



2025-2026

ORHL RULES & REGULATIONS

The ORHL Rules & Regulations noted below, coincide with the ORHL League Manual.

In addition to the Rules and Regulations outlined in the document the following apply:

GAME TIMES

- Tournament/Showcases/Regular Season League Play
 - 3-minute warm-up
 - (U9) Novice – (U13) Peewee – 3 x 12-minute stop time periods
 - (U15) Bantam - (U18) Midget - 3 x 15-minute stop time periods.
- Time Outs
 - One 30-second time-out is permitted during regulation time at ALL ORHL sanctioned games

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 revert back to stop time if the goal differential is within 3 goals.

BENCH STAFF

A maximum of 5 registered ORHL staff are permitted on the bench during a game.

ROSTERS

- Teams can roster and dress up to a **maximum of 18 skaters and 2 goalies.**
- **Players can only be rostered on one ORHL team.**
- A minimum of 8 players plus a goalie must be on the bench to start a game.

AP PLAYERS

- A team can only AP a player within their own organization. Organization is defined as the group name (i.e. London Cobras or Oakville Oilers)
- AP players must come from a younger age division, regardless of their birth year
 - 1) Example: (U15) Bantam can ONLY pull up from (U13) Peewee within the same Organization
- AP players can be used to create an additional roster spot, aside from player suspensions. AP players cannot replace suspended players.
 - 1) Example: A maximum of 20 rostered players (18 skaters and 2 goalies) is permitted, however, a suspended player only allows 17 skaters and 2 goalies to dress.

- 2) If 2 players are suspended, then only 16 players and 2 goalies can dress. Therefore, suspended players cannot be replaced by AP players.
- AP players are not allowed to leave a game early to join another game.
- AP players are not allowed to join a game already in progress.
- Penalties for use of an Ineligible Player:
 - 1) If a team is found to have rostered an ineligible player by way of (a) improper use from within the same Organization, (b) improper use from the correct age division or (c) improper use from the roster spots available, then they shall be penalized as follows:
 - Default 5-0 loss for the game in question
 - Head Coach suspension for 1 game on a first offence. Head Coach will receive a 3-game suspension on a second offence. An indefinite suspension with hearing from the Commissioner on a third offence.

ADDITIONAL TOURNAMENT RULES:

- Tournament Rosters
 - Teams can roster and dress up to a **maximum of 18 skaters and 2 goalies.**
 - For tournaments only (except for the ORHL Championships), teams can roster any player as long as they are only rostered on one team.
 - Players must play in a minimum 2 games to participate in playoff or championships games
 - A minimum of 8 players plus a goalie must be on the bench to start a game.
- AP Players
 - AP players must come from a younger age division, regardless of their birth year
 - Example: (U15) Bantam can ONLY pull up from (U13) Peewee.
 - AP players can be used to create an additional roster spot, aside from player suspensions. AP players cannot replace suspended players.
 - Example: A maximum of 20 rostered players (18 skaters and 2 goalies) is permitted, however, a suspended player only allows 17 skaters and 2 goalies to dress.
 - If 2 players are suspended, then only 16 players and 2 goalies can dress. Therefore, suspended players cannot be replaced by AP players.
 - AP players are not allowed to leave a game early to join another game.
 - AP players are not allowed to join a game already in progress.
 - Penalties for use of an Ineligible Player:
 - If a team is found to have rostered an ineligible player by way of (a) improper use from within the same Organization, (b) improper use from the correct age division or (c) improper use from the roster spots available, then they shall be penalized as follows:
 - Default 5-0 loss for the game in question
 - Head Coach suspension for 3 games on a first offence. Head Coach indefinite suspension with hearing from the Commissioner on a second offence.
- Time Outs
 - One 30-second time-out is permitted during regulation time at ALL ORHL sanctioned games
- Tiebreak Format:
 - 1) Head-to-Head
 - 2) Most Wins
 - 3) Highest Goal Differential (up to a maximum 5-goal spread per game)
 - 4) Fewest Penalty Minutes
 - 5) Flip of Coin
- Overtime Format (Quarter Final, Semi Final and Final Games Only):
 - **Sudden Death** - 5-minute stop time 3-on-3.
 - Penalties
 - Non-coincidental penalties will result in 4 on 3

- All coincidental penalties will result in 3 on 3

- Shootout Format

- 1) Each team uses 3 different players. The Home team determines who shoots first.
- 2) If still tied, the format goes to sudden death (alternate shooters) until a goal is scored. The same player cannot shoot a second time until everyone has had an opportunity.

For all Games – Regular Season, Showcase and Tournament Play

EQUIPMENT/ MOUTH GUARD/NECK GUARD POLICY

It is **mandatory** that all players in the ORHL wear approved CSA hockey equipment.

MANDATORY - All players and goalies are required to wear a neck guard.

All players are encouraged to properly wear a mouth guard. Goalies are encouraged to wear a mouth guard and dangler.

COMMENCEMENT OF GAMES

A minimum of 8 skaters plus a goalie must be on the bench to start a game.

- If no goalie or the minimum roster is not met and it is time to start the game, the clock starts, and the teams wait. If after the 1st period the minimum roster is not present, the game is a 1-default. The game can still be played with borrowed players as an exhibition.

ICING

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

HIGH STICKING THE PUCK

There is no penalty called for high sticking the puck. High sticking the puck will result in the play being blown dead automatically should the same team touch the puck first. IF, the other team touches the puck first the play continues.

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 on the defensive side in the neutral zone.

STICK INFRACTIONS

Stick infraction penalties will be left to the discretion of the referees. Checking penalties can range from 2 – 4 - 5 minutes.

BODY CHECKING

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

MINOR PENALTIES

- Any player who receives a **combination of 6 minutes or more in penalties** in a game will be ejected for the remainder of that game.
- Four-minute penalties – Player remains in the box even after a powerplay goal is scored. Should the opposing team **score within the first 2 minutes** of a 4-minute penalty, the penalty clock is reset to 2 minutes. Should the opposing team **score within the last 2 minutes** of a 4-minute penalty, the shorthanded player stays in the box

for the completion of the 4 minutes and the team is now back to even strength. Penalized player needs a stoppage of play before returning to the ice.

MAJOR PENALTIES

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

FIGHTING MAJORS

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 minimum 5-game suspension** to be served in accordance with the ORHL Suspension Rules.

MATCH PENALTIES

A MATCH PENALTY requires the immediate ejection of the player or team official and a five-minute penalty shall be assessed. **A minimum 3 game suspension will follow.** 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 event play, league play and exhibition games) until the incident is reviewed by the Commissioner.

GROSS MISCONDUCT

A GROSS MISCONDUCT requires the immediate removal of the player or team official for the balance of the game and a five-minute penalty shall be assessed. **A minimum 3 game suspension will follow.** The League Commissioner will review all gross misconduct penalties for additional game suspensions as warranted.

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

SUSPENSIONS

Any suspension received must be served at the next ORHL games which includes Showcase, League play or ORHL Tournament games. Exhibition games **DO NOT COUNT** towards suspended games. During this time players are eligible to participate in exhibition games.

If a player or team official is **under suspension** they are not permitted: in the dressing room, in the dressing room area, on the players' bench; before, during or after a game. A player and/or team official can practice with their team while under suspension.