



ORHL Rules & Regulations

RULES AND REGULATIONS

The Ontario Rep Hockey League (ORHL) is sanctioned by the Amateur Athletic Union (AAU). We are not in any way affiliated with any other hockey program. The ORHL utilizes rules as laid out in the NCAA rulebook but does have exceptions and additions.

RULEBOOK HIGHLIGHTS

- **Game Times:** 3-minute warm-up. 3 x 12-minute periods
- Body checking – Referee's discretion on 2/4/5-minute penalties for body checking
- Stick infractions – Referee's discretion on 2/4/5-minute penalties for stick infractions
- Blue Line Icing
- Automatic stoppage of play resulting from puck hitting goalie mask (i.e. no goal if puck goes directly off the mask and into the net)
- There is no penalty if a player shoots the puck over the glass in their defensive zone
- Teams are permitted to change players on an icing call
- Four-minute penalties – Player remains in box even after powerplay goal
- Player with 3 minor penalties is removed from the game
 - If the 3rd penalty occurs in the last 5 minutes of game – this results in an automatic additional one-game suspension
- Mercy Rule

SHOWCASE RULES

- No time-outs in any Showcase game
- Ties are not broken – games will end in a tie

TOURNAMENT RULES

- One 30-second time-out is permitted during **Playoff Games** only
- **Tiebreak Format:** 1) Head-to-Head 2) Most Wins 3) Fewest Penalty Minutes 4) Highest Goal Differential (up to a maximum 5-goal spread per game) 5) Flip of Coin



- **Overtime Format:** 5-minute (running time) sudden death 3-on-3 (players required to change on-the-fly)
 - Penalties –
 - Non-coincidental penalties will result in 3 minute-run time.
 - All coincidental penalties will result in 2 minutes run-time.
- **Shootout Format:** Each team uses 3 different players and will shoot simultaneously. If still tied, the format goes to sudden death (alternate shooters) until a goal is scored. The same player can not shoot a second time until everyone has had an opportunity.

RUN THE CLOCK MERCY RULE

- If the goal differential is 5 goals or greater at the start or any time during the third period, the clock will run (no stop time). The clock will go back to stop time if the goal differential is within 3 goals.

TIMEOUTS

- Showcases – no timeouts
- Tournaments - 1 (30 sec) timeout during playoffs only

BLUE LINE ICING

- Blue Line Icing.
- Teams are allowed to make line changes after an icing.

SHOT HITTING GOALIE MASK

- Shots hitting a goalie directly in the mask will result in the play being immediately blown dead
- **Should the shot to the mask result in a goal - NO GOAL**
- Shots hitting the plastic shield protector will be up to the Referee's discretion whether the play is blown dead or not.

HIGH STICKING THE PUCK

- High sticking the puck will result in the play being blown dead automatically (no penalty called)



- If a DEFENSIVE player high sticks a puck in the defensive zone, the faceoff goes to the closest spot in the defensive zone.
- If an OFFENSIVE player high sticks a puck in the offensive zone, the faceoff will go to the faceoff dot in the neutral zone.

BODY CHECKING RULE

- Body checking penalties will be left to the discretion of the referees. Checking penalties can range from 2 minutes, 4 minutes, or 5 minutes.

MINOR PENALTIES

- Any player who receives 3 minor penalties in a game will be ejected for the remainder of that game.
- A 4-minute and a second 4-minute penalty in that same game will result in the player being ejected for the remainder of that game.
- If the 3rd minor penalty occurs in the last 5 minutes of the game, the player will receive an automatic 1 game suspension.

Example: Any of these scenarios results in a game ejection and 1 game automatic suspension if the last penalty occurs in the last 5 minutes of the game – 2+2+2 or 4+4 or 4+2+2 or 2+2+4

MAJOR PENALTIES

- Any player receiving a 5-minute major penalty at any time in a game will be automatically ejected for the balance of that game. A minimum 1 game suspension will follow.
- The League Commissioner will review all major penalties for additional game suspensions as warranted.

MATCH PENALTIES

- A MATCH PENALTY requires the immediate removal of the player or team official for the balance of the game and a five-minute penalty shall be assessed.
- The League Commissioner will review all match penalties for additional game suspensions as warranted.

All players, coaches, and/or team officials receiving a MATCH PENALTY are immediately suspended from all team activities (including games, scrimmages, and/or practices) until the incident is reviewed by the Commissioner.



GROSS MISCONDUCT

- All players, coaches, and/or team officials receiving a GROSS MISCONDUCT are immediately suspended from all team activities (including games, scrimmages, and/or practices) until the incident is reviewed by the Commissioner.

SUSPENSIONS

DISCIPLINARY ACTION

- Fighting of any kind will not be tolerated on or off the ice by players or team officials.
- Any fighting majors will **automatically** receive a 3-game suspension to be served at the next ORHL event (Showcase or Tournament) only. (League or exhibition games not included)

PLAYER AND/OR TEAM OFFICIAL SUSPENSIONS

- If a player or team official is under suspension, they are not permitted in the dressing room, the dressing room area, or on the players' bench before, during or after a game.
- A player and/or team official can practice with their team while under suspension unless the suspension is the result of a Match Penalty or Gross Misconduct.