



# HOUSE LEAGUE RULES

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### Definitions:

SSGHA= Scarborough Sharks Girls Hockey Association

Sharks= Scarborough Sharks Girls Hockey Association

League= Scarborough Sharks Girls Hockey Association

**Scarborough Sharks Girls Hockey Association reserves the right to update these rules at any point during the season**

## 1.0 SSGHA Mandate, Core Values, & Mission Statement

All bench staff are the front line staff to the Sharks organization. At all times all staff shall follow/promote the Sharks Mandate, Sharks Core Values, and Sharks Mission Statement.

 <b>Sharks Mandate</b> The Scarborough Sharks Girls Hockey Association serves to promote, develop and deliver opportunities for girls and women to play hockey.	 <b>Sharks Core Values</b> <ul style="list-style-type: none"><li>• Providing a safe and positive sport environment for athletes, volunteers and participants</li><li>• Treating every person with respect and dignity</li><li>• Promoting fairness, equity and effectiveness in decision-making</li><li>• Ensuring that fun remains the primary objective of each game, athletic and league activity</li><li>• Maintaining education and integrity in the game of hockey</li></ul>	 <b>Sharks Mission Statement</b> The Scarborough Sharks Girls Hockey Association is committed to providing an exceptional calibre of athletic experiences and opportunities in the pursuit and promotion of excellence in women's hockey.
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### All bench staff read and understand the Sharks Constitution, By-Laws, Rules and Regulations as well as the Code of Conduct

Sharks Constitution and By-Laws [Click Here](#)

Sharks Rules [Click Here](#)

Sharks Code of Conduct [Click Here](#)

Only League approved coaches may be on the bench and not more than three team officials on the bench at any time.

All Head Coaches must conform to the OWHHA/Hockey Canada requirements of certification for hockey coaches which include the minimum of Coach Level 2, a valid Police Check and Speak Out Certification. Assisting staff require a valid police check and Speak Out certification. Trainers require a minimum of HTCP level 1 trainer certification, a valid police check and Speak Out certification. No parent will be allowed on the bench without the proper applicable certifications. Any team which utilizes an un-certified adult will forfeit the game.

Any person on the bench who is eighteen (18) years of age or under must wear a CSA approved helmet with proper face mask.

## 2.0 Code of Conduct

### GENERAL CODE OF CONDUCT

- Inebriation or drinking while in charge of a team or participating in a game will not be tolerated.
- Drugs and alcoholic beverages are not allowed in the arena and any player or team official violating this rule will be immediately suspended until his/her case has been reviewed by the Executive.

## **CODE OF CONDUCT FOR PLAYERS**

- Respect will be given and expected of all players and coaches towards each other as well as our opponents or anyone at the rink while we proudly wear the Sharks logo.
- Drugs, cigarette smoking, the use of Vaping devices of any kind and alcoholic beverages are not allowed in the arena and any player or team violating this rule will be immediately suspended until his/her case has been reviewed by the Executive
- Players will be in the dressing room and ready to go 10 minutes before the game to allow the coaches to review any game strategies.
- Players will arrive 30 minutes before practice and be dressed and ready to go 10 minutes prior to the scheduled start of any practice so that coaches have time to outline plans and drills. Again please do your best to arrive on time for all hockey events. If there are special circumstances please discuss with the coaching staff at the start of the season.
- I will not defend or engage in actions on or off the ice, which are not consistent with good sportsmanship
- I will play and compete for my own enjoyment, as well as for my team.
- I will have fun, make friends, improve my skills and play safely.
- I will learn, understand and respect the rules of the game.
- I will avoid drugs, tobacco and alcohol.
- I will respect the rights and consider the safety of other players, coaches, trainers, officials, administrators, volunteers and parents.

## **Code of Conduct for Coaches**

- I will not condone, permit, defend, or engage in actions, on or off the ice, which are not consistent with good sportsmanship.
- I will communicate with players, parents, officials, trainers, volunteers, and administrators honestly, generously, fairly and with integrity.
- I will set attainable goals for the team and individual players while encouraging safety and fun for everyone. • I will lead by example, and respect the rules of the game.
- I will strive to provide the highest standard of training appropriate to players' ages, strength, and skills and will seek medical advice whenever necessary.
- I will work continuously to learn more about the game and to improve my coaching skills.
- I will pay attention to and consider changing social family and economic environments that may influence the attitudes and behaviour of players.

## **Code of Conduct for Parents**

- I will not condone, permit, defend, or engage in actions, on or off the ice, which are not consistent with good sportsmanship.
- I will encourage my child to do his or her best, have fun and demonstrate good sportsmanship. I will teach my child how to win and lose gracefully.
- I will lead by example.

- I will assist my child to understand and respect the rules of the game. I will encourage my child to remember that he or she is part of a team and to work for the good of the team.
- I will respect the rights and feelings of officials, coaches, trainers, players, volunteers and administrators. I will work to support, not undermine, their efforts.

## **DRESSING ROOM**

- Players and females only in dressing room before and after games and practices please.
- We expect Players to be responsible for their own equipment, dressing themselves, tying of skates, and game readiness.
- All injuries on or off ice must be disclosed to the Trainers as soon as it happens. We encourage parents to seek the advice of their family Doctor in regards to any injury that a child may receive on or off the ice
- NO CELL PHONES ALLOWED!!! This is both a Sharks and team rule. Please leave your phones with your parents, or be prepared to give your phone to the trainer when entering the room. We will allow one player to set up music with their phone as the only exception. Music in the room is a privilege and will only be kept in the room provided that all expectations for respect and behavior are adhered to by all players.
- Respect for each other and their property/equipment will be both given and expected by all players. We will treat others as we want to be treated. We are a team and will act as such. It is expected that all players will follow these guidelines. Failure to do so will be dealt with swiftly using corrective measures outlined below.

## **EXPECTATIONS**

- If a player is going to miss a practice or game for any reason, please contact the Head Coach prior to the practice or game at the earliest opportunity before the activity by phone (cell) text or email in addition to updating Team Snap.
- Our primary method of communication will be directly with the players in the room. We want them to continue to take on the responsibility of being part of a team.
- When we do have to contact parents, our primary method will be via Team Snap or Email. Please check your email and update your daughter's status on Team Snap regularly. When we do email the parent group with an action required email (such as hotel booking for a tournament), please ensure the action to be completed is done by the date indicated and a reply email from the parent letting us know it is done. This is solely so we can focus our efforts and time on the players rather than their parents.
- A system to address individual concerns or grievances will be in place so that parents who may have a concern have an opportunity to contact the coaches. Such contact can only occur after a cooling off period of 24 hours has elapsed from the game or practice.
- Vacations: The Sharks will have about an 8 or 9 day break at Christmas. Please be sure to advise the Head Coach of any vacations so we can plan accordingly.

### **3.0 Rowan's Law**

On March 7, 2018 Royal Assent was granted to Bill 193 to enact Rowan's Law in Ontario.

The Act imposes various requirements on sport organizations, which are defined as persons or entities that carry out, for profit or otherwise, a prescribed activity in connection with an amateur competitive sport and that satisfy such other criteria as may be prescribed. Here are highlights of those requirements:

1. A sport organization must not register an individual who is under the prescribed age in a sports activity unless the individual confirms that they have reviewed the concussion awareness resources approved by the Minister of Tourism, Culture and Sport. The regulations may provide for other circumstances where a sport organization must require individuals to confirm that they have reviewed the resources. For individuals under 18 years of age or such other prescribed age, the parent or guardian of the individual must also confirm that they have reviewed the resources. Individuals who serve as a coach or in other prescribed positions for a sport organization must also confirm that they have reviewed the resources.
2. A sport organization must establish a concussion code of conduct. Similar to the rules described above, various individuals must confirm that they have reviewed a sport organization's concussion code of conduct.
3. A sport organization must establish a removal-from-sport protocol for athletes who are suspected of having sustained a concussion. The protocol must, among other things, establish a specific process to implement the immediate removal of an athlete and must designate persons who are responsible for ensuring the removal of the athlete and ensuring that they do not return to training, practice or competition, except in accordance with the sport organization's return-to-sport protocol.
4. A sport organization is required to establish a return-to-sport protocol that applies with respect to athletes who have sustained a concussion or are suspected of having sustained a concussion. The protocol must, among other things, establish a specific process to implement the return of an athlete to training, practice or competition and must designate persons who are responsible for ensuring that an athlete does not return until permitted to do so in accordance with the protocol.

#### **Implications for All Teams**

1. After tryouts and at first team meeting, the league expects all members of a team to watch the ThinkFirst SMART HOCKEY Safety Video – <https://www.youtube.com/watch?v=41V8iLCRu6Q>
2. Parents and players must review, sign and return the Code of Conduct (Concussion Safety). See below or available at <https://www.coach.ca/files/PlayerCodeOfConduct.pdf>
3. and 4. Team Trainers must implement the Removal from and Return to Play protocols specified as follows: [http://hdco.on.ca/pages/documents/concussion\\_card.pdf](http://hdco.on.ca/pages/documents/concussion_card.pdf)

### **Respect yourself:**

- I will wear the proper equipment and wear it correctly.
- I will develop my skill and body strength so that I can play the game to the best of my abilities.
- I understand that a concussion is a **serious** brain injury that has both short- and long-term effects.
- I understand that I don't need to lose consciousness to have had a concussion.
- I understand that any blow to the head, face, or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion.
- I understand that if I suspect I might have a concussion I should stop playing the sport **immediately**.
- I understand that continuing to play with a suspected concussion increases my risk of more severe, longer lasting concussion symptoms, as well as increases my risk of other injury.
- I will not hide my symptoms. I will tell my coach, trainer, parent, or other responsible person if I am concerned I have had a concussion and/or experience **any** signs and symptoms of concussion following a collision.
- I understand I will not be able to return to play following a collision where I experience signs and symptoms of concussion.
- I understand I will have to be cleared by a physician or qualified medical professional, preferably one with experience in concussion management, prior to returning to play.
- I understand I will have to follow the 6-step Return to Play guidelines when returning to activity.

### **Respect Others:**

- I will respect the rules of the game.
- I will respect my opponents and play fair.
- I will not fight or attempt to injure anyone on purpose.
- I will respect my coaches, trainers, parents and the medical professionals and any decisions made with regards to my health and safety.

## ***4.0 SSGHA Player Development***

### **League On-Ice Development**

1. The league is providing a subsidised on ice skills session with Gery Othman on Sundays between 8am to 9am.
2. All Novice to Bantam teams will be scheduled to attend these on ice sessions.

### **League Goalie Development**

1. The league will be announced soon.

## **5.0 House League Playing Rules General**

1. The League will operate various series in the House League as decided by the SSGHA Executive. Birth dates for the season will be designated as of December 31st of that year.
2. Each House League series shall contain a sufficient number of teams as are necessary to accommodate the registered players for each series. Such number of teams to be of a quantity to allow equalized scheduling of games during the playing season
3. Teams from the Atom through Open divisions will require a minimum of six (6) players present on game day in order to play in a game.
4. This is a non-contact league and contact is prohibited at all levels. Intentional contact will result in a minor or major penalty, at the referee's discretion. Conduct
5. No player or parent shall exhibit violent, intimidating, insulting or abusive behaviour toward referee, coach, player or any volunteer member of the SSGHA. Penalty for violation of this rule will be suspension from the league, up to and including expulsion for the league. The League Executive decision will not be subject to appeal.

### **Transfer of Players**

1. Players shall be assigned house league age groups and will not be transferred between divisions for convenience (eg. siblings, car-pooling, etc.)
2. The Sharks will endeavour to create teams that are as balanced as possible through several proven player rating systems in order to enhance the game experience for ALL the players involved. After the first few weeks of the season if it is determined that player movement is necessary in order to improve the balance of teams a player may be asked to move. This is a possibility all players and parents should be prepared for. Players joining the league after the start of the season and any rebalancing has already been completed may be transferred more than once until their skill level has been determined and the appropriate team for them has been identified.
3. Players may request to be placed on the same team as one other player. Corresponding player application forms must cross reference the same player names (ie. players may not be chained together through application forms). Requests for placement with more than one other player will NOT be considered. Requests for player placement on teams are not guaranteed and are subject to approval by the Team Draft Committee.
4. Due to abuse of privilege in the past there will no longer be any call ups of players from lower divisions. In the event that a team is unable to ice the minimum number of players required for a game due to unforeseen circumstances the convenor or



other executive present can make an exception at their discretion based on the circumstances.

### **Player Standing and Movement**

1. Players will not be accepted by the SSGHA while under suspension(s) and/or not in good standing from any other League(s).
2. Players are eligible to play in one division only, unless otherwise approved by the Executive.
3. Players shall not register to play in boys' hockey. Violation of this rule will result in suspension, up to and including expulsion from the league.

### **Registration Fees**

4. All registered players must have paid their fees fully by November 1st. Any player who has not paid their registration fee by November 1st will not be allowed to play until all outstanding fees are paid.

### **Games**

1. Players in all divisions must be played as equally and fairly as possible. The Scarborough Sharks believes that for young athletes playing House League Hockey the emphasis must be placed on enjoyment of the game, development of physical abilities and skills, and fostering understanding and appreciation of the game. Player rotation must be adhered to and practices such as "shortening the bench" for any reason whatsoever will not be tolerated.
2. The Novice division will as of the 2019- 2020 season now conform to the Hockey Canada standards for Novice age level game play. Novice games will consist of half ice games with two simultaneous games occupying a divided rink surface. Teams will have four skaters and one goalie on the ice. One minute shirts will be indicated with a buzzer. Player rotation will be change on the fly without stoppage in play. Games will be 50 minutes in length with a three minute warm up followed by two periods of equal length of time. There will be two puck drops, one to commence the game and one after the first half. There will no score counted in Novice play. The OWHA has further information on their website here:

<http://owha.pointstreaksites.com/view/owha/development/novice-program/rules-for-half-ice>

3. The Atom and Pee wee division will consist of three 15 minute running time periods. Teams will play using the "change on the fly" game format. All players must have equal playing time. Equal playing time may be divided within a forward and

defensive group, however, the number of players within each of these groups must fall within commonly accepted norms. For example, 10 players may not be divided into a group of 7 forwards and 3 defence. If players are divided into forward and defensive groups, all forwards must rotate equally with each other and all defensive players must rotate equally with each other. Under no circumstances can a player be double shifted. For example, teams may not rotate two centres and three sets of wingers.

4. The Bantam and Open divisions will play three periods of 10, 10 and 12 minutes stop time. The Bantam and Open division teams will play using the “change on the fly” game format. All players must have equal playing time. Equal playing time may be divided within a forward and defensive group, however, the number of players within each of these groups must fall within commonly accepted norms. For example, 10 players may not be divided into a group of 7 forwards and 3 defence. If players are divided into forward and defensive groups, all forwards must rotate equally with each other and all defensive players must rotate equally with each other. Under no circumstances can a player be double shifted. For example, teams may not rotate two centres and three sets of wingers.
5. There will be a three goal maximum per player per game. This excludes the Novice division.
6. Players on each team will play the position of goaltender on a rotational basis. Goalie equipment will be provided to each team by the League. If a player is not interested in playing they should not be forced to but coaches and parents should endeavour to do everything possible to encourage players to try the position at least once. Each player who wishes to play goal must be provided the opportunity to play the position. The Sharks want to foster an interest in goaltending and encourage any interest in the position as a means to develop future goaltenders for the organization. In the event that there is a player on a team who wishes to play on a regular basis this is also encouraged provided that the player understands that any other player on the team who wishes to try the position be afforded the opportunity. They should not consider themselves to be “full time” goalies to the exclusion of the other players.
7. In the event that a team has a regular goalie that player will be considered to be an “A” player when creating teams based on skill level ratings.
8. To allow the coach time to plan the line-up, players must be in the dressing room and dressed at least fifteen minutes before game time. Parents are responsible for contacting the coach if their daughter will miss a game.
9. Players arriving late for their game will be allowed to play. They will be added to the end of the rotation and will only play when their rotation comes up.
10. Players must remain in the dressing room until the teams from an earlier game have left the ice. Players may not step on the ice until the Zamboni is off the ice and the doors are closed. At the completion of the game, teams must exit the ice promptly (visitors first).

11. Any goals scored by a team having an ineligible player on the ice will be disallowed.
12. A captain or alternate who is on the ice at the time of the infraction shall be allowed to speak with the referee in a proper manner.
13. No team official shall go onto the ice unless requested by the referee. Any team official entering the ice without permission may be subjected to a misconduct penalty at the referee's discretion.
14. In case of an injury to a player, the last player from the previous shift will replace her. Should the injured player not be able to play her next shift, then the team will follow regular rotation rules.
15. Should adjustment or equipment repair be necessary, the player must go on the bench and be replaced with the last player listed from the previous shift.
16. Should a player attempt to adjust or repair equipment on the ice, by that delaying the game, she will be subjected to a two minute delay of game penalty.
17. Goalies cannot be removed before the last three minutes in Novice/Tyke, Atom or Peewee division games unless there is a penalty being called on the opposing team. Any player substituted for the goalie is to be considered a sixth attacker and does not have the privileges of the goaltender. Any player on the bench may be substituted for the goaltender but must return to the bench when the goaltender returns to the ice.
18. If a goaltender gets sick or injured during the game and is unable to continue, the team has five minutes to dress another player to resume the game. When a goalie is unable to play due to illness or injury, and no other player on said team will play net, the coach must notify the VP of House League or an alternate member of the League Executive to arrange to borrow a goalie from the next division down. The only exception being an Executive decision when the said situation occurs during the playoffs.
19. Teams will change ends between periods.
20. All players must participate in at least 75% of their House League games to be eligible for the playoffs (including round robin games). Injury and illness being the only exceptions and will be reviewed on a case-by-case basis by the Executive.
21. All games must end on time. There are NO exceptions.

### **Rotation System**

1. At one minute intervals for Novice, players will change on the fly.

2. Teams must play their players in rotation. Violation of this rule will result in a bench minor penalty, and the short shifted player placed on the ice.
3. Repeated violation of the “rotation” rule will result in a one game suspension of the coach by the League. Equal Playing Time
4. Violation of the “equal playing time” rule will result in a bench minor penalty being assessed and the short shifted player will be placed on the ice.
5. Repeated violation of the “equal playing time” rule will result in a one game suspension of the coach by the League.

### **Game Sheets**

1. Coaches are responsible for ensuring that all game sheets be filled out properly by filling in the division, rink, date of the game, time of the game, team number/colour and the visiting team’s number/colour. Players’ names and jersey numbers must be recorded clearly. The game sheet will be given to the timekeeper before the start of the game. Once the game has started there will be no alterations to the game sheet.

### **Equipment**

2. All CHA rules concerning equipment measurement will apply. Any illegal equipment found will be removed from the game.
3. Full equipment is mandatory while on the ice. Players must wear a CSA approved helmet, full facial protection and a BNQ throat protector. A player lacking this equipment is not allowed on the ice until they obtain and wear such equipment.
4. The League will supply goaltenders equipment on a loan basis, including a chest protector, pads, gloves, and a goalie stick. Each coach must complete and submit the “Equipment Release Form” upon accepting equipment. Goaltenders must supply their own helmet and face mask. In cases where there is no full time goaltender, the coach is responsible for the care and return of the equipment.
5. Equipment on loan must be kept in good working order and not marked or defaced in any way.
6. Coaches and/or staff are responsible for the care, reasonable maintenance and return of any loaned equipment. The equipment must be returned to the League’s Equipment Director or designate immediately upon completion of the current season. Infractions and

### **Serving Penalties**

1. Any coach, manager, trainer, or player receiving a game misconduct penalty must proceed immediately to the dressing room.
2. Any coach, manager, trainer or player not adhering to rule 39 will be put on report and must appear before the Executive Committee.
3. Any coach, manager or trainer refusing to finish a game, or leaving the bench in protest may receive a suspension of up to one calendar year.
4. Any player receiving a major penalty that carries an automatic game misconduct shall proceed to the dressing room immediately. The major penalty must be served by a player on the ice at the time of the infraction. The last player from the last shift may be placed on the ice to substitute for the player serving the penalty.
5. Any penalty received in the last three shifts, which cannot be served in its entirety, must be served by a player listed for the last shift
6. When the buzzer/bell system is in effect, the coincidental penalty rule does not apply.
7. A player who of her own volition makes contact with the goaltender in the crease or any contact with the goal crease after the whistle has been blown, will cause the face-off to be taken in the nearest neutral zone.
8. Any player or team official who continually displays unsportsmanlike conduct may receive an immediate game ejection, at the discretion of the referee, must proceed directly to the dressing room, leaving the ice or the bench area.
9. Any coach, manager, trainer or player using obscene or abusive language or gestures, before, during or after a game will be given a game or gross misconduct penalty and be ejected from the game. The referees will immediately complete and submit a report in writing to the Executive for further action.
10. A penalized player will serve her penalty only when it is her turn to be on the ice.
11. All minor penalties in the Novice/Tyke division will be three minutes running time, except if a goal is scored by the non-penalized team, in which event the penalized player may return to the ice or bench if not due out for the specific shift.
12. All penalties are timed from the drop of the puck. If a player gets a penalty in any shift, the time of the penalty will start from the drop of the puck. If a player has a penalty in the middle of her shift, it will start from the drop of the puck and not at the beginning of the shift. If a player does not complete serving her penalty in the shift in which she received the penalty, it will carry over into her next shift and the balance of the penalty time left will then be served.
13. Any goaltender who is assessed a major penalty will be allowed to finish the game being played but will receive a minimum automatic two game suspension. Any

major/minor penalties assessed to a goaltender must be served by a player on the ice at the time of the call of the penalty.

14. Any player who accumulates three penalties or more in any one game shall be ejected for the remainder of the game. In addition, the second offence will result in a one game suspension with subsequent offenses resulting in a review by the Disciplinary Committee.
15. Minimum suspensions will be determined in accordance with the OWSHA Rule book. Additional suspensions will be imposed wherever conditions and circumstances warrant.
16. Any player who intentionally knocks or shoots the puck out of the reach of an official who is retrieving it, shoots the puck after the whistle, bangs the boards or ice surface with their stick or any other object, is subject to penalty for unsportsmanlike conduct, which carries a two minute penalty or misconduct.
17. While under House League suspension, a player or coaching staff may not participate in any other hockey games until the suspension is served in the House League.
18. Any suspension and/or major penalty received by a player, coach, manager or trainer during a tournament, exhibition game or an out of town game shall be reviewed by the Executive for further suspension in the House League.
19. Any player, coach, manager or trainer attending a game while under suspension may not go near the team dressing room or players' bench. They must remain in the stands at all times and conduct themselves in a proper manner. Violation of this rule may result in the suspension being increased at the discretion of the Executive.
20. The referee on duty, the Referee-in-Chief, the convenor or an SSGHA Executive member may put any player, coach, manager or trainer on report for his/her conduct off the ice in the arena. The suspension shall be determined by the Executive.
21. A misconduct penalty shall be assessed any player who does not proceed immediately and directly to the penalty bench upon call of the penalty.
22. All major and misconduct penalties may be reviewed by the Executive and further action taken if deemed necessary. Protests/Complaints
23. The referees are in charge of the game and persistent questioning of their decisions or harassment during the game will not be tolerated. Justifiable complaints may be made in writing to the VP of House League. The League Executive's decision shall NOT be subject to an appeal.
24. Any protest by a coach, manager, or trainer shall be made in writing to the VP of House League within 48 hours of the incident.

## **Round Robin Rules – Rules to determine team standings**

The following rules will be used to determine play-off standings in the event of a tie:

- A) Number of wins
- B) Record against other tied teams
- C) Goals scored minus goals against
- D) Fewest goals allowed

These rules are in accordance with OWHA tie-breaking standards.

### **Championship Day Rules**

The following method will be used to break a tie at the end of the regulation play during Championship Day.

Tie breakers will be determined by shoot-out rather than overtime. Prior to the game, each coach is to mark three players on the game sheet that are designated to be the shooters for their team. Players that are in the penalty box at the end of the game are NOT eligible for ANY of the shootout. In this case, coaches should be prepared to pick a substitute player. All three shooters for both teams get a chance to shoot. If the shootout is tied, then a sudden-win shootout commences with each team getting a chance to shoot. Different players from the original three shooters must be used until every player on the team has had a shot. Only then do any of the original three shooters get a change to shoot again.

## **6.0 SSGHA TeamSnap Accounts**

1. The SSGHA provides each rep team with access to a premium TeamSnap. It is the responsibility of the Rep team to input/upload the following information into TeamSnap:
  - Team Roster
  - Team Schedule
  - Game Score Updates
2. Teams are encourage to upload and share appropriate media via TeamSnap.
3. At any time if you have technical issues with TeamSnap please email [rick.meraw@hotmail.com](mailto:rick.meraw@hotmail.com)

## **7.0 SSGHA Website & Social Media Posting**

1. The site [www.scarbroughsharks.com](http://www.scarbroughsharks.com) belongs to the league but every team has the ability to request updates and changes. Postings such as city events, and team give-backs to the hockey community at large are great examples of items that should be posted on our website.

2. Social Media, the SSGHA operate several social media feeds from Twitter, Instagram, and Facebook. All feeds use the same tag @ScarbSharksGHL
3. At any time if you would like to post any items on our social feeds please tag us and/or send an email to [rick.meraw@hotmail.com](mailto:rick.meraw@hotmail.com)