

# THE OVER 40 LEAGUE IS HERE!

## COME ROCK OUT WITH US!

Season starts Friday Oct. 22nd, 2010

### Rules of the League:

There will be three 15 minute run time periods.

There will be NO CHECKING at all in the league. Checking will be treated as a major infraction and you will be thrown out of the game. Second offense will be a ban from the league.

Off-sides and icings will be blown down and the puck dumped into opposing team's end which means teams will need to change on the fly.

Penalties will be treated as penalty shots. After a penalty shot, defending team will get a free out in their defensive zone.

Teams will shake hands at mid-ice before and after games.

After every game there will be a bar tab at JP Mulligans.

This league is about having fun more than winning.

If you feel you can't abide by these rules, we would rather you not play in this league.