



WHITBY MENS HOCKEY LEAGUE

RULES

&

REGULATIONS

2009/2010

“SPIRIT OF THE LEAGUE”

The Whitby Men’s Hockey League is dedicated to promoting men’s recreational hockey for the residents of the Town of Whitby. Its aim is to foster among its members a spirit of community, friendship and sportsmanship. The league promotes the game of hockey as a recreational sport for fun and enjoyment.

WHITBY MENS HOCKEY LEAGUE EXECUTIVE & MEMBERSHIP

Alcohol Policy

The consumption of alcoholic beverages in Iroquois Park is illegal and there is a zero tolerance policy. Any person found or reported consuming an alcoholic beverage in the facility will be immediately removed from the league for the balance of the season. The Whitby Men’s Hockey League supports Iroquois Park and the Town of Whitby in keeping the facility safe and alcohol free. Alcohol may be consumed in the licensed lounge or under a Ontario Liquor License permit during special events.

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In accordance with the By-laws of the Whitby Men's Hockey League, the Following Rules and Regulations will be enforced in addition to those of the C.A.H.A.

TIME OF GAME: 2 x10 minute periods stop time and 1x12 minute stop time
If tied there will be a 3-man shootout
Players will be picked by a set schedule for every week and an alternative number if a player is missing
If the game is still tied both teams receive 1 point
If a team wins the shootout that team receives 2 points and the losing team receives 1 point
This applies to Regular season only

MANDATORY EQUIPMENT: Helmets and Goalkeepers masks shall be C.S.A. approved.
Shin pads, elbow pads, hockey pants, jock and cup, regulation hockey stick and must be worn. If you want Dental coverage you must also wear a mouth guard and a full-face visor

MINIMUM PLAYERS: *** New rule, see Replacement Players and Injured Players
Teams must have a minimum of 5 players and 1 goalie dressed before an official game can begin. Use of unauthorized players is prohibited and will result in forfeit of the game. If the team does not meet the requirements the result is a 1-0 score in favor of the opposing team

COINCIDENTAL PENALTIES: Teams are not required to play short-handed for Minor or Major coincidental penalties

TEAM CAPTAINS: Every team "REP" shall be the team captain and pick not more than 2 alternates
Must be clearly marked on sweaters. Only players assigned as captains or alternate captains will have on ice discussions with officials and only one player per dispute. If officials want a discussion after the game it is with the team REP. The team rep will bring any concerns to the Executive

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PENALTIES:

A) Minor penalty – 2 minutes stop time

Tripping, slap shot or fake slap shot (knee high), roughing, elbowing slashing, body contact, unsportsmanlike conduct, interference, delay of game, hooking, holding and unintentional high stick

B) Major Penalties – 5 minutes stop time (equivalent to 2 minors).
- Ejection from game if 3rd penalty

Boarding, charging, cross-checking, checking from behind, high sticking causing injury even if unintentional

C) Misconduct Penalties – 10 minutes stop time (equivalent to 2 minors)
Profane language or gesture on the ice or from the bench toward the game Officials, is prohibited. This will result in a game misconduct with possible review by league.

D) Game misconducts Penalties: equivalent to 4 minor penalties.
Determined by game official's decision.

E) Match Penalties: - suspended from further play upon executive review.
(spitting, causing intentional bodily harm, touching a game official)

F) Fighting will result in an automatic suspension from the league for the aggressor. (DROP GLOVES AND THROW PUNCHES). This is determined by officials and league executive

EJECTIONS:

A player will be ejected from the game for the following combinations of Penalties:

- 3 Minor penalties: (remainder of game)
- 1 Major penalty: (automatic game misc. remainder of game only)
- 1 Misconduct: (10 minutes straight time, 2nd is a game misconduct)
- 1 Game Misconduct – remainder of game
- 1 Match penalty – minimum 5 game suspension + review by executive
- 1 Gross penalty – remainder of game + 2 more games and review by executive. (if 3rd period started 3 games suspension)

NOTE:

A player who accumulates 10 penalties will receive a 2 game suspension
A player who accumulates 15 penalties will receives a 3 game suspension and a league review

A suspension will be carried over into playoffs
In playoffs 7 penalties will receive 2 game suspensions

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NOTE:

- A) A goalie who accumulates 3 Minors Penalties or equivalent, the opposing team will be awarded a penalty shot for the 3rd penalty and every penalty thereafter
- B) A goalie who pushes the net off in the last minute of the game, the opposing team will be awarded a penalty shot
- C) All major and undesirable incidents will be written up by the game officials and reviewed by the League Executive
- D) The League Executive can suspend or eject any player not keeping within the spirit of the league

TIE BREAKING RULES

REGULAR SEASON

- 1 - Wins (ties and losses not counted)
- 2 - Head to head between tied teams. If more than 2 teams tied, one team must have a better record against all other teams
- 3 - Goal differential for the season
- 4 - Flip coin (Captains)

PLAYOFFS

- 1 - Wins (Ties and losses not counted)
- 2 - Head to head between tied teams. If more than 2 teams tied, one team with better record against all other teams
- 3 - Goal differential for playoffs
- 4 - Best regular season record between teams tied
- 5 - Goal differential for a season
- 6 - Flip coin (Captains)

Note: Rules number 1, 2 and 3 are NHL tie breaking rules

CHAMPIONSHIP GAMES

If score is tied at the end of regulation time:

1. 7 MINUTE OVERTIME (if still tied #2)
2. 3 MAN SHOOTOUT (team determines shooters) (if still tied # 3)
3. Sudden death shootout (team determines shooter)

Note: No player can shoot in both # 2 and # 3

Replacement Players & Injured Players

1. Players who miss three (3) consecutive games or are habitually absent may, at the opinion of the Board of Directors, be removed from the team to the substitute list. This should be monitored by the team representative, and will be upheld by the executive committee. Timekeepers will keep attendance
2. Players injured that will be out 5 weeks or more, will be replaced with a player of equal rating. The injured player can not return until the 5 weeks is up. The team rep must provide this information to the executive
3. ***
If a team is short 3 or more players you can call another player(s) and ask them to play; or you can ask player(s) from the game before you to play. For 3 players missing you may get 1; if you are missing 4 players you may get 2. The players you ask must be rated **below** a #1 & 2 Forward and below a # 1 Defense. The timekeepers will have a list of the ratings and will be checking as well as the team Reps. Failure to follow these rules and playing with an illegal substitution will result in the loss of the game

The above rules and policies are to be ***STRICTLY*** enforced and all players should keep in mind that an offending player faces the possibility of ejection from the League, if in the minds of the Executive of the Association, it is felt the Player's actions and attitude is not keeping with the purpose of the Association.

The Board of Directors and your Executive entirely support all decisions of the Referees who have been engaged to enhance the enjoyment of each player in the league and lessen the chance of injury. In addition, all games will be reviewed by a Committee of Directors who will ensure enforcement of any deliberate infraction not in the spirit of the League. Any member of the league who feels strongly about one or two members not adhering to the above is requested not to fuss to others about it, but is invited to present his complaint to any member of the Executive. In addition, we would also like to receive suggestions from players and members which will help improve our Association and the enjoyment and participation of hockey for all members.

Thank-you
Dave Duggan

President WMHL