RULES POLICY

RULES OF COMPETITION POLICY

   (A) Hockey Canada rules shall be followed.

   (B) The OWHA Board may amend Hockey Canada rules to be more restrictive in nature.

   (C) Leagues and/or Associations may amend Hockey Canada and/or OWHA rules to be more restrictive in nature.

   (D) Teams may only play against OWHA registered teams unless sanction is received from the OWHA. A request for sanction must be submitted through the OWHA's registration data system at least ten (10) days prior to the event. No OWHA team will be permitted to play any female Ontario hockey team that is not registered with the OWHA. Failure to comply will result in sanctions.

      NOTE: In (D) above, the first two times the word "sanction" is used refer to a request for approval. The last time the word "sanction" is used refers to a consequence.

   (E) All game sheets for registered competitive teams must record the OWHA TEAM NUMBERS and be signed by all team members, prior to participating in a game. In the case of house league teams, all game sheets will list the team members and will be signed by one of the coaching staff to verify eligibility.

   (F) All OWHA teams must use the official OWHA game sheets.

   (G) The OWHA recommends that OWHA teams encourage the practice-to-game ratio as 2 to 1.

(II) Equipment

   (A) Required equipment to participate in hockey: Helmet - CSA approved, Facemask – CSA approved, Shoulder pads (chest protector), Throat Protector- BNQ approved, Elbow pads, Hockey pants or hockey girdle, Gloves, Shin Pads, Pelvic Protector (Jill), Hockey Skates, Socks, Hockey Stick and Hockey Sweater. It is recommended that every player participating in an Ontario Women's Hockey Association sanctioned game or practice shall at all times while engaged in play or practices, practice drills or scrimmages on the ice surface wear an intra-oral mouth guard.

   (B) All team officials participating in on-ice activities must wear a properly fastened CSA hockey approved helmet. Trainers or any other team officials attending an injured player are considered exempt from this rule.