

# Lake of the Woods Girls Minor Hockey

## Rules and Regulations

1. PICK UP PLAYERS: (refer to OWHA rule 4 (k)). Pursuant to rule 4 (k) the following restrictions apply:
  - a) If more than one team from the same division is attending the same tournament, any players from the same division being picked up must be mutually agreed upon by the other coach (es) from the other team(s) also attending the same tournament.
  - b) Excludes goalies.
  - c) In conjunction with Rule 5 (Tournament Sanctions and Pick Ups) the President will have the final authorization.
2. REGULAR HOUSE LEAGUE PLAYING RULES:
  - a) Any team having less than 10 skaters may pick 3 players up to a maximum of 10 skaters and 1 goalie from the division below. In an emergency situation a goalie may be picked up from the division below with the President's approval.
  - b) Home team must supply the game sheets. Game sheets must be prepared well before game starts in order to give visiting time to fill in sheet. If using stickers, you must apply one to each of the three carboned sheets.
3. PLAYOFF RULES:
  - a) Picking up players for the playoffs is NOT allowed. In emergency situations, a goalie may be picked up from the division below with the President's approval.
4. In regular house league games and playoffs, any player who receives a third minor penalty in a game will be automatically ejected from the remainder of the game. Another player from the same team must serve the penalty.
5. TOURNAMENT SANCTIONS AND PICK UP PLAYERS

All sanctions must be submitted to the OWHA by the LOWGH President to eliminate any confusion and that teams are properly insured. This includes playing boys teams, out of province teams as well as teams coming from other provinces or states to play in Kenora.

The President must be notified of any player travelling with another team, other than her registered team, to play in a tournament or exhibition game so that the proper pick up form is completed.