

# Capital Recreation Hockey League – 30+

## Division Rules

The Capital Recreation Hockey League has now an established Over-30 division. The League reserves the right in the first couple of seasons to make some exceptions along the way if such exceptions assist in achieving a transition into a pure Over-30 division without teams having to break up their rosters.

As you build your team for this and future years, please keep in mind not only the rules and age policies below for the "Over-30" divisions, but also the spirit, intent and goals of the Over-30 Divisions which are to achieve "pure" and balanced Over-30 divisions as soon as possible.

### Rules

- 1) No new player under the age of 30 can be added to your team's roster for this season.
- 2) "Regular" team players between the ages of 27 and 30 will continue to be grandfathered provided they have been "regular" players on your team and provided they played a minimum 5 games on your team last year. These players will be allowed to play both regular season and playoffs provided they are not impact players; players between the ages of 27 and 30 who are deemed to be too strong for their division may be prevented from playing in the playoffs. "Regular" Goalies are to be grandfathered in as well between the ages of 25 and 30.
- 3) "Spares" between the ages of 27 and 30 may be used only during the regular season and provided that they are not impact players; however they will not be eligible for playoffs regardless of the number of regular season games they have played.
- 4) Exceptions may be made for goaltenders in emergency situations only and provided the team has received prior approval from the League.
- 5) Rather than shut down an Over-30 division entirely, the Capital Recreation Hockey League reserves the right to add a regular team (i.e., a team that is not an Over-30 team) to an Over-30 division if a team is needed to complete that division; in that circumstance, the League will take great care in ensuring the team selected is a proper fit and not too strong for that division.
- 6) If and as required, other cases will be dealt with on an individual and team-to-team basis and the League reserves the right to make necessary exceptions to the above policies for the greater good of the League and/or of a particular division.

**Winter Age Guidelines** > A player is considered over 30 provided he turns 30 on or before January 31st of the winter season in question; the same January 31st date applies to any other age being considered.

**Summer Age Guidelines** > A player is considered over 30 provided he turns 30 on or before June 30th of the summer season in question. The same June 30th date applies to any other age being considered.