



OAKVILLE RECREATIONAL LEAGUE LEAGUE STANDARDS

Updated: August, 2023

Rules and Regulations

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The Oakville Recreational Hockey League (ORHL) reserves the right to amend these rules and policies at any time in order to improve the quality and effectiveness of the league along with player safety. Changes will be posted immediately to the website and announced to the league when appropriate.

The Canadian Adult Recreational Hockey Association (CARHA) is strictly the insurance provider for the ORHL. Although the league is governed by CARHA many of the league rules have been modified to meet the needs of the ORHL.

SECTION ONE: THE RINK

1.1 ARENA PROPERTY

Arena property is to be respected at all times. Any non accidental damage/vandalism will be reported to League Conveners along with Town of Oakville staff and could result in fines and or additional discipline from the league.

1.2 ALCOHOL / SMOKING POLICY

Alcoholic beverages/smoking is strictly prohibited in the arena at all times. Any evidence of alcohol consumption or smoking will result in disciplinary action against the offending individuals/team. This could lead to possible suspension from the league or removal from the league. Teams are also asked to exit the dressing rooms in a timely manner after the game is over.

1.3 ACCIDENTS / INJURIES / INSURANCE CLAIMS

All accidents must be reported to league convener or Town of Oakville staff immediately after the accident has occurred. If for what ever reason an injury is not reported the day it occurs it must be reported to orhl@oakville.ca the next day.

All players are insured by CARHA hockey. To make an insurance claim contact the League Supervisor to obtain a claims form. Claims must be submitted no more than 90 days after the injury occurs. Claims are to be sent directly to CARHA Hockey:

Angelina Fonzo
Customer Service Representative
CARHA Hockey
 Suite 610, 1420 Blair Place
 Ottawa, ON K1J 9L8
 Tel: 613-244-1989 / 800-267-1854
 Fax: 613-244-0451 / 866-345-1975

For information on what is covered in CARHA insurance plan visit:
<http://www.carhahockey.ca/617/insurance-chart>

1.4 DRESSING ROOM SECURITY

The Town of Oakville has a “Bring Your Own Lock” policy in place. This means you will need to provide your own lock to secure the dressing room during your game.

1.5 RATE-A-REF

If a team would like to provide feedback regarding the referees they can speak to the league conveners to get the referee numbers and then email the League to request a rate-a-ref form. It is to be filled out and returned the day after the game in question.

SECTION TWO: TEAMS

2.1 INELIGIBLE PLAYERS

Only players that have registered with the league may participate. Players will be required to sign only their own names on the attendance sheet. Forging of signatures can result in forfeit of that game. Use of an ineligible player will result in a loss for the offending team and the team could face additional discipline. All players participating in the league must be 18 years of age or older. All protests involving player eligibility must be reported to the League immediately following the game.

2.2 SINGLE GAME SUBSTITUTION

If a team is going to be short players it must be reported to the league convener as soon as possible. Players from another team in the league can be used, but must be found by the convener. Subs found from the convener will not exceed 9 players (10 players including the goalie). If subs are being used the opposing team captain will be consulted by the convener and must agree before hand in order for the game to count. Once approval has been given the result of the game will be final.

2.3 GOALIE SUBSTITUTION / INJURY / EJECTION

Please contact the League if you know you are going to be missing your goalie as soon as possible. He will try to find a replacement however; it is the team's responsibility to find a substitute goalie. If a team's goalie does not show up report to the league convener and they will approach the other teams in the league to find a sub. If a team goalie is late arriving but is in the building the start of the game will be held until he/she is on the ice. If the goalie is not in the building at the end of the warm up the game will be issued a forfeit at the discretion of the league convener.

If the goalie is injured at any point during the game and is unable to continue the team can finish the game playing 6 on 5. However, if at the discretion of the on-site convener it is deemed to be unsafe to continue the team without a goalie will forfeit no matter what the score.

If the goalie is ejected at any point during the game the team can finish the game playing 6 on 5. However, if at the discretion of the on-site convener it is deemed to be unsafe to continue the team without a goalie will forfeit no matter what the score.

2.4 PLAYOFF ELIGIBILITY

For a player to be eligible for playoff competition, the player must have played in **5** regular season games during the spring/summer season or **7** regular season games in the fall/winter session. Each player must sign the attendance sheet to be credited for games played. If there are extenuating circumstances, please discuss with the League.

2.5 TEAM JERSEY CONFLICTS

All players must wear matching sweaters, and be numbered differently. No players on the same team may use the same number at any point. In the event of a conflict of team colors (the referees and the league convener will determine if there is a conflict) the Visiting Team will wear the league jerseys (jerseys or cover-ups), if available and requested.

2.6 TEAM ROSTER

Team rosters must be submitted before the first game of the season. No changes to the roster can occur after the 5th game of the season (this includes subs). If injuries occur or there are extenuating circumstances, the League Supervisor will make a final decision regarding adding players to the roster once the season has started. All players on the roster including subs are also required to sign liability/waiver form prior to playing in any game. Players will be required to sign attendance prior to each game. A team's roster including subs cannot exceed 20 players (19 skaters and 1 goalie).

SECTION THREE: LEAGUE GAMES / PLAYOFFS

3.1 LENGTH OF GAME – REGULAR SEASON / PLAYOFFS

A three minute warm up will commence once the Zamboni doors close. Each game will play 12x10x10 periods stop time. If there is a 5 goal spread / lead in the third period, the clock will run. If the lead becomes less than 5, the clock will then resume stop time. Teams that are not on the ice by the end of the warm up will be assessed a 2min delay of game penalty at the referee's discretion. The clock is not to run.

3.2 OVERTIME – REGULAR SEASON

There will be 5 minute run time 3 on 3 overtime period in the event of a tie. If there was a penalty still being served at the end of a game or a penalty is called during overtime it will revert to a 4 on 3 for the duration of the penalty. Teams are not allowed to change on a whistle and must change on the fly. Timeouts cannot be used during overtime. If the game remains tied at the end of overtime, teams will each be awarded 1 point each for the tie.

3.3 OVERTIME / SHOOTOUT – PLAYOFFS

During the round robin if the game is tied at the end of regulation there will be 5 minute run time 3 on 3 overtime period. If there was a penalty still being served at the end of a game or a penalty is called during overtime it will revert to a 4 on 3 for the duration of the penalty. Teams are not allowed to change on a whistle and must change on the fly. Timeouts cannot be used during overtime. If the game remains tied at the end of overtime, teams will be awarded 1 point each for the tie.

In the Championship game if there is a tie at the end of regulation there will be 5 minute stop time 3 on 3 overtime period. If the game is still tied after the overtime there will be a shootout to determine the winner. Players will shoot at the same time. If it is still tied after 3 players, it will then go to a sudden death shootout. No player can shoot twice until all players have taken a shot. Any player who was serving a penalty that had not expired prior to the final game buzzer is not eligible to participate in the shootout.

SECTION FOUR: PROTECTIVE EQUIPMENT

4.1 PROTECTIVE EQUIPMENT

All protective equipment must be worn in agreement with the manufacturer's original intended design and purpose. This must be done by all players to ensure maximum safety of all on ice participants. If an official warns a player more than once in regards to incorrect use of equipment a misconduct penalty will be assessed to that player.

4.2 HELMETS

Helmets must be worn by all players and referees. Helmets must be CSA approved helmets with the proper fastened chinstraps. This rule will be enforced by the referees and league convener.

4.3 FACE SHIELDS

Facial protection is mandatory with either full facial protection (Full Cage) or half facial protection. It also must be used the way it is intended to be. Half facial protection is highly recommended to be accompanied by a mouth guard. No exceptions, players without facial protection will be sent off the ice immediately. This rule is also enforced by referees and league conveners.

4.4 NECK GUARDS

Neck guards are recommended by the ORHL but are not mandatory.

4.5 GOALIE SKATES/EQUIPMENT

No player (except for the goalie) is allowed to wear goaltender skates or equipment on the ice during play. This includes goalie skates, pads, glove,

blocker, chest protector and goalie helmet. All equipment worn by goaltenders must be specifically designed and intended to be used during ice hockey.

SECTION FIVE: PLAYING RULES

5.1 ICING

The blue line will be used for icings. Icing the puck will be whistled down when the puck crosses the goal line when it is shot from behind the defensive blue line.

5.2 OFFSIDES

Play will be blown dead when any attacking player has entered the offensive zone prior to the puck entering. At the discretion of the officials the puck will be dropped outside the blue line.

5.3 PLAYERS

All teams must have a minimum of five (5) Players and one (1) goaltender for the game to count. Please see section 2.2 and 2.3 regarding single game substitutions. .

5.4 TIME OUTS

Each team will be given one 30 second time out during all game including playoffs.

5.5 GOAL CREASE

If a player enters the opposing team's goal crease, and does not make an attempt to leave the crease, the referee has the right to blow the play down, and a face-off will take place outside the zone. If a player makes contact with the goalie after the whistle, the referee may issue a warning to the team or depending on the severity issue a penalty at his/her discretion. In the event or occurrence that a puck strikes the goaltender in the head the play will be blown dead by the official.

5.6 BALANCING OF TEAMS / DIVISIONS

The League Supervisor of the ORHL has the right to move team(s)/player(s) to a different division/team based on the skill level of the players. This rule applies to all division and team realignment. Breaking up teams is a last resort but may happen.

5.7 TIES IN STANDINGS: REGULAR SEASON

In the event of a tie in the regular season, and after realignment, final results will be decided by:

- i) Record against the team(s) you are tied with (head to head).
- ii) Number of wins in regulation
- iii) Number of overtime losses
- iv) Goal differential (Goals for – Goals against)
- v) Fewest penalty minutes

TIES IN STANDINGS: PLAYOFFS

In the event of a tie in the round robin the following tiebreakers will be used to determine a winner:

- i) Record against the team(s) you are tied with (head to head).
- ii) Number of wins in regulation
- iii) Number of overtime losses
- iv) Goals against (fewest)
- v) Goal differential (Goals for – Goals against)

5.8 SCHEDULES/STANDINGS

League schedule and standings will be posted online on our website at the following *link*.

<https://www.oakvillerecleagues.ca/>

5.9 SUSPENSIONS

Any incidents that occur within the arena property before, during or after scheduled games are subject to review by the League Convener. All suspensions are issued by the League Convener with input from the referee.

The decision to suspend a player is the choice of the League Convener.

Regular season suspensions (including accumulative penalty minutes) carry over into the playoffs.

In the event of a suspension the team captain will be contacted by the league convener before the next scheduled game via email. It is the team captain's responsibility to ensure that the suspended player does not play. If a suspended player is found to be playing in a game when they should be serving a suspension the game will be forfeited. The player will need to serve the suspension the next game and supplemental discipline may also be taken towards the team and the player. **Specifics regarding opposing team information will not be shared with any of the opposing players or team captains.**

Listed are minimum suspensions that can be increased at the discretion of the league conveners. We record all suspensions that occur in the ORHL throughout all season. These occurrences are accumulated as long as a player is in the ORHL, not just in the current season they are playing in.

Offence	1 st Occurrence	2 nd Occurrence	3 rd Occurrence
6 minutes in penalties in one game	Game Balance	Game Balance	1 game
Game Ejection	Game Balance	1 game	Review
Deliberate Head Contact (non-major)	Game Balance	1 game	Review
Deliberate Attempt to Injure	Review	Removal	
Game Misconduct	1 game	2 games	Review
Inappropriate Off Ice Behaviour	1 game	2 games	Review
(20) PM accumulated	1 game	1 game	Review
(30) PM accumulated	2 games	4 games	Removal
(40) PM accumulated	Review	Removal	
Major Penalty	2 games	4 games + Review	Removal
Gross Misconduct	Review	Removal	
Fighting	5 games	8 games + Review	Removal
Derogatory or Racial Slur	Review	Removal	
Verbal Abuse of League Staff/ on ice Official	Review	Removal	
Deliberate Physical Contact with official	Removal		

Suspension Definitions:

Game Ejection – player is removed from the game at the referee's discretion for game management or the safety of the players.

Game Balance – player is removed for the remainder of the current game. No additional suspension.

Deliberate Head Contact – if a player makes intentional direct contact with the head of an opposing player they are to be removed from the game at the discretion of the referee. This penalty can be upgraded to a major penalty at the discretion of the referee or convener.

Deliberate Attempt to injury – any action at the referee discretion that is deemed to be an intentional attempt to injury an opposing player will result in and game ejection and review. This penalty can be upgraded to a major penalty at the discretion of the referee or convener.

Game Misconduct – any abusive or profane language towards a referee, league staff or opposing player. This includes but is not limited to verbal or physical threats made towards any participant on the ice.

Inappropriate Off Ice Behaviour – any abusive or profane language towards a referee, opposing player, or convener while off the ice. This includes but is not limited to verbal or physical threats made towards any participant off ice. Also includes destruction of the facility or Town of Oakville property.

PM Accumulated – players that accumulate the allotted number of penalty minutes throughout the regular season face the corresponding suspension.

Major Penalty – any five (5) minute penalty that is issued by the referee (separate from fighting).

Gross Misconduct – any incident that is deemed to be a travesty to the game (ex. spitting on a player)

Fighting – any incident that is deemed a fight at the discretion of the referees or convener. Players do not have to drop their gloves or even throw punches for the incident to be ruled a fight.

Derogatory or Racial Slur – any comment directed at an individual that is considered to be in reference to a player's skin colour, race, religion, gender or sexuality and is found to be inappropriate.

Review – player is suspended indefinitely until a meeting is arranged with the League Supervisor. Upon review from the League Supervisor a suspension can still be issued and could result in removal from the ORHL.

Removal – refers to immediate removal from the ORHL. No appeal will be heard!

SECTION SIX: PENALTIES

6.1 *HIGH STICKING*

A player who makes contact with another player/opponent above the normal height of his/her shoulders with the stick. A minor, double minor, major, or match penalty can be called at the discretion of the Referee. If injury results, a major penalty, or match penalty will be assessed depending on the intent of the offending player. If the high stick infraction, at the referee's discretion only, is deemed to be accidental, a major and a game ejection will be assessed, no suspension will be handed out.

6.2 *BODY CONTACT*

Intentional body contact is not permitted at anytime and can result in a minor penalty. No player is entitled to use his/her body to body check or bump an opposing player. A major penalty can be called on a body contact penalty at the officials' discretion.

6.3 *BUTT-ENDING*

A major penalty or game misconduct will be assessed to any player who butt-ends or attempts to butt-end an opponent. This is at the referee's discretion.

6.4 *ROUGHING*

A minor penalty shall be assessed to any player who is involved in any unnecessary rough play. If an injury results from rough play from a player, a

major penalty may be assessed. Excessive rough play from a player will be reviewed by the league manager and can result in a suspension.

6.5 *STICK PENALTIES*

All stick penalties (slashing, cross checking) are two minutes. However, a double minor penalty or a major penalty can be assessed at the discretion of the official depending on the severity of the incident.

6.6 *CHECKING FROM BEHIND*

Any hit that is deemed to be a “check from behind” will result in a game ejection and a major penalty can be assessed at the referee’s discretion. Major penalties can league to further review from the league manager and further discipline can be taken.

6.7 *APPEALS (REGULAR SEASON & PLAYOFFS)*

If a team would like to appeal a suspension or player eligibility they can do so by contacting the League in writing or by phone. Official’s rulings during the game cannot be appealed. (I.e. off-side, icing, disallowed goal, missed penalty). They will be responded to accordingly.

6.8 *WARM-UPS RESTRICTIONS*

Teams are not permitted to go onto the ice, shoot pucks or stretch on the ice while the Zamboni is still resurfacing the ice. Doing so will result in a minor penalty for the team to start the game. Failure to abide by this rule can result in potential suspension after review from League.

6.9 *DELAY OF GAME*

Pregame:

Teams are expected to be ready to go after their 3 minute warm up has completed. If a team does not have a goalie or enough players to start the game they will be assessed a 2 minute minor penalty.

Leaving the Penalty Box:

When a player is leaving the penalty box they need to make an attempt to shut the penalty box door. Failure to do so is a safety hazard and the player can be assessed a 2 minute minor penalty at the discretion of the referee.

6.10 *SLAPSHOTS*

*Please note amendment to rule #79 of the CARHA rule book, slap shots are allowed in all divisions with the exception of the 50+ Champions, Developmental, and Coed League.

In the 50+ Champions, Developmental, and Coed division slapshots are not permitted. A slapshot is defined as a hard shot made by raising the stick above waist level before striking the puck with a slapping motion. At the discretion of the referee a two minute penalty can be issued if a player takes a slapshot. If a goal is scored on a slapshot the goal will not count and a penalty will be called.

6.11 COED LEAGUE RULES

- Teams must have a minimum of two female players at the start of the game in order for the game to be official.
 - This does not include the goalie
- There must be two female players on the ice at all times in order for a goal to count
 - This does not include the goalie
 - Only one female on ice required for a goal to count if one is in the penalty box
- A player can score a maximum of 3 goals in a single game. This is to encourage inclusive play.
 - Any goal scored after that point does not get credited to the team total

ORHL is a non-contact League that endorses safe play. It is noncontact and at the discretion of ORHL League officials all aggressive play will be reviewed and can result in suspensions/removal from the league.