



2024-2025 PLAYER'S BOOKLET

BOHC.ca



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Please refer to our website at www.bohc.ca for current Schedules and for our Constitution & Bylaws.

CALL 911

Welcome to
Central Arena
519 Drury Lane



When you **DIAL 911** at the arena to help out an injured player, the first question asked is "what is your address". The first place you should look when **CALLING 911** is for the sign that shows the address for that rink - The City of Burlington added rink board signs near the timekeepers box at each arena. **Every second counts!**



80+ HOCKEY HALL OF FAME

★★★★ 2024 BOHC INDUCTEES ★★★★★

Keith Jalbert - Jim Savage - Jim Shaw - Henry Svazas

- ▶ **Aug 24** New Inductees Ceremony - Huntsville, ON
- ▶ **Oct 23** CANADA 80+ vs U.S. - Burlington, ON (Appleby)
- ▶ **Oct 24** CANADA 80+ vs U.S. - Burlington, ON (Appleby)

The 80+ HOCKEY HALL of FAME is a non-profit organization which recognizes active recreational hockey players 80+ years of age in Canada.



PRESIDENT'S WELCOME

Dear Members of the Burlington Oldtimers Hockey Club,

It is with great pride and enthusiasm that I address you as the President of our renowned club. It has been a pleasure serving on the board of directors as your president. As we start another season of exciting hockey, I'd like to take a moment to express the values that make our club what it is today.

The BOHC has always been about balance, fair play, and community. Combined with fellowship and the love of the game, we have one fantastic organization both on and off the ice and in the community support we provide.

I would also like to thank all the dedicated volunteers who invested their time and effort into making our club successful. All our volunteers do a lot of work, and it is incredible to see them do what is necessary to make this such a great club.

As we look ahead, we are excited to report the introduction of a new daytime division this coming winter. This new program will provide all-division games similar to our summer hockey program on weekdays starting in January. Games will be on Thursdays from 12 noon to 3 pm. Keep an eye out for upcoming announcements.

On another note, safety is of paramount importance. Medical emergencies are possible in an over-35 hockey league, and we must be prepared. You can help by the following actions:

BOHC Emergency Contact Information Form

- Captains will collect up-to-date emergency contact info from players.
- The form includes arena addresses and emergency steps.
- Captains and players are responsible for keeping the information current.
- Captains should make copies for other players to keep in their bags.

Hockey Bag Tags

- The league has distributed tags containing a form for detailed health information.
- You should complete the card with health card numbers, doctor info, emergency contacts, and medical allergies and attach to your bag.

These measures ensure we are as prepared as possible for medical emergencies.

One of the things that makes the BOHC unique is our clubhouse. Hector's serves as the heart of our club, and I encourage all of you to take full advantage of our clubhouse facilities. Burlington still has strict rules about alcohol on city property, let's try to avoid any trouble and go back to Hector's instead.

The 2024-25 season ahead will be exciting, and I do not doubt that our Burlington Oldtimers Hockey Club will continue to be a source of fun and fellowship for everyone.

*Peter Jakob - President,
Burlington Oldtimers Hockey Club*



BOHC WINTER HOCKEY 2024-25



**Join Us at Any
Time of the Year**

WELCOME to our 49th BOHC Season!

FULL TIME positions for the 2024-2025 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.

WINTER REGISTRATION for 2025-26 Opens April 2025

IN-PERSON REGISTRATION

If you don't or can't join online, drop off your printed form, with cheques for payment (no credit card), at Hector's during the month of April.

*Cheques only with printed form...
no credit cards.*

ON-LINE REGISTRATION

Link is on the website.

Credit card payment only.

REGISTRATION FORMS

Registration forms are available at Hector's or on-line as of April 1, 2025.

Register by May 1, 2025
to save your **playing seniority**.

Register by Sept 1, 2025
to save your **Club seniority**.



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 it's 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 keeps our organization healthy and viable.

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 fledging 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 1920's or 30's.

The Community

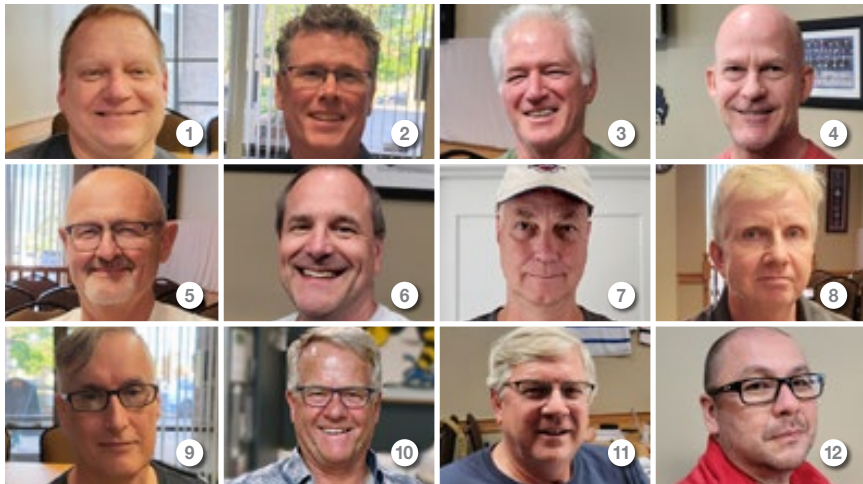
Since its inception the Burlington Oldtimers Hockey Club has given back to the community. Over the years we have raised money for a variety of causes including the Joseph Brant Memorial Hospital. The BOWSER Food Drive has been a current event since 1992. We are proud to be the major contributor to The Burlington Food Bank and have collected over 86,215 food items and \$233,970 in cash. BOHC have also donated \$128,370 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, the club grew to 3 divisions of four teams. The club was soon expanding quicker than the NHL. In 1980, two more teams were added. Then in 1983, four more teams were added. By 1986 the club expanded to 24 teams in four divisions. In 1990, the club added two more teams bringing the total to 26. In 1992, another division of 6 teams was added. The largest jump occurred in 1999, which saw the club go from 30 teams to 42. Since then, with the expansion of Appleby to a quad facility, another division of 6 teams was added in 2010, bringing the Club total to 8 Divisions, and a total of 48 teams.

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

Executives



1	Peter Jakob	President*	president@boh.c.ca
2	Jeff Davis	Past President	past.president@boh.c.ca
3	Mark Buchanan	VP Administration	vp.administration@boh.c.ca
4	Paul Greenlee	VP Hockey	vp.hockey@boh.c.ca
5	Peter Greig	VP Membership	vp.membership@boh.c.ca
6	Richard Zabransky	VP of IT	director.it@boh.c.ca
7	Scot Cameron	Director of Marketing & Communications	director.marketing@boh.c.ca
8	David Zavitz	Director of Hockey Operations	director.hockey@boh.c.ca
9	Rob Rabey	Director of Events	events@boh.c.ca
10	Richard Krummenacher	Treasurer* (appointed)	treasurer@boh.c.ca
11	Mike Veerman	Referee in Chief	referee.in.chief@boh.c.ca
12	Kevin Kofoed	Secretary*	secretary@boh.c.ca

Chair Contacts

Booklet Chair	Don MacRae	don.macrae@desjardins.com
BOWSER Chair	Johanne Patterson	hockeyfamily555@gmail.com
Discipline Chair	Warren Osborne	discipline.chair@boh.c.ca
Invitational Chair	Rick Fox	invitational.tournament@boh.c.ca
Heritage Committee Chair	Bruce Marsh	heritage@boh.c.ca
Nominating Committee	Jeff Davis	past.president@boh.c.ca
Round Robin Chair	Gunther Kaschuba	guntherk@cogeco.ca
Scheduling Chair	Jordan Dankowich	scheduling.chair@boh.c.ca
Christmas Dance	Colin Ashdown	social@boh.c.ca
Summer Hockey Chair	Jordan Dankowich	summer@boh.c.ca
Timekeepers	Mike Sebok	timekeeper@boh.c.ca
Website Coordinator	Scot Cameron	scot@co2digital.com

*Officer

Past Presidents

Jeff Davis	2020-2023	Keith Macdonald	2003-2004	Jim Matz	1984-1987
Wendall Ahearn	2017-2019	Dave Bedini	2002-2003	Earl Blayney	1981-1984
Bruce Marsh	2014-2017	Rick Mitchell	1999-2002	Doug Allen	1979-1981
Rob Field	2011-2014	Bob Wood	1995-1998	Gerry Park	1975-1979
Gary Marshall	2007-2011	Dan Regimbal	1992-1995	Guy Ouellette	1975
Frank McKeown	2004-2007	Keith Dunlop	1987-1992		

Referee Association

Executive Referee in Chief	Mike Veerman	bohcric@gmail.com
Assistant Referee in Chief	Peter Woodhouse	
Rules Committee	Bob Pring	
Secretary	Frank Belanger	
Discipline Committee	Jim Boyd	

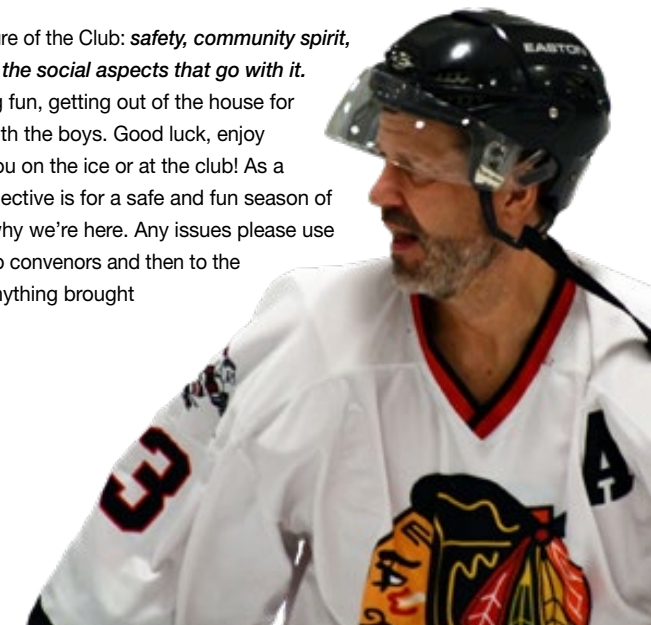
Referees

Gary Aucoin	Norm Hastie	Bill Misener	Garry Stewart
Joe Bedard	Marc Heller	John Ophoven	James Taylor
Greg Beitz	Chris Johannis	Chris Over	Bryan Uba
Brian Bishop	Rick Jones	Doug Pladsen	Mike Veerman
Kerry Blakey	Kevin Lawrence	Bob Pring	Steve Walsh
Mark Chabot	Derrick Leeson	Dave Ryan	Andrew Weller
Bruce Chapman	Jay Lemay	Bill Sanford	Peter Woodhouse
Steve Crocker	David Lenover	Harold Shearer	
Derrick Donati	Jim Leonard	Kevin Smith	
Adam Harrison	David Levely	Dennis Spotswood	

Message by the Executive Referee in Chief

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.** 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 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



OUR HONOURED MEMBERS



The Burlington Oldtimers Hockey Club has an exemplary tradition of volunteer activity and contribution to the Community. As with many organizations, select individuals embrace the organization and make exceptional contributions.

It takes more than 150 volunteers to run all facets of your BOHC each year including captains and their assistants, divisional convenors and their assistants, numerous committee heads and members for all on-ice and off-ice events, and the Board of Directors.

H O N O R A R Y

Honorary Members are registered annually with no fee required. They are non-playing and have attained the honorary status over the years through their recognized contributions to the club during its inception, or in the time since. Also, respectfully included in honorary membership are spouses of members who unfortunately have passed away during the playing season. Honorary Members are required to register annually to affirm their desire to remain in league records.

At the time of printing, the following are recognized as **HONORARY MEMBERS**:

Louise Addison	Charles Charlebois	Johanne Patterson
Ed Ashley-Smith	Patricia Broadbent	Carolyn Park
Pearl Baskin	Rick Fox	Michelle Wood
Joan Brandreth	Barb Charron	John Andersen

L I F E

The Life Member designation is borne out of the Honorary membership designation. As generations go by and our membership grows, there is a genuine desire to stay in touch with the past history of the BOHC, and not forget those individuals who either laid the groundwork for our league or contributed significantly to it over the years. Life Members are nominated by the BOHC membership and must be non-playing individuals. They are recognized by the Board of Directors as having contributed significantly to the BOHC, on a voluntary basis, their time and/or expertise over a long period of time.

At the time of printing, the following are recognized as **LIFE MEMBERS**:

John Hastings	Andre Leclerc	Jerry Robson
Lynn Hastings	Jim Matz	

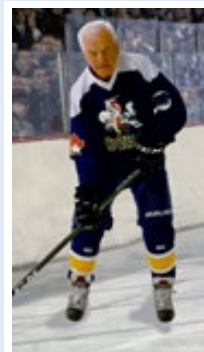
Nominations, in writing to the Membership Director, for Life Members are accepted by the Board of Directors each year up to May 1st. At that time, the Board of Directors will review all nominees and grant the Life Member designation to no more than one person per year, if warranted. Written nominations should include a brief history of the individual's contributions to the BOHC over the years.

BOHC HERITAGE COMMITTEE



OUR HERITAGE

This season, BOHC is proud to induct 4 new members into the **80+ Hockey Hall of Fame** and to host the Canada vs U.S. international game in October.



Henry Svazas



Jim Savage



Jim Shaw



Keith Jalbert



Bruce Marsh,
Chair, Heritage Committee

Thank You BOHC members for supporting our 80+ International games in Burlington.

TREASURER'S REPORT

Treasurers report for the year ended April 30, 2024

Prepared by Richard Krummenacher

To the Members of the Burlington Oldtimers Hockey Club.

After 3 years and relying on our reserves to navigate the pandemic we have come out the other side and are no longer relying on our reserves to support our club operations. During the pandemic we relied on our reserves to continue to pay our bills when we had no revenue from our operations. When we were once again able to resume hockey operations, we maintained fees through to the end of the pandemic to support our members.

At the beginning of this fiscal year May 1, 2023, we increased our fees across the board resulting in a small surplus of \$28,424 on a gross revenue of \$845,395.

Highlights



Balance Sheet as of April 30, 2024.

- Cash balance of \$652,867 of which \$505,184 are from fees collected in March and April for the 2024 - 2025 season.
- We currently have \$200,000 in GIC.
- The club does hold some cash for donations of \$7,914 yet to be paid to the Carpenter Hospice and the Burlington Food Bank.

Income Statement for the period May 1, 2023, to April 30, 2024

We separate the club activities into separate groupings to help your board better manage the club. These groupings include hockey operations, invitational tournament, lounge activities, social activities and administrative functions.

- Winter hockey generated revenues of \$540,525 (2023 - \$463,671) of which \$26,750 comes from pool player fees. Pool players are an integral part of our organization and help maintain our fees for the

full-time skates and contributes financially to covering our overall costs. This year winter hockey generated a surplus of \$67,271 (2023 - \$11,458) used to pay for other administrative expenses.

- Summer hockey generated revenues of \$61,732 (2023 - \$55,235) of which \$5,660 comes from pool player fees. This year summer hockey generated a surplus of \$12,979 (2023 - \$15,452) used to pay for other administrative expenses. The main difference for the reduced surplus is the increased cost for ice.

- The invitational tournament generated revenues of \$80,885 (2023 - \$77,440). After our donation to the Carpenter Hospice of \$5,000, the tournament generated a surplus of \$15,982 (2023 - \$19,305) The reason for this decrease is during the pandemic we had the tournament in February but did not have the thank you dinners for the divisions who sold all their books. This financial gain was reported during 2023 as no monies were spent on the division parties.

- The lounge generated revenues from liquor sales of \$90,955 (2023 - \$82,565). This was a result of increased pricing and some additional activity at the club. Our goal is for the lounge to break even and this year they generated a small loss of \$4,117 (2023 - \$4,323)

- Administration is our catchall for all things not related to hockey or tournaments. This year the club generated revenues from booklet advertising of \$23,425 (2023 - \$25,425)

and interest income of \$6,812. (2023 - \$20). We generated this additional interest income as the club has once again been investing its monies in GIC's as a result of the higher interest rates. Our major expense includes the cost of renting the club \$37,266 (2023 - \$35,125) and merchant fees of \$24,281 (2023 - \$20,401). This year admin ran a deficit of \$61,097 (2023 - \$60,687) and is within budget.

Our balance sheet is strong.

Our social activities include BOWSER, the Christmas party, and the 80+ event. Monies raised from BOWSER and the Christmas party go to the Food Bank and this year's financial contribution was \$29,720. BOHC supports and sponsors our members who are over 80+ years of age and this year our contribution to the various events and activities totaled \$2,594.

To help keep our fees the most competitive in the market we encourage you to volunteer some of your time, use our club house/ lounge and support our advertisers so they continue to support the club. To the volunteers who do put up their hand to help the club, I say "thank you".

If you would like to receive a copy of our reviewed financial statements, please email treasurer@bohc.ca

Richard Krummenacher, BOHC treasurer

EVENTS CALENDAR

EVENT	DATE	LOCATION	TIME	CONTACT
Christmas Dance	Nov 23, 2024	Legion	7pm	Colin Ashdown
Santa Claus Parade	Dec 1, 2024		2pm	Gunther Kaschuba
80+ Hockey Hall Of Fame Induction Ceremony	Aug 24, 2024 Oct 26, 2024	Huntsville Ottawa		Peter Austin
80+ International Canada VS. US Games	Oct 23-24, 2024	Appleby Arena		Peter Austin
Invitational Hockey Tournament	Feb 19-23, 2025	Mainway Arena		Rick Fox/Will Pugh
Summer Registration Opens Summer Registration Deadline	Feb 2025 March 2025	Online Online		Jordan Dankowich

EVENT	DATE	LOCATION	TIME	CONTACT
BOHC Round Robin Begins	TBD	Various Arenas		Gunther Kaschuba
BOHC Championship Day	April 2025	Appleby Arena		Gunther Kaschuba
Winter Registration Opens Winter Registration Deadline	April 2025 May 1, 2025	Online		Peter Greig
BOHC Golf Tournament	May 10, 2025	Mount Nemo GC		Gil Verwey
Annual General Meeting	June 2, 2025	Hector's	7:30pm	Peter Jakob

Note: This information is subject to change without notice, for more up-to-date information, visit www.bohc.ca



GERRY • MIKE • BUCK • GUNTHER • WILL • MOE

Your game doesn't have to end at the buzzer... Bring it on over to Hector's!

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

WINTER HOURS:

Monday, Wednesday, Thursday 8pm to 1am
Tuesday Closed
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)

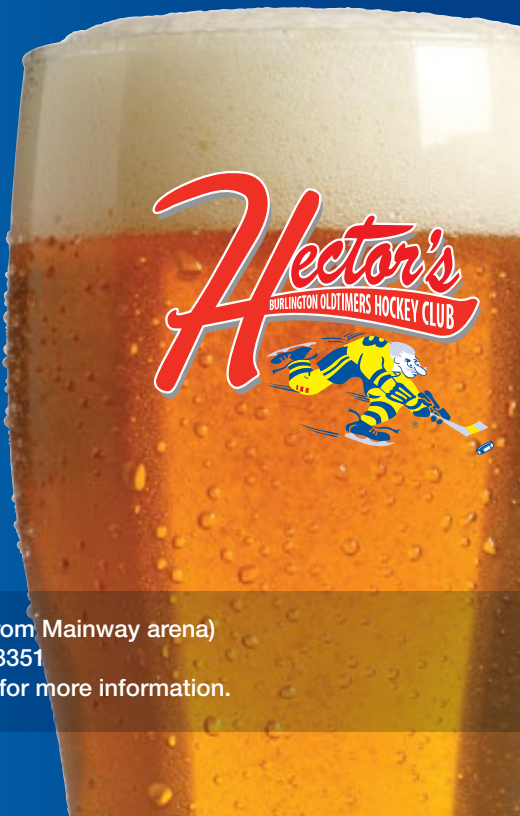
Monday, Tuesday, Thursday Closed
Wednesday 8pm to close
Thursday Closed (available to rent)
Friday 4pm to 7pm
Weekends Closed

Note:

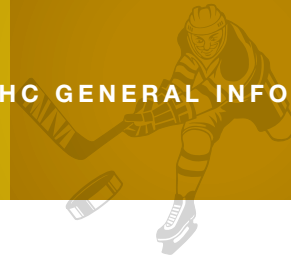
Any changes will be posted at www.bohc.ca.
To reserve Hector's for a private function,
please contact Mark Buchanan at 905.637.8351 or
hector@bohc.ca.

3521 Mainway (across from Mainway arena)
905.637.8351

Visit us at www.bohc.ca for more information.



BOHC GENERAL INFORMATION



1. There are (8) divisions of (6) teams each.
Each team consists of 16 players:

Red Division	Green Division
Orange Division	Blue Division
White Division	Grey Division
Black Division	Gold Division

2. Each division has a convenor, co-convenor(s), pool convenor, 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

Refund Policy

1. 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.
2. Refunds after May Registration will be less a \$60 Administration Fee. Members requesting full refunds before play begins remain Social Members for the balance of that season so \$25 is also withheld.

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.

4. The amount of the player refund will be prorated, determined by the number of games remaining in the season and the amount to be collected from the player replacing the individual who is injured or ill. The player's sweater and socks must be turned in prior to the refund being processed.
5. Player refund amounts are based on when the replacement player is named and his payment is on hand.

3. Once play begins, players requesting to drop back from fulltime play are refunded into their divisional playing pool for the balance of that season.



2023-2024 CHAMPIONS

BOHC
Burlington Oldtimers Hockey Club Inc.



RED DIVISION



ORANGE DIVISION



WHITE DIVISION



BLACK DIVISION



GREEN DIVISION



BLUE DIVISION



GREY DIVISION



GOLD DIVISION



RBC Dominion Securities Inc.

**Congratulations to the
BOHC 2023/24 season
championship teams.**

Kuno Wealth Management of RBC Dominion Securities

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

Justin Trigiani, CIM | Associate Investment Advisor
905-332-2588 | justin.trigiani@rbc.com

Nadine Lourenco | Administrative Assistant
905-332-2584 | nadine.lourenco@rbc.com









**Wealth Management
Dominion Securities**


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TEAM CAPTAINS

red

 Mark Goulet 1	 Mike Moes 2	 Troy Pocaluyko 3
 Todd Hicks 4	 Chris Falco 5	 Martin Breton 6

orange

 Bud Hall 11	 Mark Lockstadt 12	 Stephen Marshall 13
 Dan Matthews 14	 Kevin Morgan 15	 Chris Mutcheson 16




white

 Tim Litt 21	 Jack McFaul 22	 Brad Stevenett 23
 Kyle Mihalik 24	 Glen Nicholson 25	 Jordon Dankowich 26

black

 Phil Grimes 31	 Darren Gillis 32	 Mike Martins 33
 James Becker 34	 Mike Ligas 35	 Ian Deacon 36

green

 Trevor Hall 41	 Steve Hunt 42	 Michael Bradbury 43
 Bob Lambert 44	 Brian Murphy 45	 Michael Field 46







blue

 Chad Courtney 51	 Wade Osbourne 52	 Jamey Schein 53
 Peter Skoretz 54	 Dale Stewart 55	 Rick Vascotto 56

grey

 Bill Brodie 61	 Mark Holloway 62	 Ian Moriarty 63
 Peter Di Paolo 64	 Aaron Cooper 65	 Phil Dorazio 66

gold

 Bert Lavigne 71	 Paul Bindner 72	 Paul Raven 73
 Sandro Avila 74	 Tony Vassallo 75	 Jeff Flom 76

CONVENORS



Convenor	Paul Kuno	paul.kuno@gmail.com
Co-Convenor	Stephen Leclerc	stephen.leclerc@hotmail.com
Pool Convenor	Rob Allan	robert.allan9@gmail.com



Convenor	Jeff Baker	jeff@doubledcrane.com
Co-Convenor	Todd Woods	todd.woods085@sympatico.ca
Pool Convenor	Angelo Sottana	asottana@gmail.com



Convenor	Paddy Rea	paddiorea@hotmail.com
Co-Convenor	Matt Paget	mpaget7@gmail.com
Pool Convenor	David Schwarz	david.schwarz@bell.net



Convenor	Jim Kotsopoulos	jimkotsy92@gmail.com
Co-Convenor	John Holloway	hollowayj1967@gmail.com
Co-Convenor	Vic Brandonisio	vicsemail94@gmail.com
Pool Convenor	Jamie Lindsay	jglindsay31@gmail.com



Convenor	Shawn Zipay	shawn.zipay@vtrfeedersolutions.com
Co-Convenor	Don MacRae	donmacrae1@sympatico.ca
Pool Convenor	Carl Camilleri	cam2417@gmail.com



Convenor	Rick Thorpe	ubeenthorpedoed@gmail.com
Co-Convenor	Rob Bradbury	rcbradbury15@gmail.com
Pool Convenor	Kevin Skelton	kgskelton@me.com



Convenor	Chris Stull	evilhotsauce@gmail.com
Co-Convenor	Dennis Oleskiw	dennisoleskiw@gmail.com
Pool Convenor	Jim Greer	jim@news-net.ca



Convenor	Kevin Benton	Kbentoncit@gmail.com
Co-Convenor	Don Cragg	dcragg1@hotmail.com
Pool Convenor	Moe Bradley	moebradley1@hotmail.com

1 CANADIENS

Mark Goulet	905-334-6275 C
John Marini	905-592-0170 G
Robert Allan	905-876-7584
Jason Continenza	905-808-5323
Peter Crawley	416-500-0780
Todd Cummings	289-233-4878
Rob Dionne	416-272-7504
Brent Finch	905-464-4046
Paul Greenlee	905-869-6695
Harrison Hristopoulos	905-601-7338
Robert Kirin	416-209-3272
Brandon Marsh	905-220-3622
James Rolph	905-467-1373
Todd Schultz	289-259-4718
Kyle Scott	905-699-1886
Paul Wilson	905-331-4474

2 RED WINGS

Mike Moes	647-404-8984 C
Graeme Millar	905-971-1568 G
Kevin Blakey	905-464-5041
Tom Brotherston	905-516-7123
Bob Clarke	905-301-5362
Charlie Crisci	905-699-2001
Brian Fegan	416-705-3364
James Fisher	905-638-7500
Cory Flynn	416-909-2679
Chris Heffernan	365-228-5103
Paul Hnatiuk	647-395-9896
Graham McCulloch	416-671-2099
David McKissock	905-320-1404
Dwayne Nedelko	905-464-3755
Michael Plewes	905-467-8272
Mitch Ross	289-795-4150

3 RANGERS

Troy Pocaluyko	905-330-7306 C
David Zavitz	416-435-4385 G
Glen Cameron	519-535-0684
Jeff Davis	905-334-1411
Tim Fisher	905-802-0329
Chris Fulton	416-526-4384
Frank Goodrum	905-802-0937
Mike Halstead	905-971-8747
Brett Halstead	289-983-7250
Paul Kuno	905-407-7692
Chris Logue	905-320-2529
Matt Luskey	416-676-8788
Jeremy Okolisan	416-939-1577
Ken Pagan	905-536-5480
Steve Ryan	416-896-7215
Paul Wisniewski	905-407-9499

4 BLACK HAWKS

Todd Hicks	905-330-9664 C
Andrew Martin	905-802-4683 G
Andrew Blakeley	416-821-8783
Marc Brennan	905-407-0475
Gary Cooke	905-577-7893
Clint Ellicott	905-802-6384
Terry Fehrman	905-635-2610
Cory Fry	416-894-4088
Daniel Heap	905-317-2228
Tom Moore	289-441-1233
Kyle Pahapill	905-320-8982
Brad Panzer	416-579-1284
Jeremy Penrose	905-467-1142
Mark Pilgrim	905-802-5852
Ash Trapman	416-433-9328
Steve Wilkins	905-320-3805

5 BRUINS

Chris Falco	905-517-3300 C
Darryl Muscat	416-294-1994 G
Michael Baker	416-735-5585
Victor Bayliss	905-634-1484
Dave Brown	416-268-1306
Joe Edl	416-451-1627
Jim Edmonds	905-638-4400
Brent Garbutt	416-799-2424
Jp Hatala	289-259-3501
Rob McGowan	9059818051
Matt McIntosh	416-427-0116
Bryon Moore	416-886-1735
J.d. Pettit	905-308-6979
Rob Riley	905-933-9401
Michael Taylor	289-828-4105
Drew Towarnicki	416-434-8435

6 LEAFS

Martin Breton	416-587-5338 C
David Cadeau	289-208-1500 G
Greg Beilhartz	416-994-7624
Todd Brophy	905-808-6595
Mark Cernjul	416-884-1856
Drew Higgins	519-494-8976
David Holmes	905-464-4962
Scott Hudson	647-824-7111
Jamie Lawrence	365-999-3678
Stephen Leclerc	905-332-9481
Mark Mallett	416-892-2122
Scott Melee	905-815-3610
Ryan Mikhelson	416-797-7858
Corey Newport	905-320-4109
Bryan Reichel	905-424-9010
Steven Turner	905-691-0910

11 CANADIENS

Bud Hall	905-961-2988 C
Scott Simkins	905-319-2195 G
Rob Brown	905-870-5672
Paul Chappell	905-928-7285
Keith James	905-407-5353
Matt Kowgier	289-938-6663
Travis Lutes	506-871-6236
Matt Noad	647-463-3381
Brad Palmer	416-220-4554
James Porteous	905-630-0861
Rob Proctor	905-531-7633
Stephen Sisokin	416-931-2233
Peter Stapleford	365-737-6746
Malcolm Suzuki	905-512-6257
Mark Vincent	416-459-9003
John Wright	289-238-8324

12 RED WINGS

Mark Lockstadt	905-407-8211 C
Don Cowan	905-658-0445 G
Mark Flippance	905-399-5585
Sylvio Gaudet	416-970-5004
Douglas Howard	9057309924
Rob Langford	905-634-9618
Sean Laverty	416-606-9802
David Lenover	905-483-6672
Wayne Macgregor	519-766-2430
Rob Noon	416-428-5427
Jason Prickett	289-259-0698
Kelly Roberts	416-346-5288
Corey Trodd	905-634-5038
Jason Unsworth	416-768-2166
Todd Woods	289-244-2972

13 RANGERS

Stephen Marshall	905-906-2197 C
Bill Geady	437-350-3103 G
Cal Campbell	905-782-5116
Robert Cresswell	416-846-4566
Shawn Cronkwright	416-602-2942
Marcel Derks	905-691-6976
Michael Dynes	905-407-0693
Doug Ellison	647-236-7930
Pat Lemieux	647-376-6610
Bruce McIntosh	905-320-2995
Justin Pocock	416-902-2684
Rob Tihor	905-617-7701
Peter Tolhoek	905-902-8960
Craig Valiquette	647-381-1388
Gary Verdone	289-230-5080
James Vlahos	905-483-1574

14 BLACK HAWKS

Dan Matthews	905-220-9115 C
Kevin O'Rourke	416-817-8920 G
Jeff Baker	905-638-1057
Chris Belanger	905-330-0817
Steve Bews	289-208-6737
Doug Boutillier	905-319-2547
Mike Campbell	9056913830
Mike Carroll	905-869-2809
Josh Cook	416-771-6676
Russell Draper	416-476-1395
Tim Evans	289-400-2177
Ken Hammond	647-462-1247
George Hoytema	905-208-4638
Bryan Morris	905-332-1811
Andrew Peaker	905-537-0750
Sean Woolsey	905-719-5900

15 BRUINS

Kevin Morgan	289-259-9745 C
Mike Drost	905-704-8266 G
Leslie Baylis	905-466-6007
Erick Boucher	437-998-2699
Steve Cooper	905-330-5346
Jeff Josiak	416-200-8537
Peter Juvatopolos	905-515-1618
Dan Kennes	905-808-0243
Andrew Last	647-965-3658
Vince MacDonald	905-630-1910
Bill McFadyen	416-571-1459
Derek Peters	416-931-1155
Clarence Smith	905-617-5248
Angelo Sottana	905-467-2417
Andrew Spidle	647-502-6348
Ryan Wagg	905-630-0749

16 LEAFS

Chris Mutcheson	416-566-2772 C
Tim Visser	289-776-8479 G
Richard Alvarez	647-220-2232
Jesse Conner	905-931-2433
Carlo Di Lalla	416-320-8246
Andrew Dixon	905-973-1397
Mark Doogan	905-334-7309
Paul Farrugia	905-319-0032
Brad Glassford	289-439-6320
Duane Gray	905-379-3442
Gary Jenkins	905-699-3881
Bill Matthews	905-220-1992
Robert McDaniel	905-981-9717
Angelo Misale	905-730-9842
Derek Presswood	905-912-4055
Ken Wayne	905-541-0467

21 CANADIENS

Tim Litt	365-323-7130 C
Robert Antoniuk	905-681-8748
Todd Barr	905-467-1202
Kerry Blakey	905-466-6054
Michel Caron	437-991-7302
Mark Deighton	905-483-3350
Paul Gentle	905-467-3419
Mike Masur	905-466-0383
Kevin Murphy	416-571-8460
Matt Paget	365-999-2377
Jeff Sims	905-339-8357
Myles Stainton	905-220-2189
Jeff Thrasher	416-996-9328
Greg White	905-466-3787
Dave Zarnke	416-873-1340

22 RED WINGS

Jack McFaul	647-616-7732 C
Mark Anderson	416-564-0229
Jeff Armstrong	416-629-6678
Philip Cervoni	226-606-8433
Ian Fewkes	905-407-4409
Michael Greene	416-459-6433
Bruce Halladay	905-580-3434
Rick Houston	647-290-5866
Kevin Kofoed	905-208-0029
Chris McGrath	905-599-7452
Lloyd Millar	416-452-4465
Brent Myers	905-599-7537
Paul Pigott	416-606-3485
Alan Puls	416-809-6002

23 RANGERS

Brad Stevenett	905-407-7381 C
Blake Burrows	647-282-8147
Greg Daniels	905-464-5485
Paul Kelly	905-510-4874
Dennis Komac	905-730-7047
Andy Meaning	905-483-3544
Barry Monaghan	416-453-6616
Rob Mullett	905-464-4761
Eddie Nowak	647-767-8390
Eric Pailley	905-634-1895
Terry Thorpe	289-440-2250
Shane Toohey	416-709-0183
Sean Washchuk	416-716-0080
Rick West	416-807-7371
Greg Wood	905-407-9379

24 BLACK HAWKS

Kyle Mihalik	905-869-1719 C
Don Bibby	905-464-1225
Kyle Harrison	289-218-9686
Daniel Le Gresley	905-599-6049
Clayton Maclean	647-239-9097
Brian Manzel	905-334-3743
Glen Montgomery	905-466-8523
Paul Nicholson	647-917-7554
Ken Pasma	905-467-2051
Remy Pattynama	905-339-7369
David Schwarz	905-331-9081
Domenic Sergi	905-632-2307
Gord Sigvaldason	905-929-6365
John Wiencis	905-317-2042
Philip Wilkes	289-300-1072

25 BRUINS

Glen Nicholson	647-393-3514 C
Mark Addison	416-720-5848
Chris Brown	289-208-2566
Robyn Duwyn	226-972-3588
Scot Hamilton	905-331-4793
Mark Hamilton	289-680-4754
Don Koopman	416-717-4199
Colin Macleod	647-244-4292
Scott Nerby	905-332-0711
Brian Nichol	905-975-3744
Michael Proctor	289-259-5889
Rick Roman	416-903-8453
Steve Sibbick	905-302-2680
Andy Thorpe	289-208-3942

26 LEAFS

Jordan Dankowich	905-220-8154 C
Tom Armes	289-208-8366
Tony Baguley	905-467-6970
Neil Bennett	343-596-1050
Marc Hamel	905-520-7312
Michael Hawkins	905-634-4102
Brian Kilpatrick	905-379-4123
Jeremy Maxwell	289-259-8325
Brian McOstrich	905-580-4078
James Patrick	647-232-9387
Randy Raymond	416-579-7032
Patrick Rea	289-259-5074
Tim Tiernay	905-483-4345
Wes Van de Polder	416-668-9485
Bernard Zeglinski	437-233-6302

31 CANADIENS

Phil Grimes	905-407-1785 C
Mike Blake	905-512-3602
Sean Cassidy	416-558-8549
Glenn Downey	905-516-5355
Nic Freeman	905-975-0230
Andrew Goodson	905-330-8277
Jim Kotsopoulos	905-308-5472
John Laursen	905-336-2641
John Matthews	905-483-4662
Dan McNeill	905-332-7130
Brian Nelson	905-870-8407
Trevor Shea	905-902-6613
Steve Sparrow	905-601-4546
David Whyte	905-515-7737
Walter Wiebe	905-320-1726

32 RED WINGS

Darren Gillis	289-962-1369 C
Tom Chessman	905-802-0538
Mo Goyal	416-807-7932
Chris Hill	905-639-9828
Jason Knox	416-697-3405
Kevin Macrae	289-556-9515
Ray Maton	647-400-4767
Steve McCutcheon	905-399-2047
Michael Perrin	905-825-0057
Chris Ricciuti	905-929-9515
Dale Roberts	365-888-5329
Anthony Rumleskie	905-512-9624
Glenn Sawyer	289-242-3858
Brad Smith	289-259-0280
Jeff Tate	416-688-5422
Tony Whyte	905-869-9886

33 RANGERS

Mike Martins	905-484-5142 C
Mark Coleman	289-442-1398
Michael Derry	519-240-1097
Keith Ellison	905-334-8048
Doug Ferguson	905-484-2293
Nathan Gamble	905-630-9908
Jeff Gemmell	416-726-8285
Mark Guichelaar	416-554-1505
Mark Krausewitz	905-617-2744
Matt Krusto	289-838-4849
Dan Lupton	905-601-1850
Derrick McElheron	416-302-1650
Leonard Nicholson	416-937-8377
Tobias Smulders	905-730-8629
Cody Taylor	289-885-6336

34 BLACK HAWKS

James Becker	647-383-7411 C
Bill Adams	905-681-4597
Marc Bishara	514-241-5226
David Colman	905-399-7233
John Forbes	289-707-1073
Daniel Forsyth	647-882-1882
Scott Gallichan	905-334-2236
Michel Harrison	905-517-5131
John Holloway	289-242-8331
Mike Jack	647-823-2966
Clayton Kenyon	289-339-6422
Jamie Lindsay	289-218-6903
Steven Patterson	289-681-4043
Jason Pidgeon	289-218-7672
Terrence Redmond	289-983-0533

35 BRUINS

Michael Ligas	905-627-2653 C
Jason Aguanno	905-531-3139
Wendall Ahearn	289-828-4666
Scott Fitzsimmons	416-618-6444
Marty Gulinski	905-580-9804
Hussein Hamdani	905-330-0221
Greg James	905-339-8472
John Kemp	905-978-2200
Darrell Marsh	416-418-2428
Mark Rasmussen	905-617-3069
Robert Saddler	905-981-0496
Michael Schleich	905-336-8585
John Stolte	437-992-5281
Rob Todd	416-994-4023
Matt Weller	905-979-3612

36 LEAFS

Ian Deacon	905-971-8929 C
Vic Brandonisio	289-259-1929
Don Ferguson	905-630-8065
Doug Ferguson	905-484-2293
Mo Goyal	416-807-7932
Kevin Leuschner	905-452-4602
Josh Lilley	905-580-6238
Ryan Love	905-808-2835
Rob McGowan	905-981-8051
Stephen Morris	416-357-9338
Richard O'Neill	905-920-6726
Marc-L Porter	416-588-0270
Ashton Price	647-986-2148
John Prior	289-439-0004
Dave Rankin	647-971-2476
Keith Warren	647-236-1773
Andrew Weller	905-531-0099

41 CANADIENS

Trevor Hall	905-616-7731 C
Todd Gordon	289-816-2423 G
Shawn Allen	905-320-8229
Jim Corbett	905-912-1046
Steven De Vries	289-427-5232
John Elliott	289-242-6129
Rudy Gauer	905-844-7516
Mark Gonyea	905-330-3333
Jeff Hubbs	647-992-6535
Greg Maclellan	905-632-3796
Anthony Morielli	289-242-8610
Richard Newman	289-772-9645
Paul Quinn	289-230-6125
John Rockx	905-320-8700
Tom Salb	416-625-7129
Gil Verwey	905-320-9665

42 RED WINGS

Steve Hunt	905-979-3157 C
Wally Omiotek	905-516-9713 G
Mike Amormino	647-632-2597
Tony Attard	416-520-5295
Dominique Egloff	905-746-0749
Andy Guennel	289-400-0719
Mitch Kocken	905-399-0006
Adam Koscielak	365-292-3513
Jay Littlejohn	416-451-7010
Don Macrae	905-875-8109
Jeff Pattenden	905-464-0331
Jonas Raymond	647-802-5685
John Rivard	905-339-9956
Dave Ryan	416-859-7295
Mark Wilson	905-301-5719
Raymond Wodar	905-334-5439

43 RANGERS

Michael Bradbury	905-510-2992 C
Shawn Zipay	905-220-2351 G
Dave Bennett	905-339-6668
Olivier Broschart	905-631-5778
Aggie Cabral	905-407-6552
Jacques Chaput	905-483-3307
Robert Declair	905-331-9437
Tim Fowler	905-510-0795
Marc Gallant	905-332-8651
Allan Harding	289-828-0303
Mark Jones	647-449-5161
Keith Parkinson	905-407-6304
Ray Payette	437-217-9664
Jeffery Rodricks	905-464-8688
Jon Russill	416-791-3144
Rob Watts	905-536-1169

44 BLACK HAWKS

Robert Lambert	289-259-6576 C
Bryan Letourneau	905-749-2280 G
Tobias Bowdway	905-484-3098
John Brown	647-212-5646
Maurizio Dal Zotto	905-570-5590
Chris De Michele	416-876-4352
Kevin Flanagan	905-332-6891
Stephen Gallagher	519-580-0087
Craig Hope	905-407-1733
Peter Johnston	905-399-9635
Mike Macadam	905-719-7844
Gord Milmine	905-510-0697
Joe Pecyna	905-582-0790
Mark Sauer	905-331-5987
Mike Sergi	905-637-9230
Jason Wu	416-262-6730

45 BRUINS

Brian Murphy	416-676-7631 C
Scott Alexander	905-635-6954 G
Mike Dakins	647-272-6539
Donald Dale	416-566-7666
Ken Fox	905-928-5396
Yarek Jarzebski	905-334-8959
Ted Johnston	905-379-3906
Jeff Kocken	905-827-4118
Andrew Mathers	905-399-1267
Kevin Nagel	289-253-8695
Martin Noakes	416-305-4823
Wayne Owchar	905-805-8648
Peter Pawlowski	647-622-4792
Harold Saunders	905-637-9670
Larry Seaman	905-978-0555
Mike Starr	289-707-1793

46 LEAFS

Michael Field	289-237-6337 C
Stewart Cawthray	416-559-0888 G
Mark Best	647-210-2087
Allen Bruder	905-308-2086
Terry Buckland	905-319-3601
Paul Busnello	905-515-7708
Carl Camilleri	416-704-5402
Chris Caunce	905-336-8261
Eric Elo	905-928-1202
Steven Filek	705-257-2878
David Kimberley	905-407-6515
Martin Macpherson	905-545-1945
Brian Melton	905-802-4891
David Smith	289-218-7637
Clint Williams	905-465-5218
Andy Wong	416-388-5009

51 CANADIENS

Chad Courtney	647-984-0657 C
Todd Stone	905-483-1309 G
Phil Amodeo	905-467-7733
Robert Bradbury	905-379-3641
Sandro Cervoni	905-637-2872
Larry Code	289-208-4811
Troy Collins	416-275-5121
Chris Davies	289-300-1517
Mark Heron	905-330-3663
Jim Moher	905-630-2317
Bryan Rajacic	905-330-2581
Harry Santi	647-205-5948
Kevin Skelton	905-220-1527
John Trabucco	905-464-1204
Cliff Watling	905-334-5958
Kevin Wilson	905-319-1578

52 RED WINGS

Wade Osborne	289-259-7891 C
Norm Groskopf	905-399-4225 G
Mike Doyle	905-630-1828
Lance Edwards	905-536-4976
Pete Hibbert	905-971-9870
Paul Ivey	905-802-4839
Henry Ki	416-728-5254
George Kish	289-218-6501
Jeff Kruger	905-637-4190
Allan Lusk	905-299-5968
Wayne MacDonald	902-452-1899
Dave Malcolmson	905-971-5315
Andrew Mowat	289-828-3345
Mike Robinson	905-691-1581
Doug Robson	905-312-1552
John Sweeny	905-330-1971

53 RANGERS

Jamey Schein	905-802-4135 C
Richard Krummenacher	905-335-4460 G
Nicholas Cheng	905-320-8128
Kevin Collard	905-483-9191
Eric Fankhauser	289-208-6019
Ken Hamilton	905-973-2128
Curtis Hitsman	416-508-7058
Suolon Hu	416-993-2480
Derek Lutz	905-336-9920
Evan McDade	289-834-2941
Alan Melhado	289-230-9912
Andrew Morrier	905-464-7965
Robert Riddell	905-515-5126
Dan Rose	905-802-4326
Jean-Francois Rousseau	416-676-7733
Gurpreet Saran	416-278-3286

54 BLACK HAWKS

Peter Skoretz	905-512-3226 C
Grant Wiebe	416-918-7171 G
Steve Culliford	905-467-5158
Cecil Cummings	905-632-5142
James Curran	289-208-3696
Michael Firlit	905-572-1787
Craig Green	905-630-0034
Brian Guest	905-399-5266
Bruce Hazell	905-220-8260
Rob Johnston	647-453-4400
Dave Minson	905-577-7804
Ross Monteith	905-639-3898
Gord Ross	416-471-6322
David Rust	647-881-0704
Douglas Van Zanden	647-688-2942
Stephen Walsh	905-339-7583

55 BRUINS

Dale Stewart	905-510-6768 C
Larry Hallett	416-435-2926 G
Ron Bertrand	905-466-2320
Norman Coley	416-705-5556
Carmen Dimauro	647-640-9794
Robert Elliot	416-434-6827
Lino Fera	416-702-8525
Chad Hammer	905-320-2611
Jonathan Jackson	905-466-5703
Scott McIntyre	905-631-0707
Sean McIntyre	289-259-0632
Terry McMann	416-475-6825
Michael Moore	905-599-0700
Gerry O'Shaughnessy	416-505-8053
Kevin Pomerleau	905-483-1217
Rick Thorpe	905-208-4088

56 LEAFS

Rick Vascotto	647-290-9076 C
Wayne Bellhouse	519-731-6353 G
Jim Amesbury	905-483-7796
Dave Buttrum	905-630-3020
Jameson Cheung	647-966-5830
Gurmukh Dhadda	289-795-1160
Barry Gothard	226-821-2708
Rob Lemon	289-260-2271
Scott Lindstol	905-827-4710
Richard Lyon	416-805-3443
Rob Marini	647-521-0958
Warren McGlynn	905-330-1472
Renato Paniccia	289-230-6597
Alexandre Paragamian	647-222-3296
Mark Sartor	289-230-4883
Mike Shaver	416-843-2087

61 CANADIENS

Bill Brodie	289-208-9537 C
John Stewart	289-244-0268 G
Michael Brideaux	905-220-8495
Egidio Bulgaretti	647-226-6076
Chris Casamatta	416-457-7125
Scott Eidt	905-336-9525
Stan Gray	905-630-7042
Paul Kainth	905-630-3323
Craig McElroy	905-330-9632
Scot McInnes	289-208-3327
Lloyd Munroe	905-334-4650
Ralph Perri	416-556-7638
David Reurink	289-207-9522
Christopher Stull	905-923-5175
Geoffrey Tam	416-277-3074
Larry Valentine	437-788-8654

62 RED WINGS

Mark Holloway	905-330-9712 C
Joe Raso	905-749-2775 G
John Archambault	289-442-1496
Brian Bishop	365-378-4902
Arnie Blackwell	416-428-3621
Adam Borsi	905-808-7735
Tom Cayer	905-923-6010
Oz Cuaresma	519-162-837
Wayne Denman	905-335-9727
Denis Govedas	647-326-7595
Don Liddle	289-308-6011
Norm Poyton	905-541-5869
William Pugh	905-484-3550
David Rourke	416-579-8843
Mark Tomecek	905-510-9973
Remis Zabiela	416-845-1824

63 RANGERS

Ian Moriarty	416-735-0970 C
Joe Goulart	905-517-6675 G
Darwin Allen	905-335-1102
Rob Campbell	289-527-1503
Andrew Doesborgh	905-719-5076
Mike Ford	416-509-6940
Dan Gheller	905-679-4682
Richard Groulx	905-637-7966
Tom Homer	289-795-2939
Robert Kubar	905-536-8815
Richard Nabeta	416-258-4426
Mike Polissak	905-467-1187
Steve Postma	905-484-8550
Michael Quinn	905-516-2718
Allen Rego	647-231-3480
Kevin Smith	905-634-3080
Gavin Treanor	905-407-6013

64 BLACK HAWKS

Peter Di Paolo	289-237-3162 C
Jim Greer	905-580-0427 G
Chad Blackmore	289-218-8031
Jay Bradley	289-983-6671
Ray Coyne	416-884-1031
Rick Fic	416-414-6929
Steve Gray	905-541-4299
Sebastian Jarzebski	905-407-8057
Steve Major	365-292-3880
Grant Nicholson	289-259-4826
Chris Pilcher	905-379-6602
Wade Russell	905-681-2175
David Sawicki	416-618-2315
Harold Shearer	905-638-5393
David Shimoda	905-339-7902
Shane Wilson	905-330-5488

65 BRUINS

Aaron Cooper	289-242-5219 C
Cory McMann	905-545-0281 G
Joe Baggetta	905-510-1209
Craig Dimarco	289-338-0028
Larry Gill	647-290-3526
Nevin Hamilton	289-828-0203
Derrick Harwood	647-927-4227
Peter Jakob	416-917-5804
Terry Kellar	905-327-2743
Gerard Kelly	289-527-0542
Manny Ki	416-399-7384
Edward Meahan	905-929-8367
Lee Patterson	289-937-6459
Paul Pereira	416-407-0952
John Steele	289-260-5304
Joe Trocki	905-320-6027

66 LEAFS

Philip Dorazio	647-808-6096 C
Roger Ross	905-334-2098 G
Ivan Amodeo	289-253-7913
Colin Ashdown	289-260-9277
David Campbell	905-691-6702
Milo Cimbur	905-334-5349
Patrick Clarke	905-869-2979
James Heilig	905-484-6586
Derek Hetherington	905-617-6176
Doug Lawson	905-399-0814
Roderick McLeod	289-259-8899
Dennis Oleskiw	905-320-8958
Mike Sebok	905-220-1073
John Spadafora	416-554-1246
Rick Szurkowski	416-300-7850
Paul Taillefer	289-680-4723

71 CANADIENS

Bert Lavigne	905-516-5752 C
Terry Glenham	905-335-6342 G
Harpreet Bhatthal	905-467-5298
John Boniface	905-637-6592
Harjeev Brar	647-938-4275
Dave Chadwick	905-691-4297
Phil Davie	905-466-1516
Cole Dolny	416-676-9526
Dan Gaudreault	905-979-2889
Wes Henry	905-319-9983
Wayne Hogan	905-829-0392
Darryl Hurst	416-892-7063
Dan Marissen	905-407-5480
Robert Raponi	416-358-8748
Daniel Sadler	905-699-2204
Jim Savage	905-518-3839

72 RED WINGS

Charles Cino	289-230-7332 C
Paul Bindner	905-978-2229 G
Duncan Bell	905-220-7368
Cedrik Brisbois	905-746-7805
Gerry Cassidy	905-333-1325
Peter Chambers	905-483-1077
Rafael Chiuzi	289-707-4042
Paul Farquharson	905-466-7665
Robert Grenier	905-630-1788
Roger Hills	905-512-6880
Michael Logan	905-536-6010
Keith MacDonald	416-475-1625
Dave Robinson	905-465-5246
Greg Watson	416-454-5552
David White	905-299-0307
Imre Zalan	289-544-6440

73 RANGERS

Paul Raven	416-414-0344 C
Robert Rabey	905-332-3070 G
Chris Bedini	905-637-1002
Ron Caldwell	905-335-3718
Steve Demone	905-336-6578
Ross Fallis	905-407-0142
Gary Glenn	905-546-6803
Ken Greenfield	416-930-7607
Don Hunter	905-515-6693
Mark Levitt	905-516-3879
Doug May	905-749-2088
Dale McKeown	905-336-2335
Doug Oster	905-637-9190
Ross Tregunno	905-407-2238
Ed Vandervelde	905-407-0191
Robert Ventresca	289-838-2100

74 BLACK HAWKS

Sandro Avila	647-295-4214 C
James Taylor	905-334-8628 G
Peter J. Austin	905-630-0338
Kevin Benton	905-730-2041
Jason Bola	647-213-2652
Jeeva Braich	905-334-6914
David Cardy	905-681-7843
Bruce Marsh	416-984-6635
David McFarlane	905-337-2027
Phiip Naiman	416-702-5394
Mike Schincariol	905-630-6227
Henry Svazas	905-333-6403
Vince Taguchi	905-319-3180
Roberto Tancredi	905-577-5700
David Trumbell	905-332-1625
Mike Verwey	905-407-7366

75 BRUINS

Tony Vassallo	905-609-0202 C
Chris Goldsmith	647-224-0885 G
Mark Cunningham	905-746-3627
Robert Fijan	416-803-4929
Derek Findlay	905-464-4171
Drew Gibson	905-510-3739
Michael Head	905-637-3458
Keith Jalbert	416-574-5701
Paul Lafleur	905-975-6829
Bob Osborne	905-921-7387
David Rodden	905-802-2978
Gary Salter	905-315-7277
Steve Scully	905-517-1455
Mark Sylvia	613-449-6297
Michael Trus	905-330-2562
Phil Van Staden	647-673-7664

76 LEAFS

Jeff Flom	905-464-0066 C
Scot Cameron	289-242-6339 G
Keith Allen	905-870-0023
Vince Cardinali	905-978-0195
Chris Carver	905-407-9905
David Conforzi	905-865-0065
Steve Higgins	905-979-8980
Nick Mattiacci	905-336-3944
Eric McCarthy	905-336-7064
David McNicoll	905-749-1670
Allan Meyer	905-975-0058
Chris Nye	416-271-9086
Ray Poliziani	905-639-1429
James Stanley	905-464-2640
Tom Tinmouth	289-828-5240
Ron Wardrop	905-616-5506



XMAS PARTY

Saturday, Nov. 23, 2024
828 Legion Rd (Burlington Legion)

\$15 Doors open at 7:00

in support of
Burlington Food Bank



LIVE Band

48th annual Invitational Hockey Tournament
FEBRUARY 19-23, 2025



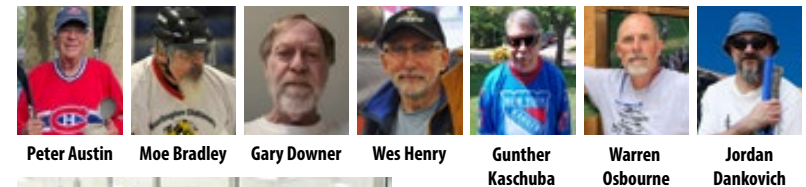
Prizes & Volunteers
are needed to make it another success!

To volunteer, donate prizes,
or team registration, contact:
Rick Fox at 905-407-8369
invitational.tournament@bohcc.ca




REGISTRATION STARTS
FEBRUARY 24, 2025

Thank You to Our Founding Summer Members



Jordan Dankovich and Peter Austin (shown above) kick off the 20th Summer season. Your dedication hasn't gone unnoticed, and we're truly grateful for your outstanding efforts.



FULLTIME SUMMER registration is expected to open after the 2025 Invitational Tournament ends. Cost approx. \$300. POOL players can register online any time after the Invitational throughout the Summer season.

Email: summer@bohcc.ca



BOGC ANNUAL GOLF TOURNAMENT

SAVE the Date!

Saturday, May 10, 2025

Mount Nemo Golf Club



Price (TBA) will include Green Fees, Cart & Dinner

Proceeds to the Carpenter Hospice

12:30 pm Shotgun Start - 4 Man Scramble

Gil Verwey (905) 320-9665 - gilverwey67@gmail.com





A Home Away From Home

Carpenter Hospice has made significant strides with your invaluable support. Our Community and Supportive Care team has doubled in size to help provide more support in the Hospice, and at home. In 2023-24, 170 residents spent their final time in our care. We are so fortunate to have such a generous community supporting us.

To donate, visit:
thecarpenterhospice.com/donate

Join our mailing list for the latest updates:
thecarpenterhospice.com/newsletter


2250 Parkway Drive, Burlington, Ontario, L7P 1T1 - 905-631-9994




Burlington Oldtimers' Women Supplying Emergency Relief

During the 2023/24 season, the BOWSER Ladies collected **4,004** food items and **\$32,415** in cash donations.

Great Job BOWSER Ladies! BOHC contributions include Dance, Red, Orange, White, Black, Blue divisions, Bill Smith/Jim Broadbent Memoriam.



Lifetime Totals:

103,248 food items

\$378,475 cash donations

Bryan and Melissa Uba (Re/Max Realty)
 BOWSER Ladies - Johanne Patterson,
 Tangy Rattray, Anne McGraw, Christine
 Mazurk-Fera. Missing are Erin Kofoed,
 Pat Broadbent and Louise Addison

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:**
- 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.
 - 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.
 - 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.

Section Three: League, Division, and 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

Section One	New Member Game Play Information
Section Two	Club Eligibility
Section Three	League, Division, and Team Compositions
Section Four	Player Participation & Conduct
Section Five	Equipment
Section Six	Game Play
Section Seven	Determining Regular Season Division Champions
Section Eight	Round-Robin Playoff Format and Rules
Section Nine	Penalties
Section Ten	Disciplinary Action
Section Eleven	Insurance

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.

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 Leagues 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 below for more clarity on legal and illegal masks:
- (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.

(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.

(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. Most wins in the round-robin
- ii. Fewest total penalty minutes in the round-robin
- iii. Most points in the regular season
- iv. Most wins in the regular season
- v. Fewest total penalty minutes in the regular season

(f) The "Horse race". A BOHC tradition is the Horse race 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 Horse race 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 is able to 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:

- (a) A Match Penalty will be assessed to any player or team official who deliberately spears another player.
- (b) 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.
- 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.

Section Eleven: 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, click here to 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.

SAFETY REQUIRES TEAMWORK

Recognize the signs & know how to help

Signs of a heart attack



Chest discomfort

Pressure, squeezing, pain, burning or heaviness



Sweating



Upper body discomfort

Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness



Experiencing signs of a heart attack?

1. Call 9-1-1

Call 9-1-1 immediately. Emergency personnel can start treatment enroute to the hospital.

2. Stop all activity

Sit or lie down, in whatever position is most comfortable.

3. Take nitroglycerin

If you take nitroglycerin, take your normal dosage.

4. Take Aspirin

Chew or swallow an aspirin (ASA) if you are not allergic or intolerant.

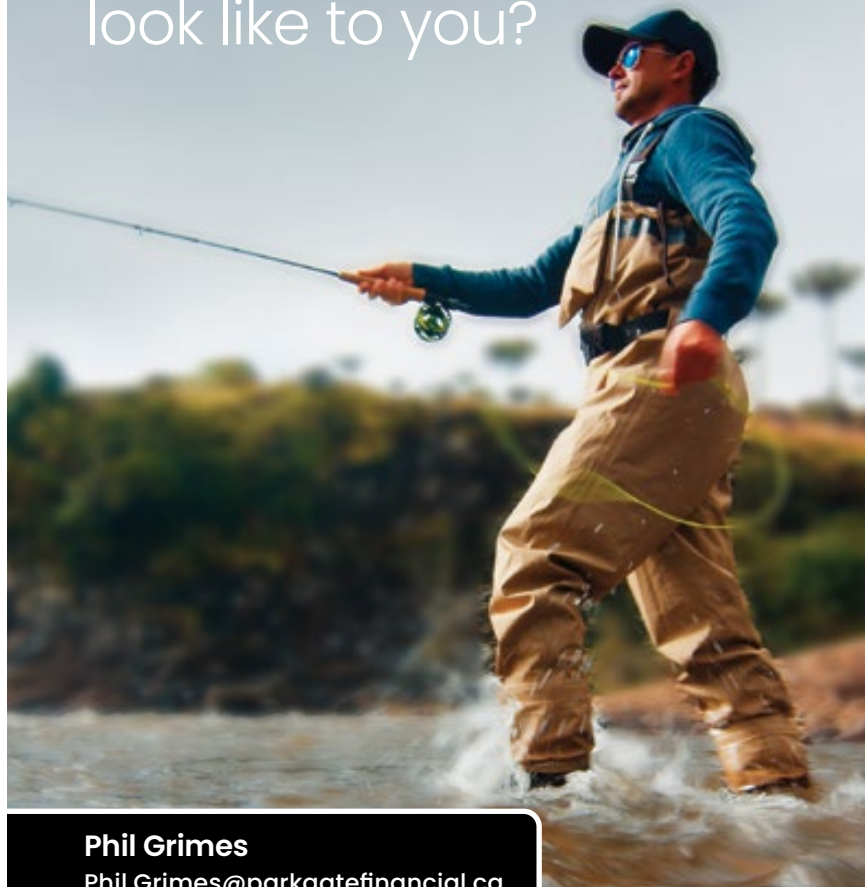
5. Rest and wait

Stay calm while waiting for help to arrive.

6. Keep a list of your medications

in your wallet and by the phone.

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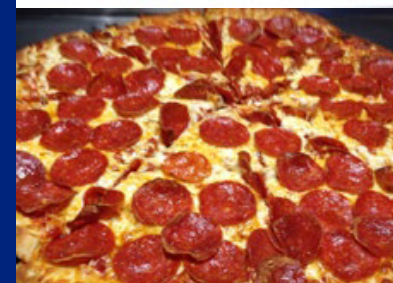
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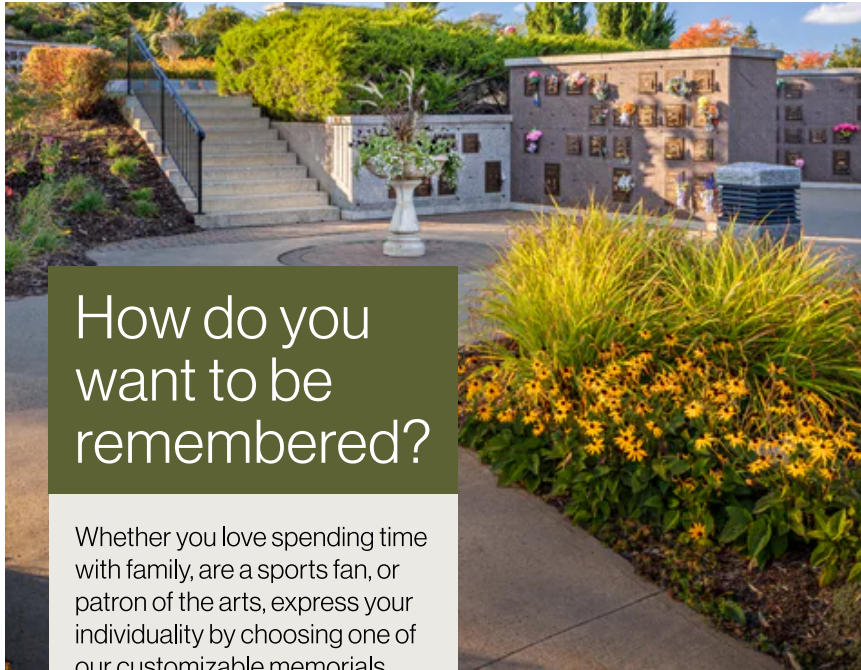
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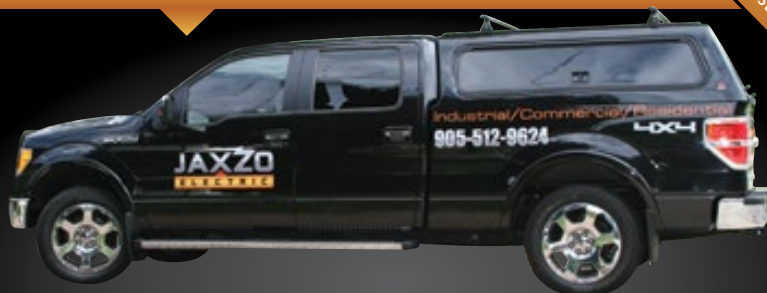
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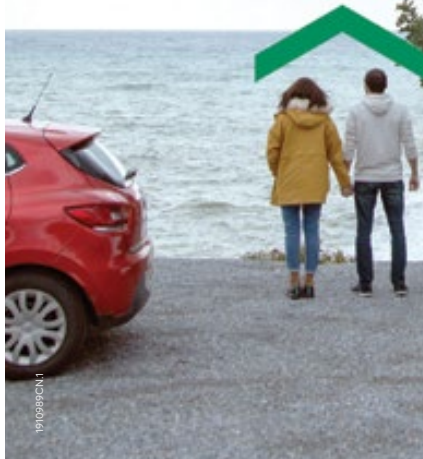
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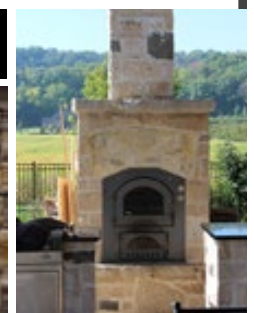
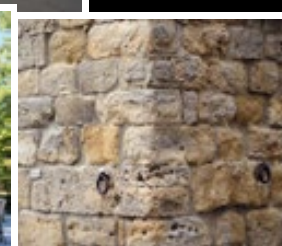
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