

Ice Hockey

Districts are encouraged to follow the technical information and guidelines as noted below. When changes are necessary at the District level, participants who qualify for Ontario 55+ Winter Games must be made aware that the following rules will be used at the Ontario 55+ Winter Games.

A) FORMAT OF PLAY

DIVISION	NUMBER OF PARTICIPANTS
Men 55+	One Coach & One Manager or Trainer = 2 team staff participants Goalies – Two (2) team participants Maximum of fifteen (15) skating team members
	Totaling 19 team participants
Men 65+	One Coach & One Manager or Trainer = 2 team staff participants 2 Goalies – 2 team participants Maximum of fifteen (15) skating team members
	Totaling 19 team participants
Women 55+	One Coach & One Manager or Trainer = 2 team staff participants 2 Goalies – 2 team participants Maximum of fifteen (15) skating team members
	Totaling 19 team participants

Note: The goaltender is the only position on the team where the minimum age requirement may be altered. Goaltenders may be five years younger than the age in which they might normally play, except in the 55+ age group where 55 is the minimum age.

B) ELIGIBILITY

EVENT	REQUIREMENTS
District Games	Any person 55+ living in Ontario
Ontario 55+ Winter Games (Provincial Championships)	Gold Medal Winners – District competition

NOTE: Previous Ontario 55+ Winter Games and Canada 55+ Games winners are still eligible to compete at the District and Ontario 55+ Winter Games level qualifying tournaments.

Due to the number of games in two days, it is recommended that each team have fifteen (15) skaters and two (2) goalies for a maximum of seventeen (17) players + 1 coach and 1 manager or trainer. A maximum of 19 registered participants are allowed on a team bench. No other non-registered persons are allowed on the bench. A team must have a minimum of ten (10) skaters plus a goalie dressed for each game.

Any teams that are not present at the scheduled commencement of play and throughout the competition are in default and are automatically disqualified from the competition. If there are extenuating circumstances, exceptions to this may be granted by the event convenor.

Competitors are obligated to complete the event regardless of their record in the competition. If a team defaults part way through the competition, the results of that team will be removed from the standings.

C) TOURNAMENT SET-UP

1. Play will be round robin format.
 - a. Round robin pools will strive to have no more than four (4) teams in any pool.
2. Playoffs will consist of a medal round. No more than 4 teams will qualify for the medal rounds.
3. All games will consist of two (2), fifteen (15) minute stop time periods. The ice will be flooded after each game. Will strive to ensure that no teams play back to back games with less than two (2) hours in between games.
4. At Ontario 55+ Winter Games, teams will play the round robin on day one. The top two (2) teams in each pool will advance to the playoff round if time and scheduling permits. If necessary, games may be scheduled on the day of registration.
 - a. On day two, all teams will be seeded according to round robin results with crossover games to determine gold, silver, and bronze.
5. Game points – two (2) points for a win, one (1) point for an overtime loss.

D) DETERMINING PLAYOFF SEEDING

1. Ties after the completion of round robin play will be broken in the follow order:
 - a. winner of the round robin game between the tied teams
 - b. team with the fewest goals against
 - c. goals for subtracted from goals against
 - d. best performance against first place team in division of tied teams
 - e. least penalized team
 - f. decision by event convenor
2. The above rules will apply in sequence with no reverting back to determine placement of teams.

E) AWARDS

Gold (57max)	Men 55+ Men 65+ Women 55+	One per team member
Silver (57max)	Men 55+ Men 65+ Women 55+	One per team member
Bronze (57max)	Men 55+ Men 65+ Women 55+	One per team member

F) EVENT REQUIREMENTS

Equipment

1. Teams should have 2 different coloured sets of sweaters if possible.
2. All players must wear a Canadian Standards Association (CSA) approved helmet with the chin properly fastened. All players must wear at least a half face mask (full masks are strongly recommended).
3. Goaltenders shall be required to wear CSA approved helmet with an approved facial protector that is securely attached and not modified or altered in any way.
4. All players are required to keep their helmets on, when on the ice, on the bench, or in the penalty box.
5. Non-compliance of equipment regulations will result in a minor penalty being assessed.
6. Further recommended equipment includes:
 - a. Mouth guards (in mouth are recommended)
 - b. Other necessary CSA approved protective equipment.

Facilities

1. At minimum, two regulation size arenas, ideally three regulation size arenas.
2. The facilities should be wheelchair accessible.

G) OFFICIALS

For OSGA events, the officials listed below are suggested. Participation numbers and availability of volunteers may result in fewer officials being required. Districts are encouraged to try and have the necessary officials to run the event successfully.

The OSGA requires, at minimum, the following major officials for the Ontario 55+ Winter Games:

- a) One event convenor
- b) Two referees
- c) One scorekeeper
- d) One timer
- e) Medical personnel (EMS/St. John Ambulance, etc.)
- f) Disciplinary committee *

For Ontario 55+ Games the host committee will ensure that all major officials have the required qualifications as specified by the OSGA. The host committee is also responsible for any other official required to run this event.

** A disciplinary committee will be used at the Ontario 55+ Games level and consist of 3 members. Generally, this will include the OSGA President, OSGA Rules Chair, GOC event convenor (alternates as appointed).*

H) RULES SUMMARY & HIGHLIGHTS

Canadian Adult Recreational Hockey Association rules will apply, with exceptions as identified by the OSGA or and/or the host committee at the Ontario 55+ Games.

1. Players may only play for one team in the same tournament.
2. A player must play in at least one round robin game to be eligible for the playoff rounds and medals.
3. Except for the 55+ age category, all goaltenders may be five years younger than the age in which they might normally play. All team members including, management, goaltenders and players must be registered with the OSGA which requires the minimum age to be 55.
4. Teams may replace a goaltender on their roster only in the event of injury or sickness. The event convenor must approve goaltender replacements.
5. The home team will wear light-coloured jerseys or colours that do not conflict with the visiting teams coloured jerseys. Recommended that all teams bring two different coloured sets of sweaters to avoid colour conflicts.
6. All games will consist of two, fifteen-minute stop time periods.
7. All games must be played to a conclusion. If teams are tied at the end of regulation time, a five minute stop time, sudden victory period will be played with four on four skaters (4 v.4).
 - a. If still tied, then a 3 person shootout will follow. If still tied, then a sudden death shootout will occur until a winner is declared. (e.g., on the fourth shot one shooter scores and one does not, the scoring team wins the game.) no player may take a second shot until all other players on their team have taken a first shot. *Regardless of how many goals are scored in the shootout, the final score will increase by one goal to break the tie score.*
8. A player is only allowed to score three goals in regulation time. If a fourth goal is scored it will be disallowed and faceoff will take place at the nearest faceoff spot in the neutral zone.
 - a. An individual who scored three goals in regulation time is then allowed to score in overtime and in a shootout situation.
9. If a team is winning by a goal differential of 5 or more goals in the last 5 minutes of the game, time will change to straight time from stop time. Regardless of further goals being scored, time will stay at straight time for the remainder of the game.
10. Any player assessed three minor penalties in a single game will be ejected for the remainder of the game. Double minors count as two penalties.

11. Body checking is NOT permitted and will result in a minor or major penalty depending upon the severity of the incident.
12. No fighting is permitted. Any player assessed a major for fighting will be ineligible for the remainder of the tournament.
13. No slap shots will be permitted.
 - a. A player who uses a slap shot during the game shall be assessed a minor penalty. If an injury occurs as a result of a slap shot, a major penalty shall be assessed.
 - b. A player who uses the action of a fake slap shot for the purpose of intimidating an opposing player and/or opposing goaltender shall be assessed a minor penalty.
14. Major penalties will result in a minimum suspension of one game. Fighting majors and majors for deliberate attempt to injure will result in expulsion from the tournament.
15. Referees are to report all game misconducts, majors and match penalties to the event convenor at the conclusion of each game. Named player(s), coach(es)/manager(s) shall be suspended from all succeeding games until the case is reviewed and dealt with by the event convenor or disciplinary committee depending on the event type.
16. Should any member of a team challenge the ruling of an official or display unsportsmanlike conduct, they must be assessed a minor for the unsportsmanlike conduct, followed by a misconduct or game misconduct if they persist.
 - a. A misconduct penalty shall be assessed to any player or team official who:
 - i. Uses obscene, profane, or abusive language or gestures to any persons;
 - ii. Persists in disputing or shows disrespect for the ruling of any official.
 - b. When a team official has been assessed a game misconduct penalty under this rule, the referee shall report the individual and full details to the disciplinary committee who upon review may assess further penalties (e.g., suspensions).
 - c. Any player or team official who engages in verbal taunts, insults, or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language, etc.) shall be assessed a gross misconduct penalty, which will result in being suspended from the tournament.

I) RULE SOURCE

Canadian Adult Recreational Hockey Association (CARHA). Specific rules will reference the CARHA rules, with the exceptions listed under “tournament set-up” and “ice hockey rules summary.”

Website – www.carhahockey.ca (side menu → referees → official rule book)