

1. **OFFICIAL RULE BOOK**

[Hockey Canada Playing Rules](#)

[Playing Regulations | Ontario Federation of School Athletic Associations](#)

The rules shall be those published by Hockey Canada along with the CISAA additional rules.

Additionally;

SUSPENSIONS

The following are minimum suspensions that shall be imposed for infraction, which occur in all CISAA exhibition, league and playoff games.

Ejection(s) of any participant from a CISAA game (player, coach, spectator) will be reported to the CISAA Director. Ejection from the game will result in a minimum suspension of ONE (1) league game (includes playoff and championship games). Further sanctions may apply if the circumstances require a review by the CISAA Director or the formation of an Investigations and Outcomes Committee.

[OHF minimum Suspension List](#)

- a) These are minimum suspensions. Additional suspensions will be imposed wherever conditions and circumstances warrant.
- b) It is the responsibility of each team manager and/or coach to ensure their players sit out their appropriate suspensions. When in doubt as to the relevant suspension, contact the association/league office. If unable to contact the association/league office, sit player(s) in question out until clarification can be obtained. These suspensions are in addition to game incurred.
- c) Match Penalty reports will be forwarded to the appropriate Member Partner for further review.
- d) Codes used
M = Misconduct
GM = Game Misconduct
GE = Game Ejection
MP = Match Penalty
GRM = Gross Misconduct
AS = Accumulation Sanction

Accumulation Sanctions apply for any collective accumulation of Match Penalties in the same season

- e) Discipline Warning
Additional suspension may incur upon review by a CISAA Board of Inquiry
Players receiving discipline warnings will face a suspension for a subsequent offensive of the same nature.

CONTACT HOCKEY

Applicable to all age groups (a to and including e)

- a) Players will only serve games for CISAA suspensions during CISAA league or playoff games and not during exhibition games. See OHF Minimum Suspension List above.

Note: As a Hockey Canada rule a player receiving a 10-minute misconduct returns to play after serving the penalty.

- b) For all age groups:
Under additional playing rules, any player incurring a total of three or more stick infractions during the same game shall be ejected from the game (stick infractions penalties are considered to be: high sticking, cross-checking and slashing).

NOTE: Any suspension must be reported to the convenor within 24 hours.

- c) At the U14 level and in Senior and U16 non-contact leagues, non-contact hockey will be employed at both the regular season games and the final tournaments.
- d) At all levels, players and coaches should shake hands after the games.
- e) Accumulation of 10–minute Misconduct Penalties
 - i. Players who accumulate two or more 10-minute misconducts in one CISAA game will serve a one game suspension.
 - ii. Players who accumulate any further 10-minute misconducts in CISAA games are to serve a further game suspension for each additional 10 minute misconduct.
 - iii. Suspensions will be served in the team's next CISAA league or playoff game.
- f) Sr. DI only
 - i. Hybrid icing will be in effect
 - ii. When a team is called for a penalty, the subsequent face-off would take place in the offensive zone for the team on the power play.
 - iii. Teams at the Senior Division 1A Level shall be able to have 20 skaters and 2 goaltenders (22 in total) listed on the game sheet.

- g) For all age groups:

Under additional playing rules, if a player receives two (2) head contact penalties in one game, whether as separate minor penalties, as double minor penalties, or a combination of both, that player is ineligible for the remainder of the game.

NON CONTACT HOCKEY (need to be communicated with referees prior to games).

- a) A Minor penalty or, at the discretion of the Referee, a Major penalty and a Game Misconduct penalty, based upon the degree of violence of the impact with the boards, shall be assessed on any player who body checks, cross-checks, elbows, charges or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards. If a player is injured a Major penalty and a Game Misconduct must be assessed.
- b) Minor penalty or, at the discretion of the referee, a Major penalty and a Game Misconduct penalty shall be assessed to any player who, in the opinion of the Referee, intentionally body checks, bumps, shoves or pushes any opposing player. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed.
- c) When the offensive player is skating towards the defensive player, the defending player may not hit the offensive player by going in the opposite direction to that player. The body contact must be as a result of the movement of the offensive player. There must be no action where the offensive player is pushed, checked or shoved into the boards. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.
- d) The situation of a player steering or directing an opposing player into the boards, without actually touching him, is acceptable. The most obvious example of this may be seen when a player is coming down the ice with the puck and he has to make a move or play on the defenceman. Quite often the puck carrier will try to go wide along the boards. In this case, we say that the defenceman has the right to close off the boards, in order to force the puck carrier to slow down or towards the middle of the ice. The principle that must prevail is that no player is entitled to use his body to intentionally body check, bump, push, or shove an opponent.
- e) Checking Penalties
- i. As with stick infractions, 3 checking penalties(including head contact, body checking, etc.), in a single game, will result in ejection from the game. A second 3 penalty game will result in a 1 game suspension; a third will result in a 2 game suspension; and a fourth will result in a 4 game suspension. Playoff games may be affected.
 - ii. A 5 minute major and ejection from the game will occur if a player delivers a severe and deliberate hit to a player on the opposition team. A

second penalty of this nature will result in a 2 game suspension; a third will result in a 3 game suspension; and a fourth will result in a 4 game suspension. Playoff games may be affected.

- f) Fighting Majors
 - i. In any situation where a player instigates a fight and receives a 5 minute fighting major, the result will be the player's ejection from the league for the remainder of the season.
 - ii. Both participants in a STAGED FIGHT will both be assigned an INSTIGATOR PENALTY with the corresponding League sanctions.
- g) Accumulated Penalties
 - i. Any player receiving a combination of 3 checking (head, body, etc.) or stick infraction penalties will result in an ejection from the game. A second 3 penalty game of this nature will result in a 1 game suspension; a third will result in a 2 game suspension; and fourth will result in a 3 game suspension. Playoff games may be affected.
- h) Players will only serve games for CISAA suspensions during CISAA league or playoff games and not during exhibition games. See OHF Minimum Suspension List above.

Note: As a Hockey Canada Rule, a player serving a 10-minute misconduct returns to play after serving the penalty.

2. OFFICIALS

- a) All hockey leagues with contact will employ a 3 person refereeing system.
 - i. In non-contact leagues a 2 person system is acceptable.
- b) For SRDI, a four person system will be employed.
- c) It is strongly recommended that referees have a minimum certification of Level 4 and linesmen have a minimum certification of Level 3.

3. LENGTH OF GAME

- a) SR DI games will consist of *three, 20 minute* stop-time periods.
 - SR (other levels) & JR games will consist of 15-15-15 stop-time periods.
 - U14 games will consist of of 12-12-12 stop time
 - minimum allowed is 10-10-12 stop time based on ice availability by the host school

- b) SRDI warmup:
- i. Enter ice at scheduled time, warm-up for 7 minutes, flood at the end of the 1st and 2nd periods.
- All other leagues:
- i. Where possible, teams will warm-up on used ice, flood, play the first 2 periods, flood and play the third plus any subsequent overtime.
- c) Goal Differential:
- i. SRDI:
When the goal differential is 5 or more goals in the third period, the clock will revert to running time provided that both coaches agree. If both coaches do not agree, the period will remain stop-time. If at any time the goal differential becomes less than 5 goals, stop-time will resume.
 - ii. ALL other leagues:
When the goal differential is 5 or more goals, the time will be running time in the third period.
- d) Multiple games in one day require a specific rest period between games.
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|-------------|--|
| Under 14 | Rest period must equal game length
(not including warm up time for the next game) |
| High School | Rest period must equal game length
(not including warm up time for the next game) |

4. **STANDINGS & TIE BREAKERS**

(refer to Article 17: CISAA Tie Breakers)

(refer to Article 15: Forfeits and Cancellations)

- a) League standings will be calculated for all age groups on the basis of;
- i. 2 points for a win
 - ii. 1 point for a tie
 - iii. 0 points for a loss
- b) Ties in league standings will be broken as follows;
- i. result(s) of head to head competition between tied teams
 - ii. if still tied, goal differential in head to head competition between tied teams
 - iii. if still tied, fewest points against in head to head competition between tied teams
 - iv. if still tied, point differential using all league games in that season
 - v. if still tied, fewest goals against in all league games in that season

Process

- i. In the event that two or more teams are tied and the process is able to successfully rank the teams with no ties remaining, this ranking will be used to seed the teams.
 - ii. If the process is only able to reduce the number of tied teams by one or more and a tie still exists;
 - * the teams that are no longer tied will assume their new ranking
 - * the process involving the remaining tied teams shall commence again from the beginning with 'a. i.'
- c. The maximum point differential in any single game will be 5 goals.

5. ELIGIBILITY

(refer to Article 13: Eligibility for CISAA Participation)

(refer to Appendix 2: OFSAA Participation)

- a) SR and Junior

Teams participating in league play must forward a team eligibility list to the age group convenor prior to the first league game. Failure to do so will result in forfeiture of any games played prior to the eligibility sheet being received by the convenor.
- b) Players indicated on the eligibility list ("Team Members") may not play for any team or age group below the level of the team on whose eligibility list they appear. "Reserve Players" are those players that are eligible to play for that team but are listed on a lower level or age group eligibility list as "Team Members". The use of "Reserve Players" is not limited, provided they are bona fide members of a lower level team at the respective school and have met all other eligibility requirements. The eligibility list for any team may not include more than 25 players total (not including "Reserve Players" that are called up). Once a "Reserve Player" has played in more than four league games, he becomes a Team Member and space on the eligibility list for that team must be used. If an eligibility spot is not available, that player may not play more than 4 games for that team. Whenever a "Reserve Player" is called up and plays, it must be indicated on the game sheet with an "R".
- c) For all levels, a player listed as a "Team Member" must have played in at least 50% of the league or regular season games for any age group to qualify for playoffs. If a player suffers an injury during the season games that causes him to play less than 50% of the team's league or regular season games, then upon notifying the convenor, that player may be eligible for playoffs at the convenor's discretion.
- d) To be eligible for Sr. Div.i, Sr. Div. i b, Sr. Div.ii and all Junior playoffs, a "Reserve Player" must have played in at least one league game prior to the start of the playoffs.

- e) If a player appears on the game sheet in more than four league games at the Sr. Div. i, Sr. i b, Sr. Div.ii and Junior team level, the player cannot return to the lower level or age group team.
- f) No player may participate in two different level or age group playoffs in the same season.
- g) Starting goaltenders must be identified on the game sheet. Any change of goaltenders during the game must be recorded on the game sheet, including time, period and player # of substitution).
- h) Eligibility exception for Junior Boys Hockey goalie: if a Junior team is in the position of not having a goalie that is of the Junior age group, that team will be allowed to carry for that season, one goalie to be Junior as of March 1st of the calendar year. This exception is specifically limited to the starting goalie position for that team.
- i) Changes to the eligibility list may be made up to and including January 30th.

6. **UNIFORMS**

It is recommended that for First Teams the home team wear light sweaters and the visiting team wear dark sweaters. In the event that there is a conflict in sweater colours, it is the responsibility of the home team to change sweaters.

7. **EQUIPMENT & Safety**

(refer to Appendix 12: Emergency Action Plan)

(refer to section 11 in this document; OPHEA Safety Guidelines)

- a) All hockey players playing in the CISAA Hockey League must wear CSA approved hockey neck guards.
- b) All C.I.S.A.A. hockey goalies must wear neck guards and CSA approved throat protectors.
- c) The home team is responsible to supply pucks to the visiting team for warm up.
- d) Mouth guards are mandatory at all levels.
- e) **Medical Coverage**
The host school is responsible for providing medical care for all games at all levels of play. This person must be qualified to deal with athletic injuries and be prepared to handle emergency situations.

8. **PLAYOFFS, CHAMPIONSHIPS & END OF SEASON EVENTS**

(refer to Article 18: Playoffs and Championships for general details)

- a) SRDI
 - i. teams must book 3 hours of ice for playoff games
 - ii. Overtime
Teams will stay in the same end for all of the overtime periods.
There would be a two minute break after regulation followed by a 10 minute sudden victory period (5 on 5). If no goal is scored, there would be a flood followed by successive 18 minute periods, with a flood after each.
- b) Senior and Junior
 - i. teams need to book 2 hours of ice time for all playoff games.
 - ii. Overtime
At the end of regulation time, the teams will have a three minute break followed immediately by a 10 minute stop time, 5 on 5, sudden victory overtime period. Teams will stay in the same ends for all of the overtime periods.

If still tied, teams will go straight to shoot out (no flood) as follows:
 - Penalty shots with 5 shooters from each team, alternating shots starting with the visiting team. The team scoring the most out of their 5 shots is the winner.
 - If still tied, penalty shots will continue with sudden victory format using alternating new shooters until either team has used all possible shooters once each.
 - If still tied, both teams will continue with alternating penalty shots starting back at the beginning of their shooting order and progressing through the same order in this fashion until a victor is declared.
- c) Under 14 Overtime
 - i. 10 minute stop time period, using 4 skaters and a goaltender (time could be reduced if ice time is not available)
 - ii. Followed by a shootout (five shooters to be recycled if necessary)
 - iii. A player in the penalty box at the end of the overtime is not eligible for the shoot out.
- d) Penalties:
 - i. All penalties carry over into the overtime.
 - ii. If a player is in the penalty box and a shoot-out occurs, that player is ineligible in the shoot-out.

9. **CONVENOR, COACH & HOST RESPONSIBILITIES**

(refer to Article 3: Code of Conduct)

(refer to Appendix 5: Sport & League Convenor Responsibilities)

(refer to Article 19: CISRR)

- a) The convenor must receive a game report form from the home coach for all CISAA games.
- b) The convenor must receive a report on all disqualifications from the coach of the disqualified player.

10. **AWARDS**

(refer to Appendix 18: CISAA Awards)

- a) CISAA Plaques (or trophies)
A CISAA plaque will be awarded to the champion at each level. Where a trophy has been introduced, no CISAA plaque is required.
- b) CISAA Medals
 - SR and JR Individuals on the championship and finalist teams will receive CISAA gold and silver medals.
 - U13 / U14 Individuals on the championship, finalist, and third place teams will receive CISAA gold, silver, and bronze medals.

11. **OPHEA SAFETY GUIDELINES**

All CISAA member schools are required to meet the safety standards set out by OPHEA as a minimum for participation in inter-school sport. The CISAA may, at its discretion, require additional safety standards.

See the OPHEA safety guidelines for HOCKEY at the following link:

<https://safety.ophea.net/elementary/interschool/hockey-ice-hockey-games>

<https://safety.ophea.net/secondary/interschool/hockey-ice-hockey-games>