



OFFICIAL HOME OF THE

OSGOODE RIDEAU MINOR HOCKEY ASSOCIATION

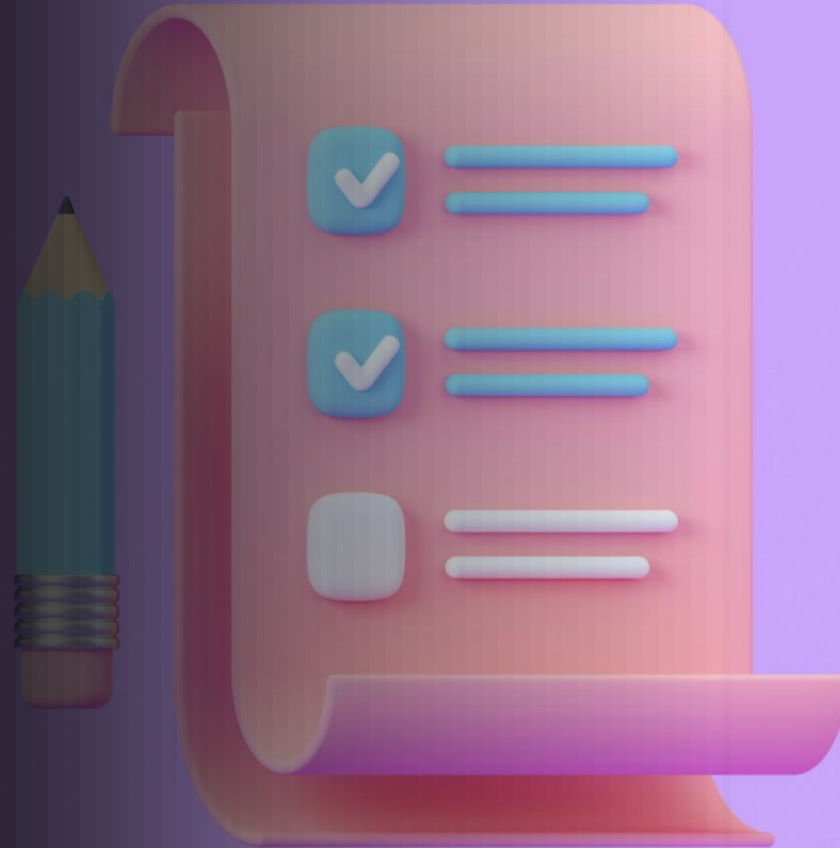
Welcome

2025/26 ORMHA Coach and
Manager Meeting
Thursday Oct 16th

THANK YOU

Agenda

- ORMHA Executive
- Important Dates
- Operation Areas:
 - Team Photos
 - Registrar
 - Referee In Chief
 - Bingo
 - Website
 - Tournaments
 - Equipment
 - Ice Scheduling
 - Risk and Safety
 - Team Information
 - Important Dates





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MINOR HOCKEY ASSOCIATION

- Yes we will send out all this information
- Yes there will be some spelling mistakes.
- Yes we will talk about 11.4's

ORMHA Executive

Position

President

VP House League

Convenors

U7

U9

U11

U13

U15

U18

U21

Name

Cameron Legault

Rob Smith

Matt Johnson

Kim Schlegel

Ashley Ladoucer & Julie Aboud

Julie Mulligan

Kevin Murphy

Amy Richer

Steve McMaster

Ormha Executive

Position

Secretary

Tournaments

Risk and Safety

Registration/Certifications

Webmaster

Equipment

Referee In Chief

Treasurer

Ice Scheduler

Past President

Name

Steve Fry

Rob Panchuk

Steve McMaster

Elizabeth Klassen

Jason Kenedy

Rob Panchuk

Jared Coyle

Karen Sergeant

Nicole Amadio

Kevin Bean

Lcmhl Important Dates

Hockey Season Highlights (2025–2026)

Event	U9–U18	U21
Coach/Manager Mtg	14-Oct-2025	-
Regular Season Start	18-Oct-2025	01-Nov-2026
Halloween (No Games)	31-Oct-2025 (U11/U13)	31-Oct-25
Christmas Break**	22-Dec-2025 → 03-Jan-2026 (6pm)	22-Dec-2025 → 03-Jan-2026 (6pm)
Reading Week		13-Feb-2026 → 22-Feb-2026
Regular Season Ends	17-Feb-2026	26-Feb-2026
Round Robin Playoffs	23-Feb-2026	3-Mar-2026
Playoffs End	23-Mar-2026	22-Mar-2026
March Break	13-Mar-2026 → 22-Mar-2026	-
Finals	24-Feb-2026 → 31-Mar-2026	17-Mar-2026 → 31-Mar-2026
Blackout Period 1	27-Feb-2026 → 01-Mar-2026	27-Feb-2026 → 01-Mar-2026
Blackout Period 2	06-Mar-2026 → 08-Mar-2026	06-Mar-2026 → 08-Mar-2026

**Note - Games may resume as of 6pm on January 3, 2026



Team Photos

- DATE: Saturday October 25
- TIME: 9am – 6pm
- LOCATION: Osgoode Arena (upstairs hall)

- FORMAT:
- Single shot photos
- Waist Up
- Team will be digitally put together with background



Coaches/Managers will be requested to submit your team roster to the Google link provided by your Convenor

Email will be sent out next week for parents to sign up for their time

RETAKES: Monday October 27
Osgoode

Registrar



registrar@ormha.ca

- Travel Permits Canada [Heo Team Travel Permit](#)
- Travel Permits USA [CAN / USA Travel Form](#)
- Submit team Rosters including game jerseys ASAP
- Travel Permits due asap and at least 14 days before tournament
- Registrar/President will upload to TTM system
 - [TTM Off-Ice Office](#)
- **RIS for Parents** must be added to the **PLAYER'S** profile

Bench staff must have completed RIS, GIT and the online portion of Coach 1/2 (as applicable) and have a current VSC before the roster can be submitted

Official approval of roster required from District Registrar

List all players & team staff:

(Head Coach, Assistant Coach(es), Trainer & Manager). [Clinics | HOCKEY EASTERN ONTARIO](#)

Roster approvals use Hockey Canada Record # (HCR) to track volunteer credentials. If no HCR#, direct volunteer to create one. Instructions are on website under Registration

Level 1 Clinic Links

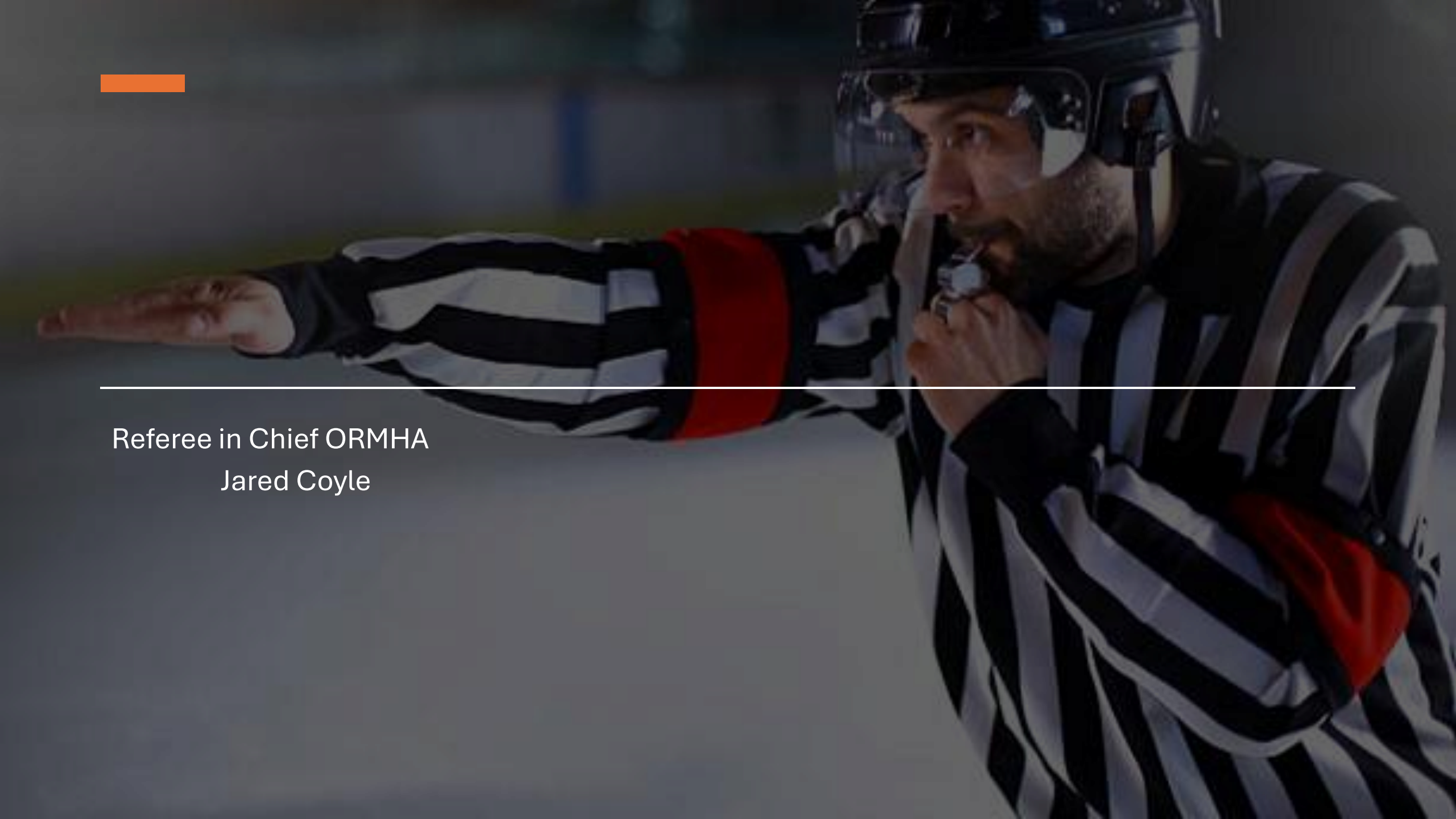
English: <https://page.spordle.com/heo/clinics/1f03733f-83a6-675e-a80e-06ee120d0117>

Team staff must have required certifications for approval.

Approval may take 2-3 weeks.

VOLUNTEERS CRITICAL WAIVERS – HCR3.0



A hockey referee wearing a black and white striped shirt, a red belt, and a black helmet with a clear face shield. He is holding a whistle in his right hand and pointing his left arm forward. The background is a blurred ice rink.

Referee in Chief ORMHA
Jared Coyle



Equipment

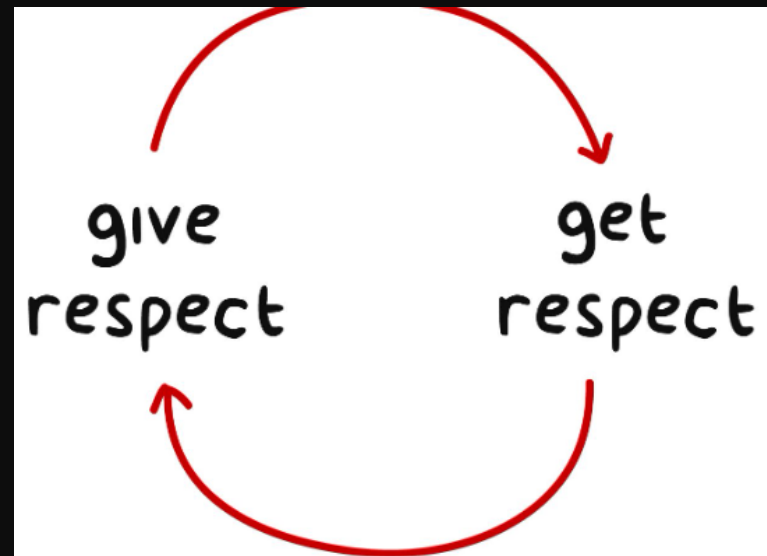
- - neck guards are a priority. No tape, not rolled up etc.
- - Helmets need to be worn properly. No cage hang, need J clips.
- - Mouthguards worn properly if worn.



When to talk to referees

- - If it is regarding minor penalties, icing, offsides etc. talk to refs between periods.
- - Major penalties and up, multiple penalties same stoppage, safety concerns can be discussed at the stoppage.
- - Discussions during the game should be quick to ensure games don't get curfewed.

- - Step down from the bench so you are not looking on the official.
- - Respectfully call them over and ask your question or express your concern.
- - Give the official an opportunity to answer your question without interruption.
- - You should always be speaking in a respectful tone with no yelling and no disrespectful language.
- - Sometimes you will just need to agree to disagree, arguing will not help.





- Under the age of 18
- Learning the craft
- WILL make mistakes
- More experience than given credit for at times
- Abusive penalties doubled for green arm band officials





BINGO

- 16 Sessions during active season
- Each participation earns a team \$450
- Times available this season!
 - Sundays from 4 – 6 PM
 - Email bingo@ormha.ca



Webmaster



Webmaster: Jason Kennedy
webmaster@ormha.ca

Web Content [Osgoode Rideau](#)
[MHA](#)

Team Webpages

Banner News / Pictures

Log-In Requests for Managers

Tournaments



2025 ORMHA FALL CLASSIC

Nov 07-Nov 09

U11 HL C, U13 HL C, U15 HL C

2026 ORMHA WINTER CLASSIC

Jan 22-Jan 25

U11 TIER 1 (A), U11 TIER 2 (B)

U13 TIER 1 (A), U13 TIER 2 (B)

U15 TIER 1 (A), U15 TIER 2 (B)

U18 TIER 1 (A), U18 TIER 2 (B)

U21 HOUSE LEAGUE

✕ U15 TIER 2 (B)

5 SPOTS LEFT

\$1,170.00

Registration now open! (closes on Friday, Jan 02, 2026)

Entry Fee

\$1,170.00

Due within 5 days

Deposit

N/A

Early Entry

N/A

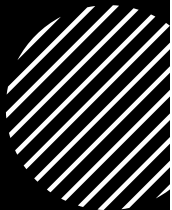
There are 5 confirmed / accepted spots remaining. *

Register

[2026 ORMHA Winter Classic > Registration Info \(Osgoode Rideau MHA\)](#)



Tournament Participation



In order to sign up for tournaments, you will need your official roster ASAP



You can pay out of pocket for tournaments until your bank account is setup



Any Tournament occurring outside of HEO boundaries will require a travel permit for the team and bench staff. This covers both insurance qualifications and tournament requirements to participate. Please add 1 day pre/post tournament dates to allow for travel changes and weather

Tournament Search Engine | HEO



Recreational	U9	U11	U13	U15
Practices (practices to games)	1:1 ratio	1:1 ratio	1:1 ratio	1:1 ratio
Regular Season Games	22	24	24	24
Exhibition Games	4	4	4	4
Tournaments Games (25-26)	12	12	15	15
Playoffs Games	8	8	8	8
Total Games	46	48	51	51

Ice Scheduling

Game and Practice Ice

October 16, 2025

Ice Scheduler: Nicole Amadio
Email: ormha.icescheduler@gmail.com
icescheduler@ormha.ca
Phone/Text: 613-866-8107



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ELBOWING

Tapping either elbow with the opposite hand.

ELB



HIGH STICKING

Holding both fists clenched, one immediately above the other at the height of the forehead.

HS



INTERFERENCE

Crossing arms stationary in front of the chest.

INT



HOOKING

A tagging motion with both arms as if pulling something from in front toward the stomach.

HK



MATCH PENALTY

Patting flat of the hand on the top of the head.

MAT



ROUGHING

Fist clenched and arm extended out to the front or side of the body.

RO



Risk and Safety

RISK
SAFETY

- **Code of Conduct**

- All coaches, players, spectators need to conduct themselves in an appropriate manner that is supportive in the sport of hockey. This also includes the proper use of social media and must refrain from any form of bullying, harassment or maltreatment.
NO posting of “Fights or Hits” on Snap Chat.

- **ORMHA Risk Committee**

- Composed of President, Vice President, Risk and if needed Convenor.
- Those breaching the code of conduct or other policies within HEO will be asked to attend a hearing.

- **No one should ever approach:**

- Bench staff, players or parents of the other team
- The Referees on the ice or post game in the change room or lobby area.
- No one is allowed in the opposing team’s Change Room
- The Head Coach is responsible for their players, staff and parents while in the Arena.

- **Level 3 (Vulnerable Sector Check)**
 - New volunteers require letter from ORMHA
 - Email: risk@ormha.ca to obtain your volunteer letter. Instructions provided for all steps required
- **NEW THIS SEASON!!!**
 - VSC to be uploaded into Ontario Submission Portal
 - Returning volunteers with valid VSC require declaration in Ontario Submission Portal
 - HCR will be updated automatically once approved

- **Complaints**

- **24 Hour Rule**

- Coaches, Managers and Parents should not be contacting any member of District 4 or HEO directly. This includes other associations.

- **Escalation Procedure:**

- **Head Coach ---->Convenor ---->VP and Risk---->President**

- D4 Risk Manager meeting monthly with all association Risk members to discuss concerns and provide updates.

- Equipment

- Helmets must not be modified
- No tinted visors
- Cages must be firmly secured – no dangles!
- J-Clips must be installed on both sides and cage must be secured against them!
- Neckguards are mandatory at all games and practices and at All Levels!

- **Injuries and Return to Play**

- HC Medical Information Sheet - Trainers to email out to parents and retain in medical kit for the season.
-

- Please ensure you notify Risk / VP/ President if a situation involved ambulance or hospital visit

- **Concussion Protocol – ROWANS LAW**

- No player can return to play until Physician has given the player clearance to do so in writing
- Trainer's decision is final and cannot be overturned by the Coaching staff or Parents

- **RULE 11.4 DISCRIMINATION**

- Any player or team official who engages in taunts, insults, offensive language or intimidation based on discriminatory grounds will be assessed a Gross Misconduct penalty
- Automatic 5 game suspension and suspended from all hockey activities (including practices) until HEO form completed.
- All 11.4 infractions are reviewed by HEO. In lieu of a hearing a letter is then sent to President/Risk which is sent to affected players Head Coach.
- Player must sign letter and return to President/Risk to resume hockey activities (practices) but still has to serve all 5 games.

- **Dressing Rooms – RULE OF 2**

- Head Coach is responsible for dressing room supervision and player/parent conduct. Ensure you have proper coverage.
- Supervising personnel must have completed: Respect in Sport for Activity Leaders course, the Gender Identity and Expression Course, and have valid VSC
- 2 Adult Supervisors must be in the dressing room at all times. **NEVER leave the room unsupervised.** This is for all levels.
- **NEVER** be alone in the dressing room with the players. If only 1 supervisor is present, ensure door is open and you are outside the door.
- Phones/Cameras – **Are not to be used in the dressing rooms.**
- Team Pictures must be done outside dressing room

Risk and Safety



Suspensions

If you have a player removed from a game by an official, please ensure you review the game sheet before leaving the rink to make sure you know what code the official has used.

If it is not clear/legible on the game sheet or if there is an error, please confirm with the official or timekeeper. Remember to ALWAYS get your gamesheet! DO NOT LEAVE THE RINK WITHOUT IT!

Minimum Suspensions cannot be appealed

Reporting Suspensions

- Suspensions are reported using an online tracking system (TTM) accessed through the District 4 or LCMHL site.
- All Misconducts, Game/Gross Misconducts must be entered into TTM within 24hrs of end of game.
- TTM must also be updated after each game in which a suspension is served.
- Suspension and GIR are reviewed by D4 RIC, Risk Manager and Chair
- Ask your Convenor for help to navigate TTM if you are a first-time user. Helpful documents are on LCMHL website
- ORMHA Risk can help clarify any suspension details with the **HEAD COACH ONLY!** Parents and Managers must go through their Head Coach – **NO EXCEPTIONS.**

Risk and Safety

Game sheets.... GET YOUR GAMESHEETS!!!

- **#1 priority** for Head Coach and Manager when it comes to handling player or coach suspensions
- League, Exhibition or Tournament games, you must collect your game sheet at the end. **Ask for it at the tournaments.**
- If there is a mistake and the official does not have time to correct as they have a game immediately afterwards, **then you must stay and wait until the next game has ended to address this.**
- This has been the #1 issue the past few years where teams did not retrieve the game sheet or the penalty code was entered incorrectly. This directly impacts the player and in some cases the Head Coach if the codes are not correct.
- Ensure photos of game sheets are legible which are uploaded into TTM
- Ensure you have the players name and number entered on the suspension list of the game sheet for games served.

Equipment

Equipment Manager: Rob Panchuk
equipment@ormha.ca

Puck bags

Jerseys

Jersey forms

Trainer Kits (U7,U9,U11)

Goalie Gear Loans – U9, U11





Team Information

Team Information

- Team Website
- Team Wear
- Team Finances
- Room Bookings
- Forms and Documentation
- Scorekeepers/Timekeepers

Team Website

- Practices, games and game results will be on ORMHA site.
- Keep it updated (exhibition games, tournaments)
- ORMHA login will be emailed to you once you request it from webmaster@ormha.ca
- ***Parents can subscribe to SportHeadz team calendar so it will go directly to mobile devices, Google calendar, etc.***
- TeamSnap...use at own risk. PRACTICE schedule must be uploaded to ***SportHeadz*** even if you choose to use TeamSnap.
- Any issues? Contact: webmaster@ormha.ca

Team Wear

Team wear off ice:

- Team's choice.

Team wear on ice:

- ORMHA jersey & socks:
 - Away: Red name bar on red jersey, red game socks.
 - Home: White name bar on white jersey, white game socks.

ORMHA socks must be worn during all league games. The socks must be the same colour.

Team Finances

- Needs to be accountable to your team:
 - Open new team account at start of season – **You will need a Bank Letter from ORMHA (email treasurer@ormha.ca) to open your account.**
 - **No personal bank accounts.**
 - Two signing signatures, provide both names
 - Budget can be reviewed by VP prior to the start of the season
 - Present budget to parents & provide monthly budget updates to team
 - Submit final budget to VP by March 31, 2026
 - End of season balance must be \$0.00.
 - Team to decide at the start of the season what will be done with any funds that remain at the end of the season (e.g. refunds to families, team donation to charity, etc.)

Room Bookings

ORMHA Secretary: Steve Fry

secretary@ormha.ca

- Room bookings must be done through the Association in order to secure our preferred rate.
 - Manotick Arena Upstairs Hall
 - Osgoode Arena Fred A Room, Upstairs Hall
 - Other City of Ottawa Venues

Association letter available for booking other venues (e.g. school gymnasiums, etc.)

Forms and Documentation

Hockey Canada Injury Report

https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Safety/Insurance/Downloads/2020/2020_injury_report_hockeycanada_heo_e.pdf

To be completed by trainers.

HEO Links

[By-laws & Policies | Hockey Eastern Ontario](#)

[Forms | Hockey Eastern Ontario](#)

D4 Complaints and Compliments Form: The Good, The Bad, The Ugly

[Referee Compliments and Complaints form](#)

Scorekeepers/Timekeepers

Required for all of our home games.

- Game sheets must be completed in full.
- Game number (1-24) & Division printed clearly.
- Coach & Trainer number (team stickers).
- Game sheets with a suspension to be clearly identified on all 4 copies.
- Report within 48 hours.
- Recommend one person per team attend Scorekeeper course.



