

UOVHSAA

GIRLS & BOYS ICE HOCKEY

PLAYING REGULATIONS

Revised: June 2019 (after coaches/UOVHSAA Meeting)

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Highlighted in blue

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“An atmosphere of mutual respect and goodwill between opponents and toward officials makes competition in hockey a rewarding experience.”

UOVHSAA GIRLS AND BOYS HOCKEY PLAYING REGULATIONS (revised November 2018)

1. UOVHSAA LEAGUE START-UP

(a) Any school wishing to enter the UOVHSAA Girls / Boys Hockey League must do so by filling out the intent to compete form and returning it to the UOVHSAA Athletic Convenor by the requested deadline.

(b) The UOVHSAA girls' and boys hockey schedule shall be set by the UOVHSAA Convenor and begin no earlier than the second week of December. Game/ Tournament days for all UOVHSAA hockey events shall be set preferably for Wednesdays or Mondays to avoid conflict with other major sporting schedules and on availability of ice. (It is understood that there will be times when this is not possible because of circumstances beyond our control, (eg snow day). **If one or more teams can not attend due to inclement weather then the tournament is to be rescheduled. We will commit to book an alternate date when we secure our ice for tournament days. This date will be included on the season schedule.**

(c) The UOVHSAA Hockey Frozen Four will be held approximately one week prior (usually during the last week of February) to the EOSSAA Championship except when extraordinary circumstances dictate a change.

2. SCHOOL/TEAM ELIGIBILITY:

(See OFSAA website link below for clarification if needed)

(A) To represent a school in any activity coordinated by UOVHSAA, a school/team must:

(a) conduct a 'bona fide' high school program consisting of seven (7) practices over a 3 month period [dry land and ice] under the supervision of a teacher as certified by the school principal.

(b) participate in the Association Championship or qualifying event. If neither is held, then the team must play in a minimum of six exhibition games.

(c) use only eligible athletes in any competition during the school year or the school forfeits its right to participate in the UOVHSAA Frozen Four Championship.

INDIVIDUAL STUDENT ELIGIBILITY:

(B) To represent an UOVHSAA school in girls/boys hockey coordinated by UOVHSAA a student must:

(a) Be eligible for competition under the constitution and by-laws and playing regulations of UOVHSAA.

(b) Students who have fewer than twenty-two (22) credits must be registered in a minimum of three (3) full day school credit courses in the semester in which he/she participates.

Students who have achieved twenty-two (22) credits must be taking two (2) full day school courses per semester.

(c) Meet the following age requirements:

The individual has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

(d) be in Grades 9-12;

(e) Be eligible under the OFSAA Transfer Policy; (By-Law 5, Section 4(f)). Any student transferring into an UOVHSAA school who has been registered in another school, as per EOSSAA/OFSAA policy, is **ineligible** to play until a transfer form has been submitted and approved by the UOVHSAA transfer committee.

(f) Any student who registers and attends one term at a post secondary institution and then returns to any high school is ineligible for UOVHSAA competition for the remainder of his/her high school career.

(g) OFSAA Hub forms must be “in the hands” of the UOVHSAA Athletic Convenor 24 hours before the first game in which the players listed participate.

(h) Additions to the OFSAA Hub form may be submitted during the season. The OFSAA Hub form listing the complete team must be re-signed by the Principal and Athletic Director and submitted to the UOVHSAA Athletic Convenor before the individual can play.

(i) As per the UOVHSAA constitution individuals must be registered and in attendance at an UOVHSAA member school for no fewer than ten (10) school days prior to participation in an UOVHSAA event.

(j) Where Varsity teams are not used: A junior player may compete in one contest at the senior level, or be on the bench and be listed on the score sheet without being permanently attached to the senior team. A second game would result in that player forfeiting their junior eligibility. A Junior player may compete in senior playoffs if he/she has played in at least one senior match during regular league play. However, he/she is then ineligible for further junior play. A player may play in only one playoff category.

(k) Any student in an UOVHSAA member school who has participated in an official UOVHSAA competition and then registers in another UOVHSAA member school shall be ineligible to compete in that same sport in the same season.

(l) Eligibility violations will result in the following penalties:

*Ineligible player(s) – if a team plays an ineligible player, all matches played with the ineligible player will be forfeited. The score for the forfeiting team will be zero.

*If the non-forfeiting team won, they will count the actual points scored. If the non-forfeiting team lost the contest, then the official score will be 5-0 for that team.

(m) To be considered a team eligible for the EOSSAA Hockey Championship, a team must have played in an association approved league under the direct supervision of a teacher-coach.

(n) be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));

(o) have signed the Rules of Behaviour signature form for the competition;

(p) have executed the Federation's "Release of Liability" form.

(q) have participated as a member of a 'bona fide' high school program as outlined in (a) above and attended the **majority** of practices and competitions.

(r) Be eligible under OFSAA Transfers-Policy

(C) SPORT SPECIFIC

Boys' Hockey

(a) No competitor is eligible for the UOVHSAA Hockey Championship whose name has appeared on a game sheet, after December 1st of that years season, for a team in "A", "B", "C", Major Junior, Junior, Intermediate, Senior or GMHL divisions in any National and/or International Association, or any league deemed equivalent to "A", "B", "C".

(b) A Junior "B" or "C" team is allowed to AP a high school goalie to be called up in an emergency situation and appear on a game sheet and/or play up to a maximum of two exhibition/league and /or playoff games in total during the season after the Association's first regular season game.

Girls' Hockey

(a) No competitor is eligible for the OFSAA Hockey Championship whose name has appeared on a game sheet for any women's professional league within the current school year.

(b) Any member of the National Development under 22 team, or National Senior team is ineligible for OFSAA.

(c) Eligible student-athletes that participate in selection camps for Team Ontario and/or the Canada Winter Games will maintain their OFSAA eligibility for high school hockey.

3. CLASSIFICATION

There shall be two classifications 'A/AA' and 'AAA' for both girls' and boys' hockey as per OFSAA classifications. Any team choosing to compete at a higher classification must notify the convenor in writing by **December 30** of the school year. Such a team is ineligible for competition in the lower classification for the remainder of that season. EOSSAA must also

be notified if a team declares up to AAA by the declaration date deadline above.

'A' Ecole Secondaire Jeanne Lajoie
Ecole Secondaire L'Equinoxe
Mackenzie Community School
Madawaska Valley District High School
Opeongo High School
Renfrew Collegiate Institute
Valour K-12 School

'AA' Arnprior District High School
Bishop Smith Catholic High School
Fellowes High School
St. Joseph's High School

4. GAME LENGTH:

(a) BOYS' UOVHSAA HOCKEY GAMES

All UOVHSAA games shall consist of **3 x 15 minute** periods of stop time.

(b) GIRLS UOVHSAA HOCKEY GAMES

All UOVHSAA games shall consist of **2 x 10-minute and a 12 minute stop-time** periods.

(c) A flood will occur between games and there will be a three-minute warm up before games.

(d) As per OPHEA Guidelines, no more than three games may be permitted in one day.

5. ON-ICE AND OFF ICE OFFICIALS:

(a) The UOVHSAA Convenor shall ensure that there are competent on-ice officials through local referees and chief for each game. UOVHSAA will follow HOCKEY CANADA Rules (see below for exceptions)

(b) All league games in the boys division and the boys Frozen Four shall be officiated by **THREE** officials. All league games in the girls division shall be officiated by **TWO** officials and **THREE** officials for the Frozen Four. Participating HOME school should provide competent minor officials for the day.

(c) No high school students will officiate games on-ice.

(d) The UOVHSAA convenor shall ensure that there is appropriate standard of care for all participants by having a First Aid Certified and/or certified hockey trainers for all games as

per OPHEA Health & Safety Guidelines: The individual who takes responsibility for providing first aid to injured athletes must:

- as a minimum, have a current first aid certification from a recognized first aid provider (e.g., St. John Ambulance , Red Cross) that includes CPR B or C and training in head, neck and spinal injury management;
- be in the area and readily accessible during the entire practice/competition;
- follow their school's First Aid Emergency Response (consult Appendix E - Sample First Aid Plan and Sample First Aid Emergency Response);
- follow their school board's concussion protocol for a suspected concussion; and
- not be a participant in the activity.

6. COACHES/SUPERVISION:

Supervision: (Reference OFSAA By-Law 6, Section 1)

UOVHSAA Events are governed by OFSAA's Supervision and Department. See ADDITIONAL RESOURCES for specific details.

(a) teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent

(b) For team sports ("A team consists of all athletes from the same school who qualify for Federation competition as a unit..." {reference By-Law 5, Section 3}), a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.

(c) The head coach meets the requirements of OPHEA Health and Safety Guidelines for Higher Risk Sport of Hockey. See ADDITIONAL RESOURCES for specific details.

7. HOCKEY RULES:

Hockey Canada Rules shall govern play in UOVHSAA with the following exceptions:

(a) The maximum number of players permitted to dress for a game is twenty (20), eighteen (18) plus two (2) goalies.

(b) The red line shall be eliminated with regard to the offside and thus the following special rule applies: (i) the legal number of players must be on the ice for each face-off (to prevent gaining positional advantage after the drop of the puck)

Hockey Canada rules shall govern play in all UOVHSAA games and the **HEO** Minimum Suspension List shall govern all suspensions, for both boys & girls, with the following exceptions:

(c) If a player receives a major penalty and game misconduct, the team will play shorthanded for five (5) minutes and that player is ineligible to play in the remainder of that game and the next UOVHSAA league or playoff game.

(d) If a player receives a game misconduct penalty, that player is ineligible to play in the remainder of that game and the team's next UOVHSAA league or playoff game.

(e) If a player receives a gross misconduct penalty, that player is ineligible to play in the remainder of that game and the team's next UOVHSAA league or playoff game. If the penalty is assessed in the last ten minutes of regular time, or any time in overtime, or at the conclusion of the game prior to the player entering her dressing room, the player is ineligible to play in her team's next two (2) games.

(f) If a player receives a match penalty or a major penalty for fighting, the team will play shorthanded for five (5) minutes and that player is ineligible to play in the remainder of that game and the rest of the UOVHSAA regular season and playoff games. The suspension is subject to Appeal. The UOVHSAA convenor shall contact the principal of the offending student to discuss the incident and potential disciplinary action.

(g) If a player is assessed a two (2) minute checking from behind penalty with a game misconduct, that player is ineligible to play for the remainder of that game plus an additional game. A player who is assessed a five (5) minute checking from behind penalty will be ejected for the remainder of that game his team's next three (3) games.

(h) Any suspensions or disciplinary actions shall be carried forward into EOSSAA and OFSAA competition.

Girls' Sport Specific

The **OWHA HEO** minimum suspension list shall apply with the following exceptions:

(a) If a player receives four (4) minor penalties or three (3) stick penalties in one game, she is ejected for the remainder of the game.

9. EQUIPMENT:

OPHEA Health & Safety Guidelines outline equipment requirements for players and goalies.

(a) A fully stocked first aid kit must be readily accessible. (Consult Appendix D - Sample First Aid Kit)

(b) A working communication device (e.g., cell phone) must be accessible.

(c) Determine that all equipment is safe for use (e.g., no sharp edges, sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.

(d) Goalies must wear:

- a properly fitted (as per manufacturer's guidelines) and properly-worn CSA approved hockey helmet with full face mask;
- a throat protector;
- a catcher, blocker, leg pads;
- a chest and arm protector; and
- a cup or pelvic protector.

(e) Players must wear:

- a properly fitted (as per manufacturer's guidelines) and properly-worn CSA-approved hockey helmet with full face mask;
- a throat protector;
- shin pads (cracked shin pads must be replaced immediately);
- pants;
- shoulder and elbow pads;
- hockey gloves; and
- a cup or pelvic protector.

(f) Sticks:

- Regulation hockey sticks must be used.
- Butt end must be covered with tape or a commercially made butt end.
- Cracked or splintered sticks must not be used.

Clothing/Footwear/Jewellery

(a) Appropriate clothing and footwear must be worn. Properly fitting ice hockey skates must be worn.

(b) The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, OFSAA, and local athletic association. Consult the Fundamentals of Safety when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.

(c) When long hair poses a safety risk it must be secured. Devices (e.g. hair pins, clips and barrettes) used to tie back long hair must not present a safety concern.

10. UNIFORMS:

- (a) In case of a conflict in uniform colours, the home team is to wear pinnies.
- (b)
- (b) All players of each team should wear the same identically coloured hockey socks on both legs, except goalies.
- (c) Failure to comply with the above, will result in a two-minute penalty each time the infracting player(s) steps on the ice from the bench.

11. EXPENSES:

Fees shall be charged to each school in UOVHSAA which will be sufficient to cover the operating costs of the tournaments (ice rental and officials). This fee shall be determined by the UOVHSAA convenor. All schools will be required to pay fees at the end of the season.

12. REGULAR SEASON

- (a) All teams play a round robin schedule.
- (b) A tied game remains a "tie" during regular season play at the end of the 3rd period.
- (c) Timeouts are not permitted in any regular season games.

If in the event of a goal differential of more than 5 goals, the 3rd period will be running time until the goal differential is within 5 goals. If the game is in running times minor penalties will be 3 minutes and major penalties will be 7 minutes in length.

Tie breaking procedure for standings in regular season:

Note: A maximum of a five (5) goal spread, regardless of the score, will be used to determine goal differential.

- (i) if two (2) teams are tied for a playoff position:
 - (a) the team which won the game between the two teams during regular season play shall receive the position (head to head);
 - (b) if the regular season game was a tie, the team with the higher number of wins;
 - (c) if the two teams are still tied from b), then the team with the greater goal differential; ("goals scored" minus "goals scored against") during all regular season games shall receive the position (with respect to the maximum 5 goal spread);
 - (d) if two teams are still tied from c), then the team with the greater goal differential ratio ("goals scored" minus "goals scored against") during all regular season games shall receive the position;
 - (e) if still tied, the team with the fewest penalty minutes will get the position;

- (f) a coin toss will decide the team that gets the position.
- (ii) if three (3) teams are tied for one (1) available playoff position:
- (a) if one (1) team defeated the other two (2) teams during the regular season, it shall receive the position;
 - (b) the team with the greater goal differential ("goals scored" minus "goals scored against") among the three (3) tied teams during the regular season games, involving the tied teams only, shall receive the position;
 - (c) if teams are still tied, positions shall be determined by dividing the "goals scored" by the "goals scored against" during the regular season games, involving the tied teams only;
 - (d) if two (2) teams are still tied after (c) above, the position shall be awarded to the team that won the game between the two (2) tied teams in the regular season; (if the game deciding this position was a tie, then the team with the greater goal differential ("goals scored" minus "goals scored against") during all regular season games shall receive the position);
- (iii) If three (3) teams are tied for two (2) available playoff positions:
- (a) If one (1) team defeated the other two (2) teams during the regular season, it shall receive the higher position, with the second position granted to the team that won the game between the remaining two (2) teams during the regular season; (if the game deciding the second position was a tie, then the team with the greater goal differential ("goals scored" minus "goals against") during all regular season games involving these two (2) teams shall receive the position).
 - (b) The two (2) teams with the best goal differential ("goals scored" minus "goals against") among the three (3) tied teams in regular season play involving the tied teams only, shall receive the positions.
 - (c) If three (3) teams are still tied, the positions shall be determined by dividing the "goals scored" by the "goals scored against" in the regular season games involving the tied teams only; if two (2) teams are still tied for a second position, then the team that won the game between the remaining two (2) teams during regular season play shall receive the position; (if the game deciding the second position was a tie, then the team with the greater goal differential ("goals scored" minus "goals scored against") during all regular season games shall receive the position);
 - (d) If three (3) teams are still tied, the positions shall be determined by dividing the "goals scored" by the "goals scored against" during all regular season games (the two teams with the highest number will advance); if two (2) teams are still tied for a second position, then the team that won the game between the remaining two (2) teams during regular season play will receive the position. If the game deciding the second position was a tie, then the team with the greater goal differential ("goals scored" minus "goals scored against") during all regular season games shall receive the position.
- (iv) if four (4) teams are tied for a playoff position:
- a) the teams(s) with the greater goal differential ("goals scored" minus "goals scored against") among the four tied teams in regular season games, involving the tied teams only, shall receive the position;
 - b) if any teams remain tied after (iv)(a) the next determination will be made by dividing "goals scored" by "goals scored against" in the regular season games involving the tied teams only. The team with the highest number will advance.
 - c) if any teams remain tied after (iv)(a) & (b), the position shall be determined by considering the "head-to-head" game(s) involving the tied teams. The team which won this contest will be awarded the playoff position.

- (v) In the event that any of the preceding tie breaking procedures (i, ii, iii, iv) do not determine a winner, the following equation shall come into effect:
 - goals for minus goals against divided by goals for in the regular season games involving the tied teams
 - the team with the higher number will advance;
- (vi) In the event that any of the preceding tie breaking procedures (i, ii, iii, iv, v) do not determine a winner, the following equation shall come into effect:
 - goals for minus goals against divided by goals for in all regular season games
- (vii) If teams remain tied, the winner will be determined by the team with the least number of penalty minutes, involving the tied teams, throughout the regular season. If the teams have the same number of penalty minutes, the winner will be determined by the team with the least number of penalty minutes during all regular season games.

13. PLAY-OFF FORMAT (FROZEN FOUR)

- (a) Each team will be allowed one (1) time-out during playoff games.
- (b) The ice shall be flooded between the second and third periods in both the boys and girls championship game.

Recommended Schedule:

TEAMS	
9:00am	1 vs 4
10:30am	2 vs 3
(minimum one hour break)	
2pm	FINAL (home team is higher ranked team still playing)

Tie-breaking Procedures During Frozen Four

- In the event of a tie game at the end of regulation time in playoffs, the following will apply:
1. One ten (10) minute overtime – (4 on 4)
 2. Overtime period is stop time
 3. Overtime is sudden victory except in a first phase of shootout
 4. In the event that one team is serving a penalty at the end of regulation time, it shall be four on three. If a 2nd penalty is called against the shorthanded team in overtime, it shall be a five on three. When the penalties have expired teams will revert to the four on four.
 5. If still tied, an alternating penalty shot system will be used; five (5) player pool from each team – total goals from five (5) players will determine the winner
 6. If still tied, the remaining players will take alternating shots until a winner is determined.

7. Teams may however revert to the first five shooters, they must shoot in the same order.
8. Goalie does not participate in the shootout unless designated prior to the start of the shootout.
9. A player who has been assessed any penalty and has not fully served the penalty prior to the shootout is ineligible for the shootout process.
10. The home team will have the choice to shoot first or second in the shootout.

14. EOSSAA REPRESENTATIVE:

Following the UOVHSAA championships (Frozen Four), the winning team will advance to EOSSAA.

15. DEPARTMENT: (Reference OFSAA By-Law 6, Section 2)

(a) Definitions:

(i) A team is defined as, "All participants representing the same school at OFSAA Championship event".

(ii) A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area." "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited." (b) Codes of behaviour (i) All participants are expected to abide by the, "Rules of Behaviour for Participants to OFSAA Championships". (see Appendix to By-Laws) (ii) Supervising adults are responsible for the behaviour of participants for the duration of the Championships.

(iii) Teams are open to censure for failure of its participants to abide by the "Rules of Behaviour".

(iv) All coaches are expected to adhere to the Code of Ethics for Coaches to OFSAA Championships. (See OFSAA Appendix II)

(v) School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting. (See OFSAA Appendix IV)

(vi) Spectators are expected to adhere to the Code of Behaviour for Spectators. (See OFSAA Appendix III) (vii) All coaches are expected to adhere to the "Return to Play Guidelines". See OFSAA Appendix VI)

(viii) School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements. (See OFSAA Appendix IX)

15. PROTESTS

Protest Committee:

- (a) All disputes during a UOVHSAA event shall be directed to the Protest Committee for

resolution. All protests shall be lodged in writing with the UOVHSAA Convenor of the activity shall fully outline the incident under protest. The UOVHSAA Convenor will in turn report the protest to the UOVHSAA Chairperson of the Board of Review.

(b) All protests shall be lodged within two (2) school days of the conclusion of the disputed game.

(c) The Protest Committee shall consist of three (3) individuals; the chairperson of the UOVHSAA, the UOVHSAA Convenor, and one other member appointed by the UOVHSAA Chair. The Head official in some cases, may be asked to serve on the Protest Committee. Members of the Protest Committee must not have any conflict of interest relevant to the incident under protest.

(d) The following areas may not be protested at UOVHSAA: - Officials' decisions
- Eligibility of transfer students

(e) All protests arising out of an ineligible player may be lodged at any time upon the request of the UOVHSAA Athletic Convenor or member of the school concerned.

(f) If the age of a student participating in a game is questioned by a member of UOVHSAA, the onus for proof of age shall lie with the school which the student represents.

(g) Any disputes or protests re: tournament structure and procedure must be addressed no later than the coaches' meeting.

(h) Decisions of the Protest Committee shall be final. A report of all appeals and decisions shall be forwarded to the UOVHSAA Board of Reference – Sanctions, who may determine that additional sanctions are necessary.

16. UOVHSAA ATHLETIC CONVENOR DUTIES

(a) The UOVHSAA Athletic Convenor shall send each school an 'Intent to Compete' form no later than two weeks before the beginning of the season.

(b) The UOVHSAA Athletic Convenor shall purchase and provide the Hockey score sheets and Incident report sheets to the host schools of each tournament.

(c) Shall designate a host site convenor for the day OF EACH TOURNAMENT for sending scores and score sheets into UOVHSAA Convenor.

(d) The UOVHSAA Athletic Convenor shall request that the Head Hockey Official send a copy of the assigned officials to the Athletic Director at each school competing. He/She will notify the Head officials that UOVHSAA will follow Hockey Canada Rules as EOSSAA and OFSAA do.

(e) When the schedule is being formed the UOVHSAA Athletic Convenor shall attempt to schedule a balance of games where ice availability and cost permit. The schedule hosts should flip each year *if possible*.

- (f) The UOVHSAA Athletic Convenor shall submit a final report to UOVHSAA at the UOVHSAA meeting that follows the end of the season. This report should include final league and playoff standings and suggestions for changes to the playing regulations.
- (g) The UOVHSAA Athletic Convenor shall be responsible for reporting all matters regarding player or team ineligibility to the Chairperson of the Board of Review.
- (h) The UOVHSAA Athletic Convenor shall be responsible for reporting all matters of misconduct to the UOVHSAA executive.
- (i) The UOVHSAA Athletic Convenor will list current year's champions on the UOVHSAA website. The UOVHSAA Athletic Convenor will contact the Athletic Director at each school to request that any trophies in their possession be brought to the appropriate UOVHSAA meeting. The winning school is responsible for engraving the trophy.

17. ADDITIONAL RESOURCES:

1. OPHEA HEALTH & SAFETY GUIDELINES

<http://safety.ophea.net/safety-plan/165/1405>

2. EOSSAA AND OFSAA PLAYING REGULATIONS & BEHAVIOR FORMS:

a) GIRLS HOCKEY RULES EOSSAA & OFSAA

<http://eossaa.ca/championships.php?s=Ice%20Hockey&g=Girls>

<http://www.ofsaa.on.ca/resources>

b) BOYS HOCKEY RULES EOSSAA & OFSAA

<http://eossaa.ca/championships.php?s=Ice%20Hockey&g=Boys>

<http://www.ofsaa.on.ca/resources>

c) EOSSAA Code of Ethics for Coaches, Spectator Code of Conduct, Constitution

<http://eossaa.ca/documents.php>

<http://eossaa.ca/docs/forms/SpectatorsCodeofConduct.pdf>

http://eossaa.ca/docs/EOSSAA_Constitution.pdf

3. HOCKEY CANADA RULE BOOK 2018-2020

https://az184419.vo.msecnd.net/hockey-canada/Hockey-Programs/Officiating/Downloads/rulebook_casebook_e.pdf