



Port Colborne Women's Recreational Hockey League

The Port Colborne Women's Sr. House League is proudly for women, by women—a welcoming, inclusive space where women of all skill levels come together to build community, grow through sport, and enjoy the game of hockey in a safe and supportive environment.

These guidelines reflect our commitment to community over competition, and to running a league where fun, friendships, and fairness are always the top priorities.

General League Information

Inclusive of All Skill Levels:

Our league welcomes a **mixed caliber of players**, from first-time skaters to experienced players. Skill development and team bonding are valued more than winning. Everyone has a place here.

League Start-Up & Season Timeline:

The season begins in **late September**, with team selection and exhibition games taking place over the first two weeks. Games begin in early October (often before or just after Thanksgiving) and run through playoffs in **February to mid/late March**.

League Oversight:

The league operates under the oversight of the **Port Colborne Girls Hockey Association (PCGHA) Executive**, but day-to-day operations are led by the **Sr. House League Committee and Team Representatives**, who are active participants and community builders.

Eligibility & Safety:

Participants must be **18 years or older** (exceptions may be reviewed).

Neck guards are mandatory. Mouth guards are optional.

We follow **OWHA** safety and equipment guidelines.

Team Composition:

Teams must have a **minimum of 10 skaters and one goalie**, with a maximum of **15 skaters + 1 goalie**. Exceptions may be made by the executive to maintain league balance and accommodate rosters.

Registration & Fees:

Registration opens in **spring or early summer** to gauge interest.

Skater Fee: \$375

Goalie Fee: \$275 (*only one discounted goalie per team*)

Goalies may play as skaters if another team member agrees to switch.

Return to Play – Injury & Pregnancy

Players who were previously registered in the league and are returning after an injury or pregnancy may request placement on their **previously assigned team**.

- When requested, the league will make every reasonable effort to place the player back on their former team.
- **Injury or pregnancy will not be used as a reason to deny a player's return to their previously assigned team.**

Special Requests:

We welcome requests for **carpooling, family/friend placement, and work accommodations** (e.g., shift workers), and do our best to honour these while balancing teams fairly.

Team Entry & Draft Process

We are proud to offer **two pathways for team formation**—team entry and *draft participation*. This hybrid model supports both connection and fairness, reflecting our commitment to fun and flexibility.

Team Entry

- Teams may apply to enter the league by completing a **Team Entry Form**.
- Teams must align with the league's core values and may be asked to adjust rosters to maintain league balance.
- All players must attend **evaluation ice times** to confirm appropriate placement.

- Team entries must wear **Port Colborne Wave jerseys**, and players must be registered with the **OWHA**.

Draft Process

- Players not assigned to a team will be placed through the **league draft**.
- Players must attend **draft exhibition skates** to assist Team Reps in skill evaluation.
- Team Reps are responsible for selecting players while maintaining fairness and league values.
- **Team Reps** are selected via an application process and must be active participants in the league and committee.

Draft Format

- Each team may **protect up to 14 skaters and 1 goalie**.
- **Draft order** is based on the number of protected players:
Teams with fewer protected players will pick first.
- Teams may **trade picks** during the draft to accommodate fairness and preferences.
- **All players must attend exhibition/draft ice times** for accurate ranking and placement.

Game Schedule & Structure

- Games are typically played on **Sunday evenings between 6:30 PM and 9:30 PM**.
- Rescheduling only occurs due to **extenuating circumstances or cancellations**.
- Each team plays **one game per week**, excluding holiday weekends.
- **No formal practices** are scheduled; however, optional skill sessions may be offered.

Equipment & Uniforms

- The league provides **Wave-branded jerseys**. Jerseys are property of the league and must display a **Canadian flag patch** per OWhA policy.
- Jerseys and socks must be **returned at the end of the season**.
Non-returned jerseys are subject to an **\$80 replacement fee**.

Playoffs & Tournaments

- Playoffs follow a **round-robin format**, with **top teams competing for the championship** and others for consolation placement.
- Teams are eligible to participate in **OWHA-sanctioned Sr. House League tournaments**.

League Playing Rules

1. Games will be 3 periods, 10,10,12 minutes stop time. 3 minute 'warm-up' and will start immediately after the Zamboni doors are closed.
2. Bring provided 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.
 - a. 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-Goal Rule:** A player may only score a maximum of **3 goals per game**. Once a player has scored their third goal, any additional goals will not be counted and will result in a **faceoff in that player's defensive zone**.
This encourages team play and supports our mission to create an inclusive and respectful experience for all skill levels.
13. **Maximum Goal Differential Rule (7 Goals):** The **official game score** will reflect a **maximum goal differential of 7 goals**.
For example, if the final score is 10-1, it will be recorded as 8-1 on the game sheet. This helps maintain morale, promote sportsmanship, and avoid unnecessary embarrassment or discouragement for new or less experienced players.
14. **“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.
15. **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.

16. 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 steve@pcwave.ca and erica@pcwave.ca. Then wait for a disciplinary reply.
17. 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.
- 18. No player from outside the league may play in any league game.**

Playoff Eligibility & Tie-Breaker Rules

Playoff Eligibility – Minimum Games Requirement

To be eligible to participate in the playoffs, a player must have played in at least 50% of regular season games. This rule ensures that players who consistently contribute to their team throughout the season are prioritized during the playoff schedule.

Extenuating circumstances (e.g., medical leave, work schedules, or family emergencies) will be considered on a case-by-case basis. The final decision regarding player eligibility will be made by the Sr. House League Committee to ensure consistency and fairness.

Tie-Breaker Format

In the event of a tie at the end of regulation time during a playoff game, the following tie-breaking format will be used:

- A 3-minute sudden-death overtime period will be played (stop time; 4-on-4).
- If the game remains tied after overtime, it will proceed to a shootout to determine the winner.
- Referees will explain shootout procedures and confirm eligible shooters before the shootout begins.

Pick Up Players Rules

To maintain full rosters and ensure games can proceed while upholding the integrity of league balance and fairness, the following rules apply when using pickup players:

Eligibility & Conditions

1. Roster Limit with Pickups:

Teams may use pickup players only to bring their roster up to a **maximum of 10 skaters and 1 goalie**.

(Example: If 7 players show up, you may pick up 3 skaters. If you already have 10, no pickups are permitted.)

2. Who You Can Pick Up:

- Pickup players and goalies must come from **another Sr. Rec team that is not scheduled to play** during that game slot.
- **Any goalie from another Sr. Rec team may be picked up without restriction** if your team does not have a goalie for that game.

3. Skill Level Matching:

Team Reps must aim to pick up players of a **comparable skill level** to the absent player(s), using provided **draft rankings** as a guide.

If a comparable player is unavailable, any rostered player may be picked up to **avoid game cancellation**.

4. Pickup Player Limit per Season:

Each individual player may be picked up by other teams **no more than 3 times per season**.

5. Goalie Sharing Exceptions:

Your own rostered teammates may **fill in as goalie** for your team an **unlimited number of times** if needed.

6. Suspended Players:

Players who are currently **under suspension** are **not eligible** to be picked up by any team.

7. Game Sheet Requirement:

All pickup players must be **entered on the Ramp electronic game sheet before the game starts**. This includes both skaters and goalies.

League Procedural Items

These procedures help ensure smooth game-day operations, consistent communication, and alignment with OWHA standards, while supporting the league's commitment to community, accountability, and respect for shared resources.

Game Changes or Cancellations

In the event of a game cancellation or location change:

The Association Executives will notify all Team Captains via email.

It is the Team Captain's responsibility to promptly inform their team members of the change.

Game Attendance & Forfeits

Teams are not permitted to cancel games.

A team that fails to show up or cannot field the minimum of 5 skaters and a goalie (or 6 skaters with no goalie) will forfeit the game.

The result will be recorded as a 5–0 loss and the team will be fined \$100, payable before their next game.

Additional disciplinary action may be taken by the Sr. HL Committee for repeat offenses.

Note: If another association is involved, fines may be adjusted accordingly.

Team Captains are expected to coordinate pickup players as needed to avoid forfeits and ensure every game proceeds.

Ice Time & Warm-Up Procedure

Teams must not exceed their allotted ice time.

The timekeeper will start the game clock immediately after the Zamboni doors close, initiating a 3-minute warm-up.

Referees will drop the puck at the scheduled time, whether teams are ready or not (or sooner if both teams are ready).

Game format: 3 periods – 10, 10, 12 minutes (stop time).

Efficient Line Changes

Quick, on-the-fly line changes are strongly recommended to maintain game flow and maximize playing time within the allocated ice slot.

OWHA Registration & Safety Protocols

All players must be registered with the OWhA and are insured under Hockey Canada.

Referees must be OWhA or OMHA certified.

Each team must have a certified trainer on the bench, which may be a player holding valid certification.

Any player injury that may require an insurance claim should be reported through the team's Association Representative immediately.

Post-Game Reporting

Teams are responsible for ensuring that all game details are reported correctly via the Ramp Game Sheet system and/or submitted to the league to ensure divisional standings and stats are up to date.

Disciplinary Action Policy

The Port Colborne Women's Sr. House League is committed to maintaining a safe, inclusive, and respectful environment for all participants. Our league is built on a foundation of **community over competition**, with a strong emphasis on **sportsmanship, fun, and personal conduct**. In keeping with these values, all players, team staff, and volunteers are expected to uphold the spirit of the league both on and off the ice.

When Discipline Is Required

Any behavior that compromises the safety, enjoyment, or dignity of others may be subject to disciplinary review. This includes, but is not limited to:

- Verbal or physical abuse of players, officials, or spectators
- Unsportsmanlike conduct
- Repeated or severe infractions of league or OWhA rules
- Disrespectful or exclusionary behavior

- Misuse of social media related to league matters
- Failure to comply with league policies or the code of conduct

Review Process

All disciplinary matters will be reviewed by the **Sr. House League Committee**, in consultation with the **Port Colborne Wave Executive**.

Each incident will be assessed on a case-by-case basis, taking into account:

- The severity of the behavior
- The player's conduct history
- Any applicable OWHA regulations
- Statements or reports from officials, timekeepers, or team reps

The league is committed to fairness, confidentiality, and timely resolution in all disciplinary matters.

Possible Disciplinary Outcomes

Depending on the nature and frequency of the offense, disciplinary action may include:

- A written warning
- Temporary game suspensions
- Removal from team leadership or volunteer roles
- **Season-long suspension or permanent ejection from the league**

All decisions made by the Sr. HL Committee and PC Wave Executive are considered final.

Upholding Our Values

Discipline is not about punishment—it's about **protecting the positive, inclusive culture** we've built together. Every player deserves to feel safe, respected, and excited to be on the ice. By addressing issues transparently and consistently, we ensure the league remains a welcoming place for all women, regardless of experience or background.