



RAY FRIEL HOCKEY



REFHL

**Ray Friel Hockey League
Rules, Regulations and Procedures**

Summer 2024

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1. RULES OVERVIEW

- 1.1 CARHA (Canadian Adult Recreational Hockey Association) rules apply to all Ray Friel Hockey League (RFHL) rules; the following rules either supplement or replace the rules in the CARHA rulebook.
- 1.2 **Insurance:** The RFHL provides insurance through CARHA, this is financed through the league fee. The CARHA Roster form must be fully filled out to be covered. A maximum of 18 total players are covered per team, which includes spares and goaltenders.
- 1.3 A captain must be defined for every game, the player that is the captain for the game is responsible for players, penalties, and suspensions of the team.
- 1.4 Game sheets will be provided to each team's captain after every game to ensure that goals, assists and player attendance are all accounted for.
- 1.5 Player Responsibility: Team Representatives are responsible for being familiar with the RFHL Rules, Regulation and Procedures document outlined below, as well as contractual obligations and the rules in the CARHA hockey rulebook. They are also responsible to ensure that their players have read and understand the RFHL Rules, Regulations and Procedures document. It is also the team representative's responsibility to forward all communications to their teammates.

2. RFHL LEAGUE OFFICIALS

- 2.1 RFHL officials include both on-ice and off-ice staff.
This includes timekeepers, conveners, referees, and administrative staff.
- 2.2 Plays will be reviewed based on staff reports and by the account of the convener on site. Suspensions will be assessed and reviewed based on the reports provided by all league staff.

3. FIRST AID

- 3.1 Teams must supply their own first aid supplies as a primary resource in the event of injury. The league highly recommends that every team have at least one person who is first aid certified at each game.
- 3.2 City of Ottawa staff are trained on Standard and Emergency First Aid. There is an AED (Defibrillator) located on Rink 1 and in the entrance between Rink 2 and Rink 3.

4. TEAM REPRESENTATIVES

- 4.1 Every team must choose a team representative and an alternate team representative.
- 4.2 **The league will only correspond with the team representative or alternate representative should the team rep not be available.**
- 4.3 The captain shall be the spokesperson for the team and is responsible for relaying league communications to their team.

5. MINIMUM AGE REQUIREMENT

Players must be at least 18 years of age to participate in the RFHL.
Players under 18 must have a parent or guardian sign the waiver form.

6. OFFICAL ROSTER

- 6.1 To participate in the RFHL all participating players and team officials must register themselves on the team's official roster before the first game. Team rosters are to be comprised of **15 regulars including your goalie, and 3 spares**. Players (including spares) cannot play on more than one team per Tier. (Goalies are exempt from this rule).
Players not registered on the official team roster are NOT permitted to play in the league. Failure to comply will result in a suspension for the player AND captain/team rep.
If an illegal player is used during a game, that game will be forfeited.
Full-Time players (regulars): A full time player can be defined as someone who will play at least the minimum number of games to meet the playoff eligibility rules (regardless of what they paid to play).
- 6.2 Valid Identification: All players must have valid photo identification with them in the dressing room on game day. The RFHL considers a driver's license, health card, student card, or a government access card valid ID, provided they include a photo. The league reserves the right to check ID at any time. Failure to produce ID may constitute the team as having an illegal player and may lead to suspension(s).
- 6.3 The team's official roster must be set by **April 19th, 2024**. If a player has not played prior to **Friday, May 10th**, a final revised roster can be sent by **Sunday, May 12th**, with changes. After this date no changes will be allowed, no exceptions. In the event a player is injured and might not make the minimum games, communication by email must be sent to the RFHL inbox explaining the substitution request. RFHL Committee will make the best decision possible on a case-by-case basis.
- 6.4 The RFHL reserves the right to move any team, at any time with dominant players to a different division or require dominant players to be replaced at the RFHL committee's discretion.

- 6.5 Teams will only be allowed to have **2 NON players** on the bench during games, any others will be asked to watch from the stands. Non players are not to get involved in the game. Referees and league officials will address concerns with captains only.

7. LINEUPS & STATS

- 7.1. It is the responsibility of the team rep to ensure that player numbers are entered correctly on the score sheet, and that all players are present are accounted for. If a player arrives after the game has begun, it is the team's responsibility to identify this player to the timekeeper. Corrections to a player's game totals will not be made after the score sheet is submitted to the league.
- 7.2. Requests to correct stats recorded on the score sheet must be submitted by the team rep during the game. Correcting the referee immediately after a goal usually assures the proper allocation of stats. Do not approach the scorekeeper for any corrections. No assists will be added after the referee has told the scorekeeper of the goal.
- 7.3. If a team is using a spare goalie the league needs to be notified by email (rfhl@ottawa.ca) **before the game**, along with the goalie's information provided: birth date, age, phone number, address, and emergency contact information.

8. GAME TIME

- 8.1. The RFHL Timekeeper will start the game clock on the hour (X:00) or on the 15 (X:15) depending on what rink teams are playing.
- 8.1.1. First half will consist of 25 minutes **of run time**
3 minutes warmup + 22 minutes game time
- 8.1.2. Second Half of 22 minutes **run time**.
- 8.2. The **last 2 minutes** of the second period will be **stop time** only **if the score is within 1 goal or tied and there is sufficient time remaining**. This applies to playoffs as well. During regular season play, the 50 minute time limit must be respected.
- 8.3. Displaying large goal differences will be at the discretion of the RFHL timekeeper; large goal differences of 5 or more goals may not be displayed on the time clock.

9. EQUIPMENT

- 9.1 All skaters shall wear CSA approved hockey helmets. Skaters are not allowed to wear the old-style "Gretzky Helmets". Players must have a proper chinstrap fastened to both sides of the helmet. Tape, string or any other non-standard chinstraps or modifications to chinstraps will not be permitted. Players without proper helmets and chinstraps will NOT be permitted on the ice during a game.

- 9.2 Goalies are permitted to wear cat eye masks, at risk of no insurance coverage by CARHA.
- 9.3 To be insured with CARHA, CSA approved half visor/cage facemasks are mandatory for players. All players under the age of 19 must wear an approved full-face shield.
- 9.4 If a player has been warned that he must improve or correct a piece of equipment; failure to do so will automatically result in a minor penalty. This player will not be allowed to participate in that or any subsequent games until the problem has been rectified and approved by a league official.

10. ON ICE RULES

- 10.1. The Red Line will not exist for league play.
- 10.2. Icing will be called from a team's defensive Blue Line not the Red Line
- 10.3. Player in Crease: If a player enters the crease area before the puck and a goal is scored the goal will be disallowed with the face off in the neutral zone.
- 10.4. Serious Injuries:
- 10.4.1. Any player considered by an on or off-ice official or the team rep to have incurred a serious injury prior to or during the game (particularly a head injury), will not be permitted to continue to play.
 - 10.4.2. If game must be stopped due to serious injuries and more than 60% has been played, the game will be considered fully played and will not be re-scheduled. In the event the injury happened in the first 60% of the game, RFHL will try to re-schedule if both team representative are ok with the decision and ice time is available. If RFHL officials and team representative can't find compromise, the game will be considered a tie.

11. BODY CHECKING & SLAP SHOTS

- 11.1. Body checking is not permitted in any division and is subject to disciplinary action at the discretion of the RFHL officials and disciplinary committee.
- 11.2. Slap shots are permitted in all divisions.

12. LINE CHANGES

Players will be allowed to change at any time, with "hurry-up" face-offs in effect. If players take too long to change, the referee will drop the puck and play will resume even if changing player(s) have not reached the face-off dot.

13. MINIMUM NUMBER OF PLAYERS

- 13.1 At the 22:00 minute mark, which begins the game, a team must have at least 5 skaters (belonging to their team) and a goalie. If the team is not ready at that time, the clock will continue and a minor penalty for delay of game will be assessed to the team. If a team is not ready and on the ice by the 15:00 minute mark, the game will be forfeited with a score of 3-0 to the team which was ready. That team will have the rights to the ice to scrimmage if they wish.
- 13.2 If both teams elect to play a 'Friendly Game' after the default has been assessed, the referees must remain to officiate the game. League discipline will apply to the friendly game.
- 13.3 If there is a team that is short-handed and the opposing team lends them a player, the game shall be forfeited; but a friendly game can be played with the timekeeper and referees. Goals and assists will not count, but any minor, double minor, misconducts, major penalties, game ejections or suspensions incurred from this game will.
- 13.4 League discipline will apply when teams scrimmage.
- 13.5 A loss will be assessed to any team that forfeits a game at the discretion of the league.
- 13.6 If a team's goalie has a legitimate reason for not being available for a playoff game, a replacement goalie may be used, however, a League Official must approve the replacement goalie. Failure to do so will result in a forfeit, no exceptions.
- 13.7 All teams must not exceed the legal maximum number of players on the ice for all face-offs. Any infraction/violation could result in a delay of game penalty.

14. TEAM JERSEYS / TEAM NAMES

- 14.1 Teams must have **1 set** of matching jerseys with numbers for all players participating in the game. 1 bench minor penalty will be issued at the start of each game if the team does not have matching jerseys.
- 14.2 If there is a color conflict, the home team must immediately notify the RFHL Organizer and proper jerseys will be supplied to the visiting team.
- 14.3 **Jersey Fine:** At the discretion of the RFHL Officials, a \$50 fine may be levied if jerseys borrowed from the league are not returned. The league will charge the borrowing team the fine AND the full value of replacement.
- 14.4 **Numbering:** Each skater must have a proper number on the back of their jersey, which is different from all other numbers on the team. Numbers must be clearly legible and

must be securely fastened to the jersey. Goalies are not required to have a number.
Tape will not be accepted as a means to create a number on a jersey.

- 14.5 Jerseys for spares will be considered acceptable if they are matching in colour to the team set and are properly numbered. Note: Spare jerseys are not required to have a matching logo. Blank, properly numbered practice jerseys matching in colour are acceptable.
- 14.6 The goaltender will be allowed to wear a jersey that is predominantly the major color of their team, but it CANNOT be the same color of the opposing team. They are also the only player on the ice allowed to play without a number. All teams will be given a two-week grace period from the start of the season to reach compliance with jersey related RFHL rules.
- 14.7 All team names and uniform designs/logos are subject to the approval of the RFHL. Team reps are encouraged to check with the RFHL convener prior to purchasing new uniforms or considering a name change for their team. League management reserves the right to change the name of any team and to deny permission for a team to wear any jersey design at their sole discretion should they deem the name or the jerseys to be inappropriate in any way.

15. PENALTIES AND SUSPENSIONS

MINOR	3 MINUTES
MAJOR	7 MINUTES
MISCONDUCT	10 MINUTES (EQUIVALENT TO 2 PENALTIES)
GAME EJECTION	IMMEDIATE EJECTION (MAXIMUM 9 PIMs)
GAME MISCONDUCT	IMMEDIATE EJECTION (MAXIMUM 9 PIMs)
GROSS MISCONDUCT	IMMEDIATE EJECTION (MAXIMUM 18 PIMs)

- 15.1 A gross misconduct, game misconduct or misconduct in the last (10) minutes of the game or, following the conclusion of the game may result in an extra **SUSPENSION** with additional games in corroboration with our suspension guidelines.
- 15.2 **Any contact with an opponent's head will automatically result in a double minor or major penalty.** This includes any strike to the head, even accidental. For example, if you or your stick hit a player in the head or face, you will receive a 6-minute penalty.
- 15.3 A high stick infraction, in which blood/injury is apparent, may result in a major penalty.
- 15.4 Contacting the puck with the stick above the normal height of the crossbar is prohibited. When it occurs, play shall be stopped immediately, and a face-off will take place in the offending team's zone.
- 15.5 **GAME EJECTION** - Rather than penalize the team, referees may issue such a penalty. Normally, this type of penalty will not result in an additional suspension; however, it will be recorded, after receiving 2 game ejections given by the referee, the player will be

suspended for 1 game. Each additional game ejection afterwards will result in a 1 game suspension.

15.6 Fighting

- 15.6.1 Players who drop their gloves will automatically be given a fighting penalty, whether a punch is thrown or not.
 - 15.6.2 Players who are engaged with each other and display aggressive behaviour while throwing punches will be deemed to have fought, regardless of gloves being dropped or not.
 - 15.6.3 If players are not holding onto each other and are throwing multiple punches it will be considered a fight.
 - 15.6.4 If players wrestle each other to the ground and the referees need to get involved to split it up, that will be considered a fight regardless of a punch being thrown or not.
 - 15.6.5 If a player displays actions of trying to disengage by either skating away or using physical contact (pushing away) they will not be deemed a willing participant.
 - 15.6.6 If a player takes advantage of an unwilling opponent, this player may be banned for life from the RFHL.
- 15.7 Any players receiving majors, 10-minute misconducts, game misconducts, gross misconducts; the disciplinary committee will review game ejections and match penalties. The committee will assess additional suspensions depending upon the penalty and the player's history. **The committee's decision is final.**
- 15.8 Any player amassing 3 suspensions during the season will have their case reviewed by the RFHL committee.
- 15.9 Any player receiving 9 minutes in penalties or a major penalty during the same game will be ejected (goalies exempt from game ejection, will be served the game after.). Any player being ejected for receiving 9 minutes in penalties for the second time will be subject to disciplinary action by the leagues Disciplinary Committee.
- 15.10 All delayed penalties will be recorded on the official league score sheet of the game in which the delayed penalty was assessed. If an opposing team scores on the delayed call, the individual(s) who was/were to be assessed the delayed penalty will not serve his penalty (**minors only**) but will have the penalty(s) recorded and counted towards the individual's maximum allowed number of penalties in one game.

15.11 No player may serve a teammate's penalty, except for the following situations:

- 15.11.1 A penalty assessed to the goalie (player on the ice at the time of the infraction must serve the penalty).
- 15.11.2 A penalty assessed to a player having been ejected from the game or a double minor, the team must put a player in the box to serve the last 30 seconds of the penalty.
- 15.11.3 Any minor penalty assessed to a player having to leave the game because of an injury.

Note: Players may rotate from the bench to the penalty box when serving an ejected player's penalty, but there must be one player in the penalty box when the penalty expires, otherwise the team will continue to play short-handed until the next whistle.

- 15.12 If a player is caught switching jerseys during the season because they are getting close to the penalty limit, the player will be suspended for 5 games and the committee will review the situation. If a player forgets his jersey and must wear another number for that game, it is the responsibility of the team representative to advise the timekeeper of the temporary number change.
- 15.13 If the disciplinary committee is advised of any physical abuse or threats to the referees, the committee will eject the player from the league with NO REFUND.
- 15.14 If the disciplinary committee is advised of an incident where a player purposely injured or intended to injure another player, the committee will suspend that player for the remainder of the season and possibly including a league ban with NO REFUND
- 15.15 The disciplinary committee reserves the right to suspend any player from the league, with NO REFUND, for unsporting conduct at any time during the season. Any violent or unsporting behaviour will not be tolerated.
- 15.16 Suspensions will be carried over to future seasons and will not be in effect until the player is a regular on a roster. Player will not be allowed to return as a spare.
- 15.17 Any combination of minor, bench minor or major penalties shall apply to the personal total of any individual in the game and count toward the 3-penalty maximum. Any/All double minor penalties shall count as 2 penalties to the 3-penalty maximum.
- 15.18 Game Ejection with Coincidental: Teams are not required to have a player serve a teammates penalty when the penalized player has been ejected and has received a coincidental minor with an opposing player.
- 15.19 Team reps will be held responsible for the actions of spare players. A suspension to a spare player may result in a suspension to the team rep.

- 15.20 Any penalty issued for a comment relating to the race, gender, religion, or sexual orientation of another player, will carry with it a minimum THREE (3) game suspension, with no maximum length of suspension. Each incident will be reviewed in depth by the Disciplinary Committee.
- 15.21 Referees may eject any player whom they believe to be playing under the influence of any substance, at any time.

16. SUSPENSION ASSESSMENTS / UNSPORTSMANLIKE CONDUCT

- 16.1 There will be ZERO TOLERANCE for Unsportsmanlike Conduct of any kind. Unsportsmanlike Conduct penalties will automatically result in a minimum 3-minute minor penalty. If you or someone on your team has a problem with a referee, inform the league following the completion of the game. The league's Disciplinary Committee will discipline any player threatening or using obscene gestures towards referees, league officials and/or other players.
- 16.2 All players, upon ejection from the game for any reason whatsoever, must immediately proceed to the dressing room. They may not stay and watch the remainder of the game behind the glass. They may however, return to watch the game from the stands after changing into their street clothes. Ejected players, who cause further disturbances or disruptions, may be subject to the following suspensions:
- 16.2.1 Disrupting flow of the game after ejection: minimum 1 game suspension.
- 16.2.2 Disrupting flow of game after ejection by littering the ice surface: Minimum 2 games.
- 16.2.3 Refusing to leave the ice surface or go to dressing room: Minimum 2 games.
- 16.2.4 Entering the dressing room of opposing team or on-ice officials in a confrontational manner: Minimum 5 games.
- 16.3 The league will attempt to post suspensions within 48 hours. When a suspension is posted, team reps will be contacted via email.

17. PENALTY LIMIT

Any player amassing the following penalty totals will be subject to the following suspensions:

Summer Season – 16 games

- 45 Minutes - 1 game suspension.
- 57 Minutes - 2 game suspension.
- 69 Minutes - Season ending suspension until Fall/Winter season.

18. PLAYER ELIGIBILITY

- 18.1 Players must be 18 years of age or older at the start of the season to be eligible for CARHA insurance coverage. Player under the age of 18 years will need a waiver form signed by a legal guardian.
- 18.2 Spare players must be of similar calibre to the division they are playing in
- 18.3 Spare players are not eligible for playoffs.
- 18.4 The RFHL reserves the right to refuse or allow any player entrance into the league or certain division.
- 18.5 Players in the 35+ Division must be 35 years of age and up to participate; this includes spares. Tier 35+ A has an exemption of two players aged 31-34. Other exceptions to Division A and Division B can only be made if approved by the league.

19. PLAYING UNDER SUSPENSION

- 19.1 Any team found to be using a player while under suspension, an illegal player, or a player using an alias, will be assessed the following penalties:
 - 19.1.1 The game will be forfeited for the team that the suspended player participated in.
 - 19.1.2 The team representative will be suspended for 2 games regardless of whether he/she was in attendance.
 - 19.1.3 The player in question will be suspended for 2 games.
 - 19.1.4 Suspensions will apply to all teams in the RFHL as well as CARHA sanctioned leagues.
- 19.2 Unless otherwise stipulated by the RFHL, suspended players may not play with other RFHL Teams for whom they are registered or for whom they wish to spare until the suspension has been fully served with the original team.
- 19.3 Sparing While Under Suspension: A suspended player may not spare for any team until the suspension with the original team has been served.
- 19.4 Suspended players may watch the game from the stands only. They may not watch the game from the bench or at ice level.

20. TIE BREAKERS

- 20.1 The following tiebreakers will be used (in the following order) if two or more teams are tied in points:

- **Fewest penalty minutes**
- Most wins
- Goal Differential (Goals for minus Goals Against)
- Goals Against

21. PLAYOFF ELIGIBILITY AND FORMAT

- 21.1 Players must have played a minimum of 6 games to be eligible to play playoffs for his team.
- 21.2 Spares are not eligible to play in playoff games unless approved by the league.
- 21.3 The RFHL reserves the right to modify its format and re-align teams for the purposes of playoff balancing.
- 21.4 Format
- 21.4.1 12 team divisions will have quarterfinals, semifinals, and finals, with the top 8 teams playing.
 - 21.4.2 10 team divisions will have quarterfinals, semi finals and finals, with the top 8 teams playing.
 - 21.4.3 6 team divisions will have quarterfinals, semi finals and finals, with all 6 teams playing. Top two seeds in division get first round bye.
 - 21.4.4 5 team divisions will have semifinals and finals. The 5th place team will not make the playoffs.

Forfeits: Any team that forfeits 3 games will NOT be eligible for the play-offs.

- 21.5 Playoff games may be played on a different night than the set nights assigned to all tiers due to ice availability, divisional re-alignment, or team sorting.
- 21.6 **ID checks are mandatory for playoffs, failure to produce identification will result in that player being ineligible to play.** Playoff games may be played on a different night than the set nights assigned to all tiers.
- 21.7 Each team gets a timeout; it will be for a duration of 30 seconds.
- 21.8 **Overtime:** Overtime will take place in all playoff games, if necessary.
- 21.8.1 3 on 3 for 5 minutes with the last minute being stop time
 - 21.8.2 If the score remains tied, there will be a 3-skater sudden death shootout, where each team will shoot simultaneously (no repeats).
 - 21.8.3 If the score remains tied, a single-shooter shootout will commence (repeats permitted).
 - 21.8.4 If a player is in the penalty box at the end of overtime, they will not be permitted to shoot until every other player on their team has shot first.

22. FACILITIES: ALCOHOL/SMOKING

- 22.1 **No alcoholic beverages are to be consumed in dressing rooms or rink areas. Smoking or vaping is not permitted on City of Ottawa property.**
- 22.2 Any players caught in the room drinking OR smoking OR vaping before the game will NOT be allowed to play, and the captain will be suspended for 1 game.
- 22.3 If the team cannot fill the player requirement on the ice because of drinking/smoking/vaping in the rooms, then the game will be forfeited by the offending team.
- 22.4 If a player is caught drinking/smoking/vaping after the game, they will be suspended for 1 game.
- 22.5 **Dressing Rooms are to be cleared within twenty-five minutes of game completion.**

23. GAME PLAY SPECIFIC RULES:

- 23.1 Entering Ice Surface: Players may enter the ice surface only after the maintenance staff has fully closed the Zamboni gate. The timekeeper shall impose a minor penalty (ies) if any player steps onto the ice prematurely (before arena staff is off ice and gates are closed). This includes throwing pucks on the ice before the Zamboni is done. These penalties are included in the player's penalty totals.
- 1st Offense: Minor penalty to the offending team.
 - 2nd offense: Double-minor penalty to the offending team.
 - 3rd offense: 1-Game Suspension to the offending team rep.
 - 4th Offense: 1-Game Suspension to the team rep and team's leading scorer.
- 23.2 The face-off after a penalty is called; puck will be dropped in the defensive zone of the infracting team.
- 23.3 After the schedule is set, there will be **no reschedules**. There will not be any exceptions to this rule. If a team cannot make the game, the game will be forfeit.
- 23.4 If a player is verbally abusing a referee, that official can call an unsportsmanlike penalty; this entails the player being punished rather than the team. The player shall serve a 3-minute minor penalty and will be allowed out after the whistle. This way the team is not punished, and the player is not ejected from the game. This is how we will enforce players to be responsible for their actions.
- 23.5 If a team forfeits a game, then that team's attendance shall not count; the team that did not forfeit will have full attendance in relation to games played.

24. LEAGUE REGISTRATION

- 24.1 Teams who play in the current season will have priority when signing up for the following season.
- 24.2 If a team chooses to not return, they forfeit their right to priority registration for the next season.
- 24.3 Priority registration will go out with a set deadline, any team that fails to respond by the deadline will lose their spot in the priority sign up.
- 24.4 The league has the right to refuse any team from registering within the RFHL.
- 24.5 In the event of a league reformat, priority registration may not be applicable.

25. GAME CANCELLATIONS OR DELAYS

- 25.1 If facilities become unavailable, or that start times may be delayed due to circumstances beyond the League's control, or inadvertent double booking; the RFHL may, at its discretion, delay a game by up to one hour.
- 25.2 In the event of cancellations due to poor weather conditions, rescheduling games will be at the discretion of the RFHL.

26. EMERGENCY RULE CHANGES

- 26.1 The League Organizer reserves the right to make any emergency changes and/or additions to the above rules. Teams and officials will be advised in writing as soon as possible (before change is enacted).
- 26.2 The Ray Friel Hockey League has been designed to provide non-contact hockey for adult players at the recreational level. Disrespect towards game and administrative officials, and/or injurious actions by players will not be tolerated. Violation of the previous will be just cause for ejection from the league without refund.

27. ABSOLUTE DISCRETION

The RFHL committee reserves the right to exercise absolute discretion over all league related decisions. While the CARHA rulebooks will be used as a guideline, the committee reserves the right to implement any decisions it feels are in the best interest of the league.