



WHITBY MENS HOCKEY LEAGUE

RULES

&

REGULATIONS

2015/2016

“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 sportsman. 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 an Ontario Liquor License permit during special events.

WHITBY MEN'S HOCKEY LEAGUE.
RULES AND REGULATIONS
2015/2016

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:

2x10 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.

The above applies to Regular season only.

On and only in the playoff Championship games each team may call a 30 second Timeout. (1 each)

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:

***** 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 favour of the opposing team.

COINCIDENTAL PENALTIES:

Teams are not required to play short-handed Minor or Major penalties.

TEAM REPS:

Are responsible for informing the time keeper of any sweater number changes, any changes to the team. When short 3 players and using a spare must inform the time keeper of the ratings of the missing players and the rating of the spare player. (Failure to do so could result in a forfeit of the game)

If Officials want a discussion after the game it is with the team REP only. The team rep will bring any concerns

to the Executive Team Rep Liaison (one for each league)

Team Reps are responsible for attendance of their players.

Habitually Absent Players

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. Time keepers will keep attendance

***** Replacement Players and Injured Players**

***** Effective immediately, this will be the protocol for injured or missing players within the WMHL as follows:**

- *If a player notifies his team rep that he will be missing due to injury or any other reason (will miss 5 weeks minimum) for a period of time, the team rep will immediately notify an executive member of the WMHL of the circumstance*
- *The executive will then try to find a replacement player of equal rating as quickly as possible*
- *In the event the executive are unable to find a suitable replacement, they may allow the team with the injured player to replace him for a period of 5 weeks (minimum) with a player of equal, or lesser, rating for the period of the injury from a team within their age group*
- *The team with the missing player may not use the SAME player two (2) weeks in succession, but may use the same player multiple times during the injury (i.e. Week 1, 3, 5)*
- *If a team is utilizing this rule, the team rep is responsible for insuring that the replacement player they obtain is of equal or lesser rating of the replaced injured player*
- *The team rep is responsible to notify the timekeeper of an 'injury replacement player' prior to each game so that it can be noted on the game sheet. The timekeeper must 'identify' the player and which game he represents of the injury replacement (i.e. Game 2 of 5)*
- *In the event a replacement player is used, and upon review, the replacement player was ineligible (wrong rating, used two times in a row, etc), the team using the replacement player shall forfeit the two points awarded (should they have been victorious)*
- *Once a team is granted the use of a replacement player, that spot is now filled by a substitute, and the replacement of missing players rules still apply (missing three, can replace one) this includes the playoffs*
- *If a team is short 3 players in the regular season they may pick up a player that is equal to the highest absent player so if you're missing your #1, 3 and 5 you can pick up a #1. If you are short your #3, 4 and 5 the highest replacement can only be a 3. Failure to comply with this rule will result in a automatic forfeit of the game.*
- *In the playoffs the above rule does not apply, the replacement must be one rating lower so if you are missing your #1, 3 and 4, the highest your team can get is a #2. Failure to comply will result in forfeit of the game.*

Should there be any questions regarding this new policy, please contact a member of the executive.

Executive Members



[Dave Duggan - President](#)

[Randy Gallas - Vice President](#) 40+

[Bill Hepburn - Vice President](#) 55+

[Brad Gauld - Registrar](#)

[Randy Gallas - Secretary](#)

[Ron Graham - Treasurer](#)

[Jim Reid - Referee in Chief](#)

[ken Todd - Statistician](#)

[Al Smith - Social Director](#)

[Charlie Blacquiere - Team Rep Liaison](#) 55+

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PENALTIES:

A) Minor penalty – 2 minutes stop time.

Tripping, 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. This will be determined by game officials and
reviewed by the executive.

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: (If in 3rd period, ejection for the remainder of the game).

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 – remainders of game + 2 more games and review by
executive. (If 3rd period started 3 game suspension).

NOTE:

Slap shot or fake slap shot (knee high) is no longer a penalty, play is whistled dead and a faceoff will take play in the
offending team's zone.

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.

Goalie hit in the head with a puck will result in stoppage of play at the discretion of the referee.

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NOTE:

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

TIE BREAKING RULES

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REGULAR SEASON

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

PLAYOFFS

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- 1st. Wins (Ties and losses not counted).
- 2nd. Head to head between tied teams. If more than 2 teams tied, one team with better record against all other teams.
- 3rd. Goal differential for playoffs.
- 4th. Best regular season record between teams tied.
- 5th. Goal differential for a season.
- 6th. 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. Overtime
 - a. 5 on 5 for 1 minute
 - b. 4 on 4 for 1 minute
 - c. 3 on 3 for 1 minute
 - d. 2 on 2 for 1 minute
 - e. 1 on 1 for 1 minute

If still tie on the next rule

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.

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