



RULES AND REGULATIONS



Updated June 2015

Lower Lakes Female Hockey League

Rules and Regulations

Glossary

“Category” means the OWHA competitive level within a Division, and includes AA, A, BB, B and C;

“Division” means the OWHA age group in which a team or individual player plays, and includes Novice, Peewee, Bantam, Midget, Intermediate and Senior;

“Executive” and “League Executive” and “LLFHL Executive” mean the Executive Committee of the Board of Directors of the League;

“League” and “LLFHL” mean Lower Lakes Female Hockey League;

“Loop” means the geographic group of teams within a Division and Category in which a team is placed;

“Officials” includes both on-ice officials and timekeeper(s);

“On-ice officials” mean referees and linesmen;

“Roster means the Official OWHA Team Roster

“Scheduling Meeting” means the meeting of League and team representatives at which regular season games are scheduled and the League provides game operations training.

Section 1 – League Liaisons

Each Association/Independent team shall designate one person as the main contact for the League. This designated person shall be called the **League Liaison**. The responsibilities of the League Liaison (LL) shall be to maintain communication between the League and all teams of the Association/Independent team. The duties include the following:

- a) Communication between a team in the Association/Independent team and the League on all matters other than immediate scheduling;
- b) All discipline matters regarding any team in the Association;
- c) Notifying the League about teams the Association wishes to enter in the League for the next season of play by the date set out in Section 5 a);
- d) Registering the contact information for each team in the manner prescribed by the League by the required date as set annually by the Executive;
- e) Monitoring and ensuring that each team is duly registered with the League before its first League game.

The League Liaison must have full e-mail service and must inform the League of any changes in contact information immediately. The League Liaison must have the authority to speak for the Association at all times. The League Liaison is expected to attend the League General Meetings and vote upon issues for their Association/Independent team. **The League will only deal with individual teams through the League Liaison.**

It is the policy of the LLFHL to respond only to concerns and issues raised by each association's League Liaison. Any comments other than operational questions sent directly to the LLFHL Executive will be forwarded back to the association's League Liaison in adherence to the policy.

Section 2 – Player Eligibility

- a) All players must be properly rostered on their team's OWHA team official roster form as per OWHA rules, or for U.S. teams, a USA Hockey form.
- b) To be eligible for League playoffs, a player must be rostered with a League member team by December 31 of the relevant season and have played a minimum of five (5) Lower Lakes Female Hockey League (LLFHL) league games as a rostered player for that team prior to January 20th. Player Playoff Eligibility Request Form to be submitted to the League no later than January 20th by e-mail to admin@llfhl.ca. No requests for exemption will be considered after this date.
- c) An eligible player must be rostered within the League. House league players will be eligible when picked up from within their own association.

Section 3 – Team Rosters

OWHA approved rosters will be sent from the OWHA to the League prior to their first League game. Players must be registered with the OWHA before they are eligible to play in the LLFHL.

For USA Hockey-registered teams participating in the League, the USA Hockey registered team will be responsible for providing the OWHA with its official, approved USA Hockey team roster prior to their first League game. The OWHA will forward that roster to the League. During the season, any addition to or deletion from the official USA Hockey roster must be identified to the OWHA by sending a copy of the approved updated USA Hockey roster to the OWHA, with a copy to the League Convenor, before a player is eligible to play in the LLFHL.

Section 4 – USA Teams

- a) General eligibility of all USA teams will be reviewed on an annual basis by the OWHA for membership.
 - b) Pending acceptance by the OWHA, acceptance of individual association/ teams by the League Executive will be reviewed annually.
 - c) USA teams agree to submit a Competitive Team form to the OWHA indicating their Team Roster and Category by the deadline set annually by the OWHA.
 - d) Acceptance of any USA team by the League Executive will be conditional on the team acknowledging that it will submit to the OWHA re-categorization process should a Request for Re-categorization be submitted and further will abide by any decisions of the OWHA re-categorization committee, notwithstanding that the team will retain the right to appeal any re-categorization by the OWHA.
 - e) Ontario based LLFHL Team/Associations must elect to travel to the USA. Teams that want to travel to the USA must submit the USA Travel Form to the LLFHL Executive by a date set annually by the
-

executive. Teams that do not want to travel to the USA will host all necessary LLFHL games (Regular Season and Playoff) versus U.S. based teams in their Division at their own expense (ice time and Officials). The hosting centre shall be designated as the Visiting Team for all such games for scoring, game rules and game reporting purposes. These provisions do not apply to games with US based teams which are hosted by the US based team in a reasonably located Ontario arena, the judgement of which shall be at the sole discretion of the Executive.

- f) If a Team/Association does travel to the U.S. to play regular season and playoff games, primary medical coverage is required for out of Ontario travel.
- g) OWHA sanction forms for all league and playoff games played against USA based teams are the responsibility of the Team/Association. Forms must be submitted to the OWHA for approval.
- h) All regular season and playoff games played in the USA shall be played under the Hockey Canada Playing Rules inclusive of specific requirements of OWHA and the League.

Section 5 – Association and Team Responsibility

- a) Each Association and Independent team shall file its LLFHL Registration Form no later than June 15th of the current year.
 - b) An Association shall not be entitled to register any team, and an Independent team shall not be entitled to register, for the upcoming season if, on June 15, there is any outstanding fine or part thereof of a team from that Association or of that Independent team from the previous season.
 - c) The LLFHL strictly requires all teams must register to play at their assigned OWHA Category each season. On or prior to June 1 of each year, the LLFHL will announce its deadline date, for League purposes, for the Category of each registered team for the upcoming season (the “LLFHL Category Deadline Date”). Teams will be required to play in the Category to which they have been assigned by the OWHA as at the LLFHL Category Deadline Date. Exceptions to this rule will only be made by the Executive. An Association or Independent team must notify the League as soon as possible of any change in a team’s OWHA-assigned Category. If a team is re-categorized up at any point in time by the OWHA, their eligibility for LLFHL playoffs will be reviewed by the LLFHL Executive provided the team files a Consideration for Playoff Eligibility Request Form. Notwithstanding the foregoing, if the LLFHL does not offer an OWHA-assigned Category for a given Division and a team determines to play at the Category above that assigned Category, if the team is subsequently re-categorized up to the higher Category, then the team is eligible to participate in the playoffs if it finishes in the top eight (8) of the Loop in which it plays, and no LLFHL Executive review or Consideration for Playoff Eligibility Request Form is required. If a team is re-categorized down at any point in time by the OWHA they will still be eligible for LLFHL playoffs at the Category they began the regular season at.
 - d) Teams found to have intentionally violated Rule 5c) will be disqualified from League play for the season.
 - e) On or prior to a date set annually by the LLFHL, each team shall supply to the League a cheque or money order payable to the League to cover the entry fees for the forthcoming season. The entry fees are non-refundable, unless the team provides written notice to the LLFHL, on or prior to the LLFHL Category Deadline Date, of its decision to withdraw from the League.
-

- f) Novice and Atom teams are required to play two (2) mandatory OWHA sanctioned games against two (2) different teams at their own OWHA registered Category or higher in order to place their team in the most appropriate Category. All other Divisions are highly recommended to also play two (2) OWHA sanctioned games in order to best categorize their respective teams. At the completion of each game, the game sheet must be emailed to the League Convenor for verification.
- g) Each team must enter online game sheet data, and retain and submit game sheets, in accordance with Section 15.
- h) Each association will have a League Liaison This rep will be the main contact person between League Executive and their home association executive and teams. It will be their responsibility to inform all their home members of any League policies and/or changes throughout the season.
- i) Each team is required to have a rostered staff member or statistician attend the game operations training on the date of the Scheduling Meeting.
- j) Notwithstanding any other provisions of these Rules & Regulations, no Association may register two teams to play AA at the Midget, Bantam, Peewee or Atom categories (starting 2016/17 season)

Section 6 – Scheduling

- a) The League Executive will notify League Liaisons of the date of the Scheduling Meeting.
- b) Scheduling will provide flexibility to accommodate OWHA provincial playdowns and championships. Each team must undertake to have sufficient ice time to meet playoff requirements by the set completion date annually.
- c) It is recommended that each association have an Ice Scheduler who will attend the Scheduling Meeting and assist the teams in finalizing the schedule template with ice times.
- d) Any team or association failing to attend the Scheduling Meeting will not be eligible for League play.
- e) Following the Scheduling Meeting, a team shall have three (3) days within which to enter its home schedule into the on-line gaming system. During this period, the team will be allowed to change times and/or locations of games on the originally submitted schedule. Any changes made during the period must be made known to the team's opponent. Failure to enter the entire home schedule within the three (3) days will result in a \$200 fine. After this period, each team will be allowed to rearrange a maximum of three (3) games during the season. Any more than three (3) changes will subject a team to a \$100 fine per game change.
- f) All changes to game times, dates or locations of games must be reported to the League Convenor at least forty-eight (48) hours before actual game time so the online system may be properly updated and referees informed. Failure to do so will result in a \$50.00 fine payable by the HOME team.
- g) ALL games must be scheduled before leaving the Scheduling Meeting. Games are not allowed to be scheduled beyond the completion date for the regular season set out in Section 19 a).

Regular Season: One (1) team representative and Ice Schedulers will schedule all required games at the Scheduling Meeting. Games will be scheduled to reflect a balanced schedule determined annually by the Executive. Any changes throughout the season will be handled by the team representative and the League Convenor. It will be each team's responsibility to ensure on an ongoing basis, that the dates, locations and times for all games are correct in the schedule posted on the website. The League website will be considered to be the sole source of official schedules.

Playoff Format: Format will be determined annually by the Executive.

Section 7 – Pick-up Players

- a) A team may use any eligible player to a maximum of three (3) but not to exceed the number of players currently rostered with their team. **Pick-Ups are not permitted for suspended players.** Each player must be listed with “**P-UP**” for Pick-Up, beside her name on the game sheet.
 - b) For Regular Season League games, a team may pick up any eligible player, to a maximum of three (3) pick-up players, from a lower Category to bring the total team strength to, but not exceed, the number of officially rostered players on the team. The Executive may authorize the movement of a goaltender for emergency situations only, identified as being situations in which the team would have no roster goalie available to play.
 - c) Pick-Up players are not eligible for playoffs. (Exception for Goalies with League Executive approval).
 - d) Special permission may be granted, on approval from the League Convenor, for a team to pick up players from another Association or Independent team. It is the responsibility of the team to make specific written application (OWHA Pick-Up Consent Form) to the League, stating their rationale for the request. The form can be found on the League and OWHA websites and must be e-mailed to the to the League at admin@llfhl.ca.
 - e) An OWHA Pick-Up Consent Form is not required where a player is transferred from a lower team within the same association.
 - f) A Pick-Up Player is defined as EITHER from:
 - i) a younger Division and the same Category or lower;
 - ii) the same Division and lower Category:
(E.g.): 1 - Bantam A team can call from Peewee A team
(E.g.): 2 - Bantam A team can call from Peewee BB team
(E.g.): 3 - Bantam A team can call from Bantam BB team
(E.g.): 4 - Bantam A team can NOT call from Peewee AA team
 - g) Any team found to have violated the Pick-Up Players rule by virtue of not having complied with any of the requirements or limits specified in Rule 7, subsections a) through e) will forfeit the game in which the violation(s) was found to have occurred and by a score that is in accordance with subsection 9) of the Forfeiture Policy listed in the OWHA Handbook. Teams violating Rule 7, as above, will be considered by the League to have used an ineligible or illegal player and the violation will be reported to the OWHA as a suspendable offence.
-

Section 8 – Suspensions

In the event of any suspendable offences, the Discipline Policy and Procedures must be followed in its entirety.

- a) A committee shall be struck by the Discipline Chair consisting of not less than three (3) Executive members for the purpose of hearing any particular matter concerning a Suspension. The Discipline Chair need not be a member of the committee. Discipline Chair can, at his/her discretion, offer the use of teleconferencing for teams that must travel long distances or in the event of inclement weather. Teams attending a LLFHL Suspension Hearing must be represented by a rostered staff member.
- b) A suspension(s) to any coach, manager, trainer, player or support person (on the bench or timekeeping at the time of the infraction) in any OWHA sanctioned game – league, tournament and/or exhibition in or outside the Province of Ontario shall be served in the next OWHA sanctioned game(s) including tournaments, excluding exhibition games.
- c) The committee shall suspend any member where such conduct in and/or around an arena or other place, or by such action violates the Ontario Women’s Hockey Association Code of Conduct, and as such bring discredit to the League and/or the sport of Women’s hockey.
- d) Where a matter regarding a suspension may directly or indirectly relate to an Executive member, such member shall declare a conflict of interest.
- e) Where a coach, manager, trainer, player or support person receives a suspension in any OWHA game outside the jurisdiction of the League, the onus is on the coach of the team to advise the League of such suspension prior to the team’s next League game even if the suspension has already been served. Failure to report any such suspension will result in an additional one game suspension to the head coach of the team.
- f) Copies of all game sheets indicating the serving of any suspension must be submitted to the League in order for the suspension to be considered completed. If a team has failed to send the documentation and the suspended player participates in a game, the head coach will be considered to have used an illegal player and the current OWHA discipline shall be levied.
- g) All members must follow the minimum suspension guidelines as circulated annually by the OWHA. The League may issue additional suspensions beyond the minimum OWHA guideline. These suspensions must be served at the next OWHA sanctioned event(s). NOTE: Exhibition games are excluded.
- h) For any suspendable offence occurring in a League game, the Discipline Chair must be notified by the offending team within 24 hours, or before their next game, whichever is soonest. Failure to do so will result in a one game suspension to the head coach.

Section 9 – Protests & Appeals

- a) A team can only protest a game through a rostered staff member and only regarding an interpretation or violation of a LLFHL rule – e.g. not adhering to the agreed curfew, or if there is an improperly rostered, non-rostered, ineligible, or suspended player participating. The LLFHL cannot accept
-

protests regarding officiating. All issues regarding on-ice officials must be forwarded to the OWHA office.

- b) Notification that a game is being protested MUST be communicated to the League within twenty-four (24) hours of the start of the game being protested.

- c) To protest, a team must:
 - a. With respect to a protest relating to the interpretation or violation of a LLFHL rule, notify the on ice official verbally of the protest before, during, or at the end of the game, before they leave the ice,
OR
 - b. With respect to an improperly rostered, non-rostered, ineligible, or suspended player or team official, notify the OWHA Office within forty-eight (48) hours of the starting of the game.

These are the only situations which are eligible to be protested to the League.

- d) Prepare the protest in writing;
- e) File the protest with the Discipline Chair within forty-eight (48) hours of the start time of the game;
- f) Accompany the protest with a cheque or money order in the amount of \$200.00 payable to the League;
- g) E-mail, deliver or send by registered mail a copy of the protest to the protested team within forty-eight (48) hours of the start time of the game.
- h) The Discipline Chair shall, at his or her discretion, determine whether or not to hold a hearing for any particular protest, in which case he or she shall strike a committee consisting of not less than three (3) Executive members. Within seven (7) days of the protest being filed, the Discipline Chair shall set a date for the hearing of the protest. The hearing date will be no more than fifteen (15) days after the filing date. Discipline Chair can, at his/her discretion, offer the use of teleconferencing for teams that must travel long distances or in the event of inclement weather. Teams attending a LLFHL Protest Hearing must be represented by a rostered staff member who was present at the game.
- i) To Appeal a decision under this Section 9, a team must submit written documentation stating the reason(s) for the appeal and facts supporting the appeal through their association to the League. The appeal shall be filed with the President of the League within twenty-four (24) hours of issuance of the Notice of Decision regarding the protest and must be accompanied with a cheque or money order in the amount of \$200.00 payable to the League. At the discretion of the President of the League, additional information may be brought forward for the appeal without penalty providing that all participants have access to this information in sufficient time prior to the appeal.
- j) Within seven (7) days of the appeal being filed, the Discipline Chair shall strike a committee of three (3) persons, who need not be members of the Executive and must not be persons who heard the

original protest, and shall set a date for hearing the appeal. The hearing date will be no more than fifteen (15) days after the filing date.

- k) Refunded fees for protests and appeals will be at the discretion of the respective committee.

Section 10 – On-ice Officials

- a) All on-ice officials must be OWHA or USA Hockey registered. All on-ice officials MUST indicate certification number on game sheet.
- b) In Bantam AA, Bantam A, Midget AA, Midget A, Midget BB, Intermediate A, a three on-ice official system is mandatory. This system will be imposed upon any other Division and Category in which discipline problems are becoming a trend at any time throughout the season. In all other Divisions and Categories, a two on-ice official system is mandatory. Failure to comply may result in a fine of \$100 against the offending team.
- c) A game may proceed with one on-ice official less than the number required provided that the official(s) and both teams agree before the game commences and all sign the game sheet accordingly. No cause or justification is required from the on-ice official(s) or either team if they refuse to start the game without the correct number of officials. However, once started the game may not be stopped or protested unless an injury occurs to the on-ice official that prevents the on-ice official from completing the game. If the game does not proceed it is considered unplayed and must be rescheduled, though not necessarily re-played, within seven (7) days. A single on-ice official may not officiate a scheduled three-man game in this League. Any three-man game officiated by a single on-ice official will be considered not played and must be rescheduled, though not necessarily re-played, within seven (7) days and will result in a fine of \$200 against each team; in addition, the coach of each team will be suspended for one game.
- d) All games will use the fast face-off protocol. The puck shall be put into play at the indicated start time of the game regardless of whether both teams are lined up in face off position.
- e) Officials are to be at ice level at game time and are to order the clock started for a three (3) minutes warm up period as soon as both nets are pegged and available for the teams to begin their warm up. Once the game clock has started, the officials shall initiate the Fair Play procedures. When two minutes have elapsed, an on-ice official will blow the whistle to let the teams know they have one minute to get to their benches and get their starting line up to centre ice. If teams fail to be ready a delay of game penalty is to be assessed.

Section 11 – Cancellation and Rescheduling Rules

- a) Cancellation of a regular season, playoff or championship game by a team may be done without cancellation penalty up to two weeks (14 days) prior to the day a game is scheduled. Any cancelled game must be rescheduled as provided below.
 - b) 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. In addition, the cancelling team will be assessed a minimum \$100.00 disciplinary fine payable to the League.
-

- c) Games cancelled must be rescheduled for a future date within seven (7) days of game cancellation. Any team that does not reschedule within the seven (7) day period will be assessed a \$100.00 disciplinary fine payable to the League. A rescheduled game is not considered to be locked into the schedule until the League Convenor has been notified.
- d) The League Convenor may issue an additional \$500.00 fine, payable to the League, to any team who fails to show for a scheduled League game without just cause; cancels a scheduled League game within twenty-four (24) hours of its playing time without just cause; or refuses to reschedule a cancelled game. In addition, the Executive shall have the right to suspend all or any member of the team staff of the offending team for up to one (1) year and to refuse the admission of teams from the offending association for the next season. Any costs of Officials for a game cancelled under these circumstances are the responsibility of the offending team.
- e) For the purposes of this Section 11, a team that withdraws from the League shall be deemed to have cancelled all of its remaining scheduled games.
- f) If a game must be cancelled because one or both teams cannot travel due to inclement weather or as a result of a public health notice (e.g. H1N1), the following policy is in effect:
 - 1. The team cancelling the game **must DIRECTLY contact by PHONE**, and speak to a designated team representative before this game is officially considered cancelled. **Note:** E-mail and voice messages will not be considered as proper notification
 - 2. The League Convenor is to be notified by both teams that the game has been cancelled.
 - 3. The cancelled game is to be rescheduled for a future date within seven (7) days.
 - 4. The home team shall notify the Officials of the cancelled game as soon as practical. Any cost for Officials for the cancelled game shall be borne by the home team, if it cancelled the game, and by both teams equally if the visiting team cancelled the game. If extra ice must be purchased for the rescheduled game, then the costs thereof are to be shared evenly by the teams.
 - 5. To be eligible for playoffs and any League awards, teams must play all their regular season games.
 - 6. Games cancelled because of bad weather conditions or as a result of a public health notice (e.g. H1N1) are not included in the three (3) allowed changes under Section 6.

Section 12 – Starting Games Times

The following guideline for Regular Season and Playoff game start times must be followed unless alternate arrangements are mutually agreed upon by both teams:

- Monday to Friday game start times must be such that **starting travel time** from the visiting centre is no earlier than 5:00 p.m.

- Sunday to Thursday game start times must be such that allowing for a reasonable post-game change period, the visiting team arrives home no later than:
 - Novice – 10:00 p.m.
 - Atom/PeeWee/Bantam – 10:30 p.m.
 - Midget/Intermediate – 11:30 p.m.

Section 13 – Game Lengths

- a) All League games including Playoff and Championship games shall consist of three (3) stop time periods of ten, ten, twelve (10-10-12) OR twelve, fifteen, fifteen (12-15-15) as designated for that Division and Category.
 - The following Divisions and Categories will play 10-10-12
 All Novice
 All Atom
 Pee wee A, BB, B, C
 Bantam BB, B, C
 Midget B, C
 - The following Divisions and Categories will play 12-15-15
 All Senior
 All Intermediate
 Midget AA, A, BB
 Bantam AA, A
 Pee wee AA
- b) All League games are STOP TIME. If running time is used, and the visiting team loses, the game will be replayed at the cost of the home team.
- c) No time outs are allowed in regular season games. If a team request a time out during a regular season game, the coach will be suspended for one game.
- d) The number of regular season games will be standardized at 22 or less for all Divisions and Categories.

Section 14 – Game Sheets

- a) The Game Sheet is a LEGAL DOCUMENT for insurance purposes. Any falsification of data may make it invalid for insurance claims. It is important that the game sheets be completed correctly, legibly and accurately and forwarded to the proper person as quickly as possible.
- b) It is the responsibility of the home team to provide a game sheet. The home team should have the game sheet completed and give it to the visiting coach at least fifteen minutes prior to the scheduled game time.

- c) All teams must use the game sheet label available on the registration website for all League games. Failure to do so is a \$25 fine per game payable to the League.
- d) If any players on your team have different sweater numbers for home and away, or if a player is wearing a replacement jersey because hers is lost, misplaced or damaged, then please modify the appropriate numbers. In the event that a player's jersey number does not match the number on the game sheet, then the offending team shall be fined \$100. You DO NOT have to name your starting line-up. With the exception of goalie, player positions are not necessary.
- e) Ensure you have completed the top section of the game sheet including game number, the two team names and OWHA numbers, the arena, the Division and Category, curfew time or no curfew and the scheduled date and time.
- f) Write convenor@llfhl.ca on the bottom of the game sheet so if the on ice official must retain the white copy it can still be emailed to the League if asked to do so.
- g) If a game sheet is signed by an ineligible player, who does not play, then the offending team shall be fined \$100.

Section 15 – Notification of Game Results

- a) It is the responsibility of the HOME team to enter ALL game sheet data online within two days (48 hours) of the time of the game for regular season games, and within 1 day (24 hours) for playoff games. Data for both teams, including all codes, numbers and times must be entered. Failure to do so in the regular season will result in a fine of \$100 per day to the offending association until the game sheet data is entered. A fine of \$100 for every 24 hours after game completion will be assessed to the offending association failing to report online within the twenty-four (24) hour deadline in the playoffs. It is the responsibility of the visiting team to confirm the stats as input by the home team and work with them in correcting any discrepancies.
- b) It is the responsibility of the HOME team to retain all League game sheets. Game sheets must be held until March 31 of the season in which the game was played. Should the League request a copy of a game sheet, the Home team must email the game sheet within 1 day (24 hours) to convenor@llfhl.ca. Failure to email a game sheet within the time prescribed will result in a fine of \$100 per day until the game sheet is submitted. In the case of a suspendable offence, whether in the regular season or in the playoffs, the offending team must email the game sheet within 1 day (24 hours) of the game or before the next game, whichever is earlier.

NOTE: It is important to note that in certain situations, the OWHA requires the on-ice game official to take the white copy of the game sheet.

Section 16 – Tie-Breakers – Regular Season

- a) If teams are tied at the end of the Regular Season the following criteria will be followed:
 - i. Most wins in regular season against all opponents.
 - ii. Record against other tied team in regular season. (Disregard if more than two teams tied)
-

- iii. Goals scored minus goals against in regular season against all opponents
- iv. Fewest goals allowed in regular season against all opponents
- v. Fewest penalty minutes accumulated in regular season against all opponents
- vi. Flip of coin by a neutral party agreed to by the League Convenor.

In case of more than two teams, tie-breakers will follow the numerical order until all ties are broken.

Section 17 – Curfews

1. All League games must start at their designated starting times. Curfews will be allowed for all regular season games.
 2. All League games including playoffs and Championship games shall consist of three (3) stop time periods as designated for that Division and Category. (Refer to Section 13 – Game Lengths)
 3. A three (3) minute warm up will start each game.
 4. All Regular season games played under LLFHL jurisdiction must have a curfew notice written in “OTHER” section of the OWHA game sheet.
 - a. If the game is played in an arena with no curfew, the notification will read “NO CURFEW”. The game must be played in its entirety.
 - b. In arenas where there is a curfew, the notification will state “CURFEW and a specified time of day” (e.g. CURFEW 10:20 p.m.). The game must stop at the specified time.
 - c. The curfew notice must have either a NO CURFEW notation or a specified curfew time. Whether the curfew notice reads NO CURFEW or has a specified time, a rostered member of the Coaching Staff of both teams is required to initial next to the curfew notice prior to the start of the game. If a team does not initial to acknowledge the curfew, they forfeit all rights to protest the game based on curfew.
 - d. All Officials (referee(s) & timekeepers) must be notified of the curfew as well.
 - e. Failure to follow any of Rule 5, subsections a) through d) could result in a forfeit of the game by the home team should the game be protested. If, in the sole judgement of a Protest Committee, the result of the game was not affected by the breaking of Curfew rule, the protest can be dismissed. The LLFHL executive does retain the right to fine the home team a maximum of \$200 in the event the home team does not follow the provisions of Section 17.
 - f. The actual start time of the game is to be recorded on the game sheet by the timekeeper. For the purpose of the time of day, the arena clock will be the official time piece. In the case of no time of day clock being present, the referee(s) will designate, prior to the start of the game, what the official time piece will be and advise both coaches of such a decision.
-

- g. It will be the responsibility of the timekeeper to sound the end of game horn when the official time piece reaches the designated curfew time and the game will be considered over at that point. Under no circumstances is the game to continue past the designated curfew time.
- 5. Games that must be curfewed due to a serious injury that requires medical assistance to be called or due to a serious mechanical equipment failure in the arena that makes playing dangerous or impossible are permitted to be ended even if the game sheet says no curfew.
- 6. Any regular season game curfewed after the start of the third period will be considered a complete game at the point of curfew. Any regular season game curfewed before the start of the third period will be considered to have been cancelled within the rules and without penalty and will be required to be rescheduled.

Section 18 – Awards

Awards will be presented to the regular season winner of each Loop for all Divisions and Categories. Teams which are recategorized up by the OWHA are ineligible to receive the lower Category awards.

Section 19 – Playoffs & Championship Weekend

- a) The regular season will conclude on January 31. In the event of inclement weather on the last weekend of the season that forces cancellation of games as per Rule 11(f), the Executive reserves the right, in its sole judgement and discretion, to extend the season by one or two days to accommodate teams. Per Rule 11(f)5, to be eligible for playoffs and any LLFHL awards, teams must play all their regular season games.
 - b) A team shall not be eligible for playoffs or any LLFHL awards if, on January 31, there are any fines or parts thereof outstanding against it.
 - c) Playoff formats will be announced annually by executive.
 - d) Playoff games can be used for OWHA playdowns provided the rules for both match. Teams should contact their OWHA Regional Director to confirm prior to playing.
 - e) **Player Eligibility**
 - 1. See Section 2 of Rules and Regulations
 - f) **Travel to USA Teams**
 - 1. Teams who at the beginning of the season determined that they would not travel to the USA will host all necessary LLFHL Playoff games (versus U.S. based teams in their Division and Category at their own expense (ice time and Officials). The hosting centre shall be designated as the Home Team for all such games for scoring, game rules and game reporting purposes. These provisions do not apply to games with US based teams which are hosted by the US based team in a reasonably located Ontario arena, the judgement of which shall be at the sole discretion of the Executive.
 - 2. If a Team/Association does travel to the U.S. to play regular season and playoff games, primary medical coverage is required for out of Ontario travel.
-

g) Playoff Ranking

1. Upon conclusion of the complete regular season all eligible teams will be ranked in each Loop based on their final point total (1(one) being the highest) at the end of the regular season. Teams that have been ruled ineligible to participate in playoffs by virtue of having been re-categorized up by the OWHA as per LLFHL Rule 5(c) will be excluded from this ranking. Should two or more teams be tied in points, the tie will be broken as per Rule 16.
2. A maximum of eight (8) teams in each Loop will qualify for the playoffs. The rankings determined prior to the start of the playoffs will be applied through all Loop series. The playoff format will be determined by the LLFHL Executive at the beginning of the season and posted. For Loops with fewer than 8 teams first round byes will be assigned to teams ranked #1, 2 and 3, as required.
3. Loops will play down through the brackets to the designated number of teams for Championship Weekend, as shown on the posted playoff structure charts.

h) Playoff Scheduling

1. Playoffs will begin on a date designated by the LLFHL. No teams will begin playoff games prior to that date. All playoff rounds must be completed by the dates designated by the LLFHL.
 2. In all cases sufficient guaranteed ice must be arranged for in advance for all playoff games. Inability to work out a fair playoff schedule due to participation in tournaments is not accepted.
 3. Scheduling will provide flexibility to accommodate OWHA provincial playdowns and championships. Each team must undertake to have sufficient ice time to meet playoff requirements by the set completion date annually.
 4. There is no March Break blackout period but teams should endeavour to schedule their games to avoid this period and hence fights and arguments. Remember hockey is an honourable game.
 5. Once teams are advised of their next playoff opponent, either by the League Convenor or through website posting, it is their responsibility to communicate with their opponent in order to schedule games. Note, the higher seeded team in a series does not have to open the series at home, but has first choice to do so. Doubleheaders are permissible if both teams agree and must meet the minimum separation requirements listed in the OWHA Handbook Rule Two (I) 18).
 6. All games must be scheduled prior to the series starting; failure to do so will result in a \$200 fine against the association or independent team of each of the offending teams. The higher seeded team in any series always receives the first option to host the 3rd game in a series. If a team is unable to furnish sufficient reasonable ice (defined as per the guidelines listed in Rule 12) to host the 3rd game prior to the series starting, the lower seeded team will then have the option to host the 3rd game. Teams hosting the third game must ensure they have sufficient ice to accommodate a 10-minute overtime plus shootout in addition to the regulation game. The team hosting the 3rd game will be responsible for the cost of ice and Officials.
 7. Each series must be completed by a date to be determined by the LLFHL Executive. Completion dates for all playoff series in all Divisions are to be noted on the website.
-

8. The Executive and/or the League Convenor shall have the authority and discretion to resolve any and all conflicts between teams in the application of Section 19 h) and/or the breach of any provision thereof, and its remedies may include, without limitation, the determination of game locations, dates and times, the disqualification of one or both teams, the declaration of a series winner, and the use of a coin flip by a neutral party to determine a series winner. In the event a team fails to attend a game mandated by the Executive or League Convenor, the offending association's membership in the League will be reviewed by the Executive.
9. Any changes to game times, dates or locations of games must be reported immediately to the League Convenor so the online system may be properly updated and referees informed. Failure to do so will result in a \$50.00 fine payable by the HOME team.

i) Cancellation Rules

1. Cancellation of games due to weather is allowed and is to be handled as per the provisions in Rule 11(f). Cancellation of games due to insufficient on-ice officials in attendance as per rule 10 (c) are allowed and are to be handled as indicated in 10(c). Cancellation of scheduled playoff games for other reasons is subject to the provisions and fines contained in Section 11. Teams are responsible for notifying the League Convenor of any game changes as per Rule 6 and are responsible for ensuring the schedule accessible through the website is correct as per Rule 6.

j) On-ice Officials

1. As per Section 10. Note that in scheduling on-ice officials for home games, Rule 10 must be followed. Teams are referred to Rule 10(c) regarding games in which insufficient number of on-ice officials are present and protest provisions.

k) Curfews

1. NO curfews are allowed in playoffs; therefore each team must have sufficient ice to ensure games 1 and 2 are played to completion of regulation time and game 3 as below.
2. Because there are no curfews in LLFHL playoff games, the curfew notice does not need to be initialed by either team.
3. In the event of a serious injury that requires medical assistance resulting in the game being called by arena staff due to the expiry of the ice rental period or in the event of a power/mechanical failure that results in the game being called by arena staff due to the expiry of the ice rental period, the game shall be considered to be suspended at the point of the injury or power/mechanical failure. It will be the responsibility of the two teams to make arrangements to resume the suspended game prior to the series due date. The original home team will be the home team, unless they are unable to provide a reasonable ice time. If they are unable to provide a reasonable ice time the original visitor will have the option of hosting. The host team will be responsible for providing Officials. The game will commence at the point of the suspension of play. The original game sheet will continue to be used. There will be no additions to the roster. Penalties, including minors, misconducts and suspensions, will carry over.

l) Pick-up Players

1. Please see Section 2 – Player Eligibility

2. Pick-Up players are not eligible for playoffs. (Exception for Goalies with League Convenor approval. The League Convenor should be contacted immediately via email or phone.)
3. Any team found to have violated the Pick-Up Players rule by virtue of not having complied with any of the requirements or limits specified in Rule 7, subsections a) through e) will forfeit the game in which the violation(s) was found to have occurred and by a score that is in accordance with subsection 9) of the Forfeiture Policy listed in the OWHA Handbook. Teams violating Rule 7, as above, will be considered by the LLFHL to have used an ineligible or illegal player and the violation will be reported to the OWHA as a suspendable offence.

m) Penalty Minutes

1. All penalty minute totals accumulated during the regular season are zeroed at the start of playoffs.

n) Suspensions

1. As per Section 8
2. Any OWHA or LLFHL suspensions earned during the regular season will carry over into the playoffs until they have been completely served. OWHA and additional LLFHL suspensions do not run concurrently. The OWHA suspension will be served first followed by the LLFHL suspension.

o) Protests & Appeals

1. As per Section 9.
2. Protests lodged during the LLFHL playoffs must follow the same procedure as during the regular season with one exception. Due to the condensed timeframe during the playoffs, the Discipline Chair can, in his/her discretion, mandate that the protest hearing be done via conference call to rule on the protest more quickly.
3. There will be no protests specific to LLFHL rules allowed during Championship Weekend. Protests handled at the OWHA level must be brought forward to the LLFHL Executive no later than one (1) hour from the completion of the game.

p) Starting Games Times

1. As per Section 12

q) Game Lengths

1. As per Section 13
2. One 30-second timeout will be permitted per team per game in all Categories, Divisions and Loops. This modification is to facilitate, where applicable, playoff games used for OWHA Regional playdowns. If the 30-second timeout is not used during regulation time it may be used during overtime.

r) Notification of Game Results

1. It will be the responsibility of the HOME team to enter ALL game sheet data within 1 day (24 hours) for playoff games. Data for both teams, including all codes, numbers and times must be entered. A fine of \$100 for every 24 hours after game completion will be assessed to the

offending association failing to report online by the twenty-four (24) hour deadline in the playoffs. It is the responsibility of the visiting team to confirm the stats as input by the home team and work with them in correcting any discrepancies.

s) Series Winner and Tie-Breakers

1. Playoff series will be best of 3 with the first team to have 4 points advancing to the next round. Games may end in ties, including the third game in the series. To be clear, if the third game in a series is tied at the end of regulation time, then, subject to subsection t) 2., it is considered a complete game as a tie. Teams receive 2 points for a win, 1 point for a tie and 0 points for a loss.
2. If both teams are tied with 3 points at the conclusion of the third game, the teams will follow the Overtime provisions set out below to determine the series winner. Overtime in a series is to be played only if the total points for each team are the same at the end of the third game. For example, if team 'A' wins game 1, ties game 2 and ties game 3, then Team 'A' advances with 4 points. If team 'A' wins the first game, ties the second game and loses the third game, the series is considered tied at 3 points each and an overtime is played to decide the series (not the game) winner.

t) Overtime

1. If teams are tied with 3 points each at the end of regulation time in Game 3, they will play a 10 minute stop-time Overtime to determine the series winner.
2. The Overtime will start with 4 skaters a side, the exception being any penalties or suspensions still in effect at the end of regulation will carry over to Overtime. The first team to score in the Overtime will be declared the series winner.
3. If teams are still tied following the conclusion of Overtime, the series winner will be determined by a Shootout, see Section 19u) below.

u) Shootout Rules

1. Each team is responsible for designating its first six shooters on the third game sheet prior to the start of the third game. The six shooters must be different players. The shooting order will be designated by S1, S2, S3, S4, S5, S6 and must be followed. A player serving a penalty at the end of the overtime is ineligible to participate in the shootout and a replacement must be designated immediately prior to the shootout commencing. The replacement player is inserted into the slot held by the penalized player. If a previously designated player becomes sick or injured prior to the shootout, the team may designate a replacement, in which case the sick or injured player becomes ineligible to participate in the shootout and the replacement player is inserted at S6, with other designated players moving up as required.
2. The Home team will have the option of shooting first. The teams will alternate players shooting on the opposing goalie (i.e. they don't shoot at the same time). All Hockey Canada rules applicable to penalty shots are to be followed (refer to Official Playing Rules Rule 4.9). All shooters will start out with the puck at center ice. Only the player participating in the shootout and the two goalies are to be on the ice during a shot.

3. Once the shot is completed the player must proceed to the penalty bench. It will be the responsibility of the timekeeper to keep track of the number of each shooter. It will be the responsibility of the Home team to ensure that the timekeeper is aware of their responsibilities.
4. If still tied after the 3-player shootout, a sudden victory shootout will take place. Each team will continue to send out a single player until one team scores and the other doesn't at which point the team scoring will be declared series winner.
5. A player may only shoot once until the smallest of the rosters of eligible players has been gone through completely (minus goalies) at which point the team with the larger roster may elect to have a player who has already shot shoot again. Teams are reminded to balance the best interests of the players against the need to win and that exclusion of players from participating may have more far-reaching impacts than would occur through the loss of a game.

v) Championship Weekend

1. Hockey Canada and OWHA rules shall apply except where listed below.
2. Team representatives must check in at the registration tables prior to the team's first game. Team representatives are to ensure their team's LLFHL Championship Weekend Registration Fee is paid prior to their first game. Fee to be determined annually by LLFHL Executive and posted. Cheques are payable to LLFHL.
3. Teams should be available to commence the game 30 minutes prior to the scheduled start time provided Officials are available.
4. Home and visiting teams will be assigned and will appear on the game sheet. Teams must provide game sheet labels. The home team will wear light-coloured sweaters.
5. Game lengths are the same as for regular season games, as per Section 13, (10-10-12 or 12-15-15).
6. There will be a timed three (3) minute warm-up beginning when ice surface is ready and the on-ice officials have come onto the ice
7. Games are to be played to conclusion. Round Robin games may end in a tie; elimination, semi-final and medal games require a winner to be declared.
8. Pick-Up Players - No pick-ups are allowed with the exception noted in Rule 7 c). This must be cleared through the League Convenor prior to each game.
9. Player Eligibility – See Section 2.
10. Protests - There will be no protests specific to LLFHL rules allowed during Championship Weekend. Protests handled at the OWHA level must be brought forward to the LLFHL Executive on site no later than one (1) hour from the completion of the game.

11. Tie-Breaker Rules – as per regular season. See Section 16, except “in regular season” should read “during Championship Weekend”.
12. Overtime Rules – as per Playoffs. See Section 19 (t).
13. Shootout Rules – as per Playoffs. See Section 19 (u).
14. Time Out Rules - Each team will be permitted one 30-second time out per game.

Section 20 – Hockey Canada and OWHA Rules, Regulations and Policies

Associations, Individual teams, players and all registered participants are bound by the Constitution, By-Laws, Regulations, Rules, Policies, Code of Conduct, Code of Ethics and procedures of the OWHA, except as modified by the Rules and Regulations of the LLFHL. The OWHA follows Hockey Canada Playing Rules including rules specific to female hockey. It is the responsibility of team management to beware of all pertinent information and to inform team members, parents and others as appropriate. OWHA and USA Hockey teams are required to follow their respective equipment and insurance requirements.