

18+ CENTRAL REGION LEAGUE RULES

Competitive Structure

- **Decisions** regarding the tiering of teams for scheduling of games shall be made on a year-to-year basis where possible. Where it is unable to tier teams, each team is scheduled to play a minimum of two games (one each at home and away) against every other team in the League. Additional games will be scheduled in order to provide each participating team with a 20 game schedule. Teams will be scheduled to play teams with the same calibre more than twice in a season when possible.
- All BB, B & C divisions will be classed as Mixed

Rescheduling of Games

- For other than unforeseen circumstances that affect a team's ability to meet a scheduled game commitment (e.g., weather, team vehicle breakdown/accident), teams unable to fulfill a scheduled game commitment are to notify the opposing team contact person of same a minimum of three (3) days in advance of the scheduled game date. Should said notice be in the form of e-mail, voice mail, text or fax, there can be no assumption made on the part of the notifying team that said message has been received or accepted. It is, therefore, the notifying team's responsibility to obtain formal acknowledgement of said notice.
- Rescheduling of that game shall be the responsibility of the teams involved. The date of the rescheduled game shall be agreed upon by the teams involved the home team is responsible to submit all game changes (i.e., reschedules, cancellations) to the OCRRL League Rep.
- In the case of any team forfeiting a game may be held financially responsible for the cost of the ice rental and the full game fees paid/owing to the on- and off-ice officials

Rules of Play

- The League shall operate under the rules of play as outlined in the current edition of Ringette Canada's Official Rules and Case Book. The inclusion of "Central Region League rules" play will be applicable.

Match Penalty Assessment/Suspensions

- As per RO Sanction Rules, any individual assessed a Match Penalty shall be ejected from that game and serve a (minimum) suspension of one game more than that stated in Section 20.10.b (Misconduct and Match Penalties) of Ringette Canada's Official Rules and Case Book. (Minimum game) suspensions for multiple Match Penalty assessments to the same individual during the same season shall be as outlined in the Competitions (formerly G & T) section of RO's Operating Resources. Any individual assessed a Misconduct Penalty shall be ejected from that game. Assessment of a Misconduct Penalty at any time during a game (including overtime), or following the completion of a game, will result in a one game suspension of the individual involved.
- A player who is ejected from a game for excessive penalties (i.e., 10 minutes or more) shall serve a one game suspension.
- All game suspensions arising during League play must be served during "regularly scheduled" games. Such games include League games (both scheduled and exhibition), RO sanctioned play, and Interprovincial play. With respect to exhibition games, only those scheduled prior to the game in which the suspension penalty was assessed shall be considered "regularly scheduled".
- Suspended individuals involved with more than one League team are not permitted to participate in any way in League play until the completion of the suspension with the team of which she/he was a member at the time the penalty was assessed. Game suspensions arising from League play which are not served in full prior to that team's participation in an RO sanctioned event shall apply to that sanctioned event (and vice versa).
- Suspensions not served in full shall be deemed to carry across seasons. Individuals participating in regularly scheduled games while under suspension shall be suspended indefinitely by the League, and subject to penalties as stipulated in the Competitions (formerly G & T) section of RO's Operating Resources.

Suspension Guidelines Player/Team Official assessed a Match Penalty for:

Action Suspension (# games) may be added onto what is given by Ontario Ringette

- hair pulling 3
- Facemasking 3
- Head Butting 3
- Spearing 4
- Butt-ending 4
- Stick swinging 4
- Kicking 4
- Deliberate attempt to injure 4
- Fighting: instigating 4 participating 2 (including those in addition to the original two participants)
- Abuse of an official:
 - excessive verbal 2
 - physical: -
 - minimal (e.g., touch/brush) 3 -
 - moderate (e.g., push) 5 -
 - excessive (e.g., punch/attempt to punch/push causing fall) 7

Suspension Guidelines

- The Suspension Guidelines as outlined in Table 1 shall also apply to all League play under the jurisdiction of Central Region. The suspensions specified (in number of games) are over and above those outlined in

Section 20.10.b (Misconduct and Match Penalties) of the Ringette Canada's Official Rules and Case Book.

- Based on the circumstances surrounding the Match Penalty assessment, the Discipline Committee may choose to impose a game suspension, without appeal, up to a maximum number of games stated in Table 1 for the specific infraction(s). Additional (appealable) suspensions may be imposed should circumstances warrant same. Should an individual commit more than one of these infractions in the same game, the suspension penalties imposed shall be additive.
- Misconduct and Match Penalty assessments to individuals considered by the League to be "repeat offenders" (i.e., individuals whose names appear in the League Discipline Log as a result of having been suspended during the past five (5) years) will be subject to an automatic review by the League's Discipline Committee.

Discipline Process -

- Following any game in which an expulsion penalty is assessed, the Head Coaches of **both teams** are required to report the occurrence **using this form** within 24 hours of the game, or **prior to their team's next game** if earlier. This requirement applies to **all** games including exhibition, league or tournament (including any of local, out-of-region or out-of-province events) in which any of the following occurs:
 - Misconduct Penalty - #15 on game sheet
 - Match Penalty - #18 on game sheet
 - Excessive Penalties: 10 or more minutes against a single player or 30 or more minutes against a teamExpulsion of any player or bench staff member **for any reason.**
 - The form will be automatically submitted to all the appropriate people.
 - Failure to report these penalties as required may result in the head coach receiving the same suspension as the player, a two game suspension (for excessive penalties for the team).

There is also the possibility that an additional monetary fine will be applied by the Region, Association or League for failure to report

- A copy of the Official Game Report (including the written report of the on-ice officials and any other information pertinent to the situation) shall be forwarded to the Chair by the team representative of the non-offending team within 24 hours (or prior to the offending team's next scheduled game, whichever is sooner) of the completion of the game.
- In situations in which both teams have been assessed Misconduct and/or Match Penalties in the same game, both teams have had players ejected from that game for excessive penalties, or both teams have accumulated 30 minutes or more in penalties, the home team shall be responsible for forwarding all required information to the Chair as per the timeline stated above.
- The Chair shall review the information provided and form a Discipline Committee to discuss the situation. Any members of the Committee deemed by the Chair to be in conflict is/are excused. The Chair may select suitable individuals to replace excused members should that be necessary in order to maintain a minimum Committee size of three members-at-large.
- To assist the Committee in their deliberations, and in addition to the written information submitted, the Chair (or designate) may choose to interview any or all of the following: the on-ice officials; the player(s)/team staff involved; and, any others whose input the Chair (or designate) feels would be of value.
- Every attempt shall be made to complete all discipline-related deliberations prior to the next scheduled game of the team(s) involved or within 72 hours, whichever occurs first. Should the Committee determine that a particular Match Penalty assessment warrants part or all of the game suspensions as outlined in Table 1, the Chair (or designate) shall notify the individual involved, that team's League representative, the League representatives of the team(s) against which that team is scheduled to play (for the duration of the suspension), the League Registrar, and the Competitions and Adult Development Coordinators of the Region(s) in which the suspended individual(s) is/are registered.
- Responsibility for supervision of the serving of game suspensions shall be that of the team of which the suspended individual is a member. A copy of each applicable Official Game Report must be forwarded to the Discipline Chair immediately upon the completion of each game of the suspension. The name of the suspended individual must appear on the Official Game

Report as a “scratch” with the term “susp” (for “suspended”) appearing after it

Appeal Process

- In order to appeal a decision of the Discipline Committee, the individual involved must send a “notice of appeal” to the Central Region Chair within seven (7) days of being informed of the duration of the suspension. This notice, which shall provide a complete explanation of the grounds on which the appeal is based, must be accompanied by a cheque (made payable to “Central Region”) in the amount of (\$amount to be determined) Should the appeal be successful, this amount shall be refunded to the appellant. Upon receipt of this notice, the Central Region Chair shall immediately forward to the discipline committee, in consultation with the other members of the Committee and within seven (7) days of receipt of the notice, respond by granting or denying the appeal

CANCELLATION OF GAMES –

The philosophy of every team must be that “Games will not be cancelled” otherwise the division will eventually shrink and possibly fold. Rational There are several issues that surround this topic, first is the fact that if a game is cancel it may not be re-scheduled because of lack of ice, time in the season or time slot where both teams are available. Any ice that an association may have in reserve for make-up games, will likely be used for the minor divisions first. Therefore if a game is cancelled, the OPEN division should not expect a replacement game. It is strongly encouraged that if a game is cancelled the Home team should find a replacement team for an exhibition game. Throughout the season teams will find themselves without enough players to be considered safe-to-play. While the ORA manual has specific guidelines for minimum amount of players a team is required to be considered safe (6 skater & a goalie) the OPEN teams all know that 9 skaters & a goalie (or more) is the number we shoot for.

SUBSTITUTES

- Can only be used if a team has less than 10 skaters and a goalie. ORA rules stipulate that 12 skaters are allowed but for league play it’s only 10.

- SUBSTITUTES should not be used to strengthen a team's abilities but rather to simply have a game played; great care should be taken to use players with the similar abilities.
- Teams should make every attempt to not use the same players all the time otherwise the players may be considered to be playing on two teams

Possible Solutions When a team is short-handed,

- Play short-handed – less than 10 skaters is ok, but the coach (and players) of the short-handed team know their abilities the best
- If the other team is also short-handed then matching number can be an OK
- CALL ACROSS: Ask Adult players (even higher levels) from any association to play to substitute for a missing players (i.e.: it's OK for Sunderland to use Pickering players to play a game against Whitby)
- CALL ACROSS: Ask other ADLUT players (even higher levels) from any region or even independent players to substitute for a missing player (i.e.: it's OK for Sunderland to use a player from Guelph or a University team to play a game against Whitby).
- CALL UP: this should be avoided whenever possible. However if all other options have been exhausted then a 3rd year U19 player can be considered.
- AT GAME TIME: There are times when a coach may find them shorthanded at game time. When this happens there are several "ugly" options
 - Ask the opposition to volunteer players to balance the teams out
 - Ask players coming off the ice to volunteer to play on your team
 - If there are U19 teams on the ice ask for any volunteers (ADP must be advised in real-time or afterwards) More about Philosophy It is the consensus of the ORA that due to reason of injury, under-aged players should be used as a last resort.