



Lake of the Woods Girls Hockey Rules and Regulations

Amended April 15, 2015

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1. PICK UP PLAYERS: (refer to OWHA rule 4(k)). Pursuant to rule 4(k) the following restrictions apply:

- a. If more than one team from the same division is attending the same tournament, any players from the same division being picked up must be mutually agreed upon by the other coach(es) from the other team(s) also attending the same tournament.
- b. Excludes goalies.
- c. In conjunction with Rule 5 (Tournament Sanctions and Pick Ups), the President will have the final authorization.

2. REGULAR HOUSE LEAGUE PLAYING RULES:

- a. Any team having less than 10 skaters may pick up 3 players to a maximum of 10 skaters **plus** 1 goalie from the division below. In an emergency situation, **such as no goalie available from the division below**, a goalie may be picked up from **within the same** division with President's approval. **Proof will be required that every effort was made to obtain a goalie from the division below prior to President's consideration**
- b. Home team must supply the game sheets. Game sheets must be prepared well before game starts in order to give visiting time to fill in the sheet. If using stickers, you must apply one to each of the three carboned sheets.
- c. Winning team must email the score to the Ice Convener within 24 hours to be posted on website.

3. PLAYOFF RULES:

- a. Picking up players for the playoffs is **NOT** allowed. In emergency situations, a goalie may be picked up from the division below with the President's approval.
- b. Winning team must email the score to the Ice Convener immediately after the game.
- c. Once the semifinal and championship games are set by the Ice Convener, they will not be changed unless there is a mutual agreement between teams involved and their rescheduling does not affect any other team/divisions' schedule.
- d. Home team must provide a copy of the playoff format with the game sheet and have available in the box for referees and team review.

4. PLAYOFF FORMAT:

NOVICE AND ATOM PLAYOFF FORMAT

In a **4 Team division**, a Round Robin Format will be used. Each team will play each other twice. Winning teams must email in their score to the Ice Convener.

- Pick-up players are not permitted. A goalie may only be picked up from the division below.
- **All** games are run time due to ice time.
- Minor penalties are 3 minutes in length.
- There will be a 3 minute warm-up for all games.
- Periods will be determined based on the length of the ice time.
- Last 2 minutes of all games are stop time.
- There are no timeouts.
- There is **no overtime** in Round Robin Play.

Points:

- **Two** points will be awarded to a game winner.
- **One** point will be awarded to each team in the event of a tie.
- **Zero** for a loss.
- Division standings will be based on the number of points at the end of Round Robin Play.

Tie Breaking:

In the event of a tie in any division, the following tiebreakers will be used (in the order in which they appear):

1. Head to Head
2. If there is a tie in the standings, add your goals for, plus your goals against. Then divide your goals for by your total of goals for + goals against. This will give you an average.

ie. Goals For
 ----- = an average below one
 (Goals For + Goals Against)

3. Goals for minus goals against.
4. Team with the least goals against.
5. Teams with the highest number of goals for.
6. Team with the least penalty minutes.
7. Coin toss.

Finals:

Once Round Robin is complete, the following teams will play.

- First (1st) place team plays fourth (4th) place team.
- Second (2nd) place team will play third (3rd) place team.
- Winners of each game then play each other for the championship.
- Losers play for 3rd and 4th place runners up.

Procedure for Tie Game in Finals Only:

- **3 on 3 for 3 minutes**, run time, subs on the fly.
- **Five minutes must be left at the end of the game in case of overtime.**
- No timeouts.
- A **Sudden Death Shoot-Out** (1vs 1) will occur if no score occurs in 3 minute OT.
- If players are serving penalties at the end of regulation time, the player will not be eligible to participate in a shoot-out.

PEEWEE AND BANTAM PLAYOFF FORMAT

In a **3 team division**, a Round Robin Format will be used. Each team will play each other twice. Winning teams must email in their score to the Ice Convener.

- Pick-up players are not permitted. A goalie may only be picked up from the division below.
- **All** games are run time due to ice time.
- Minor penalties are 3 minutes in length.
- There will be a 3 minute warm-up for all games.
- Periods will be determined based on the length of the ice time.
- Last 2 minutes of all games are stop time.
- There are no timeouts.
- There is **no overtime** in Round Robin Play.

Points:

- **Two** points will be awarded to a game winner.
- **One** point will be awarded to each team in the event of a tie.
- **Zero** for a loss.
- Division standings will be based on the number of points at the end of Round Robin Play.

Tie Breaking:

In the event of a tie in any division, the following tiebreakers will be used (in the order in which they appear):

1. Head to Head
2. If there is a tie in the standings, add your goals for, plus your goals against. Then divide your goals for by your total of goals for + goals against. This will give you an average.

ie.
$$\frac{\text{Goals For}}{\text{Goals For} + \text{Goals Against}} = \text{an average below one}$$

3. Goals for minus goals against.
4. Team with the least goals against.
5. Teams with the highest number of goals for.
6. Team with the least penalty minutes.
7. Coin toss.

Finals:

- Once Round Robin is complete, the following teams will play.
- Second (2nd) place team will play the third (3rd) place team.
- First (1st) place team will play the winner of the 2nd and 3rd place teams.

Procedure for Tie Game in Finals Only:

- **3 on 3 for 3 minutes**, run time, subs on the fly.
- **Five minutes must be left at the end of the game in case of overtime.**
- No timeouts.
- A **Sudden Death Shoot-Out** (1vs 1) will occur if no score occurs in 3 minute OT.
- If players are serving penalties at the end of regulation time, the player will not be eligible to participate in a shoot-out.

MIDGET PLAYOFF FORMAT

In the **Midget Division**, each team will play each other once. Winning teams must email in their score to the Ice Convener.

- Pick up players are not permitted. A goalie may only be picked up from the division below.
- **All** games are run time due to ice time.
- Minor penalties are 3 minutes in length.
- There will be a 3 minute warm-up for all games.
- Periods will be determined based on the length of the ice time.
- Last 2 minutes of all games are stop time.
- There are no timeouts.
- There is **no overtime** in Round Robin Play.

Points:

- **Two** points will be awarded to a game winner.
- **One** point will be awarded to each team in the event of a tie.
- **Zero** for a loss.
- Division standings will be based on the number of points at the end of Round Robin Play.

Tie Breaking:

In the event of a tie in any division, the following tiebreakers will be used (in the order in which they appear):

1. Head to Head
2. If there is a tie in the standings, add your goals for, plus your goals against. Then divide your goals for by your total of goals for + goal against. This will give you an average.

ie.
$$\frac{\text{Goals For}}{\text{(Goals For + Goals Against)}} = \text{an average below one}$$

3. Goals for minus goals against.
4. Team with the least goals against.
5. Teams with the highest number of goals for.
6. Team with the least penalty minutes.
7. Coin toss.

Finals:

- Once each team has played each other, the following teams will play.
- First (1st) place team plays fourth (4th) place team.
- Second (2nd) place team will play third (3rd) place team.
- Winners of each game then play each other for the championship.
- Losers play for 3rd and 4th place runners up.

Procedure for Tie Game in Finals Only:

- A **Sudden Death Shoot-Out** (1vs1) will occur.
- If players are serving penalties at the end of regulation time, the player will not be eligible to participate in a shoot-out.

5. PENALTY/ EJECTIONS

In regular house league games and playoffs, any player who receives a third minor penalty in a game will be automatically ejected from the remainder of the game. Another player from the same team must serve the penalty.

6. PLAYER INJURIES

Any injury that occurs with a LOWGH player shall be reported to the President within 24 hours of the incident. A diagnosed concussed player must receive a medical authorization to return to play.

7. TOURNAMENT SANCTIONS AND PICK UP PLAYERS

A request for any sanctions must be requested to the Registrar with exception of the Rep teams who will have their sanctions completed by their Statisticians. They will be filled out and submitted to the OWHA by the Registrar (Vice President). This eliminates any confusion and that teams are properly insured. This includes playing boys teams, out of province teams as well as teams coming from other provinces or states to play in Kenora. The President must be notified of any team travelling or any player travelling with another team, other than her registered team, to play in a tournament or exhibition game so that the proper pick-up form is completed.

8. MOUTH GUARDS

Mouth guards are mandatory for all players effective October 1st, 2009.

9. SEASON END

Season games will not be scheduled during the March Break (Friday to Sunday).