



OWHA U22 Elite 2025-2026 Regular Season

Protocols and Procedures



Updated (August 11, 2025)

The playing rules for U22 AA will be the Hockey Canada Rules unless exceptions are noted in the Protocols and Procedures noted below. If Hockey Canada introduces changes in their regulations during the season, these may be introduced to U22 AA after review and consideration.

SEASON LENGTH:

League games may start any time after Friday, September 5th, 2025 and are to be completed by Sunday, March 8th, 2026. The playoffs will start on **March 9, 2026** and must finish by **March 23, 2026**. There will be 24 home games and 24 away games for a total of 48 games per team.

GAME-DAY PROCEDURES:

- Games times must be 2.5-hour time slot. Teams must ensure enough ice is secured to complete the game in its entirety.
- All games will have a 5-minute warm-up.
- There will be three 20-minute stop time periods.
- There is to be a FLOOD between each period with a 12-minute countdown placed on the clock.
- If the game is tied at regulation time, there will be a 2-minute break (no flood or scrape) followed by overtime.
- Overtime will be a 5-minute sudden victory overtime (3 on 3, plus goaltenders) during regular season games. If the game is still tied at the end of overtime, the tie will stand. For overtime periods, goaltenders remain in the same end.
- 3 points for regulation time win, 2 points for an overtime win and 1 point for an overtime loss.
- One timeout per team each game is permitted.

GAME DAY PROTOCOLS:

- Hybrid and No Change icing will be in effect. Hockey Canada Rules 6.7(d) and 6.7 (e) applies. [Click here for the rules.](#)
- Starting line-up announcements should take place after the warmup and before the national anthem.
- Teams will line-up on their respective blue lines for the national anthem at the end of the on-ice warm up.
- The Home Team is responsible for providing warm-up pucks for the Visiting Team.
- Home Teams should wear dark-coloured jerseys while visiting team should wear light coloured jerseys.
- All games will have a 4-person referee system (2 referees, 2 lines).
- The OWHA will assign the on-ice officials and invoice the teams.
- If a game cannot continue once started, for circumstances beyond anyone's control, the expectation is that both teams attempt to resolve the issue. The league needs to be notified as to the resolution that teams have agreed to, if no such resolution is reached, then the league will determine the result of the game in question. An email to u22elite@owha.on.ca is required.
- The home team is to ensure on-ice officials arrive at the arena. If they are not there ½ hour ahead of game time, teams must send an email to the following addresses to advise: scheduler@owha.on.ca, u22elite@owha.on.ca, refs@owha.on.ca.
- Dressing Room - Team managers, or a delegate from each team, are responsible for the condition of the player dressing room. Once vacated, the manager, or delegate, is to check the condition of the dressing room prior to returning the key to the arena staff to make sure that it is clean, and all

personal belongings have been removed. Any issues of concern or conduct are to be reported to OWHA.

- Hockey Canada and OWHA dressing room policy is mandatory and must be followed at all times.
 - [Dressing Room Policy Implementation Guide](#)
 - [Dressing Room Policy](#)
 - [Dressing Room Policy FAQ](#)
 - [Dressing Room Supervision Policy](#)

Any scheduling changes must be sent to scheduler@owha.on.ca and U22elite@owha.on.ca.

ROSTER SIZE:

- Each team is permitted to dress 20 players (up to 18 players and 2 goaltenders) for each game.
- Each team may appoint a Captain and a maximum of three (3) Alternate Captains. Goaltenders cannot be selected or named as a Captain or Alternate Captain.
- Any team that does not have 20 players signed on its roster or that has injuries, illness, or a shortage of players for other reasons (except suspensions) may pick up to a maximum of 20 players per game. If a team has 1 or more suspended players, they must shorten the number of players dressed to meet the number of players under suspension. In other words, if a team has 2 suspended players, they may dress a maximum of 18 players (including skaters and goaltenders).
- It is the responsibility of each team to ensure that players signed to their roster are to play and healthy scratches are not permitted.

GAME SHEETS / TIMEKEEPING:

- Please ensure you have a timekeeper in place who is familiar with the RAMP system. Game codes will be required to automatically generate the game sheet. These codes can be accessed through team RAMP login and will be available once a game has been scheduled on the RAMP system.
- The timekeeper must mark the game as “FINISHED” via the App for the game stats and details to populate on the website and the electronic game sheet.

PICK UP PLAYER PROCEDURE:

- All Pickup Player requests must be completed via the RAMP Games Portal. To submit and approve a request please use the link that will take you to the OWHA website: [HOW TO PICKUP A PLAYER](#).
- You may use pick up players up to a maximum of 20 players per game. All pickups must currently be registered with OWHA and have their team's approval.
- If a pickup player receives a suspendable offence, immediate notification must be made to the OWHA stats@owha.on.ca and the player's home team by a representative of the team that did the pickup.
- Pick up players may NOT be used to replace any player under suspension.
- Ensure you follow current procedures if there are any misconducts or suspensions incurred or served in the game.

PENALTY REPORTING

- All penalties including those issued to pick-up players must be recorded on the electronic game sheet app.
- Teams must report the suspension to the OWHA via stats@owha.on.ca immediately following the game.
- All Games are to follow policies and regulations laid out in the OWHA Handbook.
- All served suspensions must be reported to the OWHA via stats@owha.on.ca immediately after the game that was served.
- Members can only protest a game regarding an interpretation or violation of an OWHL U22 Elite rules

– e.g., if there is an improperly registered, unregistered, ineligible, or suspended player participating. All issues regarding game officials must be forwarded to leagues@owha.on.ca. All protests must be properly filed.

BENCH STAFF:

- A team may have more than 5 staff registered on their OWHHA roster; however, in accordance with Hockey Canada playing rules, no more than 5 registered staff members are allowed on the bench during a game.
- A minimum of 2 registered staff members must be on the bench.
- All Bench staff should wear appropriate attire. (e.g. of not to wear would be ball caps, jeans)

TIE-BREAKERS

In cases where teams are tied in points at the end of round robin play, the tie-break procedures will be as follows:

- i. Number of wins.
- ii. Record against other tied teams.
- iii. Goals scored minus the goals against in round robin games.
- iv. Fewest goals allowed in round robin play.
- v. Most periods won in round robin play.
- vi. Fewest penalty minutes in round robin play.
- vii. First goal scored in a series.
- viii. Flip of a coin

In cases of more than two tied teams, tiebreakers will follow the numerical order until all ties are broken.

OTHER IMPORTANT INFORMATION

If a game must be cancelled because one or both teams cannot travel due to inclement weather, the following policy is in effect:

1. The team cancelling the game must DIRECTLY contact by PHONE and speak to a designated team representative. A follow-up email must be sent to u22elite@owha.on.ca with both teams copied on the email, before this game is officially considered cancelled.
2. A date for the rescheduled game is to be provided within seven (7) days.
3. Ice costs for a game cancelled less than two weeks before the game day becomes the responsibility of the team which gives notice of cancellation unless the ice is used by the non-cancelling team, or some other team.