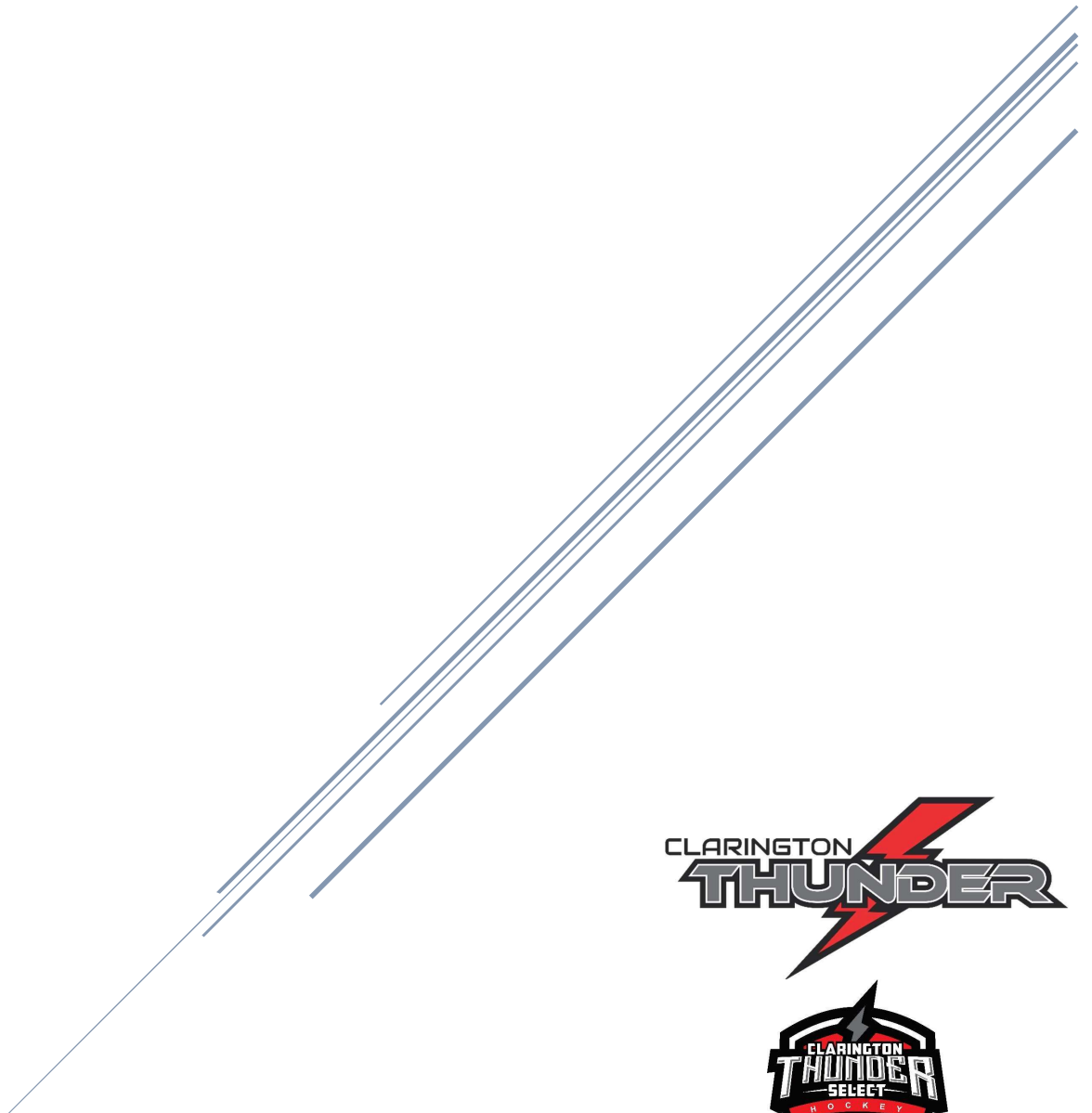


2025/2026 COACHES HANDBOOK

Clarington Recreational Hockey League



COACHES' HANDBOOK

TABLE OF CONTENTS

1. Coach's Regulations
2. Coach's Responsibilities
3. Trainer's Responsibilities
4. Manager's Responsibilities
5. Equitable Ice Time
6. Electronic Game Sheets
7. Paper Game Sheets
8. Defaults and Substitutions
9. Rules of Play
10. Tournaments
11. Exhibition games
12. Penalties
13. Suspensions
14. Penalty History
15. Final League Standings
16. Playdown & Championship Rules
17. Game Protests to Rules & Discipline
18. Appeals to Executive
19. Select Hockey

1 COACH'S REGULATIONS

- 1.0 The selection of coaches is the responsibility of the board of directors ("board") of each association.
- 1.1 Head coaches are not permitted to be head coaches in other representative leagues.
- 1.2 Coaches may select assistant coaches, trainers, managers in accordance with their association's draft guidelines however each shall require the necessary OMHA qualifications to hold the position and are subject to approval by the board. Each team shall be required to have at a minimum 2 individual volunteers on their bench staff as follows: Head Coach, Trainer. Approved volunteers will be responsible to complete the following certification(s) prior to being officially approved and recorded as a member of a team's coaching staff:

Head Coach:

Head Coach: ☐ COACH 1 (U7/U8/U9) <i>or</i> ☐ COACH 2 (U11/U13/U15/U18) ☐ HU CHECKING (U11/U13/U15/U18) ☐ Respect In Sport Activity Leader ☐ Gender Identity Course ☐ Police Vulnerable Sector Check	Trainer: ☐ HTCP LEVEL 1 ☐ Respect In Sport Activity Leader ☐ Gender Identity Course ☐ Police Vulnerable Sector Check
Assistant Coach(es): ☐ COACH 1 (U7/U8/U9) <i>or</i> ☐ COACH 2 (U11/U13/U15/U18) ☐ HU CHECKING (U11/U13/U15/U18) ☐ Respect In Sport Activity Leader ☐ Gender Identity Course ☐ Police Vulnerable Sector Check	Manager: ☐ Respect In Sport Activity Leader ☐ Gender Identity Course ☐ Police Vulnerable Sector Check

- 1.3 Head coaches, trainers and managers will be required to personally register for the appropriate certification or re-certification programs. Courses must be completed before November 16th of the current season. Clinics can be found on the OMHA website at www.omha.net.
- 1.4 All bench staff members will be responsible to provide a Durham Region Police Service's Criminal Information Request Certificate ("PRC") including a Vulnerable Sector Search to the OHF. Bench staff may obtain a "Volunteer Request Letter" from their association in order to obtain their PRC at the volunteer rate.
- 1.5 Coaches are responsible to submit team information in order to obtain their OMHA roster. Coaches shall provide their players' names and, if applicable, which player(s) are the designated goalie(s), together with the names and dates of birth of all bench staff to their division convenor on or before November 16th of the current year.

2. COACH'S RESPONSIBILITIES (Head Coach/Assistant Coach)

- 2.1 The primary aim of coaching will be the personal development of each player in their charge, building character, playing skills and hockey knowledge.
- 2.2 At all times a coach shall set a positive example in all respects (sportsmanship, manners, respect for others, dress, speech, and items of department) to players in their charge.
- 2.3 All teams must follow the CRHL/OMHA Manual of Operations that is current for the specified year.
- 2.4 The coach must ensure that all bench staff adhere to Rules 2.1, 2.2 and 2.3.
- 2.5 The coach is responsible for player attendance and behavior problems of players and their parents. The coach has the authority to discipline any players causing problems, but they will first consult with their division convenor before action is taken except for

discipline during a game, which will be reported to the convenor after the game. The coach shall teach the athletes to uphold not only the rules, but also the spirit of the rules and to respect opponents and officials both in victory and defeat.

- 2.6 The coach shall provide reasonable supervision for the safety of their players. At no time shall any players be allowed on the ice surface without coaching staff being on the ice or bench. Two representatives of the coaching or management staff must be in the dressing room anytime a player is in the room. This rule also includes prohibiting a player on the ice if he/she is ill-equipped or equipped with non-approved CSA equipment. Further to this, coaches must remind players and uphold the fact that helmets cannot be removed or unstrapped at any time while on the bench and ice. This includes time when players are exiting the ice surface at the end of a game.
- 2.7 The coach shall ensure that the assistant coach or an approved person is present at all games and/or practices. All on-ice volunteers must either be a rostered member of the coaching staff or, if a parent volunteer, they must register with their association and pay the appropriate insurance fee as set by OMHA to become an on-ice volunteer. All on-ice volunteers must complete the Respect in Sport - Activity Leader course. All on-ice coaching staff and volunteers must wear appropriate equipment (minimum of skates and a properly secured helmet) and shall adhere to section 2.1 and 2.2 above.
- 2.8 No volunteer may be on the bench during game time unless they are a rostered bench staff with an OMHA team during the current season. Without qualifications, volunteers are not covered by OMHA insurance and as such, should not be permitted on the bench in the absence of the team's regular bench staff. On-ice volunteers are not permitted on the bench during games.
- 2.9 The coach is to be responsible for knowing the rules. If the coach requires clarification of a rule, they should contact their division convenor.
- 2.10 The coach shall ensure that there is a rostered coach and trainer on the bench for every game. In the absence of the team's bench staff, the coach should contact their division convenor who will assist them in locating a suitable replacement pursuant to rule 2.8 noted above. Alternatively, if a team does not have a trainer in attendance at a game the opposing team's trainer must act on behalf of both teams.

- 2.11 In the U7, U8, and U9 divisions there are no designated goalies. All players are encouraged and afforded the opportunity to play goal for their team at anytime during the season utilizing the equipment provided by their association. The Hockey Canada electronic registration system is tailored for all minor hockey registration and divisions, and as such, allows users to select goal as a position in U7, U8 and U9. This does not change the fact that there are no designated goalies, as stated above.
- 2.12 The coach is responsible to ensure that he/she, or a representative person, is available for the draft of players to be held at the start of the season and to attend coaches' meetings as they may be scheduled through the season.
- 2.13 All bench staff shall walk around the boards before and after a game and shall not go across the ice.
- 2.14 Any member of the team, management, or coaching staff under the influence of alcohol and/or illicit drugs is strictly forbidden in any facility where hockey activities are conducted.
- 2.15 Willful damage to any equipment, or any damage to any arena where a team is playing, could result in immediate suspension from further activities or games. Details of any incident shall be reported to the Rules and Discipline Committee who will determine the extent of disciplinary action.
- 2.16 Coaches shall refrain from the use of profane, insulting, harassing or otherwise offensive or derogatory language in the conduct of their duties.

3. TRAINER'S RESPONSIBILITIES

- 3.1 Each team must have a certified OMHA trainer on the bench at the beginning of every game.

- 3.2 The trainer is responsible for the well-being of each player and shall have a first aid kit available at all games and practices.
- 3.3 The trainer shall keep a copy of the medical information sheets for all players and team officials.
- 3.4 The trainer shall have the required OMHA insurance report/injury forms and report any such occurrence to the associations Head Trainer and convener.
- 3.5 All trainers must have completed the OMHA required trainers certification programs, Respect in Sport – Activity Leader course as well as the Gender Identity & Expression course, Rowan’s Law Acknowledgement, and have a valid Police Record Check.

4. MANAGER’S RESPONSIBILITIES

- 4.1 The manager shall prepare and maintain a current team list of players and staff and along with the head coach, provide information to their convenor for rostering purposes as outlined in other sections of this handbook.
- 4.2 The manager shall provide players and team officials with information regarding game and practice times and any changes in same.
- 4.3 All managers must have completed the Respect in Sport – Activity Leader certificate as well as the Gender Identity & Expression course, Rowan’s Law Acknowledgement, and have a valid Police Record Check. Managers are permitted to be on the team bench during games.

5. EQUITABLE ICE TIME

- 5.1 The coach is responsible to ensure that all players receive equitable ice time in accordance with the rules. A coach must structure and play their team based on the number of players on the bench as set out in Rule 5.4.
- 5.2 If a coach uses 2 goalies, then one will play the first half and the second will play the second half of the game, unless the goalie is injured.
- 5.3 Coaches must follow the procedure for equal rotation of players as outlined in the rules. Any violation of the rules will result in a review by the Rules and Discipline Committee. Upon a finding of inequitable ice time by a coach or assistant coach the following shall occur:
- a. On the first offense, the coach will receive a warning from the convener.
 - b. On the second offense, the coach shall be suspended for one (1) game.
 - c. On the third offense, the coach shall be suspended for three (3) games.
 - d. On the fourth offense, the coach shall be removed from the bench for the balance of the season, subject to the review of the Rules and Discipline Committee.
- 5.4 Skaters (Non-Goalies) will play as follows:
- Number of Skaters Rotation Options
- 16 + Skaters, 3 forward lines, + 1(or more) extra forwards, rotated sequentially through all three lines to ensure equitable ice time, and three defense pairs.

OR

3 forward lines and 7 defense pairs rotated sequentially to ensure equitable ice time
numbering defense 1,2,3,4,5,6,7

15 Skaters 3 Forward lines and 3 defense pairs

14 Skaters 3 forward lines and 5 defense rotated to receive equitable ice time
numbering the defense 1,2,3,4,5

13 Skaters 3 forward lines and 2 defense pairs

12 Skaters 2 centres, 3 wing pairs and 2 defense pairs

OR

2 forward lines and 3 defense pairs

11 Skaters 2 forward lines + 1 extra forward, rotated sequentially through both lines to ensure equitable ice times allowing the forward lines to stay intact and 2 defense pairs

OR

2 forward lines and 5 defense rotated sequentially to ensure equitable ice numbering
defense 1,2,3,4,5

10 Skaters 2 forward lines and 2 defense pairs

9 Skaters or less Players can be positioned at the coach's discretion prior to the game start and rotated sequentially to ensure equitable ice time

* In addition, players are allowed to move to defense or forward during the game if needed.

- 5.5 The coach shall play the same rotation for the entire game except for injury or ejection that requires a reduction of ice time for a player with the highest number of shifts.
- 5.6 In the spirit of sportsmanship, in games where there is a 6-point or more lead, the team in the lead may switch their forward and defense lines to avoid running up the score.

6. ELECTRONIC GAME SHEETS

- 6.1 The standard for any Local League Game (LL) will be to complete electronic game sheets. Prior to the start of the game the home team shall meet with the timekeeper to obtain the iPad to complete the game sheet this includes
- i. Providing attendance for all players that will be on the ice;
 - ii. Ensuring that suspensions for players have been tracked properly (if any situation arises the information on the game sheet app will take preference) Players that have not had their suspension tracked will not get credit for the missed game;
 - iii. Updating the attendance of the bench staff and providing signatures for all present staff. Every team at a minimum must have a Coach and a trainer for a game to proceed. *Do not sign in staff that will not be attending the game.*
- 6.2 Failure to ensure that the game sheet has been completed correctly ie: sign in a coach that was not present may result in disciplinary action at the discretion of the board. All players names may be placed on the game sheet but any players not in attendance shall be struck from the sheet before the game sheet is signed by the referee.
- 6.3 The coach shall review the game sheet at the conclusion of the game to note any possible suspensions pursuant to the OMHA Manual of Operations. The coach shall notify a player and their parents about any suspension received and the games for which they are to be served. Within 24-hours, the coach must also notify the division convenor of game suspensions, both with league play and with any outside tournament play.
- 6.4 It is the responsibility of the coach to ensure that a suspended player's name and the number of game suspensions are recorded correctly on the game sheet.

- 6.5 All game sheets from exhibition games must be submitted by the coach to the division convenor and the coach must contact the division convenor within 24 hours to report any suspensions received. A minimum one game suspension will be assessed to the coach if he does not comply with this rule.

7. PAPER GAME SHEETS

- 7.1 In the event that the electronic game sheet is not available a properly filled out paper game sheet will be a requirement for any Local League (LL) game. If a proper paper game sheet is not available, then the details normally recorded on a game sheet may be recorded on a suitable sheet of paper. This information shall be transferred later to a proper electronic game sheet. All coaching staff must sign the game sheet or substituted paper clearly and legibly.

8. DEFAULTS AND SUSPENSIONS

- 8.1 A team that cannot ice a minimum of 6 players by 5 minutes after the start time shall default the game. The ice time may be used by the teams at the coaches' discretion, however, if coaches decide to play an exhibition game two league sanctioned referees must be used.
- 8.2 If two official referees do not show up for a scheduled game the game cannot be played and the ice time may alternatively be used for a practice. An appropriately carded official may substitute in the absence of a referee in accordance with the OMHA Manual of Operations.
- 8.3 In the event that referee officials or a timekeeper do not show up for a scheduled game the coach may seek assistance from the division convener or Referee-in-Chief. In the event that the team's goalie is late, absent, ejected or injured and no alternative goalie is available to start or continue the game then that team shall play with 6 skaters on the ice. No player will be given the rights of a goalie to freeze or cover the puck or handle the puck in the crease. In the event that the team with 6 skaters faces a penalty shot award, the shot shall be automatically considered a goal. Alternatively, a player on the bench may replace the late, absent, ejected or injured goalie provided he/she is

equipped with full goalie gear in accordance with the OMHA Manual of Operations. The team may play with 6 skaters as noted above while the player is dressing in the goalie gear.

- 8.4 If, in advance of a game, a coach knows that they will be without a goalie they may utilize a goalie from another team in the division with the approval of division convenor, the goalie and his coach. When using an alternative goalie, that goalie shall be of equal or lesser rating at the time of the pre-season draft than the team's regular goalie. Before using a goalie of higher rating at the time of the pre-season draft a coach must make a request to their division convenor and be approved prior to game time.
- 8.5 Other than a goalie, no other player may substitute for a team or be called up under any circumstance, without prior board approval.
- 8.6 A U15 or above goalie must have previous goalie experience when registering with and entering the draft, unless permitted by the board.
- 8.7 Coaches cannot cancel games due to weather or misfortune without obtaining permission by the board.
- 8.8 Affiliated Players (AP) – The OMHA allows Local League and House League teams to use an Affiliated Players list. This list must be submitted and approved by the OMHA before December 1st of each season. The form and procedure can be found on the OMHA.net website.

9. RULES OF PLAY

- 9.1 Players shall line up at centre ice prior to the start of the game and "bump" gloves with players from the opposing team and bench staff.
- 9.2 All games will commence at the appointed time and the clock will start at the drop of the puck by the referee at the opening face off whether teams are ready or not.

- 9.3 The U7, U8 and U9 divisions will play modified games according to the OMHA player development guidelines. U9 will play modified games until January, when they will move to full-ice games.
- 9.4 In U11, U13, U15 and U18 divisions the teams shall play two periods of 10- minutes stop- time and a third period of 12-minutes stop-time.
- 9.5 In the event that a game is called and is unable to be completed due to injury or misfortune, the game shall be deemed completed and the score stands if it reaches the end of the second period of play. If the game is called prior to this time, the circumstances shall be reviewed and considered by the Board.
- 9.6 There shall be no overtime or time-outs permitted in regular season or during playoffs. Overtime is only permitted as per the overtime rules in championship games so that a winner can be declared in the total points system. One time-out can be called per team in the final championship game only.
- 9.7 In U11 and above, goalies may be pulled for a skater on a delayed penalty or within the last two minutes of the game. Goalies in U9 and below cannot be pulled at any time.
- 9.8 Infractions of the rules contained in the Coach's Handbook will require the bench staff member(s) mandatory attendance at a Rules and Discipline Committee meeting or a suspension as set out by the Rules and Discipline Committee.
- 9.9 Local league teams are not permitted to fundraise for their teams (50/50 draws, sponsors, raffles etc.).
- 9.10 The rules will be in the following priority this manual, CRHL and then OMHA and whichever is more stringent.

- 9.11 A game may be terminated by the arena staff at the end of the contracted ice time period. The score of the game at that time will be the final score recorded.
- 9.12 No player(s) shall be permitted on the ice until the arena staff has closed the doors following resurfacing. Any player(s) in violation of this rule shall be reported to the Rules and Discipline Committee who may assess penalties.
- 9.13 No referee shall referee a game in which a sibling or their own child is involved whenever possible.

10. TOURNAMENTS

- 10.1 Coaches can locate tournament information on the OMHA website.
- 10.2 Rosters need to be OMHA approved before Tournaments will be entertained.
- 10.3 The following tournament information needs to be supplied to your division convenor:
- Team number:
 - Coach Name:
 - Tournament name:
 - Sanction number:
 - Tournament Dates:
 - Centre holding tournament:
- 10.4 Teams are welcome to attend tournaments and are responsible for completing the tournament entry application, provide approved rosters, OMHA Travel Permits and entry fees on behalf of their team.
- 10.5 Teams may only enter tournaments when they do NOT have a regularly scheduled game on the schedule. Games will not be rescheduled due to a tournament.

- 10.6 Teams MAY NOT enter a tournament at the conclusion of regular season during playoffs and/or when finals are being played.
- 10.7 If a team is forfeiting a shared ice practice time they should, out of courtesy, notify the coach of the team sharing the ice that day so the coach may amend their practice plan to a full-ice format in the other team's absence.
- 10.8 Upon returning from the tournament, the coach must communicate any tournament suspensions to the convenor and provide copies of the game sheets. Non-compliance will result in a minimum 1 game suspension.

11. EXHIBITION GAMES

- 11.1 Teams may utilize their full-ice practice or may secure additional ice time through the municipality for an inter-squad or exhibition game, provided that they have OMHA carded officials and a timekeeper.
- 11.2 Game officials must be arranged through the Referee in Chief for any inter-squad or exhibition game.
- 11.3 The cost of the game officials shall be the sole responsibility of the teams involved and not that of the league.
- 11.4 If a team is travelling outside of Clarington to participate in an exhibition game, that team must obtain an OMHA Travel Permit via their division convenor prior to their attendance at the game. The OMHA (utilizing the Travel Permit method) must be advised of all games played outside the local league.
- 11.5 All game sheets from exhibition games must be submitted by the coach to the Division Convenor and the coach must contact the division convenor within 24 hours to report any suspensions received. A minimum one game suspension will be assessed to the coach if he does not comply with this rule.

12. PENALTIES

- 12.1 The coach of any team that accumulates more than the total number of penalty minutes allowed by the OMHA will be suspended for the next game.

NOTE: for the purpose of the regulation the time of misconducts, gross misconducts and game misconducts assessed to players shall not be counted, but any such penalties assessed to team officials and the five minutes charged to a player for a match penalty shall be counted. Any misconduct, game misconduct or gross misconduct penalty assessed to team officials will automatically add ten (10) minutes to the team's penalty minutes in each case.

<u>DIVISION</u>	<u>TOTAL NUMBER OF PENALTY MINUTES PER GAME</u>
U9	26 minutes
U11	26 minutes
U13	26 minutes
U15	36 minutes
U18	36 minutes

- 12.2 All penalties shall be governed by CRHL rules with this manual augmenting them.
- 12.3 In divisions where the buzzer system is used to ensure equitable ice time, the penalized player must serve the full penalty time assessed in the penalty box even if his rotation has ended. The team will only be shorthanded when the penalized player would be on the ice on their rotation or if the penalty is long enough any future rotation (ie. A player being a center on a 3-center rotation gets a double minor 1 minute 30 seconds then full side for 2 minutes then short for 30 seconds of the next rotation.)
- 12.4 If a penalty expires while the penalized player's line is on the ice, the player returns to the ice and participates in play.

12.5 If the penalized player becomes injured, and unable to take their place on the penalty bench, a player who was on the ice at the time of the penalty assessed shall serve the time on the penalty bench as substitute. The person who replaces the substitute on the ice shall be the person who plays the same position on the next line as the substitute. When the penalty expires, if the substitute's line is still on the ice, he/she shall return to the ice. At the next line change, the player who came out to replace the substitute may remain on the ice. The substitute may return to the ice or must proceed to the player's bench upon penalty expiration as per the rules.

12.6 Penalty Times if Running Clock Games

- i. Minor Penalty shall be 2 minutes straight time from the time of puck dropping to the resumption of play.
 - ii. Major Penalty (5) minutes shall be 5 minutes straight time from the time of puck dropping to the resumption of play.
- 12.7 Any bench staff or parent who visits the referee's room following a game to argue a referee's decision or enters the referee's room shall receive a minimum three game suspension and may face further disciplinary action by the OMHA and/or the rules and discipline committee.

13. SUSPENSIONS

- 13.1 All penalties, minor or major, (including hitting from behind) shall be served in the division in which they were assessed. All penalties shall be governed by Hockey Canada. All suspensions shall be governed by the OMHA Manual of Operations. All match penalties shall be governed by the OMHA and the Rules and Discipline Committee.
- i. Failure to comply will result in further disciplinary action to the coach(s) and/or the players involved.
 - ii. If the person suspended as above is also a referee and/or timekeeper they shall also be suspended from duties until allowed to return as

advised by the Rules and Discipline Committee.

- iii. Penalties received during tournament or exhibition games shall transfer to and shall be served during league play.

- 13.2 Fighting will NOT be tolerated in any way whatsoever. In the event of such an occurrence the suspension shall be governed by the OMHA Manual of Operations.
- 13.3 Any minor, major or misconduct penalty shall be governed by the OMHA Manual of Operations.
- 13.4 Any fighting or altercations off ice on arena property by coaches, trainers, managers or players could result in a minimum 10 game suspension.
- 13.5 A player receiving a suspension who is unable to serve the completion of the suspension due to the end of the current hockey season shall serve the balance of the suspension in the upcoming season. Suspensions travel from year to year and must be served in its entirety prior to the player being permitted to return to game play.
- 13.6 A suspended player shall be permitted to practice with their team during suspension.
- 13.7 Any team official(s) under suspension shall not participate, communicate or associate with the team within the confines of any arena, nor shall he participate in any other OMHA capacity for which he may be eligible during the term of his suspension. Any team official under suspension who is registered to more than one team shall be deemed suspended from all game related duties for any team until the suspension has been served. The team official's name shall be recorded on the game sheet as suspended until the appropriate number of games have been served.
- 13.8 The Board reserves the right to take away a child's playing privileges for the hockey season for reasons of gross abuse towards coaches, fans or other players by the player themselves or their parents.

- 13.9 The Rules and Discipline Committee is empowered to take any action they deem necessary above and beyond the specified minimum penalty and/or suspensions set out by the OMHA Manual of Operations for any infraction assessed to any player or team official.
- 13.10 Two (2) body checking penalties in the same game is an automatic ejection from that game. NOTE: This is a local league rule.

14. PENALTY HISTORY

- 14.1 A record of penalties will be kept on every player and team official by the Rules and Discipline Committee who will act on behalf of the Board.
- 14.2 The Rules and Discipline Committee shall report to the Board at each board meeting on the suspensions and other actions the Committee had to take since the last board meeting.
- 14.3 Player expulsions can only be handed out after the Board concurrence has been obtained.

15. FINAL LEAGUE STANDINGS SHALL BE DETERMINED AS FOLLOWS:

1. The team with the most points;
2. The team with the most wins;
3. Goals for minus goals against (plus – minus record);
4. Most goals.
5. Least penalty Minutes
6. Coin Flip

16. PLAYDOWNS RULES (Playdowns and Championship Series)

16.1 Playdowns will be defined as any scheduled league game that is played after the conclusion of the regular season in each division. To determine which teams will compete for a particular championship a playoff format will determine which teams will advance to the A through F championship as follows:

16.2 Playdown Series

Divisions will be created for playoffs as determined by the board, and the board will also determine the number of games to be played, and will determine which teams advance to the A through F championship series.

In the event there is an odd number of teams in a playoff round, for example, 5 teams in the round, teams finishing in 4th and 5th place will play one semi-final game with OT to determine who will play the 3rd place team in the championship round. In a 7 team division it would be the 6th and 7th team who play a one game semi-final with OT to determine who will play the 5th place team in the championship round.

At the conclusion of playoffs, in the event that there is a tie between two teams, the following criteria will be used to determine how teams will advance in the championship rounds:

1. The team with the most wins;
2. The team winning the head-to-head game in the playoff;
3. The team with the best goals 'For' minus goals 'Against' (plus-minus record);
4. The team with the most goals;
5. Lowest penalty Minutes;
6. Coin toss.

In the event that there are 3 or more teams tied in the standings at the conclusion of the Playoff the following criteria will be used:

1. The team with the most wins;
2. The team winning the Head to Head game in the Playoff;

3. The team with the best goals 'For' minus goals 'Against' (plusminus record);
4. The team with the most goals;
5. The team with the lowest penalty minutes;
6. Coin toss.

16.3 Championship Series

After the playoff, teams will be divided into their championship division (A, B, C, or D, etc.) and will play a two game final series for the division championship. The winner will be determined based on total points (2 pts. for a win, 1pt for a tie, 0 pts for a loss).

Rules and line changes are unchanged from regulation time. Teams can pull their goalie for an extra attacker on a delayed penalty or in the last two minutes of the game. (Goalies in U9 and below, as always, cannot be pulled for any reason.)

One time-out per team can be called in the final championship game only.

Should the teams be tied at the end of regulation time, then a ten (10) minute 3 on 3 sudden victory overtime will be played with a 2-minute break between the 3rd period and overtime. Teams will not change ends for this overtime period. *During the ten-minute OT period player rotations are reset and are at the coaches discretion; however, during overtime equitable ice rules still apply.*

If the game is still tied after overtime, the winner will be determined by a shootout:

- I. 3 vs 3 shooters. The home team will elect to shoot first or second.
- II. If still tied after 3 shooters, a 1 shooter vs 1 shooter sudden victory will take place.
- III. No player can shoot twice until all team members have taken a shot.
- IV. If a player is in the penalty box as the overtime period ends, they are NOT eligible to shoot in the shootout.
- V. Teams with an unequal number of shooters will be able to reuse shooters once.

Curfews should be avoided in the Final Game.

Note: OT is an extension of the current game, any penalty time outstanding at the end of regulation time will carry forward into OT.

If a penalty is called during the OT periods the clock will stop and an extra player will be added to the non-offending team.

Any player suspended will not be allowed to return for OT.

17. GAME PROTESTS TO RULES & DISCIPLINE

- 17.1 A game may be protested by delivering a written protest signed by a coach or manager to the Board or the Rules and Discipline Chair within 48 hours from the end of the game.
- 17.2 All protests must be accompanied by a cheque bearing the current date, made payable to the Clarington Recreational Hockey League in the amount of \$50.00. If the protest is upheld, the money shall be returned. If the protest is denied, the money shall be forfeited.
- 17.3 A protest shall not be entertained regarding a referee's "on ice" decision involving rules of play. A protest shall be factual and involve some irregularity in the game or in these rules.
- 17.4 The teams involved shall be advised as soon as possible of the protest and the time and place for the hearing before the Rules and Discipline Committee. A quorum shall be two thirds of the Rules and Discipline Committee and decisions will be determined by a simple majority. In the case of a tie, the Chairperson at the hearing will cast the deciding vote.
- 17.5 The decision of the Rules and Discipline Committee may be appealed in writing and delivered to the board within 48 hours of the Rules and Discipline Committee Decision. Protest appeals will be accompanied by a cheque in the amount of \$50.00 made payable

to the Clarington Recreational Hockey League which will be refunded if the appeal is successful.

18. APPEALS TO EXECUTIVE

- 18.1 Decisions of the Rules and Discipline Committee can be appealed to the Board.
- 18.2 Appeals must be in writing signed by a team official and delivered to the within 48 hours of the Rules and Discipline Committee decision.
- 18.3 Except for game protest appeals covered by Rule 16 all appeals must be accompanied by a cheque bearing the current date made payable to the Clarington Recreational Hockey League in the sum of \$10.00. If the appeal is upheld, the money will be returned. If the appeal is denied, the money shall be forfeited.
- 18.4 The decision of the Board is final and binding on all parties.

19. EVALUATIONS

- 19.1 Evaluations forms shall be provided to the coaches by the Board. Coaches are responsible to complete the evaluation forms rating their players as fairly as possible. Coaches should rate their players against the level of play in their division as a whole and not rate them based on their own team's ability.
- 19.2 Coaches must provide their convenor with the completed team evaluation form before the completion of the regular season schedule. Failure to do so will result in the coach's immediate suspension and removal from the bench for all playoff and/or final game until such time as he/she provides the evaluation.

20. SELECT HOCKEY

- 20.1 Players must be registered for Recreational House League for the 2025/26 season to be eligible to attend tryouts for select teams.
- 20.2 Selected teams will adhere to the same rules and guidelines outlined above by the CRHL.
- 20.3 Select team fees are not included in House League Registration fees. Select fees will cover the cost of practices, exhibition games, 3 tournaments (1 being a home tournament), ice, refs/timekeeper, jerseys, development and administration fees.
- 20.4 A Select Team is a team comprised of players selected from affiliated House League in a centre. All teams must be eligible by age.
- 20.5 Select teams will typically consist of 17 players. This will include 2 goaltenders and 15 skaters. As the OMHA does not permit affiliate players (AP) for select, a team may roster up to 2 additional players to the OMHA roster limit of 19. Select teams may roster a maximum of twenty players.
- 20.6 Each team will be permitted to attend 4 tournaments for the year and can play up to 4 exhibition games per month.
- 20.7 All players that are selected for a Select team must attend their house league practices and games in addition to their Select practices and games. House league is a prerequisite of Select and as such takes precedence over the Select program.
- 20.8 Players are not permitted to forgo House League games in favor of Select team activities unless granted an exemption.
- 20.9 Select player attendance at House League games shall be subject to monitoring. Any Select player who demonstrates a pattern of absence from House League games while continuing participation in Select team activities may be subject to removal from the Select roster and issued a partial refund.

20.10 Affiliates of representative teams are required to fulfill their obligations in the following sequence:

1. House League team games
2. Select team games
3. Select team tournaments
4. Affiliate team games
5. Affiliate team tournament
6. House League team practice
7. Select team practice
8. Affiliate team practice

20.11 Fundraising within the Select program is permitted, but it must first be approved by the Select Convenor and receive consent from the parents. Games of chance such as 50/50 draws and raffles are not permitted.

20.12 The Association is not responsible for obtaining team sponsors. Each team may obtain sponsorships for its operation. Each team is permitted to use sponsorship funds to offset any expenses incurred by their team, including but not limited to, team apparel, tournament fees, team events, registration fees, hockey, specialized coaching, etc. Sponsor's names and the location of decals or logos to be placed on CRHL Jerseys must be approved by the Association.

20.13 A player on a Select Team receiving any suspension, with either their registered House League team or their Select Team will serve the suspension with their House League or Select team and will not be allowed to participate as an affiliate to any team, until the suspension has been served.

20.14 The Head Coach or Team Manager shall immediately notify the Select Convenor upon the issuance of any player or bench staff suspension.