtimers Hockey Club began when Russ Dean rallied all Oldtimers to play a National Tournament in Peterborough.

The Beginning

The players, Dean and Jerry Large, who coached that first tournament, began to create a local league in Burlington. Guy Ouelette, Gerry Park and Jim Verral were instrumental in forming an eight-team league.

There was also the community aspect. Membership in the community derives from a conscious sense of belonging. *"I really believe that"* said Ouelette. You can give something back to the community. It's more than just hockey. Hockey was the excuse but it's about the fraternity, the friendships and the building of a strong community.

A number of dedicated people like Jim Verral, Bart Grainger and Ron and Barbara Harker went beyond the call of duty. The potential league had its first meeting on January 29, 1975 and a slate of 15 directors were named. The first registration signed 128 players and 20 on the waiting list. Registration was $50 for 24 games. The referees were volunteers.

Ice time was a problem back then as well. The City of Burlington wouldn't surrender any ice time for a fledgling league, so the first two seasons were played in Hamilton. They started with a total of 8 teams split into two divisions. In a letter to members, dated April 23rd 1975, Ouelette said, *"The Burlington Oldtimers Hockey Club is the start of something real big in our community…"*

Hector

There was a league with players and teams. There was a charter, a board of directors and soon their own logo.



Bill Dagleish developed the logo. Bill had a lot of grey hair and he actually skated like that," said Park. "It was almost like he took a picture of himself and drew it."

Invitational Tournament

The first Invitational tournament was held in March 1977 with 16 teams participating. The trophy was presented by Hockey Hall of Famer Fred "Cyclone" Taylor, who presented the league with skates he wore in the 1920s or '30s.

The Community

Since its inception the Burlington Oldtimers Hockey Club has given back to the community. Over the years we have raised money for a variety of causes including the Joseph Brant Memorial Hospital. The BOWSER Food Drive has been a current event since 1992.
We are proud to be the major contributor to **The Burlington Food Bank** and have collected over **108,409 food items** and **$438,371 in cash donations.** BOHC has also donated **$244,933 in cash to the Carpenter Hospice.** These donations are through the efforts of the Invitational Tournament, Christmas Dance, Golf Tournament, BOHC Referees Association, BOHC divisions and teams and BOHC members.

Expansion

By 1977, ice was available in Burlington and the Club added two more teams. In 1978, BOHC grew to three divisions of four teams. The Club continued to expand rapidly. In 1980, two more teams were added, followed by another four in 1983. 1986 marked a major milestone with the opening of Mainway Arena. BOHC expanded to 24 teams in four divisions - Red, White, Blue and Silver. 1991–92 saw four more teams added, bringing the White

and Blue divisions to eight teams each. In 1992–93, BOHC added a fifth division, Green, with six teams. The Club continued to grow, adding the Orange Division in 1999–2000. At that point, BOHC had six divisions, with three divisions of six teams and three divisions of eight teams. In 2000–01, the Grey Division was added, while the Silver Division was renamed Gold. BOHC now had seven divisions and 42 teams. The final expansion came in 2011, when the Black Division was added, bringing BOHC to eight divisions and 48 teams. Since then, BOHC has continued to evolve, with the addition of the Daytime Division.

Summer Hockey

In 2005, Summer Hockey was introduced with 4 teams and 14 games thanks to a group of members who managed to make it fair and fun for everyone. It has grown to 12 teams and 22 games today.

Daytime Hockey

Daytime Hockey started as a pilot half season in 2025, and has grown significantly in its 2nd full season, now offering 3 divisions with a total of 12 teams. Daytime has a 26-game season with a championship game for each division. Beginning October, 2026, games are played every Tuesday starting at 11:30 in the morning. If you're interested but not sure where you would fit in, sign up to the pool.

> **"The Burlington Oldtimers Hockey Club is the start of something real big in our community..."**

You can try the different levels to see where you have the most fun. Daytime Hockey is about having fun playing the game we all love.

We are proud of our ongoing contribution to the Community and our ***"Fair Play and Balance" philosophy.***



Executives



President*
Paul Greenlee (current)
president@bohc.ca



Past President
Peter Jakob
past.president@bohc.ca



VP Administration
David Zavitz
vp.administration@bohc.ca



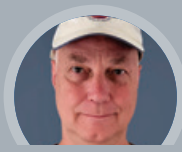
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VP Membership
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VP of IT
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Director of Marketing
Scot Cameron
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Director of Hockey Operations
Robert Allan
director.hockey@bohc.ca



Treasurer*
Richard Krummenacher
treasurer@bohc.ca



Referee in Chief
Mike Veerman
referee.in.chief@bohc.ca



Secretary*
Kevin Kofoed
secretary@bohc.ca

*Officer

Chair Contacts

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BOWSER CHAIR
Johanne Patterson
hockeyfamily555@gmail.com

DISCIPLINE CHAIR
Warren Osborne
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INVITATIONAL CHAIR
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invitational.tournament@bohc.ca

HERITAGE COMMITTEE CHAIR
Bruce Marsh
heritage@bohc.ca

NOMINATING COMMITTEE
Peter Jakob
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ROUND ROBIN CHAIR
Gunther Kaschuba
guntherk@cogeco.ca

SCHEDULING CHAIR
Jordan Dankowich
scheduling.chair@bohc.ca

CHRISTMAS DANCE
Colin Ashdown
social@bohc.ca

SUMMER HOCKEY CHAIR
Jordan Dankowich
summer@bohc.ca

DAYTIME HOCKEY CHAIR
Brian Miki
daytime@bohc.ca

TIMEKEEPERS
Mike Sebok
timekeeper@bohc.ca

WEBSITE COORDINATOR
Scot Cameron
scot@co2digital.com



“Hockey was the excuse—but it’s about fraternity, friendships, and building a strong community.”

Past Presidents

Peter Jakob	2023-2026	Rick Mitchell	1998-2002
Jeff Davis	2019-2023	Bob Wood	1995-1998
Wendall Ahearn	2017-2019	Dan Regimbal	1992-1995
Bruce Marsh	2014-2017	Keith Dunlop	1987-1992
Rob Field	2011-2014	Jim Matz	1984-1987
Gary Marshall	2007-2011	Earl Blayney	1981-1984
Frank McKeown	2004-2007	Doug Allen	1979-1981
Keith Macdonald	2003-2004	Gerry Park	1975-1979
Dave Bedini	2002-2003	Guy Ouellette	1975

Referees

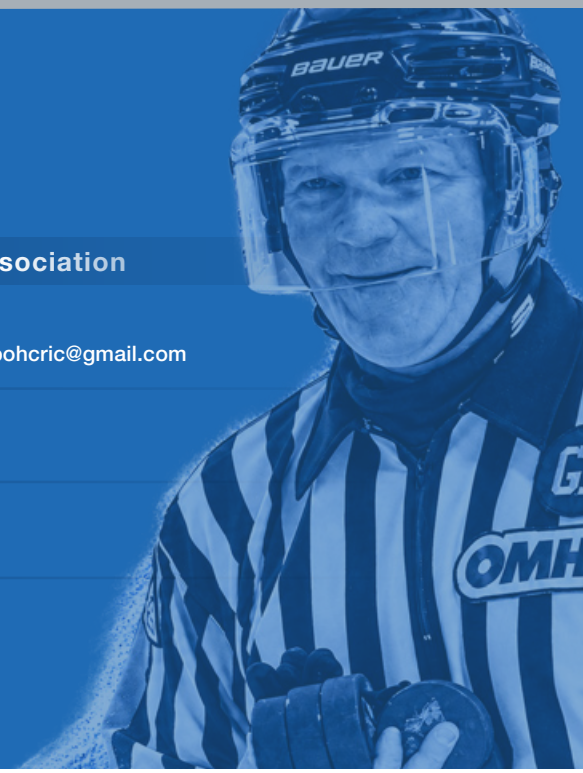
Referee Association

EXECUTIVE REFEREE IN CHIEF
Mike Veerman bohcric@gmail.com

RULES COMMITTEE
Bob Pring

SECRETARY
Frank Belanger

DISCIPLINE COMMITTEE
Bob Pring



Referees

Gary Aucoin	Rick Jones	Bob Pring	James Taylor
Joe Bedard	Kevin Lawrence	Ryan Prinsen	Bryan Uba
Greg Beitz	Jay Lemay	Kevin Smith	Ron Vauthier
Don Bibby	David Lenover	Jim Snedden	Mike Veerman
Brian Bishop	Jim Leonard	Dennis Spotswood	Steve Walsh
Kerry Blakey	David Levely	Garry Stewart	Andrew Weller
Stewart Cawthray	Brian Miki		
Mark Chabot	Bill Misener		
Steve Crocker	Michael O'brien		
Bob Difrancesco	John Ophoven		
Derrick Donati	Gerry O'shaughnessy		
Duane Gray	Chris Over		
Adam Harrison	Doug Pladsen		
Marc Heller			





One of many of our great refs, doing what they do best!

Pictured here, Dave Ryan, referee.

Message by the Executive Referee in Chief

Welcome back for another season of BOHC Hockey. Remember that it is about having fun, getting out of the house for some exercise and a night out with the boys. Good luck, enjoy.

I would like to emphasize the nature of the Club: ***safety, community spirit, the enjoyment of hockey*** and all the social aspects that go with it. It is the Canadian tradition and see you on the ice or at the club! As a quick reminder again that the objective is for a safe and fun season of hockey for everyone and that's why we're here. Any issues please use your captain who will forward it to convenors and then to the VP Hockey. We will investigate anything brought to our attention.

Mike Veerman

BURLINGTON OLDTIMERS HOCKEY CLUB

BOHC SINCE 1975

SUMMER HOCKEY

NO STANDINGS OR STATS. JUST HOCKEY & FUN!

*A **12 TEAM, 22 GAME** DIVISION running from **LATE APRIL THROUGH EARLY SEPTEMBER.** Players from winter evening and daytime divisions. No standings. No stats. No championship. Just good hockey, meeting guys from other divisions, sharing the puck, and heading back to Hector's!*



FULL-TIME REGISTRATION

OPENS AFTER THE 2027 SEASON ENDS.

APPROX. $370
SUBJECT TO CHANGE.

POOL PLAYERS REGISTER ONLINE

AFTER THE 2027 INVITATIONAL AND THROUGHOUT THE SEASON.

NO REGISTRATION FEE
ONLY APPROX. $20 PER GAME FOR SKATERS. SUBJECT TO CHANGE.

GAME NIGHTS

GAMES ARE MOSTLY **WEDNESDAY NIGHTS** WITH A FEW OTHER WEEKNIGHTS.

QUESTIONS? EMAIL US: SUMMER@BOHC.CA

GREAT HOCKEY. GREAT PEOPLE. GREAT TRADITION.

2026-2027

EVENTS CALENDAR

NOV 07 2026	**BOHC Hockey Hall of Fame Inductions** Hector's • 6:30pm	Scot Cameron
NOV 28 2026	**Christmas Dance** Legion • 7pm	Colin Ashdown
DEC 06 2026	**Santa Claus Parade** Burlington • 2pm	Gunther Kaschuba
FEB 18-21 2027	**Invitational Hockey Tournament** Mainway Arena	John Andersen
MAR 31 2027	**Summer Registration Deadline** Hector's	Jordan Dankowich
MAR 30 2027	**BOHC 2026-2027 Round Robin Begins** Various Arenas	Gunther Kaschuba
APR 01 2027	**Winter Registration Open for 2027-2028** Hector's	Derek Lutz
APR 11 2027	**Championship Day 2026-2027** Appleby Arena	Gunther Kaschuba
MAY 08 2027	**BOHC Golf Tournament** Mount Nemo GC	Gil Verwey
JUN 15 2027	**Annual General Meeting 2026-2027** Hector's • 7:30pm	Paul Greenlee

Dates and details are subject to change. Visit **bohc.ca** for current information.

TREASURER'S REPORT
for the year ended April 30, 2026

Prepared by Richard Krummenacher

To the Members of the Burlington Oldtimers Hockey Club,

We have completed another successful year, and your club remains in excellent financial condition. Our goal each year is to operate at or near break-even while maintaining a modest surplus when possible.

*This year, the Club generated a **surplus of $16,669** on revenue of approximately $957,000. This surplus came from an unexpected source. We typically budget for a deficit at Hector's of approximately $10,000; however, this year Hector's generated a surplus of approximately $750. This result was driven by increased member usage during the final three months of the year.*

*At year-end, the Club had accumulated **surplus funds of approximately $180,000,** of which $60,000 has been internally restricted. This reserve was established many years ago to provide funding in the event the Club is unable to operate hockey activities for one year and to cover ongoing overhead costs.*



To assist the Board in managing the Club and to provide members with a clearer understanding of our operations, we separate activities into the following categories:

- Hockey Operations (Winter, Summer, and Daytime Hockey)
- Invitational Tournament
- Lounge Operations
- Social Activities
- Administrative Functions

INCOME STATEMENT

In our internal financial statements, we separate Winter Hockey, Daytime Hockey, and Summer Hockey. Collectively, these represent three leagues within our Club, consisting of:

- 70 teams
- 1,120 playing positions
- 1,462 hockey games annually
- Rising costs, particularly ice rentals, referee fees, and timekeeper fees, as well as insurance, sweaters, and general operating expenses.

> **With the purchase of Hector's, I believe we have an opportunity to become a truly first-class organization...**

- Cost per game per player, while maintaining balance among the three leagues.
- Each league's contribution toward overhead costs, recognizing that each has unique requirements.

Beginning next year, we will separate the membership fee from the cost of playing hockey. The objective is to clearly distinguish the cost of operating the Club from the direct cost of On-Ice activities.

Hockey Operations

Hockey operations generated an overall ***surplus of $107,856*** which helped offset administrative costs.

This result was primarily achieved through: Increased fees for the 2025–2026 season and ice costs increasing less than originally budgeted.

Invitational Tournament

Last year, the Board revised its policy regarding the distribution of tournament proceeds between the Club and Carpenter Hospice.

Previously, the Club contributed $5,000 to Carpenter Hospice, with the remaining proceeds retained by the Club. Under the revised policy, the Club receives $5,000 from the tournament, and all remaining proceeds are donated to Carpenter Hospice.

This change was made to encourage greater volunteer participation and generosity, knowing that the additional funds directly support Carpenter Hospice rather than Club operations.

Last year, I incorrectly calculated the allocation, resulting in an underpayment to Carpenter Hospice of $5,880. Consequently, the Club's 2025 contribution from the tournament was overstated at $11,880. This error was corrected during the current year, creating a tournament deficit for 2026. However, over the two-year period, the Club has received the intended $10,000 from the tournament.

Lounge Operations

The Lounge generated its first surplus since 2010 and, as noted above, was the primary reason the Club reported an overall surplus this year.

If each member returned to the Club just one additional time per year, I am confident the Club could consistently operate at break-even.

Social Activities

Social activities include BOWSER, the 80+ Event, and the Christmas Party. The 50th Anniversary Gala occurred after year-end and will be reported in next year's financial statements.

BOWSER

BOWSER generated ***$30,121*** in donations, with 100% of these funds donated to the ***Burlington Food Bank***. I extend a sincere thank you to the women involved with BOWSER for their ongoing contribution to both our Club and our community.

Christmas Party

The Christmas Party generated an additional ***$6,000 for the Burlington Food Bank.*** This was the first year my wife and I were able to attend. We thoroughly enjoyed the evening. It was an outstanding event supporting a wonderful cause within our community. To the volunteers who make this event such a success each year, thank you.

80+ Event

The 80+ Event incurred a modest deficit of approximately $1,500. While our objective is to break even, I believe this is a small price to pay in recognition of our long-time members who continue to enjoy and play the game we all love.

Administration

Administrative expenses represent costs not directly attributable to hockey operations, social events, or lounge activities. These costs include:

- Bank and credit card fees
- Clubhouse rent and condominium fees
- Booklet production costs
- Technology and systems expenses
- Professional fees and administrative support

Administrative operations receive some offsetting revenue from interest income and booklet advertising.

This year, the administrative deficit increased by approximately $44,000, from $44,600 in 2025 to $88,600 in 2026. This increase was primarily due to three factors:

- In 2025, the Club recognized $20,000 related to a 2021 COVID relief event.
- Interest income declined by approximately $10,000 as interest rates decreased.
- Production of our 50th Anniversary Booklet, which we should all be proud of, increased expenses by approximately $11,000.

Balance Sheet

At April 30, 2026, the Club had a bank balance of approximately $627,000, of which $619,000 related to fees collected in March and April for the 2026–2027 season. Also included in these funds are sponsorship and ticket sales for the 50th Anniversary Gala.

As members are now aware, BOHC is the proud owner of Hector's. As part of the acquisition process, the Club made a $100,000 deposit in February 2026 with its purchase offer. This amount is included in prepaid expenses, along with amounts paid in advance for the 50th Anniversary Gala and sweater purchases.

Sweaters

The Club purchased new sweaters for the 2025–2026 season. For budgeting and planning purposes, sweater costs are amortized over a three-year period. If we are able to obtain a fourth year of use, as we have in the past, the Club will save approximately $25,000 in that year.

A complete replacement of winter sweaters and socks currently costs approximately $100,000.

Hector's

Many members have asked why the Club purchased Hector's. The simple answer is that it secures a long-term home for our members and provides greater control over our future.

For more than 25 years, the MacDowell family has supported BOHC by providing an outstanding facility at below-market rent. During the past year, the Club was presented with an opportunity to purchase the facility.

Had we chosen not to pursue this opportunity, significant uncertainty would have remained regarding our future. We did not know who a future landlord might be, whether rent would increase to market rates, whether relocation would become necessary, or whether we would have access to a clubhouse at all.

After evaluating all available options, the Board concluded that purchasing Hector's was the best long-term solution. The acquisition provides stability, security, and greater certainty regarding future operating costs.

The Future

With the purchase of Hector's, I believe we have an opportunity to become a truly first-class organization for both our members and our community.

As your Treasurer, I hope we can do something extraordinary with this asset. I would like to publicly encourage the Board to consider establishing a Capital Fund Committee to raise additional funds for a major renovation of Hector's, ensuring it meets both our current and future needs.

If you would like a copy of the Club's reviewed financial statements, please email treasurer@bohc.ca.

Respectfully submitted,
Richard Krummenacher Treasurer,
Burlington Oldtimers Hockey Club

Hector's

BURLINGTON OLDTIMER'S HOCKEY CLUB



After the game, bring it on over to Hector's!

- Fully Licensed • Team Pub Nights
- Convenient Location • Competitive Prices
- Satellite TVs • NHL Centre Ice Package
- Internet Access Good Friends
- Exaggerated Stories

WINTER HOURS:

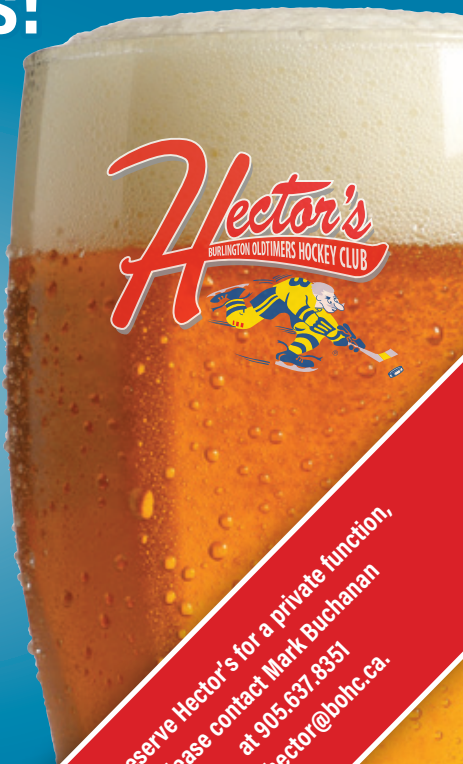
Monday, Wednesday, Thursday	8pm to 1am
Tuesday	Closed
Friday Afternoon (TGIF)	4pm to 7pm
Friday	7pm to 1am
Saturday	4pm to 1am
Sunday	6pm to 1am

Hours may vary depending on hockey schedule

SUMMER HOURS: (May 1 - September 5)

Monday, Tuesday, Thursday	Closed
Wednesday	8pm to close
Thursday	Closed (available to rent)
Friday	4pm to 7pm
Weekends	Closed

Note: Any changes will be posted at www.bohc.cator@bohc.ca.



To reserve Hector's for a private function, please contact Mark Buchanan at 905.637.8351 or hector@bohc.ca.

3521 Mainway (across from Mainway arena)



BOHC is proud to add Daytime Hockey to its current offerings. Starting as a pilot half-season in 2025, the league has grown significantly in its 2nd full season. **We now offer 3 Divisions with a total of 12 teams.**

Starting October 6th, games are played every Tuesday at Appleby Arena starting at 11:30 in the morning.

It is the same great hockey with the same great guys for those who can play during the day.

If you're interested but not sure where you would fit in, sign up to the pool. You can try the different levels to see where you have the most fun.

Daytime Hockey is about having fun playing the game we all love.

bohc.ca | daytime@bohc.ca

GENERAL INFORMATION

1. There are 8 divisions, Red, Orange, White, Black, Green, Blue, Grey & Gold. Each division is comprised of 6 teams.
2. Each division has a convenor, co-convenor(s), pool convenor, and a pool of skaters and goalies.
3. Pool players are scheduled by the pool convenor to play one game. If an extra game is required due to a player shortage, the pool player may play a second game at the discretion of the pool or division convenor. If they are not available, the captain requesting the pool player must consult with the opposing captain. A pool player, asked to play more than one game will not pay more than $20. Pool players soliciting games on their own are strictly prohibited in all circumstances.

GAMES WILL BE PLAYED AT:

MAINWAY RECREATION
3015 Mainway Drive
905-336-1877

APPLEBY ICE CENTRE
1201 Appleby Line
905-331-7465

CENTRAL ARENA
519 Drury Lane
905-632-9130

SKYWAY ARENA
129 Kenwood Ave.
905-335-7738

REFUND POLICY

1. All refunds are subject to a $60.00 Administration Fee.
2. Members requesting full refunds before play begins, remain as Social Members for the balance of that season. The Social Fee of $25 is also withheld.
3. Once the draft has occurred, players requesting a refund must notify their divisional convenor who in turn must provide written notice to the VP Membership for approval.
4. Once play begins, players requesting to drop out of full-time play are refunded into their divisional playing pool for the balance of that season. After 16 games, subsequent to receiving a refund, if a player is able to return to play, that player will return to a team from the pool by divisional pool seniority when an opening occurs.
5. The amount of the player refund will be prorated, determined by the number of games remaining in the season multiplied by the 'per game cost' less the Admin Fee stated in 1 above.
6. Player refund amounts are based on when the Replacement player is named and his payment is on hand.
7. The refunded player's sweater and socks must be turned in prior to the refund being processed.

Our BOHC HERITAGE

BALANCE • FAIR PLAY • COMMUNITY

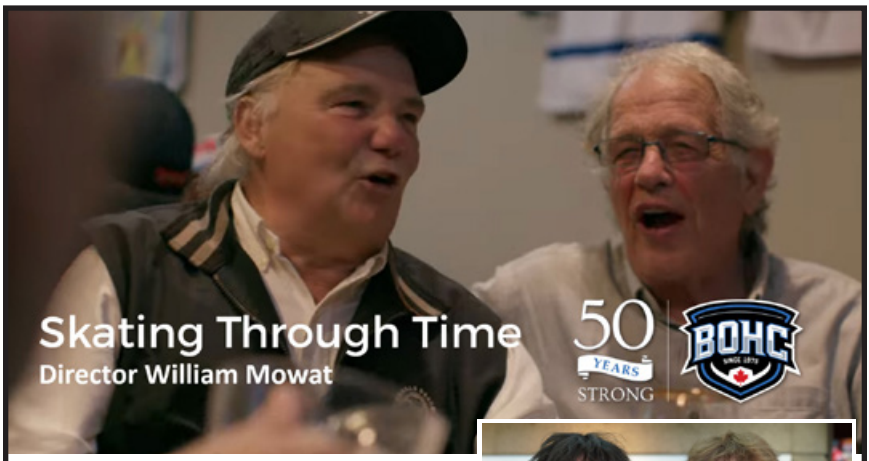
The BOHC Hockey Hall of Fame was established to recognize and honour individuals whose exceptional dedication, leadership, and service have left a lasting impact on the club. Inductees are those whose long-term contributions have helped shape BOHC's history, strengthen its foundation, and ensure its continued success. The Hall of Fame stands as a lasting tribute to the people whose commitment and passion have built BOHC's legacy and inspired future generations of members.

BOHC HOCKEY HALL OF FAME

John Andersen
Ed Ashley-Smith
Peter Austin
Pearl Baskin
BOWSER Babes
Louise Addison
Patricia Broadbent
Barb Charron
Johanne Patterson
Carolyn Park
Michelle Wood
Charles Charlebois
Keith Dunlop
Rick Fox
Bill Goodwin
Al Hale
Lynn Hastings
Dave Langdon
André Leclerc
Bruce Marsh
Jim Matz
Gerry Park
Jerry Robson
Bob Wood




INDUCTEE 2027
BOHC
SINCE 1975
HALL OF FAME
BOHC
HALL OF FAME
INDUCTION CEREMONY
BOHC HHOF INDUCTEES - 2027
The BOHC is proud to welcome the following members into the BOHC Hall of Fame as the Class of 2027. Their exceptional dedication, leadership, and countless contributions have helped shape our club, strengthen our community, and ensure its continued success.
Gerry Bardy
Duncan Bell
Jim Boyd
Gunther Kaschuba
Ken Porkolab
Stan Ruhl
Dave Wright
On behalf of all BOHC members, thank you for everything you have done to help our club grow. Your legacy will continue to inspire generations of members to come
INDUCTION CEREMONY TO BE HELD AT
HECTORS
SATURDAY, NOVEMBER 7
6:30PM
BURLINGTON OLDTIMERS HOCKEY CLUB ★ SINCE 1975



Thank you to **William Mowat** (Director), **Rowan Lindsay** (Producer), **Tate Gripton** (Director of Photography) and their team for the outstanding BOHC documentary, ***Skating Through Time***.

youtu.be/9SIXXvUjLvg



William Mowat, Tate Gripton



THE GAME



CHAMPIONS



RED DIVISION



ORANGE DIVISION



GREEN DIVISION



BLUE DIVISION

RBC Dominion Securities Inc.

Congratulations to the BOHC 2025/26 season championship teams.



2025/26

EIGHT DIVISIONS. ONE CHAMPIONSHIP SEASON.



WHITE DIVISION



BLACK DIVISION



GREY DIVISION



GOLD DIVISION

Kuno Family Wealth of RBC Dominion Securities

Paul Kuno, FCSI, CIWM | Senior Portfolio Manager & Wealth Advisor
905-332-2585 | paul.kuno@rbc.com

Mike Holmes | Associate Advisor

Jaclyn Lightfoot | Administrative Assistant

Nadine Lourenco | Business Development Lead

Wealth Management
Dominion Securities

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ® / ™ Trademark(s) of Royal Bank of Canada. Used under licence. ©2026 RBC Dominion Securities Inc. All rights reserved. 26_90538_GAS_005

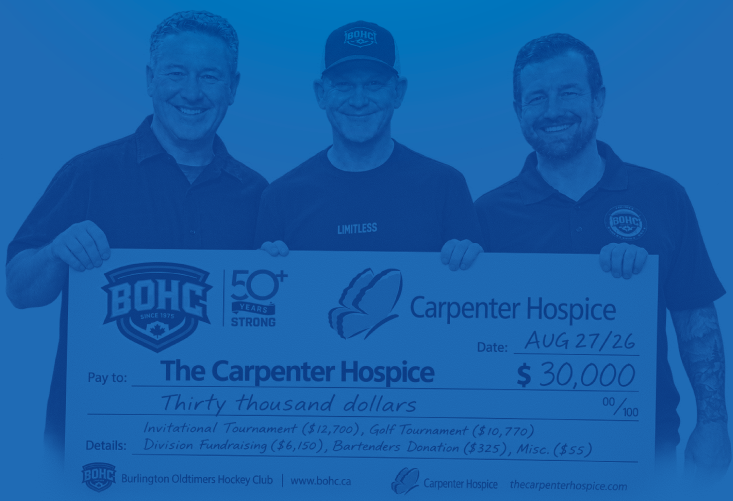
TEAM CAPTAINS

RED	01 Victor Bayless	02 Marc Brennan	03 Chris Falco
	04 Mike Moes	05 Mark Goulet	06 Jamie Lawrence
ORANGE	11 James Vlahos	12 Mike Campbell	13 Scott Simkins
	14 Rob Proctor	15 Steve Cooper	16 Mark Flippance
WHITE	21 Greg White	22 Colin Macleod	23 Brian Nelson
	24 Brad Stevenett	25 Clayton MacLean	26 Jeremy Maxwell
BLACK	31 Ryan Love	32 Phil Grimes	33 Ashton Price
	34 Nic Freeman	35 James Becker	36 Jamey Schein
GREEN	41 Mike Starr	42 Steve Hunt	43 Brian Murphy
	44 Michael Field	45 Steve Gallagher	46 Trevor Hall
BLUE	51 Rob Johnston	52 Nick Cheng	53 Warren McGlynn
	54 Lance Edwards	55 Larry Code	56 Dale Stewart
GREY	61 Steve Postma	62 Manny Ki	63 Mark Halloway
	64 Philip Dorazio	65 Peter Di Paola	66 John Steele
GOLD	71 Jeeva Briach	72 Ron Wardrop	73 Dave Robinson
	74 Rob Fijan	75 Roberto Tancredi	76 Dan Gaudreault

CONVENORS

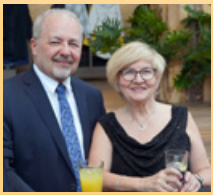
RED	Convenor	Stephan Leclerc	red.convenor@bohc.ca
	Co-Convenor	Terry Fehrman	red.co-convenor@bohc.ca
	Pool Convenor	Rob Allen	red.pool.convenor@bohc.ca
ORANGE	Convenor	Todd Woods	orange.convenor@bohc.ca
	Co-Convenor	Jeff Baker	orange.co-convenor@bohc.ca
	Pool Convenor	Sean Laverty	orange.pool.convenor@bohc.ca
WHITE	Convenor	Matt Paget	white.convenor@bohc.ca
	Co-Convenor	Don Bibby	white.co-convenor@bohc.ca
	Pool Convenor	Kevin Murphy	white.pool.convenor@bohc.ca
BLACK	Convenor	Jim Kotsopoulos	black.convenor@bohc.ca
	Co-Convenor	John Halloway	black.co-convenor@bohc.ca
	Pool Convenor	Vic Brandonisio	black.pool.convenor@bohc.ca
GREEN	Convenor	Shawn Zipay	green.convenor@bohc.ca
	Co-Convenor	Don Macrae	green.co-convenor@bohc.ca
	Pool Convenor	Carl Camilleri	green.pool.convenor@bohc.ca
BLUE	Convenor	Chad Courtney	blue.convenor@bohc.ca
	Co-Convenor	Robert Bradbury	blue.co-convenor@bohc.ca
	Co-Convenor	Andrew Mowat	blue.co-convenor2@bohc.ca
	Pool Convenor	Robert Bradbury	blue.pool.convenor@bohc.ca
GREY	Convenor	Chris Stull	grey.convenor@bohc.ca
	Co-Convenor	Dennis Oleskiw	grey.co-convenor@bohc.ca
	Pool Convenor	Lee Patterson	grey.pool.convenor@bohc.ca
GOLD	Convenor	Kevin Benton	gold.convenor@bohc.ca
	Co-Convenor	Don Cragg	gold.co-convenor@bohc.ca
	Co-Convenor	Jimmy Greer	gold.co-convenor2@bohc.ca
	Pool Convenor	Moe Bradley	gold.pool.convenor@bohc.ca

BEYOND THE RINK





Thank you to everyone for joining us at the 50th Season Gala Dinner!








BOHC vs BLOHC

As part of our 50th season celebrations we challenged the Burlington Ladies Oldtimers Hockey Club (BLOHC) to a Ladies vs Men Skills Competition and Game







BOHC SINCE 1975

Christmas PARTY & DANCE

Sat, Nov. 28, 2026

828 Legion Rd (Burlington Legion)

Doors open
7 pm

$15

50+ YEARS STRONG





in support of **Burlington Food Bank**



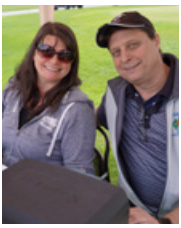


BOGC ANNUAL GOLF TOURNAMENT

Register Now

Saturday, May 8, 2027

Mount Nemo Golf Club







BURLINGTON OLDTIMERS GOLF CLASSIC

Price $195 includes Green Fees, Cart & Dinner

Proceeds to the Carpenter Hospice

12:30 pm Shotgun Start - 4 Man Scramble

Gil Verwey (905) 320-9665 - e-transfer your payment to gilverwey67@gmail.com or by cheque to Gil Verwey c/o BOGC, or cash.
Visit our new location - 3475 Landmark Rd.

Carpenter Hospice

Together in Care:
One mission, many hands.

Whether you need care, support, information or a place to turn, you don't have to face it alone.

Our staff, volunteers, donors, families and community partners come together with one mission:
to ensure people in our community have the care and support they need when it matters most.

How we help our community

End-of-life care

Comfort, dignity and compassionate care for individuals and their families.

Support for those living with illness

Programs and resources to help people and families navigate life with a life-limiting illness.

Support through grief

Programs and connection for individuals and families coping with loss.

A community resource, guidance and support for people who may not know where to turn.

Learn how Carpenter Hospice can help you, someone you love, or your community.

thecarpenterhospice.com
905-631-9994

BOWSER

Burlington Oldtimers Women
Supplying Emergency Relief



Back row: Christine Mazurk-Fera, Melissa Uba, Barbara Strzalkowski, Johanne Patterson, and Tangy Rattray | Front row: Bryan Uba, Louise Addison and Pat Broadbent. Missing from photo: Barb Litt, Erin Kofoed

During the 2025/26 season, the **BOWSER Ladies** collected **2,916** food items and **$30,121** in cash donations.

Lifetime Totals: **108,409** food items and **$438,371** cash donations



RULES & SAFETY



BOHC RINK SAFETY

HEART ATTACKS KNOW THE SIGNS

- Chest pressure, pain or heaviness
- Pain in jaw, neck, shoulder, arm or back
- Shortness of breath
- Sweating, nausea or light-headedness

CALL 911
DON'T WAIT

CARDIAC ARREST
UNCONSCIOUS + NOT BREATHING NORMALLY

1. **CALL 911**
   Send someone for the AED
2. **START CPR**
   Push hard and fast in the centre of the chest
2. **USE AED**
   Turn it on and follow the prompts



KNOW YOUR AED

AEDs are located under or near the dressing-room boards.

KNOW WHERE YOUR RINK'S AED IS BEFORE YOU NEED IT.

RECOGNIZE • 911 • CPR • AED

RULES & REGULATIONS

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Welcome to The BOHC!

*The **Burlington Oldtimers Hockey Club (BOHC)** is a volunteer-run, non-profit community hockey club. Founded in 1975, we are one of Canada's largest and longest-running men's recreational hockey leagues.*

Our motto is Balance, Fair Play, and Community. While playing hockey and having fun is our number one reason for being, we are also committed to making a positive and lasting contribution to the Burlington community. Since our inception, the players and volunteers of the BOHC have raised and distributed hundreds of thousands of dollars to local organizations such as the Burlington Food Bank, the Carpenter Hospice, and others.

To ensure you have a fun and safe experience playing BOHC hockey, this guide provides important information on how our league is set up, the rules that we follow, and the sportsmanship and positive spirit that we advocate. Please review and refer to it to ensure you get the most enjoyment possible from our league.

Section One: New Member Game Play Information

A Quick Summary of Important League Rules To Know Before You Play!

- **Body Checking:** BOHC does not allow body checking. Unlike many other men's recreational hockey leagues... we mean it! Safety and respect for fellow club members is taken seriously by the League, our referees, and our players. Body checking is not tolerated and will be penalized.

- **High-sticking:** A Minor Penalty will be assessed to any player who contacts the puck with their stick above the normal height of the player's shoulders.

- **Icing:** There is no centre-ice red line. Therefore, an icing call is made when a player shoots the puck from behind their own defensive blue line.

- **Intentional Sliding:** Intentional sliding, including while blocking a shot, will be assessed as a Minor Penalty. If the offender comes in contact with another player while intentionally sliding, they will be assessed a 5-minute Major Penalty, ejection from the game (and the next game if the infraction happens in the 2nd period of the game). Goalies are subject to these same rules. Blocking shots is permitted as long as sliding is not part of the blocking action.

- **Slap Shots:** Slap shots and extreme drag shots are not allowed. A Minor Penalty will be assessed if the player raises their stick above the boot of their skate while shooting or pulls their stick back on the ice more than 15 inches before shooting. A Major Penalty is assessed if another player is injured as a result of a slap shot.

- **Three Penalty/Six Minute Rule:** Any player who is assessed three penalties or six minutes of total penalty time in one game will be ejected for the remainder of the game. A substitute player will be required to serve the third penalty in the penalty box.

Section Two: Club Eligibility

(a) Age: Skaters must be 35 years of age by December 31st of the playing season to register for pool or full-time status. For example, a 34-year old can register and begin play in the league providing that they are 35 years of age by December 31st. Goalies may register for pool or full-time play if they are 30 years of age by December 31st of the playing season.

(b) Residency: Players must be residents of the City of Burlington. Certain residents from municipalities surrounding Burlington may qualify for membership, providing they are approved by the V.P. Membership.

(c) Member Types:

i. **Full-time Players:** Must be registered and paid by May 1st to be eligible for the following Winter season. Full-time players who have not submitted their payment by May 1st will be relegated to the player pool. Their seniority status will not necessarily guarantee an opportunity to get back into a full-time playing position in the next season of play. This is at the discretion of the Division Convenor.

ii. **Pool Players:** Can join and pay at any time before or during the season, but their registration fee must be paid in full before being eligible to play their first game.

iii. **Social Members:** Social members are non-playing members of the club. Active playing members who elect to move to social status maintain their hockey-playing seniority until such time as they re-register as a full-time or pool player.

(d) Insurance Waiver: Each season, players (both full-time and pool players) must sign the League waiver form provided to them, which absolves the League of any legal liability for injuries sustained during league play.

(e) Refund Policy:

i. Pool Players and Social Members:
Pool players and Social Members are not eligible for refunds.

ii. Full-time Players:
Before any refund for full time players can be considered, written notice must be issued by the divisional convenor and sent to the VP Membership for approval. The BOHC reserves the right not to refund registration fees subject to the circumstances which have resulted in the full time player requesting a refund. Refunds are at the discretion of the VP Hockey and VP Membership.

The BOHC reserves the right not to refund registration fees based on a request coming late in the playing season. Refunds are at the discretion of the VP Hockey and VP Membership. Approved refunds for full time members who move to pool status will be subject to a $60 administrative fee, which is deducted from their refund amount.

The $60 club fee (paid at the beginning of the season) is non-refundable and is deducted from any refund amount. For players who choose to move from full time to pool play, the $60 club fee also covers their pool fee.

Full time player refunds are subject to another player being secured to fill their spot, and the receipt of the replacement player's payment for the remaining number of games in the season. The amount of the player refund is prorated based on the remaining games from the time the replacement player is secured and has paid their full-time fees (and not based on when the departing player gives notice of their departure).

The player's sweater and socks must be returned to their Captain before a refund is processed. If a full-time player has dropped down to pool player status during the season but wishes to move back to full time play, they are required to wait a minimum of 16 games from the date they dropped down to pool status. After that time, they are eligible to be considered for full time status once an opening comes up in their division. Their selection to full time play will be based on their seniority in the pool.

Section Three: League, Division, & Team Compositions

(a) Board of Directors: The operation of the BOHC is facilitated by the volunteer-run Board of Directors, who oversee the financial health and operations of the club.

(b) League: The BOHC is divided into 8 divisions: Red, Orange, White, Black, Green, Blue, Grey, and Gold. Players are assigned individually to a division based on their skill level. Each division has a volunteer Convenor, Co-convenor, and Pool Convenor.

(c) Divisions: Each division is comprised of 6 teams. Each team has a volunteer Captain, who works closely with the division Convenors to ensure the smooth operation of their division and the enjoyment of the players.

(d) Teams: Each team is comprised of 16 players (15 skaters and 1 goalie). The team Captain can select up to 2 Assistant Captains to help with organizational duties and make sure the team runs smoothly. Goalies are not permitted to be Captains or Assistant Captains. During game play, only the Captain or Assistant Captains are allowed to discuss on-ice rule interpretations with the referees (politely and respectfully).

(e) Team Draft: The team draft concept is one of the reasons for the success of the BOHC. It helps to ensure balance between teams within divisions and promotes sportsmanship and camaraderie between players. You will get to know other players in your division, as they will be either past, present, or future teammates of yours! The team draft is held no later than July 1st for full-time players for the upcoming season. Full-time players will be contacted by their Captain during the summer to notify them of their team for the upcoming season.

(f) Pool: Each division has its own "pool" of part-time skaters and goalies who will be contacted by their Division Pool Convenor to fill-in when a team within their division is short on players. In addition to their annual pool registration fee, pool players pay a fee for each game they play. Pool players are eligible to become full-time players in their division if an opening becomes available before, or during, the regular season. Selection is based on seniority of the pool players in the division. Note: not everyone in the pool is interested in full-time play. Therefore, newer members in the pool may have a good chance at being promoted to full-time play, even if they have a low seniority number.

(g) Intra-Divisional Player Placement on Teams: The BOHC strives to have balanced, competitive play within each division. On any given night, any team should be able to beat any other team in their division. During the season, in situations where the Divisional Convenors and Captains determine that there is an imbalance across their teams, they can elect to move players from team-to-team within their division.

(h) Inter-Divisional Player Movement: The League attempts to place new members in the division that is most suitable for their level of play. However, we will frequently move a player up or down through the divisions until we find the best match. The same holds true of "veteran" BOHC members. Divisional Convenors and Captains will hold player movement meetings near the end of each season and conduct player ratings. The goal of having balanced, competitive play across our divisions is one of the hallmarks of our league's success. Should a player be asked to move up or down to another division, as a club member, they are expected to understand and cooperate with the move.

Section Four: Player Participation & Conduct

(a) Active Participation: Members who register as full-time players are expected to attend as many games as possible. Full-time players who miss four consecutive games without notifying their Captain, or who are habitually absent, may, at the option of the Division Convenor or the Board of Directors be removed from full-time play and relegated to the pool. A pool player will be designated to replace the player.

(b) Absence Notification: Players must inform their Captain, with as much notice as possible, if they cannot attend a game. This provides the Captain and Pool Convenor with more time to get replacement pool players as required.

(c) Player Conduct: Membership in the BOHC is a privilege. Players are expected to follow the League's rules and spirit of sportsmanship, camaraderie, and fun. Failure to do so may result in short-term, long-term, or lifetime suspension from the League.

(d) Equal Ice Time: Captains are to ensure that all players receive equal ice time during games.

(e) Playing Under The Influence: Players are not allowed to participate if they are under the influence of alcohol or drugs.

(f) Movement from Pool to Full-time: Should a team have a full-time player vacancy, the Division Pool Convenor will contact their division's roster of pool players to find a replacement player. Selection is based on the seniority of those pool players who express interest in moving to a full-time playing position. Pool players will pay the full-time registration fee, prorated for the number of games remaining in the season, and minus the pool registration fee that they paid at the beginning of the season (or when they joined the pool).

(g) Movement from Full-time to Pool: Should a full-time player decide to resign as a full-time player and move to pool status, they will be refunded their full-time registration fee, minus the pool registration fee, and minus the number of games they have played up to the point where a replacement player is found to play and has paid their full-time registration fee. There is also a $60 administration fee that is deducted from the refund amount.

(h) Minimum Pool Time For Players Who Resign From Full-Time Play: Any full-time player who **i)** opts to resign as a full-time player and join the pool, or **ii)** becomes a non-active social member, or iii) is removed from the league as a full-time player by the League for other reasons as outlined in league operating procedures, must remain a member of the player pool (or become listed as a non-active member) for a minimum period of 16 consecutive games (or the remainder of the season, whichever is of shorter duration). During this 16-game period, the player will not be considered for reinstatement as a full-time player regardless of seniority. The player will, however, be eligible to participate as a pool player at any time beginning with the date of transfer to the player pool list. **Note:** this rule does not apply to players who become non-active members for medical reasons.

Section Five: Equipment

(a) Helmets: While on the ice, including pre-game warm ups, all players must wear a CSA approved helmet with the chin strap properly fastened under the chin (the chin/neck strap can "hang" no greater than 2 fingers-width below the player's chin). Helmets must have ear guards in place. Full face shields must be fastened so that, in the event of an injury, medical attention such as CPR can be provided without removing the helmet. Players informed by the Referee of an illegal helmet cannot participate in the balance of the game unless satisfactory measures (such as being replaced or repaired) are taken.

(b) Face Protectors: Players and goalies may wear any type of face protector, provided it is securely fastened to the helmet and is made in such a way as not to cause injury to the wearer or opposing players. To meet insurance requirements for facial injury claims, such protective equipment must be CSA approved, and be to the minimum level of a half-face shield and either an internal or external mouth guard for players. Goalies must wear a full-face mask.
Note 1: Any alteration to a CSA approved facial protector or helmet destroys the certification.
Note 2: To protect against possible serious facial injury, the League strongly recommends that all players wear full CSA approved facial protection equipment.
Note 3: Member players should be aware that there are insurance restrictions for players not wearing full facial protection.

(c) Face Protectors - Eye Disability: Any player who has only the sight of one eye must wear a CSA approved face protector if they choose to play. The player and their team must be aware that the League will not be held liable for further eye injuries, other than what is covered by the CARHA insurance policy currently in force.

(d) Neck Protection: The wearing of a CAN/BNQ approved throat protector is recommended for skaters participating in recreation hockey.

(e) Goalie Helmets and Facial Protection: Goalies are required to wear a CSA approved hockey helmet. Goalies must wear neck protection, such as plastic throat guards attached to the helmet, a neck protector integrated into the body armor, or a neck protector worn underneath the body armor.

(f) Goalie Masks: Only CSA-approved goalie masks are allowed. Non-CSA approved "cat eye" masks are prohibited. See image for more clarity on legal and illegal masks.



LEGAL
CSA Approved
'Cat Eye' Mask

ILLEGAL
Non-CSA Approved
'Cat Eye' Mask

LEGAL
CSA Approved
Mask

(g) Other Mandatory Equipment: In addition to the equipment requirements listed above, players are also required to use: a Hockey Canada approved stick; shin pads; hockey gloves; elbow pads; hockey pants (no track pants); and an athletic support with cup.

Section Six: Game Play

(a) Minimum Players Required For Play: A minimum of 8 players (either 7 skaters plus the goalie, or 8 skaters and no goalie) are required to play a regulation game. If a team is unable to start the game with 8 players (team members and available pool players), the Captain can ask a pool player from the previous game if they can play a second game. If the Captain is still unable to ice 8 players, the game is considered a 1-0 forfeit. However, if the opposing Captain agrees, the game can be played as a "regulation" game if the short-staffed Captain can get players from the following sources:

- **i.** Ask a full-time player(s) from the previous game if they can play; and/or,
- **ii.** Ask the opposing Captain if they can "borrow" enough players (either pool or full-time) from their team to get to the minimum 8 players.

In both scenario i. and ii. above, both Captains should mutually decide if the game will still be considered a "regulation" game, or if it should be considered a 1-0 forfeit for purposes of league standings (but still played for fun). The League encourages Captains to remember that we play for fun, and not to win. Forfeits are discouraged whenever possible. However, if a team is chronically short-staffed during a season, it is to be expected that they will be required to forfeit their games. **Note:** if a player is injured and has to leave the game, which results in less than 8 players on his team, the game will continue to be played, and it will not change the "status" of the game from a regulation game to a forfeit.

(b) Goalie Unavailability: If a team is unable to start a game with a goalie, but has the required minimum of 8 players, the game can still go ahead and is considered a "regulation" game (i.e. not a forfeit). The team will play with 6 skaters on the ice in lieu of having a goalie. The team has the option to assign a single player to be the "goalie" or can rotate skaters like they would do on regular line changes. Note: Consistent with rules requiring goalies to stay on their own side of the centre-red line, at least one of the six skaters is required to always stay on their own side of the centre-ice red line. Should all six skaters be on the offensive side of the centre-ice red line at any time, the team will be assessed a Minor Penalty. The only exception to the centre-red line rule for the sixth skater is during the last two minutes of the game. If the "goalie-less" team is losing, they are allowed to have all six skaters on the offensive side of center ice during the last two minutes of the game (similar to pulling the goalie). Skaters are not allowed to catch or cover the puck with their glove for safety reasons.

(c) Goalie Eligibility To Fill Game Vacancies: If a full-time goalie is unavailable to play, the Pool Convenor will attempt to fill the spot with pool goalie from their division. If no pool goalie is available, the Pool Convenor can attempt to fill the spot with a full-time goalie from within their division. If a full-time goalie is not available, the Pool Convenor can attempt to fill the spot with a pool goalie from the division below, or the division above. If the spot is still not filled, the Pool Convenor can attempt to get a full-time goalie from the division above or below.

(d) Players in Uniform: All players must wear the BOHC sweaters and socks provided to them for game play. Pool players will be provided with a BOHC pool sweater and are expected to wear it for the game.

(e) Pool Players: Team Captains may elect to request pool player(s) if their team is short-handed. All pool requests must be made through the Division Pool Convenor. Captains are not to contact pool players directly to fill in when short-handed. Should a team have an unexpected shortage of players at game time, the Captain may ask a pool player from a previous game to play a second game, but this should only happen in rare instances. Short staffed teams are not to request full-time players from the previous game unless they are in a forfeit position (i.e. have less than 8 players to start the game). In this situation, see item (a) above. All pool players must report to the timekeeper before the game starts to have their name and number included on the game sheet.

(f) Stepping On To Ice Surface: All players are to remain on their team bench until the ice surfacing equipment has left the ice and the doors to the Zamboni room have fully closed.

(g) Start-time: Warm-ups are to commence at the published start time of the game in the league schedule. If the arena is running ahead of schedule, players can go on the ice, but the BOHC warm-up clock is not to start earlier than the scheduled start time. For example, if a game is scheduled to start at 9:00 p.m., the warm-up clock should not start any sooner than 9:00 p.m., even if the ice is available earlier than this. The exception to these guidelines is if the referees and both Captains agree, the game can start early.

(h) Warm-up Option 1 (Stop-time Warm-up): The time clock will be set for a 2-minute warm-up. With 30 seconds remaining in warm-up, the referees will blow the whistle to signal to teams that they should wind down their warm-up, collect pucks, and make their way to the player's bench. Teams will promptly line-up for the opening face-off, and the clock will start at the 17-minute mark. The League will provide direction to Division Convenors, referees, and timekeepers if Option 1 is to be adopted.

(i) Warm-up Option 2 (Straight-time Warm-up & Puck-Drop): The time clock will be set to 19 minutes and will start running at the scheduled start time of the game. Players will commence their warm-up, and at approximately the 17:30 mark, the referees will blow the whistle to signal to teams that they should wind down their warm-up, collect pucks, and make their way to the player's bench. With the clock continuing to run on straight time, teams will promptly line-up for the opening face-off. The clock will continue to run until the first stoppage in play. The League will provide direction to Division Convenors, referees, and timekeepers if Option 2 is to be adopted.

(j) Periods: Games are divided into two 17-minute stop-time periods.

(k) Half-time End Changes: Division Convenors will determine if their division changes ends at half-time or remain at the same ends of the arena for the entire game.

(l) Half-time Option 1 (Stop-time): If the League has adopted the "Stop-time Warm-up" (item (h) above), the half-time will also be based on a stop-time start. The clock will be re-set for 17 minutes at half-time and will commence running when the puck is dropped.

(m) Half-time Option 2 (Straight-time): If the League has adopted the "Straight-time Warm-up" (item (i) above), the half-time will also be based on a straight-time start. Once the first period ends, the clock will be re-set to 18 minutes and start to run. With the clock continuing to run on straight time, teams will promptly line-up for the 2nd period face-off. The clock will continue to run until the first stoppage in play. The only exception to this is if a penalty is assessed in the first period which will continue into the second period. In this situation, the clock will be run on a stop-time start for the start of the 2nd period.

(n) Mercy Rule (5 & 3 Rule): If a team has a 5-goal lead or more, the last 3 minutes of the game will be played using straight-time. Play will continue using straight-time even if the losing team scores enough goals to negate the 5-goal lead.

(o) Ties: Games ending in a tie count as one point for each team in the league standings. There are no tie breaking procedures.

(p) Game Curfews: The BOHC rents ice-time from the City of Burlington for specific time slots. Assuming that games are able to start at their scheduled time, arena staff are instructed by the City to blow the arena horn at the scheduled finish time for each ice slot. If a game is still underway when the horn sounds, the game will be curfewed at this point. Players and referees are to immediately halt play, shake hands, and promptly leave the ice. Players are not to verbally engage with arena staff when a game is curfewed; the staff are simply doing their jobs.

(q) Game Protests: No protests of games or officiating are permitted.

Section Seven: Determining Regular Season Division Champions

At the end of the regular season, the team with the greatest number of points is declared the Division Champion. If two teams are tied in total points:

(a) The Division Champion is the team which has the greatest number of head-to-head wins during regular season play.

(b) If still tied, or more than two teams are tied, the Champion is the team with the most wins during the season.

(c) If still tied, the Champion is the team with the fewest losses during the season.

(d) If still tied, the Champion is the team with the most goals for.

(e) If still tied, the Champion is the team with the fewest goals against.

Section Eight: Round-Robin Playoff Format and Rules

(a) The round-robin playoff consists of 5 games for each team, plus a championship game for the 2 teams that finish with the most points during the round-robin.

(b) During the round-robin, if a team has less than 13 skaters and a goalie, they have the option to request a pool player(s).

(c) Pool players are assigned on a game-to-game basis; they are not to play for a single team for the duration of the playoffs. The Division Convenor and Pool Convenor are to consult on all requests for pool players during the round-robin and the Championship game. The pool player(s) selected by the Convenors should be a rating that is equal or less than the average of the ratings of the players being replaced.

(d) If a pool goalie is not available to fill a goalie vacancy, the Division Convenor and Pool Convenor will consult on finding a replacement goalie. Where possible, the pool goalie selected by the Convenors should be a rating that is equal or less than the rating of the goalie being replaced.

(e) After the round-robin concludes, if two or more teams are tied in points, their ranking for play in the Championship game will be based on the following tie-breaking formula:

- **i.** Head-to-head record in the round-robin
- **ii.** Most wins in the round-robin
- **iii.** Fewest total penalty minutes in the round-robin
- **iv.** Fewest total penalty minutes in the regular season

(f) The Championship Game has rules that differ from regular season play. These include:

- **i.** Prior to the Championship game, the Captain of each team provides a list to the Championship Day Convenor of 10 shoot-out players, and ranked in the order they will shoot, in case a shoot-out is required.
- **ii.** Should they choose to take it, each team is allowed a 1-minute timeout during the game that can be taken either during regulation time or overtime (but not both).
- **iii.** If the game is tied after regulation time, there will be a 5-minute sudden death overtime period, with 4-on-4 skaters and 2 goalies.

iv. During overtime, player substitutions can only be made "on-the-fly" and not during stoppages in play.

v. If the game is still tied after overtime, there will be a best-of-three shoot-out. Each team selects 3 different shooters, and the team that scores the most goals after 3 shooters is declared the winner. The home team is to take the first shoot-out, and alternate from there on.

vi. If the game is still tied after the best-of-three shoot-out, the shoot-out will continue based on a "sudden victory" shoot-out format. Sudden victory is based on a round-by-round opportunity for both teams to score. As soon as one team scores in a round and another does not, the game is over.

(g) The "Horserace". A BOHC tradition is the Horserace competition which unites teams with the same team name across all eight divisions against their rivals. Each team contributes $32.00 ($2.00 per player) to the Horserace pot. The total pot for each division is $192.00. At the conclusion of the 5-game round-robin, the League will add up the total points earned by each team with the same team name across all eight divisions. The team with the most cumulative points wins the $192.00 pot for their division. If two or more teams are tied, the pot is split accordingly.

Section Nine: Penalties

Note: In situations where a specific issue is not covered by the BOHC Rule Book, the League will refer to the CARHA Rule Book. The CARHA Rule Book can be found at www.carhahockey.ca. The League reserves the right to modify CARHA rules as it deems appropriate. Penalties can be assessed at any time before, during or after a game, regardless of whether play is in progress. When coincidental Minor or Major penalties are called at the same time, teams will play at full-strength for the duration of the penalties.

(a) Attempt to Injure or Deliberate Injury

i. A Match Penalty will be assessed to any player or team official who deliberately injures or attempts to injure an opponent or referee, including slashing; tripping; slew-footing; cross-checking; butt-ending; head-butting; kicking; grabs or pulls an opponent's hair, facial hair, facial protector, helmet, or chin strap and uses this as an advantage or to inflict punishment or injury.

(b) Body Checking

i. Body checking, including "playing the man", is not allowed. Examples of body checking include pushing, shoving, and failing to avoid contact.

ii. When an attacking player is skating toward a defending player, the defending player has the right to maintain his position. In this case, the attacking player must avoid body contact.

iii. If the player being checked collides with the boards, the referee can assess a double minor penalty.

iv. At the discretion of the referee, either a Minor or a Major Penalty will be assessed.

v. Where, in the opinion of the referee, accidental contact has taken place, no penalty will be assessed.

(c) Butt-ending:

i. A Match Penalty will be assessed to any player or team official who deliberately butt-ends another player.

(d) Delay of Game:

i. Deliberate covering of the puck with the skater's glove and/or body is considered a delay of game.

ii. Referees are instructed to drop the puck immediately if a team or any individual player is deliberately stalling or causing unnecessary delay of the game. A bench Minor Penalty will be called against the offending team.

iii. If this action occurs in the last 2 minutes of regular playing time, or any time in overtime, a Penalty Shot will be awarded against the offending team and the Minor Penalty will not be served.

(e) Dislodging Of The Net

i. Any deliberate action by a defending player, including a goalie in their defending zone, which results in the goal net being knocked from its position, will result in a Minor Penalty for delay of game.

ii. If this action occurs in the last 2 minutes of regular playing time, or any time in overtime, a Penalty Shot will be awarded against the offending team and the Minor Penalty will not be served.

iii. A Penalty Shot will be awarded should the goalie by deliberate action, dislodge the goal net from its position when a player is on a breakaway in the neutral zone or attacking zone.

(f) Fighting:

i. A Match Penalty will be assessed to any player or players who fight.

ii. Fighting is defined as throwing a punch or punches with sufficient force to cause physical harm to an opponent.

iii. Any player who retaliates, after being struck with a punch or punches, will be assessed a fighting penalty.

iv. Any player who is identified by the referee as the instigator or the aggressor in a fight will be subject to additional penalties.

v. After being assessed Minor penalties for roughing, a fighting penalty will be assessed if participants continue to carry on the roughing incident.

vi. Game Misconduct penalties will be assessed to a third man entering an altercation (roughing or fighting) plus any other penalties he might incur under the rules.

vii. Any player who refuses to follow the referee's instructions to proceed to a neutral zone during a roughing or a fighting incident will be assessed a Game Misconduct penalty.

viii. The Referee will write up the Misconduct Penalty on the game sheet, followed up by an email account of the incident and send to the Referee-in-Chief within 24 hours of the conclusion of the game.

(g) Game Misconduct Penalties:

i. If a Game Misconduct Penalty is assessed to any player, coach, or manager in the first period, the person will leave the ice and be suspended for the balance of the game. The player, coach or manager must proceed to the dressing room immediately and not be involved with the team while under suspension.

ii. If the Game Misconduct is assessed after the first period has officially ended or during the second period of play or after the second period has expired and before the teams have returned in their entirety to their respective dressing rooms, the player, coach, or manager will be suspended for the remainder of that game if applicable and the next scheduled game.

iii. If a second Game Misconduct Penalty is assessed to the same person in the same season, the person will be suspended from that game and the next three scheduled games.

iv. If a third or subsequent Game Misconduct Penalty is assessed for any player, coach or manager, no further league or round robin play or team participation for that person may take place until after a discipline hearing has been held to discuss the situation.

v. The Referee will write-up the Game Ejection/Game Misconduct Penalty on the game sheet, followed up by an email account of the incident and send to the Referee-in-Chief within 24 hours of the conclusion of the game.

vi. A referee is not required to assess a Minor Penalty before assessing any Game Misconduct.

(h) Goalie Safeguards:

i. **Blue Paint Crease Rule:** When the offensive team has possession of the puck in the attacking zone, offensive team players are not allowed to make contact with the goalie's crease (blue ice). When this occurs, the play will be whistled dead immediately. The face-off will be at the nearest neutral zone face-off dot. No penalty is assessed.

ii. **Puck To The Head:** If a goalie is hit in the head by the puck, and the puck does not go directly over the goal line into the net, the play will be whistled dead immediately. The face-off will be at the nearest offensive zone face-off dot. If the puck deflects off the mask/helmet and travels directly over the goal line, it is considered a good goal. In both situations, the referee is to check with the goalie to make sure he can continue play before the next face-off takes place.

iii. **Losing Sight Of The Puck:** Referees are to immediately whistle the play dead when they lose sight of the puck, or when the puck is held or smothered by the goalie. Under no circumstances can an opposing player slash or poke at the goalie when he has possession of the puck. A penalty for slashing is to be assessed if required.

(i) Gross Misconduct Penalties:

i. Any player or team official incurring a Gross Misconduct penalty will be ejected from the game. A substitute for the penalized player will be permitted immediately.

ii. Gross Misconduct penalties will be assessed where a person conducts themselves in such a manner as to make a travesty of the game.

iii. A total of 10 minutes will be charged in the records against a penalized player for a Gross Misconduct penalty.

iv. Any player or team official who is assessed a Gross Misconduct penalty will be ordered to the dressing room immediately for the balance of the game.

v. The player is automatically suspended for the next 2 games, and in addition to this, is not allowed to play until a Disciplinary Committee meeting is held to review the incident.

vi. The Referee will write-up the Gross Misconduct penalty on the game sheet, followed up by an email account of the incident and send to the Referee-in-Chief within 24 hours of the conclusion of the game.

(j) Head Contact:

i. Accidental head contact is a Minor Penalty.

ii. Intentional head contact will be assessed as a Double Minor Penalty.

iii. If the referee considers the head contact to be intentional and excessive, a 5-minute Major Penalty will be assessed.

(k) High Sticking:

i. A Minor Penalty will be assessed to any player when i) their stick is being carried above the normal height of their shoulders, ii) they contact the puck with their stick above the normal height of their shoulders.

ii. A Minor Penalty will be assessed to any player who checks an opponent or intimidates an opponent while carrying their stick above the waist height of the opponent.

iii. A player who accidentally or intentionally contacts a player above the normal height of the opponent's shoulders with a high stick will be assessed a Major Penalty, regardless of whether an injury occurs or not. **Note:** a player who is assessed a Major Penalty for intentionally contacting an opponent with a high stick will also incur a Game Misconduct. The Game Misconduct will not apply to players assessed with a Major Penalty for an accidental high stick, except when injury results. In this case the Game Misconduct Penalty will be assessed.

iv. A Match Penalty will be assessed to any player who deliberately attempts to injure an opponent with a high stick.

(l) Major Penalties:

i. A player assessed for a Major Penalty will be ruled off the ice for the remainder of the game (Major Penalty plus Game Misconduct), plus the next scheduled game.

ii. The penalized team will place a substitute player on the Penalty Bench to serve 5 minutes of stop-time playing time (or 7 minutes of running time play).

iii. The player serving time in the penalty box may be substituted with another player during a stoppage in play.

iv. If a goalie is assessed a Major Penalty, he will be allowed to finish the game, but will not be permitted to play his next scheduled game. The only exception to this is if the goalie is penalized for fighting, in which case he is immediately ejected from the game.

(m) Match Penalties:

i. Any deliberate attempt to injure another player, coach, official or manager will result in an automatic match penalty.

ii. Any player or team official incurring a Match Penalty will be ordered to the dressing room immediately for the balance of the game and will not be permitted to take part in any further games until their case has been dealt with by the League Discipline Committee.

iii. In every instance where a Match Penalty is assessed, the offending player's team will be required to send a player to the penalty bench for five minutes of stop-time play (7 minutes of straight-time play). The player who serves the five minutes will be one of the players on the ice at the time of the infraction. Where an offending player has been assessed penalties in addition to the Match Penalty, those penalties will be served by the same player who serves the five-minute time penalty.

iv. The Referee will write up the Match Penalty on the game sheet, followed up by an email account of the incident and send it to the Referee-in-Chief within 24 hours of the conclusion of the game.

(n) Minor Penalties:

i. For a "Minor" Penalty, any player, except a goalie, will be ruled off the ice for 2 minutes actual playing time, during which no substitution will be permitted.

ii. If the opposing team scores a goal while a team is short-handed because of one or more Minor or Bench Minor penalties, the first of these penalties will automatically terminate. **Note:** Since coincidental Minor penalties to both teams do not cause either team to be short-handed, players will remain in the penalty box if the other team scores.

iii. When a goal is scored on a Penalty Shot against a team that is short-handed by reason of a Minor or Bench Minor Penalty, the player of the short-handed team does not return to the ice after the penalty shot is scored.

iv. When a player is assessed both a Minor Penalty and a Major Penalty at the same time, the Major Penalty will be served first. The same principle will apply when a player is assessed a Minor Penalty and a Match Penalty at the same time. The 5-minute time penalty which accompanies the Match Penalty is to be served first.

v. If a goal is scored against a team that is short-handed because of one or more minor penalties, the player serving the first Minor Penalty will return to the ice. In the case of a player who has received a Double Minor Penalty, the first Minor Penalty will terminate.

vi. When coincident Minor or coincident Minors of equal duration are imposed against players on each team during the same stoppage of play, immediate substitution will be made for those penalties, and such penalties will not be considered for the purpose of a delayed penalty. Any differences in time or total penalty time will be served by one or more players on the ice at the time of the infraction. Unless they have been ejected from the game, such penalized players will take their place on the penalty bench and remain there until the first stoppage of play following the expiry of their respective penalties. Where at least one Major and/or Match Penalty is assessed to each team during the same stoppage of play, the coincident Major/Match Penalty will take precedent over the coincident Minor Penalty rule.

(o) Misconduct Penalties:

i. A player, except a goalie, incurring a Misconduct Penalty will be ruled off the ice for a period of 10 minutes actual playing time. A substitute for the penalized player will be permitted immediately. A player serving a Misconduct Penalty will remain on the penalty bench until the first stoppage of play following the expiry of their penalty. When a player is assessed for a Minor and a Misconduct Penalty or a Major and a Misconduct Penalty at the same time, the penalized team will immediately place a substitute player on the penalty bench to serve the Minor or Major Penalty. The Misconduct Penalty will commence on the termination of the Minor or Major Penalty.

ii. The Referee will write up the Misconduct Penalty on the game sheet, followed up by an email account of the incident and send to the Referee-in-Chief within 24 hours of the conclusion of the game.

iii. Any player who is assessed a second Misconduct Penalty in the same game will automatically be assessed a Game Misconduct Penalty.

(p) Penalty Times:

i. All penalty times noted in the Rule Book are referred to in stopped time minutes.

In situations where a game is being played using running time, penalties are divided into the following classes:

	Stop Time	Running Time
Minor penalties	2	3
Double Minor	4	6
Bench Minor penalties	2	3
Major penalties	5	7
Misconduct penalties	--	--
Game Misconduct penalties	--	--
Gross Misconduct penalties	--	--
Match penalties	5	7
Penalty Shot	--	--

(q) Profanity, Verbal Abuse, and Use of Slurs:

i. Unsportsmanlike conduct will not be tolerated. This includes profanity, verbal abuse, aggressively banging their stick on the ice or boards, or slamming of doors. Depending on the severity of the incident, the referee will assess a minor penalty, or a Misconduct Penalty. Based on the severity of the incident, the player may be required to attend a Discipline Committee hearing.

ii. The BOHC will not tolerate the use of homophobic, racial, or religious slurs of any kind, and these situations will be treated with utmost severity. Referees will assess a Gross Misconduct penalty in these situations. The Referee will write up the Gross Misconduct Penalty on the game sheet, followed up by an email account of the incident and send to the Referee-in-Chief within 24 hours of the conclusion of the game. The player(s) may be required to attend a Discipline Committee hearing and could be subject to a short-term or long-term suspension.

(r) Roughing:

i. A Major Penalty, or at the discretion of the referee, a Major Penalty and a Game Misconduct penalty will be assessed to any player who is guilty of unnecessary rough play. Roughing is interpreted as a shove/push or attempted blow.

ii. Any player who, having been struck, retaliates with equal or greater force will be assessed a Minor Penalty.

iii. Any player who is identified as being the instigator or the aggressor, will be assessed an additional Minor Penalty.

(s) Slap Shots:

i. Slap shots are not allowed in BOHC play. A Minor Penalty will be assessed if the player raises their stick above the boot of their skate while shooting or pulls their stick back on the ice more than 15 inches before shooting. If an injury to an opponent results, a Major Penalty will be assessed.

ii. If a player uses a fake slap shot for the purpose of intimidating an opposing player and/or goalie, play will be stopped immediately, and that player will be assessed a Minor Penalty.

(t) Slashing:

i. Accidental slashing will be assessed as a Minor Penalty.

ii. Intentional slashing with force is considered a serious infraction and will be called a Major Penalty.

(u) Slew-footing:

i. A Match Penalty will be assessed to any player who deliberately attempts to or deliberately injures an opponent with a slew-foot.

(v) Sliding:

i. Intentional sliding, including while blocking a shot, will be assessed as a Minor Penalty.

ii. If the offender contacts another player while intentionally sliding, they will be assessed a 5-minute Major Penalty, ejection from the game (and the next game if the infraction happens in the 2nd period of the game).

iii. In addition to this, the player will receive a 1 game suspension. For clarity, if the infraction occurs in the 1st period, the player will receive a suspension for their next scheduled game. If the infraction occurs in the 2nd period, the player will receive a 2-game suspension.

iv. Goalies are subject to these same rules. Blocking shots by skaters or goalies is permitted if sliding is not part of the blocking action.

(w) Spearing:

i. A Match Penalty will be assessed to any player or team official who deliberately spears another player.

ii. At the discretion of the referee, a Double Minor penalty will be assessed to any player or team official who pokes, jabs, or attempts to poke or jab an opposing player with the toe of the blade of the stick.

(x) Three Penalty / Six Minute Rule:

i. Any player who is assessed three penalties and/or six minutes of total penalty time in one game will be ejected for the remainder of the game.

ii. It will be necessary to place a substitute on the penalty bench immediately to serve the third penalty.

iii. Any combination of Minor, bench Minor, or Major penalties totaling six minutes of penalties will apply to the personal total of any individual in the game and trigger the Three Penalty/Six Minute Rule. For example, if a player is assessed a 5-minute penalty and later in the game receives a 2-minute penalty, they would be ejected for the remainder of the game.

(y) Tripping:

i. Accidental tripping will be assessed as a Minor Penalty.

ii. Intentional tripping is considered a serious infraction and will be called a Major Penalty.

Section Ten: Disciplinary Action

(a) Division Convenor Discretion: Each division's Convenor, in consultation with the Discipline Committee, has the authority to issue short-term suspensions of up to 3 games if a player's conduct on or off the ice does not meet the standards of the BOHC. This includes

suspensions for dangerous play, or disrespect for other players, referees, timekeepers, or City of Burlington staff. The discretionary suspension can be levied even if a penalty was not called during the game for the incident in question.

(b) Discipline Committee: The BOHC has a Discipline Committee (DC), comprised of the Discipline Chair, the VP of Hockey Operations, the Director of Hockey Operations, and the Referee-in-Chief. The DC's role is to provide a resource to Division Convenors and referees when an interpretation of rules is required, and to apply the rules and precedents of the BOHC to players who are brought before the Committee. Players who are subject to league disciplinary action may receive short-term, long-term, or lifetime suspensions from League play.

(c) Reasons for Disciplinary Action: Discipline meetings are triggered for the following reasons:

i. **On-ice Incidents:** Match penalties, Gross Misconduct penalties, or physical intimidation or contact with an official will automatically trigger a DC hearing. In addition, if a player has accumulated a high number of Minor penalties or game misconducts during the season, and continues to play in a reckless manner, he may be subject to a DC hearing.

ii. **Safety, Respect, & Sportsmanship:** Any member of the BOHC who conducts himself in a manner having little or no regard for the safety, respect, or spirit of the BOHC community will be subject to a DC hearing.

iii. **Alcohol Consumption on City Property:** Any BOHC member who is reported by City of Burlington staff to be consuming alcohol in the dressing room, parking lot, or any other part of City property will be required to appear before the DC.

(d) Discipline Hearing Process & Outcomes:

i. The player, his Captain, and the Division Convenor will be notified if the player is subject to a Discipline Committee hearing, and all are required to attend.

ii. Also attending the hearing are members of the Discipline Committee, and depending on the situation being reviewed, other players and referees involved in the incident may be asked to be present.

iii. The player is not to play in any regular season or round robin games until the Discipline Committee hearing is held (Note: availability of the participants of a hearing will often result in a delay before the meeting can be held).

iv. Following the hearing, the Discipline Committee will determine the outcome for the player. The Committee has full discretion to impose short-term or long-term suspensions, or expulsion from the league. The Committee's decision is considered to be final and is not subject to further review or appeal by the player.

(e) Factors Considered When Applying Suspensions:

i. The Discipline Committee considers several factors when determining the length of suspension, or in extreme cases, expulsion from the league. These include severity of the incident; risk to the safety of other participants; injuries that resulted; and any actions that contravene the League's goals of sportsmanship, respect, and camaraderie.

ii. If a player is a repeat offender who has been the subject of Discipline Committee hearings in the past, suspensions levied will be escalated in severity.

(g) Relegation to Pool Status:

i. The Discipline Committee may decide to relegate the player from full-time to pool status. In this case, the player will immediately hand in their jersey and socks to their Captain. Once a full-time player is found to replace the relegated player, they will be refunded their

full-time registration fee, based on a prorated amount of games remaining in the season (less a $60 pool player "club fee", and less a $60 administration fee).

ii. If the player chooses to do so, after 16 games in the pool they may petition, in writing, the VP of Hockey Operations and the Division Convenor for reinstatement to full-time status.

iii. The decision to re-instate the player will be at the discretion of the VP of Hockey Operations and the Board of Directors. Similarly, if the player wishes to apply for full-time playing status in future years, they must follow the same reinstatement process as above.

(h) Suspension Carry-over:

i. Suspensions carry-over from the regular season into the round-robin playoffs, or from the round-robin playoffs into the following season until the full suspension has been served.

(i) Long-term Suspension From BOHC Play:

i. The Discipline Committee, in consultation with the Board of Directors, may decide to eject a player from BOHC membership.

ii. In this case, the player will immediately hand in their jersey and socks to their Captain. They are not eligible for reimbursement of any registration fees.

iii. After a period of no less than 24 months from the date of notification of their expulsion, the player may petition, in writing, the VP of Hockey Operations for reinstatement to League membership.

iv. The decision to re-instate the player will be at the discretion of the VP of Hockey Operations and the Board of Directors. Should the player be reinstated, their League seniority will be re-set and start to accrue from the date their renewed registration is received.

(j) Player Participation While Under Suspension:

i. While under suspension, players are not allowed to be in the dressing room, team bench or the immediate areas around the dressing rooms and benches.

Section Eleven: Player Insurance

The BOHC is a member of the **Canadian Adult Recreational Hockey Association (CARHA)**. CARHA supports and protects adult recreational hockey by providing hockey insurance programs for leagues, tournaments, referees, teams, and pick-up and shinny groups for adults across Canada.

A portion of player membership fees goes towards our participation in CARHA and their insurance program. This insurance helps to protect both our League and our players. Our referees are also covered under this policy. For more information about CARHA's insurance program, go to CARHA's website: ***www.carhahockey.ca/cms/Insurance***

Submitting A Claim For An On-Ice Accident
If you are injured while on the ice playing or officiating a BOHC game, you may be eligible for CARHA insurance coverage. For full information, please visit CARHA's insurance page on their website at: ***www.carhahockey.ca/cms/Insurance***

To submit a claim, follow these steps:

1) Complete the "Sport Accident Claim Form." Click here to be redirected to the CARHA insurance page on their website. Click on the "Claims" tab, and click the hyperlink to the "Sport Accident Claim Form (English Form or French Form): ***www.carhahockey.ca/cms/Insurance***. You can download or print the PDF from this web page.

2) Coverage is in place provided that players or referees have been seen by a doctor or dentist within 30 days from the date of injury.

3) The claim form must also be signed off by a member of the BOHC Board of Directors. Forward your completed claim form to one of the email addresses below, in order of the listing (multiple emails provided in case of vacation or absence by a Board member):

   (a) vp.hockey@bohc.ca

   (b) director.hockey@bohc.ca

   (c) president@bohc.ca

   (d) director@bohc.ca

   (e) referee.in.chief@bohc.ca (referee claims should be signed off by the Referee-in-chief)

4) The player (or referee) submits the form to CARHA within 90 days from the date of injury. Instructions on how to submit are included on the form.

Players should refer to the CARHA website for full information on what is covered by the insurance program.

Please note: CARHA insurance acts as primary coverage for players that have no insurance of any kind. Should the member have insurance through work, a spousal plan, or another source, the CARHA insurance acts as secondary coverage.



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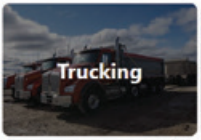


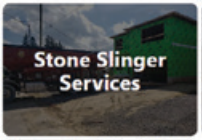
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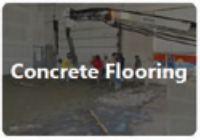
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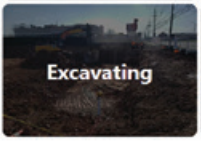


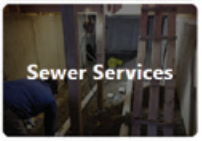












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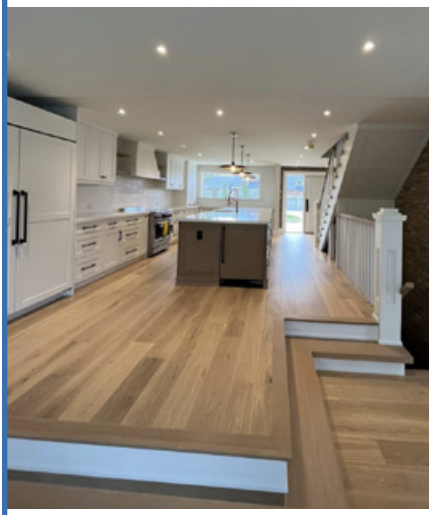
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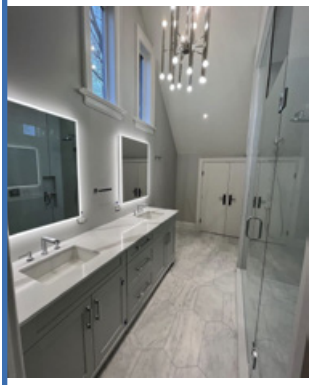
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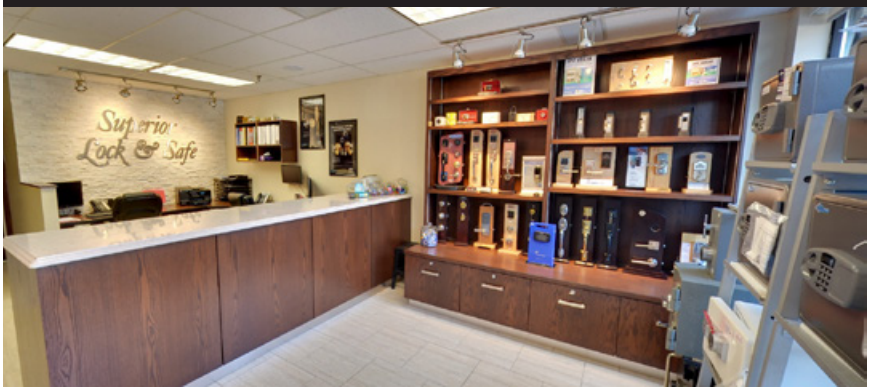
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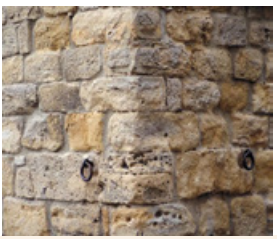
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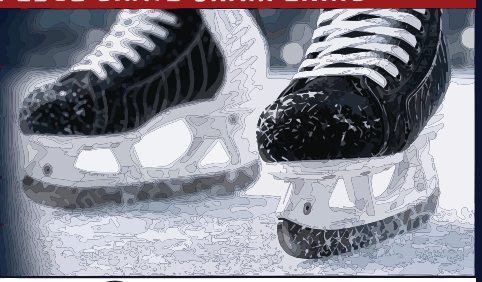
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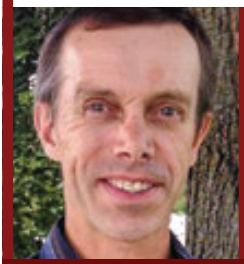
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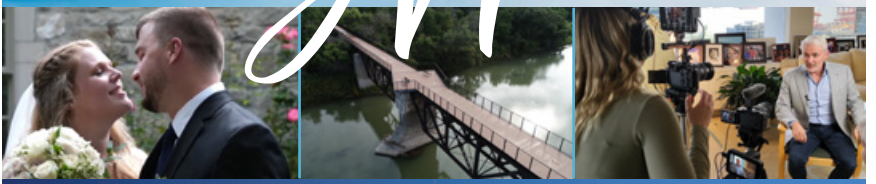
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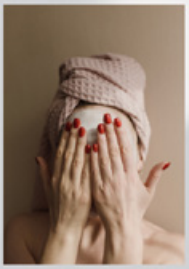
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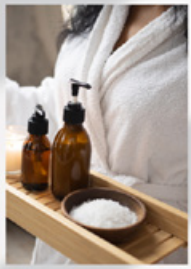
Mon to Fri:
8:30am to 9:pm
Sat 8am to 8pm
Sun 8am to 6pm

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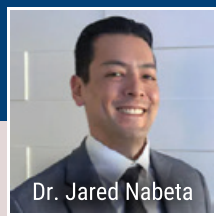




Time to relax. Time to breathe.
Time to exhale.

Nabeta
DENTISTRY

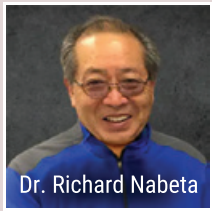
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In Your Relationship?

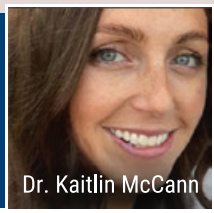



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