

Waterloo Men's Recreational Hockey League Inc. 2005 - 2006

**All players must read and acknowledge these
RULES and REGULATIONS, and sign the
RELEASE and WAIVER before they will
be permitted on the ice.**

Purpose

To establish and operate a social/recreational hockey league in the city of Waterloo. The league is open to men 40 years of age and over.* This hockey league has been formed for the enjoyment, exercise and participation of its members. Its members are expected to exemplify sportsmanship. **It is expected that players will conduct themselves in a manner such that they will not be penalized.** However, in the heat of competition, incidents will occur. For this reason, it is necessary to highlight the following Rules and Regulations under which this league operates.

Concept Statement

The Waterloo Men's Recreational Hockey League Inc. is intended to be a **social/recreational**, non-contact, no slapshot hockey league. It is to provide enjoyment, exercise and a chance to network with fellow members.

It is open to all men age 40 years and over who display good sportsmanship, team play and respect for others

It must be stressed that this is not an industrial league and while each player and team are encouraged to play to the best of their ability the league discourages the concept of "win at all cost".

The elected directors and executive officers of the league are committed to dedicate their time and effort to manage the league and various committee's with no remuneration.

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Rules and Regulations

These rules are in addition to the Official rules of the
Canadian Amateur Hockey Association.

1. Eligibility

All players must be 40 years of age by September 1, 2005.

2. Registration and Fee Payments

Participating players must have completed the League registration form and paid the specified registration fee in advance.

3. Release and Waiver

All players must read and acknowledge these Rules and Regulations. All players must sign the Release and Waiver form before they are permitted on the ice.

4. Equipment

The following equipment is mandatory

tube skates:	with skate guards
hockey gloves:	palmless prohibited
shin pads	
elbow pads	
athletic supporter and cup	
short hockey pants:	& hockey socks OR CSA approved full length hockey pants
hockey helmet:	CSA approved
facial protection:	CSA approved, equal to or greater than the protection provided by half shield "Itech" face mask
hockey stick:	curvature of more than 1/2" from heel to toe will be disallowed

Goalies:

goalie skates:	specifically designed and constructed for goalies
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5. Time Keeping

Games will consist of 3 periods of one 10 minutes stop time and two 12 minutes stop time. In the event of injury or other circumstances the Referee may adjust these times. Pre-game warm ups will be 2 minutes.

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6. Penalties

A. Basics

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| i. Minor Penalty | 2 minutes |
| ii. Major Penalty | 5 minutes
Ejected from current game
Suspension for next game (minimum)
Review by Disciplinary Committee |
| iii. Game Misconduct | Ejected from current game
Suspension for next game (minimum)
Review by Disciplinary Committee |
| iv. Match Penalty | 5 minute major
Ejected from current game
Player may not participate until the circumstances have been
Reviewed by the League Disciplinary Committee |
| v. Persistent Infringements | |
| a. Any player receiving 5 minutes or more (including misconducts) in the same game | Ejected from current game
Suspension for next game |
| b. As they pertain to multiple game misconducts during the season | 1st misconduct = minimum 1 game suspension
2nd misconduct = minimum 2 game suspension
3rd misconduct = minimum 3 game suspension & player must
appear before the disciplinary committee prior
to being permitted to resume playing in the
league. |

Players ejected from current game must leave the bench area and may not return to the bench area. Players are not eligible for any activities in the league until their suspension has been served.

Players suspended may not attend the bench area. Furthermore, they should be discouraged from attending the dressing room before or after the game by the team captain.

Players who are either suspended or expelled from the League are not entitled to any refund of the registration fees

B. Special Situations

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|---------------------------------|--|
| i. Fighting / Attempt to Injure | Any attempt to fight with or deliberately injure another player or official will result in an automatic Match penalty. The player will be subject to review by the League Disciplinary Committee. If a player is found to have attempted to fight or injure, he will be subject to a minimum suspension of 5 games.
If contact is made, or a player is found to have instigated a fight, or engaged in an activity to invite another player to fight he will automatically be ejected from the current game and receive a minimum of one game suspension as well he will be subject to any further action deemed appropriate by the League Disciplinary committee , including expulsion from the league. |
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6 Penalties

B. Special Situations ...cont.

- ii. Coincidental Penalties Regardless of minor or major, teams will not play short handed.

 - iii. Slap Shots **Slap Shots are not permitted** at any time including 'clearing the zone'. Play will be stopped and the face off will be in the offending teams defensive zone.

In the opinion of the referee, if a player raises his stick more than 12 inches off the ice surface in order to follow through and contact the puck, it will be deemed a slap shot.

 - iiib. Deliberate Slap Shots If in the opinion of the referee a slap shot was deemed as intentional, a delay of game penalty maybe called.

 - iv. Body Checking This is a non-contact league and any body checking, or 'playing the man' may be assessed either a minor or major penalty depending upon the severity of the impact.

 - v. Aggressive Play If, in the opinion of the officials, a player engages in overly aggressive play/checking, the player will be subject to either a minor, double minor, major or match penalty.

 - vi. Goalies /Puck Opposing players are not permitted to slash or poke at the goal tender when the goal tender has possession of the puck. Infractions will be assessed a penalty.

 - vii. Delay of Game If in the opinion of the Referee a team is engaging in delaying tactics at stoppages in play, the Referee is instructed to drop the puck and initiate play or assess a penalty.

 - viii. Questioning Officials Only the team captain or alternate captains are permitted to ask the referee about rule interpretations or penalties. However if a team captain or alternate is assessed a penalty he forfeits the right to discuss the call with the Referee.

When a penalty is assessed players are expected to proceed to the penalty bench without discussion or comment with the Referee.
- Note: Any team captain, alternate captain, player or coach who yells at the Referees from the team bench or penalty box will be assessed additional penalties.
- ix. Profanity Any player who directs profanity or foul and abusive language at a Game Official or any other member of the league, will be assessed a Game Misconduct penalty.

 - x. Spearing/ Butt Ending Any player who spears or butt ends another play will receive both a penalty and a game misconduct. Depending on the severity of the attack a Match Penalty may also be assessed.

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7. Ice Time

Since this League was conceived for the purposes of recreation and enjoyment, Team Captains and Coaches are encouraged to provide equal ice time for all players.

8. Six Players Dressed

A team must have a minimum of six regular team members dressed before an official game can be played. If a team is unable to meet this minimum they will forfeit the game. If this happens, the two scheduled teams should divide their players equally and play an exhibition game.

A team captain may need to pick up additional players. It is allowed under the following constraints:

1. The replacement players are equivalent in skill to the missing players.
2. The replacement players are approved by both captains.
3. **You may only add players to increase your bench to 10 players (including the goalie).**

9. Substitute Goal Keepers

If a team's regular goal tender is absent, a substitute goalkeeper may be borrowed from another team or obtained from the substitute list.

10. Alcohol and Drugs

No alcohol or smoking is to be allowed in dressing rooms. Any person who is intoxicated by any substance or consumes alcohol in the dressing room will:

- i. **be suspended for 1 game for the first offence;**
- ii. **be suspended for 5 games for the second offence**
- iii, **be expelled from the league for the third offence (with no remuneration).**

11. Captains, Alternate Captains & Coaches

All Captains, Alternate Captains and Coaches must be approved by the League Executive. Each team will have a maximum of two alternative captains and one coach. Members of the League Executive Committee may not serve as Captains, Alternates or Coaches.

12. Unsportsmanlike Conduct

Any League member attending a scheduled game is subject to the rules and discipline of the League. Members who, in the opinion of the Referees or League Executive, conduct themselves in an unsportsmanlike manner, may be reported to the League Discipline Committee and subject to suspension.

13. Decisions by the Referee

Your League Executive strongly supports all decisions made by the Referees. The Referees have been engaged to ensure that play is safe and fair. If, in the opinion of the Referee, an infraction of the rules has been committed and a penalty is assessed, then the Referee's decision is final.

The League Executive and League Discipline Committee do not function for the purposes of appealing Referee's decisions. The League Executive administers the League and reviews suggestions for improvement. The League Discipline Committee reviews incidents and determines follow-up actions such as suspensions or expulsions should an incident occur.

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14. The League Discipline Committee

The League Discipline Committee is made up of 3 members, chaired by the Vice President, or his designate, and will meet at the earliest convenience (preferably within 6 days) after an incident has occurred which requires a review by the League Discipline Committee.

The three deciding members are the Vice President, or his designate, plus two selections from the list of team Captains, Alternate Captains and/or League Executive Members. When necessary, the Vice President's tasks include ensuring an appropriate committee is formed and to convene the meeting. The Head Referee may sit with the committee as an advisor regarding the rules if called upon by the committee. He does not participate in the final decision of the committee.

All decisions of the League Discipline Committee are final.

The Process

1. The Referee involved will contact a member of the League Executive.
2. The League Executive will then call a meeting of the Disciplinary Committee.

*Note: Players from the game in which the infraction occurred **are not permitted** to sit on the Disciplinary Committee for that case.*

3. The Disciplinary Committee will review either a written or verbal report from the Referee. Team Captains, Alternates or even other players may also be asked to report on the incident.
4. The Disciplinary Committee's decision is then written and sent to the League Executive.
5. After filing the report, a copy is given to the Player's team captain, or alternate, who will in turn deliver it to the player.
6. The decision is final.

While other players/members may be invited to submit reports to the committee it is not necessary that they attend the meeting. It is not necessary that the team captains or alternate captains of the involved teams attend the meeting. It is also not necessary for the player whose conduct is under review to attend the meeting.