

PGOHA Rules

As we are an Old Timer's League we have a few rules that may be different from Rec League.

NO Slap-shots

Any wind up above knee height is a penalty

High Sticking

Same as any other league except a penalty shall be called if a player waves his stick at a puck above waist height, regardless of whether contact is made

Cutting to The Net

We have some instances where contact is made with a goaltender and has resulted in injury to the goaltender. Play will be blown dead on a cut in play, with the face off coming outside the blueline, like an offside. This play is defined as the player carrying the puck across the offensive blue line with speed outside the face off dot. The player then drives the net hard cutting below the dot to the net.

We do understand this will be a difficult call for refs to make, we are just trying to keep our goalies a bit safer.

Mercy Rule(Trial basis)

If a team is leading by 5 or more goals at the half time break, the teams will switch goalies.