



Port Colborne Girls Hockey Association Inc.

Women's Recreational Hockey League

Welcome to the Women's Recreational Hockey League, where adult females of all skill levels are invited to join in the spirit of fun, friendship, and respect for fellow participants.

GUIDELINES:

- **Mixed Caliber of Players:** Our league welcomes players of varying skill levels, with the primary focus on enjoying the game and having fun on the ice.
- **League Startup:** We kick off our season in late September with team pickups to ensure balanced rosters. Games typically commence either before or just after Thanksgiving in October, with playoffs taking place from February to mid to late March.
- **League Oversight:** While the PCGHA Executive oversees the league, all teams operate independently under Senior Representatives.
- **Eligibility:** Participants must be 18 years old and above (exceptions may apply). Neck guards are mandatory, while mouth guards are optional.
- **Team Composition:** Each team must have a minimum of 10 skaters plus a goalie, with a total roster size of 15 skaters and one goalie (subject to executive discretion).
- **Registration:** Intent to register typically opens in the spring or early summer to gauge interest. The registration fee is \$350 for skaters and \$250 for goalies, with

each team eligible for only one discounted goalie rate. A goalie may play as an out player if another team member is willing to switch positions.

- **Special Requests:** The league welcomes and endeavors to accommodate requests for players to remain with a friend or family member, facilitate carpooling arrangements, and other similar accommodations.
- **Draft Process:** Teams are selected via a draft process; no team entries are permitted. All players must attend the draft ice times to assist team representatives in selecting appropriate skill levels.
- **Team Captaincy:** Each team is led by a captain, who selects their team through the draft process. Every player must be open to playing for any team.
- **Game Schedule:** Games are ideally scheduled for Sunday nights, but may vary to accommodate additional teams or rescheduled matches. Sponsorship opportunities are available for teams.
- **Practices and Games:** There are no scheduled practices. Games not assigned to a specific ice time will be pickup games without referees or timekeepers. Each team plays one game per week, excluding holidays.
- **Equipment and Supplies:** The league provides jerseys, pucks, and first aid kits. Each team is required to use Port Colborne Wave jerseys, which are branded with the association's logo and a small Canadian flag as per the OWHA Canadian flag on team uniforms policy. Jerseys and pucks must be returned at the end of the season. Failure to return jerseys incurs a fee of \$80 dollars.
- **Tournaments and Playoffs:** Teams are eligible to participate in OWHA Sr. House League Sanctioned Tournaments. Playoff format is round-robin, with top teams competing for the championship and others for consolation.
- **Communication:** All league information is shared and updated on the association's website. Delays may occur if partnering with other associations.

DRAFT FORMAT:

- The draft aims to create balanced teams while maintaining core player groups.
- Each team may protect 5-6 players and one goalie.

- Picking order is determined by the previous year's standings.
- Teams are allowed to make trades during the draft.
- Attendance at draft ice times is mandatory for all players.

LEAGUE PLAYING RULES

1. Games will be 3 periods, 10,10,12 minutes running time. 3 minute 'warm-up' and will start immediately after the Zamboni doors are closed.
2. Bring warm-up pucks for your team. The **Home** team must provide the referees with two game pucks. A minor penalty will be assessed if they cannot provide 2 pucks for the game and the opening faceoff will be conducted in the Home Team's end zone.
3. All suspendable penalties received will be reported to league representatives and submitted to OWHA for further disciplinary actions. Must mark when a player is serving a suspension on the Ramp game sheet.
4. No **Body CHECKING**.
5. All **OWHA rules** will be observed.
<https://cloud.rampinteractive.com/whaontario/files/Members/HandBooks/2019-2020%20Handbook.pdf>
6. Use of the Ramp electronic game sheet system
7. **Major 5-minute penalties** will result in the player being removed from that game and with additional disciplinary actions from OWHA and Association Executives. Another player from her team, who was on the ice at the time of her penalty must serve the full 5 minutes in the penalty box.
 - i. Additional penalties or misconduct penalties, or abuse of other players, officials (verbal or physical) will also be reported to the OWHA and reviewed by the league to determine if further discipline is warranted.
8. **No slap shots, or fake slap shots** allowed (stick above the knees) – a 2-minute minor penalty will be assessed, and the team will play short-handed. This is for player safety since division is mixed in experience.

9. A team with **no goalie** can play with **6 skaters** instead. If one of the skaters is equipped with a goalie blocker and glove, she will be granted all goalie privileges. A 6th skater defending the net with no goalie blocker and glove is considered an extra defense player and will have no goalie privileges. She cannot cover the puck, leave the defensive zone, and must attempt to play all icings.
10. You must have a minimum of **5 players** to start the game. Teams with less than 5 or do not show up will lose the game by forfeit (officially a **5-0 win** for the opposing team) along with a fine of **\$100** to be paid prior to the next game. No team can cancel a game. Only exception for a game not being played is due to weather.
11. To avoid a game not being played teams may pick up 3 players from another Sr. Rec team that is not playing but can't exceed the total number of skaters rostered to a maximum of 10 skaters. Players picked up must be noted on the Ramp game sheet.
12. **"3 Penalty Rule"** – any player receiving 3 penalties in the same game will be immediately ejected from that game (and another player from her team, who was on the ice at the time of her 3rd penalty must serve her 3rd penalty.) Each 2 minute or 10-minute penalty will count towards the 3 game penalties. A double minor penalty (Example: 4 minutes for body checking) will count as 2 penalties. A delayed penalty washed out due to the scoring of a goal will also count towards a player's 3 penalties. The referee will report this penalty to the timekeeper and the player, even though it is not actually served.
13. **3 Game Ejections or 3 Game Misconducts "See You Next Year"** – Any player assessed 3 game ejections or 3 game misconducts during the season will be suspended from playing, refereeing, timekeeping, or volunteering for the remainder of the season. League will review the player's conduct to determine if further discipline is warranted.
14. All ejections, misconducts, and major penalties (5min) must be reported to OWHA, and association representatives. Explain the date, time, game, penalty when sending in the email to stats@owha.on.ca and cc melody@pcwave.ca and erica@pcwave.ca. Then wait for a disciplinary reply.

15. For Hockey Canada insurance purposes, all behind-the-bench-staff must be at least 19 years old (even if they are just there to open the door.) This insurance is far better than simple insurance if someone gets hurt during pick up hockey or ice rentals by Municipalities. OWHA Certifications required every team must have a trainer or a player as a trainer.
16. No player from outside the league may play in any league game.

PICK UP PLAYERS RULES 2024-2025

1. You can pick up players to a maximum of 10 skaters and a goalie only.
2. You can pick up players or goalies from another Sr. Team that is not playing.
3. You can pick up the same player to a maximum of **3 TIMES** per year.
4. Your own teammates can play goalie for your team an unlimited number of times.
5. Players under suspension are not eligible to be picked up.
6. Inform the timekeeper **BEFORE** your game that you have picked up players— especially pick up a goalie — and ensure that it is written properly on the Ramp game sheet.
7. Pick up players are **NOT ALLOWED** during Playoffs.

LEAGUE PROCEDURAL ITEMS

1. If there is a game canceled or a location change, Association executives will send out an email to Team Captains to let them know of the change/cancellation. It is then the captain's responsibility to inform their players about the game change.
2. **No Team** can cancel a game. Teams who do not show up or not enough to play (5 players + goalie or 6 players and no goalie) for their game will be fined \$100 and lose 5-0. Further consequences may also be assessed. Captains are expected to pick up players and ensure that the game is played. Note: fines may change if other associations are involved.

3. Teams are expected to **NOT** go over our allotted ice time. The timekeeper will set the clock and start the clock as soon as the Zamboni doors are closed for warm-ups. Teams will have approximately 3 minutes to warm up. Referees will drop the puck to start the game at whether teams are ready or not (sooner if both teams are ready). 3 periods, 10,10,12 - Stop Time
4. It's recommended to change on the fly as much as possible. Make your changes quickly!
5. All players to be registered with OWHA. Referees used to be either OWHA or OMHA. All players are insured by Hockey Canada. A player with an injury requiring an insurance claim should contact their Associations representative. All teams will have a certified trainer on the bench which can also be a player for the team.
6. All teams are to report game information after each game to update the division sites or to make sure Ramp game sheets are completed.

5/16/2024