



ONTARIO COLLEGIATE RECREATION

Men's & Women's Ice Hockey

RECCup Tournament Rules & Regulations

2023

RECCup Hockey Tournament Rules

General Playing Rules

- **Neck guards and shoulder pads are mandatory.**
- Helmets with FULL VISOR/CAGES, WITH CHIN STRAPS, MUST be worn by all players.
- As an Ontario Collegiate Recreation (OCR) event, competing players and team officials are subject to OCR disciplinary action where warranted.
- This tournament is NON-CONTACT (*See Appendix 1*).
- Game officials will be instructed to call all physical & restraining fouls (bodychecking, hooking, holding, tripping & interference) as outlined in *Appendix One*.
- A Zero Tolerance policy has been implemented for unsportsmanlike behaviour and officials have been instructed to implement it as outlined in *Appendix 2*.
- The most recent version of Hockey Canada rules will apply except where otherwise specified (see below).

- Game times will consist of **EITHER** THREE (3) 10-minute stop time periods with a 2-minute warm up **OR**, if overall tournament ice-time is limited and/or is running behind schedule after preliminary games, ONE (1) 8-minute stop time period, followed by TWO (2) 10-minute stop time periods. If goal differential is 4 or more in the at any point in the third period, run time will commence. If a team reduces that goal differential to 3, stop time will be back in effect.

- Face Off Rule: CAHA quick faceoff rule in effect. If players are not ready, the puck will be dropped.
- Move The Puck: players and goaltenders will be encouraged to move the puck and avoid stoppages whenever possible.
- The red line is in effect for icing only.
- Each team will have one designated captain and three designated assistant captains, to be indicated on the game sheet before the game starts.
- Two assists shall be recorded per goal.
- C.A.H.A. – delayed off-side (touch-up offside), “if the puck is shot on goal, during a delayed off-side, the play shall be allowed to continue under normal clearing zone rules. Should the puck enter the net in this situation, either directly or off the goaltender, or a player or official on the ice, the goal shall not be allowed as the original shot was off-side. If any attacking player touches the puck or attempts to gain possession or a loose puck while the play is still in the attacking zone, the Linesman shall stop play ...”

RULE AMENDMENTS FROM HOCKEY CANADA

1.0 Team

- 6 players on the ice at once – one of which is the goalie. Minimum of 5 players needed to both start and complete a game, otherwise a default is issued. Score of defaulted game is 3-0 or actual score at time of default if the goal differential for the winning side as a result of default is greater than 3.
- Maximum number of players allowed on the TOURNAMENT ROSTER IS 20, with a maximum of 18 players allowed to dress per game, including up to two goalies. Teams must submit rosters prior to 1st game and may not add a player after submission.
- Tournament officials reserve the right to verify identity of a player. Players must be able to provide proper student identification or they may be declared ineligible.
- No player may join the game after the second period has commenced.
- Any team using an ineligible player (non-student or player not listed on the roster and/or game sheet) will forfeit that game.

2.0 Coaching Staff

- A maximum of three coaches (a head coach and two assistants) and one athletic therapist/trainer are permitted behind the players' bench.
- No spectators on the player's bench. The minimum age for bench staff is eighteen (18).
- Players under suspension are not permitted to act as coach or be with the team on the bench. They must view from the stands.

3.0 Game Time & Timeouts

- There will be a 2-minute warm up period at the beginning of each game. Warm up clock starts as soon as zamboni door closes.
- Each team has ONE 30-second timeout per game, including overtime.
- Game times will consist of **EITHER** THREE (3) 10-minute stop time periods with a 2-minute warm up **OR**, if overall tournament ice-time is limited and/or is running behind schedule after preliminary games, ONE (1) 8-minute stop time period, followed by TWO (2) 10-minute stop time periods. If goal differential is 4 or more in the at any point in the third period, run time will commence. If a team reduces that goal differential to 3, stop time will be back in effect.

Shoot-outs & Overtime

- A single NHL-style (3 shooters per team) shoot out will take place ASAP at the conclusion of ALL TIED GAMES (round robin or playoff), with the potential exception of a CHAMPIONSHIP game (see below). This shootout is simultaneous. If the game remains tied after three shooters, sudden death shootout occurs. No player can shoot twice until entire line-up of shooters has made an attempt.

CHAMPIONSHIP GAMES: **If time permits, as determined by the tournament convenor at the end of regulation**, ONE (1) 3-minute, sudden death, stop time overtime period played 3-on-3 will commence. If the score remains tied after this overtime period, an alternate shot shootout as described above will be used to determine a winner.

4.0 Standings Points & Tie Breakers

Teams receive:

Regulation Win –	3 points
Shootout Win –	2 points
Shootout Loss –	1 point
Regulation Loss –	0 points

***Note: Shootout goals DO NOT count in goals for/goals against. Teams are credited with goals for/against total at end of regulation.**

Standings Tiebreakers:

The higher placing will be determined as follows for the preliminary round. This will also be used for the losing semi-finalists at RECCup regional tournament to determine the 3rd RECCup Championship qualifier if that regional has three spots to award and does not have ice time for a 3rd place game.

1. Most Points
2. Head-to-Head (if 3 or more-way tie and two teams haven't played, go straight to # 3)
3. Most Regulation Wins
4. Greatest Overall Goal Differential
5. Least Penalty Minutes
6. Most Total Goals Against
7. Most Total Goals For
8. Coin Toss (team travelling farthest to tournament site calls)

*If at any point in a 3 or more-way tie is broken with one team getting the higher placing, you revert back to #1 and start the tiebreaking procedure again for the remaining teams that are tied. This procedure continues as such with remaining tied teams until all teams have been placed.

5.0 Equipment

- Helmets and FULL VISOR/CAGES, WITH CHIN STRAPS, and with EAR FLAPS MUST be worn by all players.
- Neck guards and shoulder pads are mandatory.
- The goaltender must wear a CSA approved helmet and cage.
- Failure to comply will result in the player not being permitted to participate in the game until a proper helmet and/or neck guard is worn.
- No player shall be permitted to be on the bench without a helmet (backup goalie must wear mask).
- The on-ice referees will determine whether or not a player is in compliance with the equipment rule and may prevent a player from playing if he is not properly equipped.

6.0 Penalties and Discipline

- Penalty times are as followed:
 - 2 minutes minors
 - 5 minutes majors
 - 10-minute misconducts fully served for stop time.
- A player who receives a **MATCH PENALTY** or **FIGHTING MAJOR** (see *Appendix 3*) will be **ejected from the game** and **automatically SUSPENDED** from extramural tournament play for a period of one calendar year.
- **FOR DETAILED OUTLINE OF PENALTIES AND SUSPENDABLE INFRACTIONS, PLEASE SEE OCR PENALTY PROTOCOLS**
https://ocaa.com/ocr/files/Appendix_K_-_Standardized_Extramural_Ice_Hockey_Tournament_Penalty-Assessment_Protocol.pdf

7.0 Abuse of Game Officials

- Officials will be implementing a **Zero Tolerance** policy on unsportsmanlike behaviour.
- **Verbal abuse** will result in penalties and can range from minor through to gross misconducts for direct threats, OFFICIALS DISCRETION.
- **Physical harassment** of on-ice or off-ice officials before, during or after a game by players and/or team officials will result in suspension from the tournament, an automatic one-year suspension from participating in OCCCR extramural events and will be subject to further OCCCR disciplinary action.

8.0 Supplementary Discipline

- In addition to the suspensions imposed under these rules, OCCCR may impose further discipline on the player(s), team officials and/or institution involved in an offence that may warrant such action.

9.0 Policies Regarding Alcohol, Drug & Tobacco Use

- **Alcoholic Beverages and/or drugs.**
 - **No team member shall illegally consume alcoholic beverages and/or drugs while in attendance at the game site, including the parking lots.**
 - **Any player who appears to be “under the influence”, before or during a game will be not be permitted to play and may be subject to further discipline.**

DRESSING ROOMS WILL BE CHECKED AFTER EACH GAME FOR EVIDENCE OF ALCOHOL. IF A DRESSING ROOM HAS UNOPENED, OPENED OR EMPTY ALCOHOL CONTAINERS OR BOTTLE CAPS LEFT IN THE DRESSING ROOM, THE OFFENDING TEAM WILL BE SUBJECT TO FURTHER DISCIPLINE

- **Chewing tobacco IS NOT permitted during the game. If chewing tobacco is used in the dressing room, players need to spit in a bottle/container. Any evidence of chewing tobacco left in the dressing room area (floor, wall, sink, toilet, shower etc) will result in disciplinary action against the offending player and/or team**
- **Smoking/vaping is strongly discouraged and is only permissible in designated smoking areas. Anyone smoking illegally at an OCR tournament will be subject to further disciplinary action.**

10. Game Protocol

- Teams will enter ice surface at same time – players are not allowed to cross the centre red line.
- There will be a maximum number of coaches/players permitted on the bench – this is included in the rules section and will be enforced!
- **At the completion of the game, the refs will hold the benches.** Players on the ice should proceed to their own goaltending area. The refs will then signal **teams to shake hands at centre, then proceed to opposing team bench area to shake opposing coaches’ hands, with coaches doing the same with each other at centre in between bench area by the boards.**

APPLICATION OF RULES REGARDING RESTRAINING FOULS

1. BODY CHECKING

A minor penalty or, at the discretion of the Referee in cases where the action is flagrant and excessive, a major penalty and/or a game misconduct penalty shall be assessed on 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 Game Misconduct penalty **must** be assessed.

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 occurred, no penalty shall be called.

a) Angling a player towards the Boards

Players are entitled to the ice they occupy and to position themselves between the puck and their opponent without initiating contact and will not be penalized for doing so.

A defender has the right to steer or direct an offensive player towards the boards, then close off the gap that the offensive player is going wide to obtain, through his body position and without contact. This will force the offensive player to either slow down or go back into the middle. **However, the defender may not body check, bump, push or shove the player to prevent him from "going down the boards".**

If the offensive player opts to go down the boards after a defender has rightfully closed the gap and initiates contact with the defender, he may be assessed a minor penalty for body checking, at the discretion of the Referee.

b) Battles

Players are allowed to battle for body position using their strength and balance and should not be penalized. These battles occur primarily along the boards and in front of the net.

Players who are either playing or watching the puck and are jostling shoulder to shoulder or leaning into an opponent when digging for the puck or setting up in front of the net shall be considered to be in a battle. There must be no action where a player is pushed, checked or shoved or a minor penalty may be assessed, at the Referee's discretion.

2. HOOKING

The use of the stick on the body of the puck-carrier or the non-puck-carrier to impede the progress or to gain territorial advantage shall be penalized.

The stick placed on the opponent's body and parallel to the ice surface shall be considered as being in a ``danger zone``. Once the stick is in this position, any tug or pull of **consequence** shall be penalized.

Consequence shall be interpreted as:

- any loss of momentum.
- causing diminished space between the players.
- impeding the opponent's progress.
- causing the opponent to lose balance to any degree.
- reducing the opponent's ability to pass or shoot the puck or to receive a pass.

2. HOOKING (continued)

Placing the stick between the opponent's legs shall be considered as in a ``danger zone``.

If movement, either lateral or otherwise, is restricted in any fashion, a minor penalty for hooking shall be assessed. Should the opponent be caused to fall by this action, a minor penalty for tripping shall be assessed.

3. TRIPPING

A player cannot use his stick on the legs or feet of an opponent in a manner that causes the opponent to lose balance and fall.

Hockey is a game of speed and balance in which players frequently go down following incidental contact. Officials must see the foul and not guess in order to make the proper call.

In cases where the official has not seen the infraction but has seen only the end result, officials must be aware that a possible ``missed infraction`` is justifiable whereas a ``phantom call`` is unacceptable.

Placing the stick between the legs of the opponent thus causing him to fall should be called ``tripping``. Impeding progress or hindering lateral movement by placing the stick between the legs should be called ``hooking``.

4. HOLDING

Removing the hand from the stick and placing it on the opponent's body shall be considered as in a ``danger-zone``. Once the free hand is in this position, any act of consequence shall be penalized.

Consequence shall be interpreted as:

- restraining or impeding progress.
- grabbing the body, stick, or sweater.
- reducing the opponent's ability to pass or shoot the puck or to receive a pass.

5. INTERFERENCE

The non-puck-carrier must be allowed to pursue the puck or to gain his position without being restrained or impeded in any manner.

However, players are entitled to the ice they occupy and to position themselves between the puck and their opponent without initiating contact and will not be penalized for doing so.

a) Face-off Interference:

Players are not permitted to use their stick or free-hand to impede or block the progress of opponents who are in pursuit of the puck or trying to obtain defensive position. These acts shall be penalized as interference.

Zero Tolerance Policy

Unsportsmanlike Behaviour

In an effort to make ice hockey a more desirable and rewarding experience for all participants at Georgian, Georgian Athletics has instructed its on-ice officials to adhere to certain points of emphasis relating to sportsmanship. All On-Ice Referees will implement the following points of emphasis.

Questioning Penalty Calls or Non-calls

- A player is entitled to an initial explanation of a penalty call or non-call as long as he requests clarification in civil and respectful manner.
- Once that explanation is given, a player may not continue to question the call.
- A coach or team official may also ask for clarification in the same manner or through their captain/assistant captain and once an explanation is given may not continue to question the call.
- Questioning a call in a loud, demonstrative, obscene and/or vulgar manner is not allowed.

Penalties

- Any player, coach or team official who continues to question a penalty call civilly after initial clarification will be WARNED that they will be assessed a minor penalty if they persist.
- If they continue after this warning, a minor penalty for unsportsmanlike conduct will be assessed as either an individual or bench penalty, at the referee's discretion.
- Further dispute or argument will result in a misconduct penalty at the referee's discretion.

Obscene Language and Gestures

A **minor penalty** for unsportsmanlike conduct [Zero Tolerance] shall be assessed whenever a player, coach or team official:

- Uses obscene or vulgar language at any time, including any swearing, directed at a player or at the opposing team bench.
- Visually demonstrates any sign of dissatisfaction with an official's decision or uses obscene or vulgar language in reference to the official's call. (*aka "That call was *&%!"*).

A **misconduct or, if the referee deems the incident excessive, game misconduct** will be automatically assessed if a player, coach or team official:

- Uses obscene or vulgar actions or language at any time, including any swearing, directed at an official and his performance. (*aka "You are an *&%@ ref!"*).

Officials Conduct

Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial and constructive manner at all times. The actions of an official must be above reproach. Actions such as "baiting" or inciting players or coaches are strictly prohibited. Any reported incidents of such action will be investigated by the convenor.

Appendix Three

ROUGHING & FIGHTING MAJOR PENALTIES

A player will be subject to receive a **ROUGHING MAJOR** if he:

- a) Lands or attempts a one-off punch during a confrontation and does not continue to punch or attempt to punch. *However, the severity and intent of the punch may result in a **FIGHTING MAJOR** at the Referee's discretion.*
- b) Excessively grabs, holds, wrestles, pushes, shoves, and/or face-washes an opponent during a confrontation.

NOTE: If a player continues to punch or attempt to punch or uses actions outlined in b) to, in the referee's opinion, instigate a fight, the player will be subject to receive a **FIGHTING MAJOR.**

- Any player receiving a **ROUGHING MAJOR** will be **ejected from the game in progress** and will be **suspended for the rest of the tournament** and may be subject to further disciplinary action by the **OCCCR**.

A player will be subject to receive a **FIGHTING MAJOR** if he:

- a) Repeatedly punches or attempts to punch an opponent
 - b) Attempts or lands any other type of blow, including but not limited to: a forearm, clothesline, elbow, knee or kick during a confrontation
 - c) Removes his helmet or attempts to and/or removes his opponent's helmet during a confrontation
 - d) Removes his gloves during a confrontation
 - e) Attempts to or successfully pulls his opponent's shirt over his head during a confrontation
 - f) Any other act that the Referee deems is a flagrant attempt to instigate a fight
- A player who receives a **FIGHTING MAJOR** will be ejected from the game and automatically **SUSPENDED from extramural tournament play for a period of one calendar year**.

Player DEFENDING HIMSELF from an aggressor

- a) Any player defending himself by blocking attempted blows; grappling/grabbing/tying up an aggressor to prevent attempted blows; or "turtling" or attempting to skate away from the confrontation **SHALL NOT** be considered to be **FIGHTING**.
- b) Any player defending himself by with an initial reaction of a one-off shove, push and/or face wash will be subject to receive a **ROUGHING MINOR** at the discretion of the referee so long as he does not attempt another shove, push, and or face wash.
- c) Any player whose **initial defensive reaction then becomes aggressive** or **retaliates with a physical blow or blows** will be subject to **ROUGHING MAJOR** and **FIGHTING MAJOR** penalties as outlined above.