

ORHL SPECIFIC RULES AND REGULATIONS



DRESSING ROOM SECURITY

- Teams are responsible for getting their own room keys.
- Keys can be obtained at the lower customer service desk

FACE SHIELDS

- **Facial protection is mandatory** with either full facial protection (Full Cage) or half facial protection. Players without Facial Protection will not be able to play.

WARM UP 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.

INELIGIBLE PLAYERS

- Players must sign the game sheet prior to playing at the conveners table. ID may be required.

Player Playoff Eligibility

- Game played (GP) player stats are available on your SportsEngine team page. Players playoff eligibility is the responsibility of the team captain and is to be checked by the team captain. An eligible player must have played a minimum of 4 games during the regular season. If a player is not on the game sheet she/ he is not eligible to play. If there are any questions regarding a player's eligibility please contact us orhl@oakville.ca with ample time before your playoff game, we understand game count errors on our end can occur. If a team is short benched they will have to play with the number of players that show up. Sub players are **not** able to play in the games. See goalie exceptions below.
- The only exception on the sub rule will be with goalies. Sub goalies are still able to be used as long as you get league approval before the game.

EQUIPMENT RESTRICTIONS

- No player (except for the goalie) is allowed to wear goaltender skates or equipment on the ice during play.

GOALIE PROTECTION

- In the event or occurrence that a puck strikes the goaltender in head the play will be blown dead by the official.
- If contact is made with the goalie after the whistle a warning will be issued to the offending team. A penalty can be called at the referees discretion based on the level of contact.

ICING

- The ORHL uses Blue line icing. Players must be past their own respective blue line for it not to be whistled as icing.

GAME MANAGEMENT

- Teams are given a 3 minute warm up
- If a team does not have the minimum skaters and a goalie after the warm up has completed they will be issued a delay of game penalty. **The clock is not to start until both teams are set to play.**
- Periods are 12-10-10 stop time
- The 3rd period is run time if there is a 5 goal spread. Once it goes under 5 it becomes stop time again
- Players are expected to make an effort to shut the penalty box when leaving. If they do not the referee can assess a delay of game penalty after a warning.
- Each team has one 30 sec timeout per game that must be used during regulation only.
- If a 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 discretions 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 their 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
- 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 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.

OVERTIME

- Teams will play 3on3.
- If a penalty is called the team with the power play will use a 4th skater making it 4on3 rather than playing 3on2.
- The overtime will be 5 minutes and is runtime the entire period.
- Players must change on the fly. No substitutes will be allowed in between whistle stoppages.
- Timeouts cannot be used during overtime
- The first team to score wins.
- If no team scores in the overtime the game ends in a tie.

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.

6 MINUTES OF PENALTIES

- If a player receives 6 minutes of penalties throughout the course of a game they have to leave the ice and cannot play the remainder of the game.

SLAPSHOTS

- Not permitted in the 50 + Champions, Coed, and Developmental divisions only
- Minor penalty issued at the referees discretion

SUSPENSIONS AND APPEALS

- Suspensions will be sent out and handled by the League Convener while all appeals are handled and should be sent to Eric Beresford (League Coordinator)

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 also be upgraded to a major penalty at the discretion of the referee or convener.

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

Offence	1st Occurrence	2nd Occurrence	3rd 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		