



2018-2019 ORILLIA LADIES' HOCKEY LEAGUE (OLHL) OFFICIAL RULES

1. OLHL will adhere to Handbook, Constitution, By-Laws, Regulations, Rules, Policies, Procedures, Code of Conduct and other related **materials in accordance with the current affiliated league insurer.**
2. At the time of registration, player requests must be indicated in the appropriate area on the registration form and the request must be reciprocal for the request to be considered (Player #1 requests Player #2 and Player #2 requests Player #1). Player requests are not guaranteed as balancing the teams are the first priority. Only one player request will be considered per player.
3. Every attempt will be made to minimize player movement after the teams are assigned however, ONE balancing date will occur after the first 6 games, and rosters will then be finalized. Players wishing to change Tiers should submit their written request to the OLHL committee before the 5th game/week of the season. Extenuating circumstances may be presented in writing to the Executive and will be reviewed on a case-by-case basis.
4. An OLHL team may pick up a player from another team if they have less than 10 skaters in attendance - not including a goalie. Teams may pick up the number of players, not exceeding THREE, to equal a total of 10 skaters or less. (Example: having 9 skaters mean 1 pick-up allowed, 8 skaters means 2 pick-up allowed, 7 skaters may pick up 3, etc.).
5. TIER 1 PICK-UPS: Any Tier 1 or Tier 2 player unlimited times.
6. TIER 2 PICK-UPS: Only Tier 2 players may be picked up by Tier 2 teams, unlimited times.
7. Any infraction of the pick-up rule will result in a forfeited game by the offending team.
8. ALL Pick-ups MUST be recorded on the official game sheet with "PU" beside that player's name.
9. No player pickups during OLHL playoffs. Goalies are an exception and assignment will be discretionary. Team managers are to attempt to secure a replacement goalie who is appropriate for that tier and the selected replacement goalie must be agreed upon by both team managers. If no goalie replacement is available, the "board" will be used. In the event of a shoot-out, all players from both teams will shoot on the board from outside the crease.
10. TIER 2 – NO SLAPSHOTS! Slapshots will result in stoppage of play.
11. The game scores and team standings shall be updated periodically then made available for player view online at the **OLHL website.**
12. All games will not begin before their scheduled time.

13. Determining regular season ranking position in each Tier includes:

1. Total number of points*
2. Total number of wins
3. Goals for minus Goals against
4. Least goals against
5. Most goals for
6. Head-to-Head Coin toss

For ranking *during* playoffs, the following format will be used:

1. Most wins
2. Head-to-head (if needed)
3. Goals for minus goals against*
4. Least goals against
5. Most goals for
6. Head-to-head coin toss

*Goals for are recorded up to a 5 goal differential: Low number of the score remains static while the high number will be lowered to a 5 goal differential.

Rules for the playoffs:

- Games tied after regulation time will go into 5 minutes of sudden-death 4 on 4 overtime.
- If still tied after the overtime, then there is a shoot out of 3 players per team.
- If still tied, then there is a single shooter per team until tie is broken. No player may shoot for a second time until the team with lesser players has gone through their entire bench.
- Coaches have one minute after the game ends to submit his/her first three shooters.
- Shooters go one at a time with the home team going first.
- Due to required tie-breakers, playoff games may experience start times delayed up to 30 minutes.
- Each team will be allotted one 30 second timeout during playoffs only.

****Alcohol consumption is NOT allowed on arena premises – including dressing rooms and parking lots****

Approved Aug. 21, 2018