

Scarborough Sharks Girls Hockey Association

RULES

Players, Coaches, Managers, Trainers

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.

Only League approved coaches may be on the bench and not more than three team officials on the bench at any time. Any person on the bench who is eighteen (18) years of age or under must wear a CSA approved helmet with proper face protection.

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. (Minimum of 9 players per team).
3. 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

4. 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

5. Players shall be assigned house league age groups and will not be transferred between divisions for convenience (eg. siblings, car pooling, etc.)
6. 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 VP, House League.

Player Standing and Movement

7. Players will not be accepted by the SSGHA while under suspension(s) and/or not in good standing from any other League(s).
8. Players are eligible to play in one division only, unless otherwise approved by the Executive.
9. 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

10. 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

11. The Novice and Atom divisions will consist of three 15 minute running time periods, with each period divided into three minute running time shifts. Stop time will be used in the last minute of play if the goal spread is 3 goals or less. Time will also be stopped in the event of a player injury, or if necessary, by the referee to speak to a coach.
12. The Peewee division will consist of three 15 minute running time periods, with each period divided into three minute running time shifts. Stop time will be used in the last minute of play if the goal spread is 3 goals or less. Time will also be stopped in the event of a player injury, or if necessary, by the referee to speak to a coach. The SSGHA Executive may recommend "change on the fly" for this division in the second half of the season.
13. 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.
14. 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.
15. 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.

16. 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).
17. Any goals scored by a team having an ineligible player on the ice will be disallowed.
18. 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.
19. 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.
20. 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.
21. 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.
22. 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.
23. Goalies cannot be removed before the last three minutes in Novice, 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.
24. 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.
25. Teams will change ends between periods, except in the Novice division.
26. 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.
27. All games must end on time. There are NO exceptions.

Rotation System

28. Players must be listed on the right side of the game sheet in the order according to their jersey numbers. The numbers will be placed on the left side of the game sheet in the sequence they are to play. At three minute intervals for Novice/Tyke, Atom and Pee wee divisions, a buzzer/bell will signal a shift change and players will be rotated in groups of five according to the sequence listed. When short one or more players, they will change in groups of the first five, then the last four plus the first player at the top of the list.
29. 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.
30. Repeated violation of the “rotation” rule will result in a one game suspension of the coach by the League.

Equal Playing Time

31. 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.
32. Repeated violation of the “equal playing time” rule will result in a one game suspension of the coach by the League.

Game Sheets

33. 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. If the game is delayed due to an improperly completed game sheet, a two minute bench penalty will be assessed. Once the game has started there will be no alterations to the game sheet.

Equipment

34. All CHA rules concerning equipment measurement will apply. Any illegal equipment found will be removed from the game.
35. 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.
36. 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.
37. Equipment on loan must be kept in good working order and not marked or defaced in any way.

38. 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

39. Any coach, manager, trainer, or player receiving a game misconduct penalty must proceed immediately to the dressing room.
40. Any coach, manager, trainer or player not adhering to rule 39 will be put on report and must appear before the Executive Committee.
41. 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.
42. 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.
43. 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
44. When the buzzer/bell system is in effect, the coincidental penalty rule does not apply.
45. 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.
46. 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.
47. 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.
48. A penalized player will serve her penalty only when it is her turn to be on the ice.
49. All minor penalties in the Novice, Atom and Peewee divisions 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.
50. 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.

51. 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.
52. 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.
53. Minimum suspensions will be determined in accordance with the OWHA Rule book. Additional suspensions will be imposed wherever conditions and circumstances warrant.
54. 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.
55. 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.
56. 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.
57. 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.
58. The referee on duty, the Referee-in-Chief, the convener 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.
59. A misconduct penalty shall be assessed any player who does not proceed immediately and directly to the penalty bench upon call of the penalty.
60. All major and misconduct penalties may be reviewed by the Executive and further action taken if deemed necessary.

Protests/Complaints

61. 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 Executive. The League Executive's decision shall NOT be subject to an

appeal.

62. Any protest by a coach, manager, or trainer shall be made in writing to the Executive 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.

Competitive Teams Rules

General

1. The VP of Competitive and DS teams is responsible for selecting, interviewing and appointing the coaches for each team in the League's competitive division.
2. Coaches appointed by the Executive shall be responsible for the effective management of the team which includes:
 - A) Attending League coaches meetings and information sessions
 - B) Appointing a manager, trainer and other bench staff, as needed
 - C) Running try-out sessions and selecting a roster of players
 - D) Setting a team budget which must be shared openly with the players and families
 - E) Establishing and running on and off-ice practices
 - F) Developing skills sessions suitable for the team, tier and age group

- G) Attending the pre-season LLFHL scheduling meeting
 - H) Setting clear expectations for players, parents and volunteers
 - I) Managing any issues raised by players and families regarding team matters
 - J) Following the League rules and those established by the LLFHL and OWHA
3. Coaches, managers and trainers shall be held accountable for their actions, individually and collectively, while attending to any and all Association activities, eg. games, practices, tournaments, team fundraising events, pre-season and post-season events.
 4. Only team staff and registered players are permitted to be on the ice during games and/or practices.
 5. The SSGHA promotes an environmentally conscious approach to managing team expenses and encourages coaches to promote the recycling of jerseys where possible for returning players. The League endorses a reduction in player fees where this may be possible.
 6. Violations of the rules established for competitive teams will be reviewed by the League Executive and resulting actions, up to and including restrictions, sanctions, and/or disciplinary actions will be determined on a case-by-case basis.

Registration Fees

7. Each SSGHA player is responsible for paying in full before the start of the season, the cost of the league registration fee set by the Association. The player registration fee offsets the cost of insurance, team jerseys and hockey socks.

Budgets

8. Coaches are responsible for ensuring that team budgets are set in accordance with the guidelines established for teams to ensure value for money and affordability. The team manager is accountable for setting up a team bank account and payment schedule for players and their families to remit their player fees. Team financial updates must be provided to the League and player families upon request to demonstrate transparency and accountability. Payment in full must be made to the League upon receipt of regular ice bills.

Refunds

9. Players that leave a team due to unforeseen circumstances throughout the season may request a refund from the team. Depending on the circumstances and when in the season the request is made, the player and/or family is not entitled to any refund amount greater than what has been remitted. A refund may be pro-rated. Team fundraising monies devoted to offset costs for the team should not be factored in toward an individual player refund.
10. The League registration fee is non-refundable.

Ice Allocation – Games and Practices

11. Each team shall be allocated ice from the months of October to March for regular games and practices. Teams are responsible for securing any additional ice for the pre and post seasons. The League shall issue ice bills to each team for the months of October, December, and February. Teams are responsible for checking the accuracy of each ice bill and for issuing payment in full upon receipt. Teams that exchange and/or purchase additional ice from other teams for games and/or practices are responsible for issuing payment to the respective teams, as required.

Tournaments

12. All competitive teams shall participate in the annual Scarborough Sharks Tournament.
13. All competitive teams shall participate in the OWHA Provincial Championships and LLFHL Championship weekend, upon qualification.

Team Re-categorization

14. No coach or team may request the OWHA for a team re-categorization up or down. The head coach shall first submit such a request in writing to the VP of Competitive and DS Teams and identify the rationale as to why the team should be re-categorized by the OWHA. Game scores must be submitted to justify the request.

Games – Non-sanctioned Teams/Leagues

15. Competitive team exhibition games with boys' teams and leagues not sanctioned with the OWHA must receive approval from the VP of Competitive and DS Teams and the OWHA (48 hours minimum notice must be provided).

Playing Up

16. The SSGHA discourages girls from playing up at an age level from their designated age group. It is important to consider social as well as skills compatibility when filling a team roster. A player, if put in a social setting where she not be comfortable or where age difference may be a hindrance, regardless of her skill level can be disruptive to the team as a whole.
17. It is recognized that from time to time a player is exceptionally skilled and that she is capable of playing up. A player must first obtain permission from the Executive, as well as make a strong case to the VP of Competitive and DS Teams to try out for a higher age team. Each request will be reviewed on its merits and the determination that the player must clearly demonstrate superior skills and be classified as an impact player for the older age team.