

OTTAWA VALLEY DISTRICT
GIRLS HOCKEY ASSOCIATION
OVGHA

Rules and Regulations

Revised January 2017

CHAPTER ONE – REGULATIONS

1. REGULATION 1. - Divisions

- a. "Division" shall be that group of teams comprised of players within a specified age group.
- b. The age groupings shall be decided by the OVGHA Executive at the beginning of each playing season, based on the number of teams in each age category.
- c. *All ages will be with respect to that on or before the 31st day of December of the first calendar year of the given hockey season.*

2. REGULATION 2. - Registration

General

- a. In order to maintain eligibility to play in our League, any Member Association that has teams registered in OVGHA must enter all of their House League teams in OVGHA play each season.
- b. All communication regarding League team registration will be between the OVGHA Registrar and the Member Association Registrars.
- c. All teams playing in the league must be registered and approved with the OWHA.
- d. Member Associations must keep the OVGHA Registrar up to date regarding the representatives authorized to sign Permission to Skate and Release forms for their players.
- e. ***Team rosters must be finalized by the 31st day of December. The only exception***

is for a new player transferring from outside the League jurisdiction subsequent to December 31st or a registered player moving up from a lower level team with that team's permission. Written proof of the move must be provided to the League Registrar. All exceptions due to extenuating circumstances will be reviewed and decided upon by the OVGHA Executive and Division coaches affected. All such changes must follow OWHA bylaws, rules and regulations.

Players

- f. Player participation is restricted to one OVGHA team per playing season, subject to OWHA and OVGHA player movement and player release clauses.
- g. All players are required to complete a registration form with a Member Association, signed by the player if she is 18 years of age or older, signed by a parent or legal guardian if the player is under the age of 18.
- h. Within 24 hours of a request by the OVGHA Registrar, the Member Association must provide a copy of proof of age (POA) Release form (if applicable), for any of their players registered on a League team.
- i. The maximum number of players that can be registered on a team will be as set out by the OWHA
- j. An underage or overage player whose skills are well above the average or below for her age division may be permitted to play in a higher or lower age division for league play only. All final decisions will be made by the OVGHA Executive and the Coaches concerned.

h) All players and parents / guardians must sign the most current fair play pledge and code of conduct found in the OWHA handbook during the registration process to be able to play in the OVGHA.

Team Officials

k. All teams participating in OVGHA must register only those team officials

who will be insured to go on the ice or bench with the team (i.e. registered with the OWHA). There must be a minimum of two females with Speak Out Training and a Vulnerable Sector Screening in change room at all times when players are present. There will be no unqualified people allowed in the dressing rooms unless invited by a bench staff. This includes parents. l. All teams participating in OVGHA must register at least one (1) coach with a minimum certification of NCCP Coach Level, or who has signed a letter of intent to attend a Coach Clinic in the calendar year. Such clinic must be attended no later than January 1st of the playing season. Teams failing to comply will be excluded from League play.

m. All teams participating in OVGHA must register at least one (1) trainer with a valid minimum of HTCP Level 1 certification, or who has signed a letter of intent to attend a Trainer Clinic. Trainers must be certified no later than November 15th of the playing season – some exceptions may apply. Teams failing to meet this minimum standard may be excluded from League and Tournament play under OWHA Rules.

n. Within 24 hours of a request by OVGHA, the Member Association must provide a copy of Coach and/or Trainer certification (or Letter of Intent), and Vulnerable Sector Screening Check for any of their relevant team officials registered on a League team. The OWHA WILL NOT approve any team roster which does not have a current and certified Coach AND Trainer listed.

Procedures

o. Member Associations are responsible for submitting completed OWHA Team

Participant Registration forms directly to the OWHA in time to meet the OWHA deadlines.

p. Copies of the approved OWHA Team Roster must be exchanged between

Registrars from both Associations. Any and all changes to the Rosters must also be exchanged.

3. REGULATION 3. Provision of ice times

a. Outside Associations must provide suitable ice times for regular season and playoff games as determined by the OVGHA Ice Allocator.

b. All available ice times must be submitted to the OVGHA Ice Allocator.

4. REGULATION 4. Discipline

a. The OVGHA adheres to the tenets of the OWHA Code of Conduct which applies to all players, staff, officials and parents. It is accessible through the OVGHA website (www.girlshockey.ca) under the "Player's" page. The OVGHA is equally governed by the OWHA Constitution, By-Laws, Regulations and Rules which are published yearly. These are available for download through the OWHA site: www.owha.on.ca

ii. Incidents detrimental to the league or its participants will result in game misconducts, gross misconducts and match penalties.

b. All Suspensions (player and staff) will follow the OWHA current Suspension Policy

(available on the OWHA website). Accordingly, the team receiving the suspension must report every incident to the OWHA Regional Director (email on the website) AND discipline@owha.on.ca within 24 hours of the occurrence. (send scanned copies of games sheets indicating the suspension via email). ALSO, All suspensions (player or staff) must be reported to the OVGHA Division Convener within 24 hours of the

occurrence. The OVGHA may review the suspension and increase it based on the severity of the infraction. Minimum suspensions cannot be appealed. For further information, please refer to the OWHA Suspension Policy.

c. Team Rosters must list all suspensions during every subsequent game showing the player or staff name annotated with "Susp: 1 of #" and forward that game sheet to their Convener who will in turn send it to the OWHA for tracking. Regardless of the fact that a player or staff member may have served their full number of suspended games – they CANNOT return to the ice or bench until officially cleared to do so by the Division Convener. This is particularly important as the OWHA Disciplinary Committee may not have reached a final decision on the future of that player or staff member. Failure to abide by this will result in further suspensions.

d. Any suspensions above the minimum shall be subject to appeal.

e. The burden of enforcement of suspension rests with the given team's Coach, Manager and Member Association. It shall also be the responsibility of the Coach and/or responsible team official to provide proof of suspensions served to the Convener.

f. Any player or team official who receives an automatic suspension as a result of penalties occurring while playing in non-league games shall be responsible to serve such suspension without further notice.

g. Any player, team official or team wishing to make an appeal concerning any disciplinary action under the control of OWHA must submit a written appeal through the Member Association within 48 hours of the suspension along with a \$200 Appeal Fee payable to the OWHA (which may be refundable at the discretion on the Appeal Committee).

5. REGULATION 5 - Amendments

a. All OVGHA Regulations may be amended by the Executive during official Committee meetings.

b. Any amendments must be approved by a majority of the members of the OVGHA Executive.

c. Motions of amendment resulting in a tie vote will be considered defeated.

CHAPTER TWO – RULES

6. Rule 1. - Rules of Competition

a. All OVGHA games shall be governed by Hockey Canada (HC) Rules and Regulations, OWHA Rules and Regulations and any additional Rules and Regulations that our Association may impose.

b. All OVGHA players must, as a minimum, be dressed in accordance with the protective equipment required by the OWHA.

7. Rule 2. - Regular Season

a. The OVGHA Executive will set the format of regular season play before the start of the season. The format will be based on the number and distribution of teams in a Division

b. All Member Association teams must be prepared to start playing as per the season start date. Check for updates on our website girlshockey.ca

c. Only players in good standing may play or practice in OVGHA and OWHA sanctioned activities. A player who has paid their full fees is considered to be in good standing. Coaches utilizing players who are not in good standing may face suspension for using ineligible players.

8. Rule 3. - Playoffs

- a. The OVGHA Executive will set the playoff format each season for each division based on the number of teams in the division. The format will be communicated to all teams in advance of the playoffs commencing. Check the website girlshockey.ca
- b. Any OVGHA team in good standing may participate in the playoffs of their Division.
- c. A player must play a minimum of five (5) regular season games with the team on which they are considered registered in order to be eligible for the playoffs. Goalies are the exception to the rule and will be reviewed and approved by the OVGHA Executive on an individual basis.
- d. The rules of play shall be as per Rule 4 and 5.
- e. All teams qualify for the playoffs.
- f. All teams must stand ready to play on TWENTY-FOUR (24) HOURS NOTICE.
- g. In playoff games only, each team will be permitted one 30-second timeout.
- h. No playoff games will be played over the March Break, including the weekend proceeding and following the 5 school day break.

9. Rule 4. - Playing Rules - Regular season and Playoff games

1. Timing

- i. Pre-game warm-up time for all games shall be 3 minutes.
- ii. All games will consist of three (3) periods, the first two periods being ten (10) minute stop time and the third period being twelve (12) stop time, within a total running time of 50 minutes.
- iii. Any stop or running time remaining at the end of the game should be noted on the game sheet.
- iv. If there is a goal differential of more than 5 goals at any time during the third period, running time will be used for the remainder of the game (penalties included) even if the goal differential is reduced.

2. Game Sheets

- i. All teams must use the official, three-copy OWHA game sheets provided by your Convenor.
 - ii. It is the Home team's responsibility to provide the game sheet and ensure that it is ready for the scorekeeper and on-ice officials before the start of the game.
 - iii. All game sheets MUST be filled out properly, with the game number in the appropriate box and verified by the coaches, BEFORE the referee affix their signatures. The timekeeper or Official Scorer must clearly print their name and phone number in the spaces provided.
 - iv. Games sheets must be provided to the visiting team one half hour before game.
 - v. Affiliate players must be identified on the game sheet with the letters "AP".
- Failure to Comply could result in the coach being suspended.

3. Game Results

i. The original (white) copy of the game sheet must be sent by the Home team to the Division Convenor within five (1) business day of the game. Should the game sheet require a referee's report regarding a Game, Match or Gross Misconduct, the referee will be required to retain the original white copy to prepare his/her report. In this case, the home team must send a copy of their team's copy of the game sheet to the Division Convenor within the five (1) business day. The referee will forward the original copy of the game sheet with his/her report to the Convener and OWHA.

4. Off-ice Officials

i. Home teams must provide an adequate number of competent off ice officials (timekeepers, scorekeepers, etc.) for all their home games. They must be familiar with the game sheets and correctly fill out all sections, including penalty off/on times. They must be familiar with the timing of the games as described in these rules.

ii. The visiting team has the right to have an off-ice official in the time box, or in the penalty box as an active participant in the timekeeping of the game. If they do not choose to exercise this right, then a protest over the time of the game will be rejected without benefit of a hearing.

iii. All off-ice officials MUST be impartial. They will not subject players, team officials or referees to abusive language or actions. Similarly, they should not be subjected to abusive language or actions. A participant from the opposing team in the timers' box would discourage such actions and language.

5. Non-completion of Games

i. If during the course of the game, all the referees become unable to complete their assigned duties or there are unforeseen circumstances at the arena or a major injury that prevents the game from starting or completing, then the following will apply:

1. If two (2) periods of the game are completed, then the game

will be considered as complete and the results will be reported as per a complete game.

2. If less than two (2) periods of the game are complete, then the coaches/managers must unanimously agree on one of the following options:

a. The game will be scored as 0-0 tie, awarding each team with one (1) point, or

b. The teams agree to replay the game.

The Convener shall be responsible for arranging the ice time and advising both teams of the replay date. The game will be played on a date and time agreeable to both teams within two (2) weeks of the original game date, if it is a regular season game, or within 72 hours before the Championship Game if it's a playoff game. The Home team must provide the particulars to their Division Convener as soon as possible.

3. Whichever option is chosen, the decision must be indicated on the game sheet and acknowledged with signatures by both teams. The decision must also be reported within 24 hours of the game to the Division Convener.

6. Cancelled Games

i. Although rare, situations can occur where a game must be cancelled at the last minute due to circumstances beyond a team's control such as inclement weather, loss of ice time, power failure, etc. The following procedure is to be followed:

1. Only a Division Convener may declare the game cancelled due to inclement weather. The Coach/Manager of the team requesting the cancellation must notify his/her Division Convener as soon as

possible.

2. The Convener will then determine whether the game is considered cancelled or a forfeiture and advise both Coaches of the decision. Games will only be cancelled for reasons of safety (loss of power, ice/snow storms, highway closures, etc)

3. If deemed cancelled, the Division Convener will advise the Ice Allocator, the rink and the Referee Scheduler within a minimum of two (2) hours prior to game time. The Convener will work with the Ice Allocator and Referee Scheduler to reschedule the game as soon as practicable at the original rink, when possible.

4. Games deemed forfeited will be scored in accordance with OWHA Forfeiture Policies. Unless a team has less than five players and a goalie, they are expected to play. School dances, proms, etc DO NOT constitute reason for cancellation.

5. If the convener cannot be reached, the traveling coach/manager may declare the game cancelled due to inclement weather. The coach/manager must notify the appropriate parties in and inform the convener as soon as possible.

7. Rescheduled Games

i. Teams are to make every effort to play their scheduled games.

ii. Teams can take advantage of Affiliated Players if they find themselves short of players for a regularly scheduled game.

iii. Teams must make every attempt to schedule out of town tournaments such that they do not conflict with already scheduled games.

iv. Any team wishing to reschedule the game for tournament purposes must first seek input from their Convener. Once the Convener has had a chance to discuss with the Ice and Referee Allocators and the other Coach, a rescheduling notification will be sent out if, and only if, there is available ice, referees and the game can be rescheduled in a timely manner.

v. If the teams cannot agree to a reschedule date, the President of the OVGHA League will be advised of the situation by the Convener, and will have the authority to bind the two teams to a reasonable date and location or to declare a game permanently cancelled or forfeited.

vi. A minimum of 14 days notice must be provided to all parties except under extenuating circumstances (e.g. last minute acceptance into a tournament).

8. Defaulted Games

i. A team willfully defaulting a game without cause shall be subject to discipline by the league. Discipline will be forfeiture of the game (2 points) plus a fine.

ii. A team defaulting more than three (3) games in one season shall be subject to further discipline by the league.

iii. The defaulted game must be reported by the non-defaulting team within 24 hours of the game by notifying the Division Convener.

9. Scoring points

i. Teams shall receive two (2) points for each game won and one (1) point for each game tied.

10. Tie breaking

i. If there is a tie in points after the completion of the regular season, the following tie breaking rules will be applied:

1. Number of wins;
2. Record against other tied teams (Two team tie only)
3. Goals for divided by (goals scored minus goals against);
4. Fewest goals against; and
5. Flip of a coin.

ii. If the playoff format is a round robin and there is a tie in points after the completion of the playoff round robin, the following tie breaking rules will be applied:

1. Total wins in all playoff games;
2. Fewest losses in all playoff games;
3. Goals for divided by (goals for minus goals against);
4. Least penalty minutes in all playoff games;
5. Earliest goal in any playoff game; and
6. Flip of a coin

iii. The final playoff game cannot end in a tie. Overtime will be one 5-minute sudden death, straight time period that will be played with 4 players plus one goalie per team. If still tied after the 5 minute overtime period, a 3-player shootout will take place. These players must be chosen before the game starts and indicated on the game sheet as follows (S1, S2, S3). Each respective team shoot out player will start at centre ice and shoot on the other team's goalie simultaneously . If the game remains tied after these players have finished, each team will use all of its eligible players in a sudden death shoot-out. The shoot-out will follow the Canadian Hockey Official Playing Rules: specifically: rule 35 entitled 'Penalty Shot'. Penalties will carry over into overtime. If a player is serving a penalty at the end of the overtime, she will not be eligible for the shoot out.

11. Uniforms

- i. The OVGHA will provide jersey's for all member teams. It is the responsibility of the team officials to ensure that the jerseys are returned to the equipment manager in good repair.
- ii. Players must wear the jersey provided by the OVGHA for all league and tournament games.
- iii. OVGHA Jerseys are NOT to be worn for non-league or non-sanctioned tournament play
- iv. In the event of a sweater colour issue in a given game, the home team will make every effort to switch colours.
- v. Sponsor name bars should be placed across the top back of the jersey and must be removed when jerseys are returned at the end of the season.

12. Number of Players

- i. OVGHA Teams cannot exceed the OWSHA guidelines goaltenders on their roster.
- ii. Under OVGHA Rules, a team must have a minimum of six (6) players dressed for a game. Should a team have less than 6 players (five and a goalie) dressed by game start time, the game will be considered forfeited by the non-compliant team and the compliant team awarded 2 points for the game with a score of 1-0 entered on the score sheet.

13. Affiliated Players

i. Player movement from one division to a higher division is permitted in regular season games under the following conditions:

1. Unless otherwise approved by the OVGHA Executive, upward movement of players may only occur within teams playing in the OVGHA League.

2. No individual player is allowed to play at a higher division more than five (5) league games during the regular season. Any player who plays more than five (5) games at a higher division shall become ineligible for further play with her original team. The player's future status will be determined by the OVGHA Executive. Exhibition games are not part of the five (5) games counted.

3. Teams may not bring up more than three (3) affiliate players for any given game.

4. In recognition of the shortage of goalies, teams needing to affiliate goalies for more than five (5) regular season games may request an exemption to this rule through the Division Convener.

5. In the event that a goalie from a lower division is not available, the OVGHA President may approve the use of a goalie from the same division under the following circumstances:

a. To replace an injured or ill goalie; or

b. Under extenuating circumstances.

6. A goalie from the same division may not affiliate with the same team more than three (3) times unless prior approval is received from the Division Convener.

7. Upward movement of players in playoff games, but not to exceed the number of registered players, can only occur if one of the following three conditions is met and officially approved in advance of the game by the OVGHA Executive:

a. To replace an injured or ill player who will provide a medical certificate indicating she cannot play a particular game.

b. To replace a player who has permanently left their area

(moved away, NOT quit the team)

c. To replace a goalie due to extenuating circumstances (who is not able to play).

d. NOTE: Situations do not permit a team to add an additional player to their roster. Upon the return of the injured/ill player to the team, the replacement player would no longer be eligible.

e. Applies only if there is one goalie registered on the team or if there are two registered goalies and both will be absent. 8. In all cases of intended use of affiliated players, the following procedures will apply:

f. The receiving coach (coach intending to use the affiliate player) will contact the affiliate team coach for permission to affiliate one of his/her players.

g. The affiliate team Coach will speak to the player being requested to confirm her willingness to play. If the player agrees, the receiving Coach must initiate the affiliated player paperwork and advise the Division Convener.

h. The game sheet must have "AP" placed beside the affiliate's name as a record for the Division Convener and any subsequent protests or inquiries by the Member Association or the OWHA game officials

i. The Home team is responsible for providing a scorekeeper and timekeeper for the game. Both must be capable of operating the time clock and properly annotating the OWHA Game sheet using the correct codes.

Both keepers MUST sign the game sheet legibly and include telephone numbers in case of dispute.

ii. A minimum of two referees with current NRCP certification will officiate each game. As much as possible, the Referee Allocator will work to ensure that Referees are senior in age to the Division in which they are officiating.

iii. The level of referees for each Division will be as follows:

1. Novice Level 1 or 2
2. Atom Level 1 or 2
3. Peewee Level 1 or 2, at least one at Level 2
4. Bantam Level 1 or 2, at least one at Level 2
5. Midget Level 2, at least one at second year Level 2

iv. It is the responsibility of the Home team to check that the referees are present twenty (20) minutes prior to the game's scheduled start time.

v. If there are no referees present:

1. Check to see if there is a female game presently being played on the ice and if those officials are staying for your game.
2. If the Referee Allocator indicates that the referees have missed the game or no referees have been assigned and none are immediately available then the game will be rescheduled. The convener is to be contacted as soon as possible.
3. If one referee is present, the game will be started with, and perhaps played entirely with, one referee. If a second referee arrives, he/she may join the game at any time.

14. Rule 5. – Protests

a. Game protests should be phoned in immediately to the Convener of the respective Division by the Coach of the team and MUST be submitted in writing to the Vice President House League and the Division Convener within seventy-two (72) hours. The protest MUST clearly state the full details of the situation and be referenced to either Rules or Regulations.

b. Game protests must be registered with the referee who will note the protest on the game sheet at the conclusion of the game.

c. A special meeting of the OVGHA Executive will be called as soon as possible and no later than seven (7) days after receiving the written protest. Everyone involved must be given at least two (2) days notice of the meeting in order that they may have the opportunity of being present and voicing their views. If the protest is lodged during the playoffs, the two (2) day notice of meeting shall be waived and a meeting will be held as soon as possible.

d. The following are NOT subject to protest:

- i. Referee officiating decisions
- ii. The Referee Allocator not being able to provide the appropriate level of referees for a game
- iii. Timekeeping

15. Rule 6. - Amendments

a. Proposed amendments to the Rules may be made in writing at any official meeting of the Executive Board and must be approved by a majority of the members of the OVGHA League Executive.

- b. Motions of amendment resulting in a tie vote will be considered defeated.
- c. An amendment may be overruled by OWHA.