2026/2027
ORILLIA LADIES' HOCKEY LEAGUE (OLHL) OFFICIAL RULES

1. The Orillia Ladies' Hockey League (OLHL will adhere to Handbook, Constitution, By-Laws, Regulations, Rules, Policies, Procedures, Code of Conduct and other related **materials in accordance with the current affiliated league insurer** as well as the City of Orillia RESPECT program (including zero tolerance for harassment).

2. At the time of registration, player requests must be indicated in the appropriate area on the registration form and the request must be reciprocal for the request to be considered (Player #1 requests Player #2 and Player #2 requests Player #1). Player requests are not guaranteed as balancing the teams is the first priority. Only one player request will be considered per player. (i.e., requests for 3 or more individuals to play together on a team will not be considered). Any registrations received in violation of this rule may result in automatic dismissal of all related requests.

3. When applicable, any member who has received a discount or award towards the registration fee may choose to transfer this amount to another member of their choosing. Written notification must be provided to both the Registrar and Treasurer.

4. Jersey Deposits: Players will be required to provide a refundable deposit (amount set by Executive each season) as part of their registration. Deposit will be refunded to the player when the jersey and socks are returned in satisfactory condition at the end of the season.

5. Players who do not return their jersey/socks by the AGM or 1 month after the final playoff game will be subjected to a non-refundable $75 fee on top of registration and jersey deposit for the next season.

6. Players who have not returned their jersey/socks from a previous season are not eligible to register for the current season. Registration will only be allowed once (i.) jersey/socks have been returned in satisfactory condition, and (ii.) fee of $75 has been paid - either as late return penalty or to cover replacement if items have been lost.

GOALTENDER:

7. Goaltenders may be eligible to receive a rebate at the end of the season, or pay a reduced registration fee, if allowed within the OLHL's financial budget plan. This is to be determined by the Executive each season and is dependent upon meeting all conditions set forth in the Goaltender Agreement as outlined on the registration form.

These conditions include (i.) attendance as goaltender for 2/3 of scheduled games; (ii.) responsible for finding an appropriate replacement in the event a game will be missed; (iii.) notifying both the team manager and goalie liaison at least 48 hrs in advance of an expected absence.

Exemptions for emergencies or medical reasons will be considered and may require supportive documentation at the discretion of the Executive.

OLHL reserves the right to refuse a registration rebate, or discount for the following season, to any goalie who has not met commitment conditions in previous seasons.

9. Goalies can register to be "backup" if all goalie positions have been filled. Backup goalies would be required to pay for insurance only.

REFUNDS:

10. Players who withdraw from the league prior to August 15th will be refunded amount paid minus an administration fee (set by the Executive each season).

11. Players who withdraw from the league between August 16th and December 31st **may** be entitled to a refund, at the discretion of the Executive and subject to the following conditions:

    i. written request for refund is submitted to the Executive.

    ii. replacement player is available within 2 weeks of the request.

    iii. jersey and socks have been returned in satisfactory condition.

12. Refund requests must be received in a timely manner and, if granted, are calculated as follows:

    - August 15th to September 30th: 50% of registration fee refunded
    - Oct.1st to 31st: 30%
    - Nov.1st to 30th: 20%
    - Dec. 1st to 31st: 10%
    - Jan. 1st to end of season: 0% (no refund)

13. Unexplained absences: Players who are absent from 3 or more consecutive games without explanation to the Team Manager may be replaced by someone on the wait-list and that player's standing as an active member will be forfeited. No refund shall be provided.

14. Players must only be assigned to one tier, with the exception of a member who plays as a skater in one tier and a goalie in another tier and only when there is a vacancy which cannot be filled. Players wishing to change tiers should submit a written request to the Executive before the rebalancing date. Extenuating circumstances may be presented in writing to the Executive and will be reviewed on a case-by-case basis.

15. Players who are registered as skaters may also play as goaltender to provide coverage when needed. This applies to both the skater's own team and others. Assignment must be through the Goalie Liaison.

REBALANCE:

16. Every attempt will be made to minimize player movement after the teams are assigned; however, ONE rebalancing date may occur after all teams have played each other in their respective tiers, and rosters will then be finalized.

17. Any games played prior to a rebalance will not count towards team rankings. Team points will only accrue following the rebalance to position teams for playoffs. If no rebalance occurs, then all games played will count towards team rankings.

GAME PLAY – Regular Season:

17. In accordance with Hockey Canada and the current insurer's policy, teams must field a minimum of 5 skaters plus a goalie otherwise that game is forfeited whether or not the game is played. For OLHL purposes, there must be 5 members of the original team (can include the goalie) otherwise the game is forfeited (i.e., cannot have 3 original team members and 2 pickup players). Goalie can include the board if required, as outlined in Rule 12, but would then require all 5 skaters to be members of the original team. Rule 1 applies to both regular and playoff seasons.

18. **Pick-up Rules:**

An OLHL team may pick up a player from another team if they have less than 9 skaters in attendance - not including a goalie. Teams may pick up the number of players, not exceeding

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THREE, to equal a **total of 9 skaters** or less. (Example: 8 skaters = 1 pick-up allowed, 7 skaters = 2 pick-ups, 6 skaters = 3 pick-ups).

Exception for 2026-2027 season: For the **10 pm** games, teams may pick up **any number** of players required, to a **maximum of 9 skaters total**. Applies to regular season games only.

19. TIER 1 PICK-UPS: Any Tier 1 or Tier 2 player unlimited times.

20. TIER 2 PICK-UPS: Only Tier 2 players may be picked up by Tier 2 teams, unlimited times.

21. ALL Pick-ups MUST be recorded on the official game sheet with "PU" beside that player's name.

22. Any infraction of the pick-up rule will result in a forfeited game by the offending team.

23. Tier 2 can pick up a tier 1 goalie only if (i) all reasonable efforts have been made to secure a replacement goalie from tier 2, and (ii) both team managers agree. If no goalie replacement is available, the "board" will be used.

24. TIER 2 – NO SLAPSHOTS! Slapshots will result in stoppage of play.

25. TIER 2 – **Maximum 3 goals for any one player per game**. Players having scored 3 goals in a single game are expected to refrain from taking further shots on goal. Any goals by a player who has already scored 3 goals in that game will not be counted. This rule applies during both regular and playoff season.

26. The game scores and team standings shall be updated periodically then made available for player view online at the OLHL website.

27. All games will not begin before their scheduled time.

28. Determining regular season ranking position in each Tier includes:
    1. Total number of points*
    2. Total number of wins
    3. Goals for minus Goals against*
    4. Least goals against
    5. Most goals for
    6. Head-to-Head Coin toss

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

29. Alcohol and drug consumption is NOT allowed on arena premises – including dressing rooms and parking lots.

30. Any concerns or problems regarding the schedule for the season need to be brought to the attention of the executive, by way of the Team Manager(s) or Team Liaison Representative(s) by October 1st of the same year.

PLAYOFF RULES:

31. No player pickups during OLHL playoffs. Goalies are an exception and assignment will be discretionary. Team managers are to attempt to secure a replacement goalie who is appropriate for that tier and the selected replacement goalie must be agreed upon by both team managers.

32. Rule 17 (minimum 5 skaters plus goalie) remains in effect.

33. Rule 25 (tier 2 maximum 3 goals for any one player per game) remains in effect.

34. During the round-robin stage of playoffs, games tied after regulation time will remain tied.

35. In the final week of the season, during championship games, tied games will go into 5 minutes of sudden-death 4 on 4 overtime.

36. If still tied after the overtime, there is a shoot-out of 3 players per team. Coaches/managers have one minute after overtime ends to submit the first three shooters.

If still tied after each team's 3 shooters, then there is a single shooter per team until tie is broken. No player may shoot for a second time until the team with lesser players has gone through their entire bench.

Shooters go two at a time with a shooter from each team shooting towards opposite goalies.

In the event of a goalie absence and use of the "board", all players from both teams will shoot on the board from outside the crease.

37. Due to required tie-breakers, final night championship games may experience start times delayed up to 30 minutes.

38. Each team will be allotted one 30 second timeout during championship night.

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

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

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