

ROPSSAA GIRLS' HOCKEY

PLAYING REGULATIONS

1. DATE

- (a) The season will start the last week in November and end in the week prior to March Break.
- (b) Starting times for games to be no earlier than 1:00pm and no later than 4:00pm unless mutually agreed upon by the participating schools.

2. LOCATION

- (a) All playoff games to be centrally booked.
- (b) The home team is responsible for booking ice time for league games.

3. ELIGIBILITY

- (a) All competitors must meet the eligibility requirements of the ROPSSAA Constitution, Article X.
- (b) A participant shall not have attained their 19th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2023 – 2024 school year, born in 2004 or later).
- (c)
 - (i) No competitor is eligible for ROPSSAA-sanctioned events whose name have appeared on a game sheet for any teams of the NWHL within the current school year.
 - (ii) Any member of the National Development under 22 team, or National Senior team is ineligible for ROPSSAA.
- (d) Teams must consist of members of the same school (no combined teams).
- (e) No player may enter a game after the start of the second period. All players must be listed on the score sheet prior to the start of the game. All players must sign the score sheet to be eligible to participate. Home team is responsible to give the visiting team the game sheet 15 minutes prior to the scheduled start time.
- (f) A minimum of 7 skaters (at least one on the bench) must be present to start the game. If not, that team will forfeit.
- (g) Team Eligibility
 - (i) Individuals are eligible for 1 level of competition only.

- (ii) For team sports, individuals must have participated in at least 50% of their team's league games to be eligible for playoffs and OFSAA competition. Players missing games due to injury (INJ), or awaiting transfer approval (ATA), must appear so designated on a game sheet to maintain their eligibility. Games missed due to injury are subject to review of a doctor's note. Players under game or school suspension may not have their name included on a game sheet for Participation percentages.
- (iii) All game sheets/rosters are to include the name of all those in the bench area (players, coaches, managers). In order to be in the bench area an individual's name must appear on the eligibility sheet. Players under game or school suspension may not sit in the bench area. All non-coaching personnel in the bench area must wear helmets with face masks (CSA approved)
- (iv) Individuals are deemed to have played if their name appears on a game sheet. Individuals must be present at a game to be included on a game sheet.
- (v) A staff member must be present in the bench area from the start of the warm-up until the last competitor has left the area.
- (vi) Each team is responsible for uploading their roster sheet by 12:00noon the day following the game. Failure to upload roster sheets may results in teams being ineligible for playoffs.
- (h) Illness is not considered an injury.
- (i) Unless injured, individuals must be present at a game to be included on the game sheet.

4. OPERATING STRUCTURE

- (a) Regular Season
 - (i) The length of each game will consist of a three minute warm-up and three (15-15-15 minutes) stop time periods (or until the rental time is up) with a flood between the 2nd and 3rd periods. All games must start 3 minutes after the start of the ice booking. A one and a half hour block of ice is to be booked for regular season and a two hour block of ice is to be booked for all playoff games.
 - (ii) A team will receive 2 points for a win and one point for a tie. Ties will not be broken with overtime play during regular season games.
- (b) Playoffs
 - (i) All playoff games will consist of a three minute warm-up and three (15-15-15 minutes) stop time periods.
 - (ii) Each school will be responsible for paying one official.

- (c) During the Championship game, in the event of a tie game at the end of regulation time, the following will apply:
 - (i) One ten-minute sudden victory overtime period using a three-on-three system shall be played until a winner is declared;
 - (ii) In the event that one team is serving a penalty at the end of regulation time, play shall be four-on-three until the first whistle after that penalty has expired. At the expiration of the penalty the penalized player shall return to the ice and the teams shall play four-on-four until the first whistle at which time the teams shall revert to three-on-three.
 - (iii) If the game is still tied, a three (3) girl simultaneous shootout will take place. Shooters and one alternate must be declared on the game sheet prior to the start of the game. Substitution of an injured or penalized player is allowed. Penalized players must not participate in a shootout;
 - (iv) If the game is still tied, a one (1) girl simultaneous sudden victory shootout shall take place using the same players in the same order as above.
 - (d) Mercy rule: If in the third period the goal differential reaches five, the clock will run, if the goal differential is less than 5 the clock will stop. The score board will not reflect more than a five goal differential at ANY point in the game. Game scores will be reported and recorded as a five goal differential.
 - (e) Tie-breaker Criteria - In the event of a tie in league standings the tie will be broken by:
 - (i) Head to head
 - (ii) Most wins
 - (iii) If still tied, the record of game(s) between the tied teams
 - (iv) If still tied, the most favorable goals for - against differential for the tied teams (to a maximum 5 goal differential)
 - (v) If still tied, the most favorable goals for - against for the season for all game played (to a maximum 5 goal differential.
 - (vi) Coin toss
- note: If teams are tied in the standing and one of the teams involved in the tie has defaulted a game during the regular season, then the team that defaulted will automatically be placed lower among the tied teams before applying iv.

If teams are tied in the standing and one of them has won a game by default over another which is not involved in the tie, then all scoring (goals for and against) involving all tied teams in all their games with the defaulting team must be subtracted from all the tied teams' statistics before implementation of iv.

- (f) Booking ice:
 - (i) The home team is responsible for booking ice time for regular season games, a one hour and a half time slot is required.
 - (ii) Each game must take place during the week it has been scheduled to play.
 - (iii) There will be a flood between the 2nd and 3rd periods in all regular season and playoff games.
 - (iv) For all playoffs games, ROPSSAA athletic convenors will book two hour time slots for both tiers.
- (g) It is the responsibility of the home team to supply a timer/score keeper (no more than 2). The visiting team has the option of placing someone to assist with timing and scoring (maximum 3 people in the box). It is the responsibility of the home coach to ensure that these minor officials are properly trained.
- (h) Scheduled Games
 - (i) Coaches are responsible for reviewing final league game schedules and playoff schedules as to locations, dates, and times to ensure their attendance.
 - (ii) Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. Failure to attend at the scheduled time will result in forfeiture of the game and/or loss of opportunity to compete. The defaulting team will cover all cost associated with the game as determined by ROPSSAA Council.
 - (iii) Failure to fulfill game requirements leading to the abandonment of a game will result in a loss for that team. An incident report must be completed and submitted to the ROPSSAA Athletic office by the abandoning team within 24 hours of the game. No scores shall be entered until after a Board of Inquiry. A team abandoning a game may be required to cover any costs incurred as determined by ROPSSAA Council.
 - (iv)
 - a) Schools must bring their own warm-up equipment and first aid kit.
 - b)
 - i) Schools must endeavor to arrive no earlier than 60 minutes before game time. Teams arriving earlier than this must be supervised by the head coach in an area where students from the home school do not congregate. Schools with team members who do not travel with the head coach (in taxis, cars, on foot, etc.) must inform players that they must wait for their head coach and should ensure that the head coach is the first to arrive at the host school.

- ii) Schools arriving for an away game between 30 and 60 minutes before game time must accompany the head coach to the competition area and liaise with the host school. The visiting team will be provided a safe waiting area and change room during this time and the visiting head coach must provide supervision of his/her players. Visiting athletes must bring all belongings with them to the competition area.
- iii) Visiting schools are entitled access to the competition area at the same time as the host school, and no later than 30 minutes before the game time pertains to the first game).
- iv) Visiting schools are entitled access to a safe waiting area and change room at the completion of the competition.

5. ENTRIES

- (a) *There will be two levels of play offered – OFSAA and Tier Two.*
- (b) The total number of people on the bench, not including players, is five (as per the game sheet).
- (c) A team roster may contain an unlimited number of players.
- (d) There will be a limit of 2 student helpers per team on the bench. Student helpers MUST wear a CSA approved helmet with cage in order to be on the bench.

6. EXPENSES

- (a) All expenses for league and playoff games will be met by the schools involved. In the regular season the home school will be responsible for payment of the ice rental and the officials. Teams involved in the playoffs will split the cost of the ice and officials equally.

7. RULES AND OFFICIALS

Hockey Canada rules will be followed unless otherwise indicated.

- (a) No body checking.
- (b) A minor infraction will be two minutes.
- (c) A major infraction which occurs before the last 5 minutes in the 3rd period will result in a ROG penalty. If it happens in the last 5 minutes of the 3rd period then that player will be ejected from the remainder of the game and the entire next ROPSSAA sanctioned game. These penalties must be reported to the Athletic Convenor by 9:00am the morning following the game.
- (d) Fighting will result in ejection from the game in addition to a minimum additional 3 game suspension. The penalized player is to remain in the dressing room for the remainder of the game. A player from the team will serve a five minute major running time penalty.

- (e) Time outs
 - (i) There will be one 30 second time out per game.
 - (ii) There will be an additional 30 second timeout per team per overtime period.
- (f) No red line for offside purposes.
- (g) If at any time during play the goalie gets hit in the head with the puck, play will automatically stop.

8. AWARDS

- (a) Gold medallions are to be awarded to the winners of the ROPSSAA Final (maximum 25 per team).
- (b) Silver medallions are to be awarded to the member of the runner-up team (maximum 25 per team).
- (c) ROPSSAA Championship trophy to be awarded to the winning team, as per Article IX, Section II of the ROPSSAA Constitution.

9. UNIFORMS

- (a) Team members to be dressed in identical uniform shirts.
 - (i) zipper pants must be zipped.
 - (ii) socks to be similar color to jersey.
- (b) Athletes may not change their clothing in the competition area. For all outdoor sports athletes must arrive dressed to compete. Visiting teams requiring the use of washrooms facilities must send a staff member into the school with the team member(s). For all indoor sports, athletes must move to the designated locker room or change area to change their clothing.

10. EQUIPMENT

- (a) Approved and properly fitting goalie equipment must be worn by goaltenders.
- (b) Approved and properly fitting hockey helmets with full face mask (CSA approved); throat protector (BNQ approved), gloves, elbow pads, shoulder pads, pants, shin pads, and pelvic protectors must be worn.
- (c) Mouth guards are highly recommended.

11. DEPORTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution.
- (b) A coach ejection from the game will result in a forfeiture of the game.

12. JURY OF APPEAL

- (a) A jury of appeal will rule on disputes which do not fall under the jurisdiction of the officials. The jury, constructed at the preseason meeting will consist of the Convenor and four coaches from participating schools.

13. OFSAA

- (a) The league champion will represent ROPSSAA at OFSAA.