



Official Rules of TWRHL

Participation Rules

- 1- In this document, “executive” or “executive committee” means, the individuals who volunteer their time to sit on the executive of the Timmins Women’s Recreational Hockey League
- 2- All rules are at the executive committee’s discretion
- 3- The executive committee reserves the right to:
 - a. Deny a player’s registration to this League
 - b. Appoint timekeeper(s) and referee(s) for all games
 - c. Set the registration fee on an annual basis
 - d. Apply a service charge for online payments and a \$50 fee to any NSF cheque
 - e. Create the format of play for all divisions within the league
 - f. Determine placement of all players
- 4- All players & officials must be approved by the executive committee, be registered with TWRHL & CARHA prior to participating in any league game
- 5- In order to register for the current hockey season, players must be in good standing with TWRHL [no outstanding debts or equipment owing from previous season(s)]
- 6- All players must read the Terms & Conditions, the Official Rules of TWRHL and electronically sign the Participation Waiver before submitting their Registration Form [other documents required by TWRHL will be distributed at a later date]
- 7- All registered players must be of the minimum age of eighteen (18) by Dec 31st of the current year. In the event of an underage player registering in TWRHL, and accepted by the executive committee, that player must complete and sign the “CARHA Underage Waiver” prior to the player’s 1st ice time
- 8- All players must pay the full registration fee, plus the non-refundable insurance fee set by CARHA, by the deadline. No player is permitted to participate in any game until fees are received. [This fee includes, but not limited to, registration, late payments, service or NSF charges] Underage players do not pay the insurance fee
- 9- No refund will be granted to any player who leaves the league [transfers may be accepted]
- 10- No new player(s) are permitted to register with this league 2 weeks prior to the playoffs
- 11- Any situation that warrants further investigation must be submitted, in writing, to the executive committee, within 14 days of the occurrence, via the league website
- 12- All goalies are required to play 25% of the current season’s regular games (excludes playoffs), to be eligible to for a full time spot the following season

Participation Rules cont'd...

13- [Sport is based on Equity and Access!](#) The Timmins Women's Recreational Hockey League is committed to ensuring that inclusion & access is incorporated across all aspects of its activities and is committed to providing a safe and respectful environment for all participants regardless of race, age, national or ethnic origin, color, religion, sexual orientation, gender identity/expression or disability.

TWRHL is committed to:

- Offering cisgender and transgender women the opportunity to participate at an appropriate level
- Ensuring that the concerns and needs of all participants are identified, promoted and supported
- Enabling all players to play hockey in an environment free from intimidation, harassment and abuse
- Opposing discriminatory behavior and promoting equality of opportunity
- Dealing with any incidence(s) of discriminatory behavior according to the Official Rules of TWRHL

Playing Rules *This league adheres to the Rules of the Canadian Adult Recreational Hockey Association and Hockey Canada*

- 1- All players participating in this league must adhere to the following expectations;
 - i. Respect the rules, it's designates, participants, venues, city employees and persons observing league events
 - ii. Refrain from the use of vulgar, aggressive, racist, derogatory and sexist comments
 - iii. Adhere to all rules as outlined in the TWRHL, CARHA and Hockey Canada Rule Books

Any player who fails to adhere to the expectations as outlined will be suspended from play until further notice of the executive committee
- 2- All players on the same team must wear the same color jerseys. All jerseys must be numbered with no two jerseys having the same number
- 3- A C.S.A. approved hockey helmet (with chinstrap & full facemask) and hockey skates are mandatory for all players/goaltenders. Referees are instructed to disallow any player on the ice who fails to comply with this rule. Note: This rule is included for player safety and liability reasons. The executive committee may suspend any player who fails to comply
- 4- When on the ice surface, players and officials must wear a C.S.A. approved helmet and facemask with the chin strap properly fastened
- 5- All games will be comprised of two 17-minute 'stop-time' periods, with a 2-minute warm-up
- 6- New players to this league, who are at a competitive skill level, are permitted to play in the lower of two divisions (if applicable) in their first season only. Subsequent seasons, that player is required to play in the appropriate division
- 7- Any player 40 years of age or over, with a compatible skill level, is permitted to play in a lower division of this league.
- 8- As a courtesy, players who cannot make a game will notify their team rep. Reps will ensure enough players for their game(s)
- 9- The on ice official is to begin all games on time by dropping the puck at center ice
- 10- If any team fails to start a game on time, or leaves the ice surface with no intention of returning, will forfeit that game with an official score of a 5-0 deficit
- 11- A registered goaltender may play as a skater with permission from the executive committee
- 12- Teams are permitted to pick up registered skaters, for regular season games only, to a maximum of 10 skaters for any given game
- 13- Teams are prohibited from picking up skaters for any playoff game

Playing Rules cont'd...

- 14- Teams are permitted to pick up a goaltender for any playoff game with any registered player. Goaltenders who are registered as spares or are on a waiting list must have the executive committee approval prior to game time
- 15- **No Playoff Game will end in a tie.** The Playoff Tie Breaker Rule is as follows:
- Teams will play a five (5) minute sudden victory OT period of 3 on 3 then, if needed
 - Teams will compete in a best of 3 shootout with a player from each team shooting simultaneously and
 - Teams will then compete in a sudden victory shootout, with a player from each team shooting simultaneously. This will continue until a victor is determined [time restrictions may apply]
The first 3 shooters are prohibited from shooting again unless all team-mates agree.
No one player is permitted to shoot more than 3 times
- 16- The center red line will not be regarded in any instances of icing or offside calls
- 17- Body checking is prohibited. Incidental contact may or may not result in a penalty at the discretion of the on-ice official(s)
- 18- Slap shots (stick cannot go above the knee) are prohibited in the Recreational Division and are considered minor infractions. If this occurs, the on ice official will stop the play and issue a penalty and a face off will occur in the zone of the player who committed the offence
- 19- Slap shots are permitted in the Competitive Division (if applicable)
- 20- Icing the puck is completed the instant the puck crosses the goal line. Icing may be waived off based on the discretion of the on-ice official(s)
- 21- High Sticking is defined as: “when a player unintentionally/inadvertently or intentionally plays with the stick above their shoulders”. This is prohibited and if this occurs, the on ice official will stop the play and issue a penalty. The faceoff will be in the zone of the player who committed offence
- 22- Attacking players in the offensive zone, at the time the puck enters that zone, must clear that zone by making contact with the blue line. The on ice official shall drop his/her arm to nullify this delayed offside violation and allow play to continue
- 23- If a player is injured and cannot continue play or go to the bench, the play will be stopped immediately by the on ice official. When play has stopped, the injured player must leave the ice and not return until play has resumed
- 24- If a goaltender is injured and she cannot continue to play, the play will be stopped by the on ice official and only resume when the goaltender is capable to play or leaves the ice surface

Playing Rules cont'd...

25- If a player is ejected from a game, she must leave the ice, bench or penalty box immediately. If any penalty minutes remain, it will be served by another player who was on the ice at the time of the offence

26- **FIGHTING** results in an **IMMEDIATE SEASON ENDING SUSPENSION** without a refund

27- Verbal or physical harassment of an On-Ice or Off-ice official, participant or volunteer of TWRHL will result in an **IMMEDIATE SEASON ENDING SUSPENSION** without a refund

28- Penalties

Minor Penalty: [2 minutes for stop time / 3 minutes in straight time]

- Is generally a stick infraction (i.e. tripping, slashing, high stick, etc.)
- Three (3) minor penalties in one game will result in ejection from the remainder of that game
- Upon a player's third "3 minor penalty game", the player will be suspended for one (1) additional game and will meet with the executive for disciplinary actions

Major Penalty: [5 minutes]

- Is a more serious of an infraction than a minor penalty (i.e. charging, spearing etc.)
- Two (2) major penalties in one game will result in ejection from the remainder of that game
- Player will meet with the executive for disciplinary actions

Match Penalty: [5 minutes + **1 game suspension**]

- Is a deliberate attempt to injure another player, official, volunteer or spectator
- One (1) match penalty will result in the player meeting with the executive for disciplinary actions

Misconduct: [10 minutes]

- Is a severe infraction (i.e. check from behind, spitting etc.)
- The player will be contacted by the executive committee