

Niagara Women's Recreational Hockey League

Constitution

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Niagara Women's Recreational Hockey League

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Article One: Definitions

"NWRHL" means the Niagara Women's Recreational Hockey League

"CARHA Hockey" means the Canadian Adult Recreational Hockey Association

"Cheques" shall mean and include cheques drawn on any bank account held in the name of the League, bank drafts, money orders, bills of exchange or other instruments of financial exchange.

"Constitution" means this Constitution of the League, as amended from time to time, and any By-laws of the League as amended from time to time

"Convenor" means the Convenor of the NWRHL or her duly appointed representative for games under the jurisdiction of CARHA HOCKEY.

"Executive Committee" means the Executive Committee of the League

"Game" means a meeting of two teams playing for a specific length of time, for the purpose of declaring a winner through the scoring of goals. The game consists of regular playing time and overtime, if such is required, in accordance with league regulations.

"League" means the Niagara Women's Recreational Hockey League

"Member" or "Members" means a member or members of the League

"Motion" means a Notice of Motion in writing in the prescribed form as set out in the Suspension Guidelines of the League, as amended from time to time

"Officer" means an officer of the League

"Players' Area" means the ice surface of an arena, all of the dressing rooms in an arena, all of the corridors leading from the dressing rooms to the ice surface and the players' benches

"Registration Deadline" shall mean September 30th of the season preceding the season in which a team intends to participate in the League

"Team Contact" means the person who represents the affairs of the team in all League matters

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Article Two: General Provisions

2.1 Name

The name of the League shall be the Niagara Women's Recreational Hockey League and may from time to time be referred to as the NWRHL or the League

2.2 Aims and Objectives

The aims and objectives of the League are to:

- a) Encourage female adults over the age of nineteen (19) years in the Niagara Region to play the game of hockey;
- b) Facilitate quality hockey experiences by enabling players to participating fully to the extent of their abilities and by promoting the values of safety, fair play and sportsmanship;
- c) Promote the benefits of increased levels of physical activity and physical fitness; and
- d) Foster the development of strong, lasting fellowship among participants

2.3 Affiliation

The League and each team within the League shall be affiliated with CARHA Hockey the organization that provides innovative hockey benefits and valuable solutions to recreational hockey leagues and associations across Canada, and shall abide by the Constitution Regulations and Official Rule Book of CARHA Hockey (the "governing documents") as amended from time to time.

Where the governing documents of the League, as amended from time to time, conflict with the governing documents of CARHA Hockey, the governing documents of CARHA Hockey shall take precedence.

2.4 Banking

The League shall maintain such bank accounts as is necessary for the prudent and efficient management of the financial resources of the League. Such accounts shall be maintained with a recognized Canadian financial institution ("the League's financial institution") and at a branch office of such institution that is located in the Niagara region.

The Authorized Signing Officer of the League shall be the Treasurer. All cheques issued for the payment of accounts of indebtedness of the League shall be signed by the Treasurer.

The Treasurer may authorize an employee of the League's financial institution to effect any payments of accounts of indebtedness of the League.

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The Treasurer shall endorse all cheques for deposit to the account and for the credit of the League, or in the alternative, any of such cheques may be endorsed "for deposit" to the account and for the credit of the League using the League's bank deposit stamp for this purpose.

Payments of accounts of indebtedness of the League shall be made by cash to the referees and timekeeper only.

The Treasurer and either the Convenor or the Registrar may settle, balance and certify the financial books, records and accounts of the League with the League's financial institution.

2.5 Season

The season end date of the League shall be the first Wednesday of April in each year, unless the Executive Committee agrees, by resolution, to another date.

2.6 Interpretation

Unless the context otherwise requires, the interpretations set out below shall apply to this Constitution, as duly enacted by the Executive Committee:

- a) Reference to and words importing the singular number shall mean and include the plural;
- b) Reference to and words importing the plural number shall mean and include the singular
- c) Reference to persons shall include firms and corporations, as appropriate.

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Article Three: The League

3.1 Members

The members of the League shall consist of:

- a) All players playing in the League in the current season;
- b) The Executive Committee

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Article Four: Executive Committee

4.1 Offices

The Executive Committee of the League shall consist of the following offices:

- a) Convenor
- b) Registrar
- c) Statistician
- d) Treasurer
- e) Goalie Co-ordinator
- f) Each team in the League will nominate a Team Contact who will be responsible for dispersing information to and from the Executive Committee. The Team Contact cannot be a member of the Executive Committee.
- g) Such other offices as the Executive Committee may determine from time to time. Each Officer shall be a member of the Executive Committee and each member of the Executive Committee shall be an Officer.

4.2 Mandate

The affairs of the League shall be managed by the Executive Committee who may exercise all such powers and do all such acts and things as may be exercised or done by the League and are not by this Constitution or any special resolution of the League or by any other law expressly directed or required to be done by the League at a general meeting of the Members.

The Executive Committee shall manage or supervise the management of the affairs of the League and shall exercise such powers and do such acts as may be exercised or done by the League in furthering the aims and objectives of the League.

Each member of the Executive Committee, in carrying out her mandate as above described and as an Officer, shall be responsible to the Executive Committee as a whole.

Members of the Executive Committee shall receive remuneration of their registration fees for the season for acting as an Officer.

4.3 Powers

The Executive Committee may, in managing or supervising the management of the affairs of the League enter into on behalf of the League or cause the League to enter into, in its name, any agreement or contract which the League may lawfully enter into and, save as hereinafter provided, in general, may exercise all such other powers and do all such other acts and deeds as the League is by the Constitution, or otherwise, authorized to do. The Executive Committee may, by two-thirds majority of the Executive Committee in attendance in person at a meeting of the Executive Committee, enact amendments to this Constitution that are consistent with this Constitution.

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4.4 Members

The Executive Committee shall consist of not less than three (3) Officers and not more than five (5) Officers.

4.5 Qualifications

To be eligible to become an Officer, a person must:

- a) Be at least 19 years of age;
- b) Be a Member at the time the person is appointed an Officer

4.6 Vacancies

A vacancy or vacancies on the Executive Committee, however caused, may, so long as a quorum of Officers remains in office (see paragraph 4.6 below), be filled by the Executive Committee from among qualified Members, if the Executive Committee shall see fit to do so. The Executive Committee may decide to not fill all of the vacancies on the Executive Committee, as long as a quorum of Officers remains, such vacancy or vacancies shall be filled if a qualified Member makes it known that they would like to join the Executive Committee.

Officers shall forthwith make it known to the Members of the League of the vacancy or vacancies as is required to establish a quorum.

If the number of Officers is, at any time, increased, a vacancy or vacancies equal to the increase shall be deemed to have occurred and such vacancy or vacancies shall be filled in the manner provided above.

4.7 Meetings

A minimum of three (3) Officers in attendance in person at a meeting shall constitute a quorum for the transaction of business.

Except as otherwise required by law, the Executive Committee may hold its meetings at any place or places as it may from time to time determine, provided that the meetings shall take place in the Niagara region unless otherwise unanimously agreed upon in advance by the Executive Committee.

Executive Committee meetings shall be called by the Convenor, Treasurer or Registrar.

The Executive Committee may appoint a day or days in any month or months for regular meetings at any hour to be named and no notice need be sent of such regular meetings.

No formal notice of an Executive Committee meeting shall be necessary if all Officers are present, or if each of those Officers who are absent has provided her prior consent to the Executive Committee that such meeting may be held in her absence.

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Notice of each Executive Committee meeting shall be communicated by telephone or email to each Officer not less than three (3) calendar days prior to the date the meeting is to take place. The statutory declaration of the Statistician or the Convenor that notice has been given pursuant to this paragraph shall be sufficient and conclusive evidence of the proper giving of such notice.

The Executive Committee may consider or transact any business as either special or general at any meeting of the Executive Committee.

4.8 Voting

Each Officer shall be entitled to one vote at all meetings of the Executive Committee.

At all meetings of the Executive Committee each matter shall be decided by a majority of votes. Proxy votes shall not be accepted and shall not be counted. The Chair of a meeting shall not vote unless it is necessary for the Chair to vote to break a tie in the voting on any matter.

The vote to decide a matter shall be conducted by a show of hands. The Chair shall verbally declare the result of a show of hands on a matter and the Statistician shall duly record the result in the minutes of the meeting which recording shall be deemed to have fully and sufficiently disposed of the matter.

Except as otherwise required by law the Executive Committee may hold its meetings at any place or places as it may from time to time determine provided that the meetings shall take place in the Niagara region unless otherwise unanimously agreed upon in advance by the Executive Committee.

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Article Five: Duties of Officers

5.1 Convenor

The Convenor shall:

- a) Act as Chair of all meetings of the Members and the Executive Committee. The Chair shall not vote at meetings of the Members or the Executive Committee unless the Chair's vote is required to break a tie in the voting on any matter;
- b) Be responsible for the general management and supervision of the affairs and operation of the League in accordance with this Constitution, as amended from time to time, subject to the Executive Committee's power to define the responsibilities of the Convenor, and together with the Treasurer, sign the Constitution and all amendments thereto;
- c) Assume such other powers and perform such other duties as the Executive Committee may, from time to time, assign.
- d) Be responsible for ordering awards for players in accordance with the budget established by the Treasurer for this purpose, and for the distribution of such awards, and shall ensure that all such awards are available in time for the final games of the season.
- e) The Convenor shall have the power to suspend any Member pursuant to this Constitution and the Suspension Guidelines of the League, subject to approval by a two-thirds majority of the Executive Committee in attendance in person at a meeting of the Executive Committee for such vote.
- f) Receive and consider all Notices of Motion regarding the conduct of any Member or Members;
- g) For each Notice of Motion, provide to the Executive Committee at a meeting of the Executive Committee for which notice has been properly given recommended action steps in order that the Executive Committee may respond to the Notice of Motion in an appropriate and timely fashion;
- h) Receive and consider each Match Penalty Reporting Form submitted by an on-ice game official regarding the conduct of any Member during a game and respond in a timely way to the Member and the Member's Team Contact.
- i) Maintain copies and records of all correspondence, reports and other relevant information pertaining to the affairs of the League

In the event the Convenor is unable or unwilling to carry out her responsibilities, the Treasurer may carry out such responsibilities, failing which, an Officer, elected by a vote of two-thirds of the Executive Committee in attendance in person at a meeting for such vote, may carry out such responsibilities until the Convenor is able and willing to carry out her responsibilities or is replaced by a person duly elected by the Executive Committee.

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5.2 Registrar

The Registrar shall report to the Convenor.

The Registrar shall:

- a) Assist the convenor
- b) Receive all applications from players for registration for play in the League in each season;
- c) Maintain a documents file for each player, which file shall include a legible copy of acceptable identification of the player;
- d) Register players with CARHA Hockey;
- e) Maintain an affiliated players list.

5.3 Treasurer

The Treasurer shall report to the Convenor.

The Treasurer shall:

- a) Keep full and accurate account of all receipts and disbursements of the League in proper books of account, which shall include, but not be limited to, a general ledger, to be balanced on a yearly basis;
- b) Deposit all monies or other valuable securities in the name and to the credit of the League in accounts maintained with the League's financial institution as set out in article two;
- c) Disburse funds on behalf of the League under the direction of the Executive Committee and receive proper receipts for such disbursements
- d) Provide an account of all transactions and interim and financial statements of the League to the Executive Committee upon request by the Executive Committee;
- e) Sign all cheques for disbursements made on behalf of the League;
- f) Conduct the financial affairs of the League, as directed by the Executive Committee, in a manner consistent with the fostering of good public relations;
- g) be responsible for negotiating contracts for the purchase of ice time for the League in accordance with the budget established from time to time by the Executive Committee for this purpose and sign all contracts related to the purchasing of ice time for the League;
- h) develop and complete the schedule for all regular season and playoff games for the League and deliver such schedule to the Statistician for posting on the website at least seven (7) days prior to the date of the first game on the schedule;
- i) carry out the responsibilities of the Convenor in the event the Convenor is unable or unwilling to carry out her responsibilities;

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5.4 Statistician

The Statistician shall report to the Convenor

The Statistician shall:

- a) Attend all meetings of the Executive Committee, create a written record of the minutes of each meeting and shall maintain and store such written records as appropriate;
- b) Distribute the minutes of the previous Executive Committee meeting to all Members by posting on the League website;
- c) Distribute agenda for the next Executive Committee meeting fourteen (14) calendar days prior to that meeting and post the agenda on the League website;
- d) At each meeting of the Executive Committee, present the minutes of the previous meeting of the Executive Committee for approval;
- e) Communicate information from CARHA Hockey to the League by posting such information on the League website;
- f) Be responsible for the communication of information from the Executive Committee to the Members by posting such communications on the League website

5.5 Goalie Co-ordinator

The Goalie Co-ordinator shall report to the Convenor

The Goalie Co-ordinator shall:

- a) ensure a goaltender will be available for each and every game;
- b) have voting rights on the Executive Committee

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Article Six: Conduct of Business

6.1 Use of Revenues

All revenues received by the League, including but not limited to player registration fees shall be used solely for the purpose of furthering the aims and objectives of the League as set out herein.

6.2 Books and Records

The Executive Committee shall ensure that all necessary books and records of the League required by the Constitution or by applicable statute or law are regularly and properly maintained. All books and records generated by an Officer on behalf of the League shall remain the property of the League and shall be provided to the Treasurer no later than the date of the last League game. The Treasurer shall place such books and records in an annual file and maintain and keep such files as appropriate.

6.3 Notice

Notice, as required by the Articles of this Constitution, with the exception of notice of a proposal to amend the Constitution or to create or amend the By-laws of the League, shall be communicated:

a) verbally in person, or by telephone or email to each member entitled to receive notice not less than three (3) calendar days prior to the date of the meeting at which the subject matter of the notice is to be reviewed;

The statutory declaration of the Statistician or the Convenor that notice has been given pursuant to the Constitution shall be sufficient and conclusive evidence of the proper giving of such notice.

Notice of a proposal to amend this Constitution or to create or amend the By-laws of the League shall be communicated verbally in person, by telephone or by email to each Member entitled to receive notice not less than fifteen (15) calendar days prior to the date of the meeting at which the proposed amendments are to be reviewed.

6.4 Error or Omission in Notice

No error or omission in the form, content or timing of delivery of notice of any meeting or adjourned meeting of the Members shall invalidate such meeting or render void any of the proceedings of such meeting.

6.5 Adjournments

Any meetings of the Members or of the Executive Committee may be adjourned to any time and from time to time as the attendees at such meeting see fit, and all business matters that were to be transacted at the original meeting may be transacted at such adjourned meeting as might have been transacted at the original meeting so adjourned.

No notice is required to adjourn a meeting. A meeting may be adjourned notwithstanding that a quorum is not present.

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6.6 Conflict of Interest

A member of the Executive Committee who has an interest which could conflict with or be perceived to conflict with the interests of the League shall disclose such interest at a meeting of the Executive Committee before acting on behalf of the League or participating in a vote on a matter which gives rise to a potential conflict of interest. The Executive Committee shall then decide by a majority of votes of the Executive Committee who are in attendance in person at a meeting of the Executive Committee whether the Member shall act on behalf of the League or participate in the vote.

6.7 Rules and Regulations

The Executive Committee may from time to time, as decided by a majority of votes of the Executive Committee members who are in attendance in person at a meeting of the Executive Committee, make rules and regulation, subject to this Constitution, to further define the duties of Officers and the procedures to be followed in the conduct of the business of the League.

6.8 Establishment of a Bursary in memory of Oonagh Hastie

The NWRHL shall establish a \$500 bursary award in memory of one of the original players in the league, Oonagh Hastie. The bursary will be awarded to the player on the Brock University Women's Hockey team who exhibits the following qualities.

6.9 League By-laws

ICING

In an effort to reduce the number of stoppages during a game the icing line shall be the defensive blue line. Pucks shot from the offensive side of the blue line into the offensive zone will not be considered icing.

PENALTIES

In an effort to provide a respectful place to play the game the following penalties will automatically be four (4) minutes and shall count as two (2) penalties toward the three (3) penalties and out of the game rule.

Body Checking

Boarding

Roughing

Each of these penalties may be increased by the game officials should an injury result or if in the eyes of the referee the infraction was deliberate.

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Members receiving any of the above penalties in the last two minutes of the game shall incur an additional one game suspension to be served consecutively with any other suspension that is assessed according to the CARHA Hockey Official Rule Book.

Referees will have the discretion of assessing a four (4) minute penalty if warranted for any infraction deemed to be aggressive. Such penalties shall count as two (2) infractions towards the three (3) infractions and out of the game rule.

Players assessed a five (5) minute major penalty will automatically be ejected from the remainder of the game. One player from the penalized team will serve the penalty time. This player may be exchanged for another player at any point during the penalty time.

The player receiving the five (5) minute major will be subject to any suspensions as noted in the CARHA Hockey Official Rule Book. If this penalty is assessed during the last two minutes of the game it will automatically incur a one game suspension to be served consecutively with any other suspension assessed.

Players assessed their third penalty in the last two minutes of the game will be suspended for the next League game.

PICKING UP PLAYERS

Teams that are not able to ice a team of at least ten (10) skaters shall be allowed to ask players from any other team to play with them providing that the bench strength of the shorthanded team does not exceed the bench strength of the opponent. The only exception to this rule will be during the playoffs where a team in the lower division may only recruit players from another lower division team.

Any team that is unable to ice a minimum of five skaters shall forfeit the game. The score of the game shall be listed as 1 – 0 with the goal being credited to the goaltender.

Any player that is picked up by a short-handed team will ensure that their name and home team color is reported to the timekeeper. The timekeeper will record the players' name and team on the game sheet in order to ensure that player is credited with any points earned and also any penalty minutes accumulated.

REGISTRATION

Registrations to play will be accepted up until December 31st, late registrations will be charged the full cash fee for the season. The registration fee will be prorated on the basis of \$12 per game to a minimum of \$200 for a player and \$150 for a goaltender.

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REFUNDS

Refunds will only be paid out if a player leaves the league before November 30th. The refund amount will be prorated from the full cash fee (regardless of how the initial registration fee was paid) less the \$23 CARHA insurance charge and at a rate of \$12 per game played to a maximum of \$200 for players and \$150 for goaltenders. Refunds will be mailed to the address given on the registration form only after the player has returned their jersey to the league. Players leaving after November 30th will not be refunded their fee.

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The foregoing Constitution is hereby duly enacted by the Executive Committee of the League.

Dated the 1st day of August, 2015.

Wendy Foote - Convenor

Linda Reid - Treasurer

Rhonda Sadler - Registrar

Kelly Errington - Statistician

Bailey Beaudry – Goalie Co-ordinator

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Notice of Motion

For Amendment to the Constitution or the League By-Laws

Name of the Member requesting the Amendment and her contact information:

Name _____

Address _____

Telephone _____

Email _____

Description of the Amendment to the Constitution or the League By-laws

Signed:

Print name

Signature

Date

This Notice of Motion is to be delivered to each Officer of the Niagara Women's Recreational Hockey League.

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Notice of Motion

For Review and Consideration of a Members Conduct

Member whose conduct it is proposed be reviewed and considered:

Name _____

Team _____

Notice of Motion submitted by:

Name _____

Address _____

Telephone _____

Email _____

Description of the Member's Conduct to be Reviewed and Considered

Date on which Member's Conduct Occurred _____

Location at which Member's Conduct Occurred _____

Signed:

Print name

Signature

Date

This Notice of Motion is to be delivered to the Convenor of the Niagara Women's Recreational Hockey League.

The Niagara Women's Recreational Hockey League

Suspension Guidelines

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Niagara Women's Recreational Hockey League

Suspension Guidelines

Section One

DEFINITIONS

The definitions as set out in Article One of the League's Constitution shall apply to these Suspension Guidelines as amended from time to time.

Aggressor

Player attempting to continue a fight by throwing or attempting to throw punches or again by continuing the grappling action with her opponent with the intent of intimidation or punishment of that opponent. The aggressor may or may not be the instigator of the fight.

Altercation

Altercation is defined as any incident involving players leading to a penalty or penalties.

Attempt to or Deliberate Injury

An action by a player or team official who, by the use of a stick, skate or other object, or by using the body or fists, hits or attempts to hit an opposing player or team official or game official with the intention of causing injury.

Breakaway

Occurs when a player is in full control of the puck in the neutral or attacking zone, and there is no opposing player between herself and the opposing goaltender (or goal, if the opposing goaltender has been removed).

Broken Stick

A broken stick is one which, in the opinion of the Referee, is unfit for normal play.

Butt-Ending

Identifies the condition whereby a player uses the shaft of the stick, above the upper hand, to check an opposing player in any manner or jabs or attempts to jab an opposing player with this part of the stick.

Convenor

Where the word "Convenor" is used in the Rule Book, it shall refer to the Convenor of the NWRHL or her duly appointed representative for games under the jurisdiction of CARHA HOCKEY.

Charging

The act of taking more than two steps or strides to contact an opposing player.

Checking From Behind

Identifies any action where a player is intentionally pushed, body-checked, high-sticked, cross-checked, or hit in any manner from behind.

Control

Identifies the state of a player actually propelling the puck with their stick, skate(s), or glove(s).

Creases

Identifies enclosed areas designed for the protection of the goalkeeper and the use of the Referee in the discharge of their respective duties. The lines which designate these areas are to be considered as part of the creases.

Cross-Checking

The action of using the shaft of the stick between the two hands to check an opponent at any height.

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Suspension Guidelines

Delayed Off-Side

A situation where an attacking player(s) has/have preceded the puck across the attacking blue line, but the defending team is in a position to bring the puck back out of its defending zone without any delay or contact with an attacking player.

Encroachment

This occurs when a player, other than a centre, stands with a skate either inside the face-off circle, on the face-off circle, or in the area between the hash marks prior to the dropping of the puck. It is acceptable for the player's stick to be inside the faceoff circle but not in the area between the hash marks.

Face-Off

The action of the Referee in dropping the puck between the sticks of two opposing players to start or resume play. The conduct of a face-off begins when the Referee indicates the location of the face-off, the official and the players take their appropriate positions, and ends when the puck has been legally dropped.

Game

A game is a meeting of two teams playing for a specific length of time, for the purpose of declaring a winner through the scoring of goals. The game consists of regular playing time and overtime, if such is required, in accordance with league regulations.

Game Ejection

Game ejection means that a player or team official has been removed from the game by the Referee and must leave the area of the players' bench and must in no way direct, coach, or assist the team in any manner for the remainder of the game.

Gathering

An occurrence during any game in which one or more players of one team come in close contact with one or more opposing players in such a manner as to create the possibility of a penalty or penalties against one or more of the players.

Goalkeeper

A goalkeeper is a person designated as such on the Game Report, who is identified by the use of special and legal equipment and privileges to prevent the puck from entering the net.

Goalkeepers' Skates

Skates specifically designated for use by goal-keepers. The blade of the skate is closed at both ends and is specially constructed so as to prevent the puck from passing through the blade.

Heel of the Stick

The actual point where the shaft of the stick and the bottom of the blade meet.

High-Sticking

The action of the player carrying the stick or any part of the stick above the normal height of the shoulder.

Holding

Any action by a player that retards the progress of an opposing player whether or not in possession of the puck.

Hooking

The action of using the blade of the stick in a "pulling or tugging" motion to impede the progress of an opponent. The hooking action may apply to any part of an opponent's body or stick.

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Instigator

Player responsible for starting a fight by throwing or attempting to throw the first punch(s).

Kick Shot

A kick shot is made by placing the blade of the stick behind the puck and then propelling the puck by kicking the stick.

Kicking

The action of a player deliberately using her skate(s) with a kicking motion to contact an opponent, with no intent to play the puck.

On-Ice Officials

The On-Ice Officials are designated as the Referees who are appointed to directly supervise the application of the Rules from the ice.

Off-Ice Officials

These are officials appointed to assist the On-Ice Officials in the conduct of the game and they are under the control of the Referees during the game. They include: Official Scorer, Game Timekeeper, and Penalty Timekeeper. Their duties are specified in the rules.

Penalty

The result of an infraction of the rules.

Players

The members of the team physically participating in a game in accordance with the rules. Except where special rules apply, the goalkeeper is to be considered as one of the players.

Possession

Identifies the state of a player other than a goalkeeper who is the last one to have come in contact with the puck.

Protective Equipment

This is defined as the equipment worn by a player for the sole purpose of protection from an injury.

Shorthanded

Shorthanded means that a team is below the numerical strength of its opponents on the ice.

Slashing

The action of hitting an opponent with a stick while holding the stick with one or both hands. Tapping the stick of the puck carrier is not considered slashing when limited to hitting the stick of the opponent for the sole purpose of taking the puck. A player who swings her stick at an opponent and makes no contact shall still be guilty of slashing.

Slew Footing

The action of tripping a player by knocking a player's skates out from behind with a kicking or leg dragging motion.

Spearing

The action of poking or attempting to poke an opponent with the toe of the blade of the stick while holding the stick with one or both hands.

Time Penalty

A penalty which at any time results in a team playing with less than six players on the ice. (i.e. Minor, Bench Minor, Major or Match penalty.)

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Two

GENERAL

The League fully adheres to the CARHA Hockey Official Rule Book and the game referees in each League game shall have the power to assess, as they see fit, penalties that may lead to suspensions. The League may assess such further and other suspensions as it deems fit and without consultation with other parties.

All Members, while present on the property of any arena where a League game is to be held, shall be subject to the jurisdiction of the League. All Members are subject to the provisions of these Suspension Guidelines and the League expects Members to be fully acquainted with the CARHA Hockey Official Rule Book and to abide by any suspensions assessed by the League.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Three

CONDUCT OF MEMBERS

The League is committed to providing an environment in which all Members are treated fairly and with respect.

Members shall conduct themselves in a manner that is consistent with the Aims and Objectives of the League, as set out in the League's Constitution. Members shall not engage in any activity that negatively reflects on the League or negatively impacts on the play or preparation for play by a Member in a game including, but not limited to, activity that threatens public safety that is disrespectful or offensive, that makes reference to race, gender, sexual orientation, intellectual disability or physical disability, or that constitutes harassment or abuse.

Minor Penalties

(a) For a "Minor" penalty, any player, except a goalkeeper, shall be ruled off the ice for two minutes actual playing time, during which time no substitution shall be permitted.

(b) If, while a team is short-handed because of one or more Minor or Bench Minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.

(Note): Coincident Minor penalties to both teams do not cause either team to be short-handed.

When a goal is scored on a Penalty Shot against a team that is short-handed by reason of a Minor or Bench Minor penalty, no player of the short-handed team shall return to the ice with the scoring of the goal.

(c) When a player is assessed both a Minor penalty and a Major penalty at the same time, the Major penalty shall be served first. The same principle will apply when a player is assessed a Minor penalty and a Match penalty at the same time. The five-minute time penalty which accompanies the Match penalty is to be served first.

(d) If a goal is scored against a team that is short-handed because of one or more Minor penalties, the player serving the first Minor penalty shall return to the ice. In the case of a player who has received a Double Minor penalty, her first Minor penalty shall terminate.

(e) When coincident Minor or coincident Minors of equal duration are imposed against players on each team during the same stoppage of play, immediate substitution shall be made for those penalties, and such penalties shall not be taken into account for the purpose of the delayed penalty. Any differences in time or total penalty time shall be served by one or more players on the ice at the time of the infraction. Unless they have been ejected from the game, such penalized players shall take their place on the penalty bench and remain there until the first stoppage of play following the expiry of their respective penalties. Where at least one Major and/or Match penalty is assessed to each team during the same stoppage of play, the coincident Major/Match penalty shall take precedent over the coincident Minor penalty rule.

(f) Any player who is assessed THREE PENALTIES in one game shall be ruled off the ice for the remainder of the game (Game Ejection). It shall be necessary to place a substitute on the penalty bench immediately to serve the third penalty. (Note 1): Any combination of minor, bench minor or major penalties shall apply to the personal total of any individual in the game.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Bench Minor Penalties

(a) A "Bench Minor" penalty requires the team against which the penalty is assessed to play a man short for a period of two minutes of actual playing time.

(b) Whenever a Bench penalty is to be assessed according to the rules, if the player guilty of the actual infraction is identified by the Referee, that player shall serve the penalty, except when such player is already on the penalty bench serving a penalty. However, if the player is not identified, any player on the ice at the time of the infraction can serve the penalty. (Note): In the case where the Referee is unable to identify the actual offender, the Bench Minor shall not count in the Three Penalty Rule against the player who is designated to serve the Bench Minor penalty.

Major Penalties

(a) A player, including a goalkeeper, assessed a Major penalty shall be ruled off the ice for the remainder of the game (Major penalty plus Game Misconduct). The penalized team shall place a substitute player on the Penalty Bench to serve five minutes actual playing time, during which time no on ice substitutions shall be permitted.

(b) When coincident Major and/or Match penalties or coincident penalties of equal duration including a Major or a Match penalty are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties, and such penalties shall not be taken into account for the purpose of the delayed penalty. When the coincident Major/Match penalty rule is applied and there is a differential in the total time penalties, those penalties causing the differential shall be served first in the normal manner. Any time difference or differential in the total time, penalties must be served by a player (or players) on the ice at the time of the infraction.

Misconduct Penalties

(a) A player, except a goalkeeper, incurring a "Misconduct" penalty shall be ruled off the ice for a period of ten minutes actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving a Misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiry of their penalty. When a player is assessed a Minor and a Misconduct penalty or a Major and a Misconduct penalty at the same time, the penalized team shall immediately place a substitute player on the penalty bench to serve the Minor or Major penalty. The Misconduct penalty will commence on the termination of the Minor or Major penalty.

(b) The Referee shall report to the Convenor any player who is assessed a Misconduct penalty by making a notation of the circumstances of the Misconduct penalty on the game sheet for that game.

(c) Any player who is assessed a second Misconduct penalty in the same game shall automatically be assessed a Game Misconduct penalty.

Penalty Shot

(a) Any infraction of the rules which calls for a "Penalty Shot" shall result in the following:

The referee shall place the puck on the centre face-off spot. The player taking the Penalty Shot will, on the instruction of the Referee, play the puck from there and shall attempt to score on the goalkeeper. The puck must be kept in motion towards the opponents' goal line and once it is shot, the play shall be considered complete. No goal can be scored on a rebound of any kind. Any time the puck crosses the goal line, the Penalty Shot shall be considered complete.

Niagara Women's Recreational Hockey League

Suspension Guidelines

(b) The goaltender must remain in her goal crease until the designated player touches the puck at centre ice. In the event of a violation of this rule, the player designated or selected to take the Penalty Shot shall be entitled to take the Penalty Shot over again. The goalkeeper may attempt to stop the Penalty Shot in any manner except by throwing her stick or any other object, or deliberately dislodging the goal, in which case a Goal shall be awarded. (Note 1): No player other than a goalkeeper is permitted to tend goal during a Penalty Shot.

(c) In cases where a Penalty Shot has been awarded for delaying the game, throwing a stick, fouling from behind, and for interference from the players' or penalty bench, the Referee shall designate the player who has been fouled as the player who shall take the Penalty Shot. If, by reason of injury, the player designated by the Referee to take the Penalty Shot is unable to do so, or if the player fouled is not readily identifiable, the Penalty Shot shall then be taken by a player who was on the ice at the time of the infraction. In cases where a Penalty Shot has been awarded for delaying the game, falling on the puck in the crease area, and for picking up the puck from the crease, the Penalty Shot may be taken by a player on the ice at the time of the infraction.

(d) Should the player in respect to whom a Penalty Shot has been awarded, herself commit a foul in connection with the same play or circumstances after the Penalty Shot has been awarded, she shall first be permitted to take the Penalty Shot before being sent to the penalty bench to serve the penalty, provided the penalty assessed was not a Game Misconduct, a Gross Misconduct, a Match penalty, or the third penalty in the same game. If at the time a penalty is awarded, the goalkeeper of the penalized team has been removed from the ice to substitute another player, the goalkeeper shall be permitted to return to the ice before the Penalty Shot is taken. The goalkeeper on the ice may be replaced by the substitute goalkeeper for the purpose of defending against the Penalty Shot. The replacement goalkeeper shall not be allowed a warm-up.

(e) While the Penalty Shot is being taken, players of both teams shall withdraw to the sides of the rink and beyond the centre red line.

(f) If, while the Penalty Shot is being taken, any player of the opposing team shall have by some action interfered with or distracted the player taking the Penalty Shot, and because of such action, the Penalty Shot should have failed, a second attempt shall be permitted and the Referee shall assess a Misconduct penalty to the player. If the interference is from a team official, a Game Misconduct shall be assessed.

(g) If a goal is scored from the Penalty Shot, the puck shall be faced-off at centre ice in the usual way. If a goal is not scored, the puck shall be faced-off at either of the end faceoff spots in the zone in which the Penalty Shot was attempted.

(h) Should a goal be scored from a Penalty Shot, a further penalty to the offending player shall not be applied unless the offense for which the Penalty Shot was awarded was such as to incur a Major or Match penalty, in which case the penalty prescribed for the particular offense shall be assessed. If the offense for which the Penalty Shot was awarded was such as would normally incur a Minor penalty, then regardless of whether the Penalty Shot results in a goal or not, no further penalty shall be served.

(i) If the foul upon which the Penalty Shot is based occurs during actual playing time, the Penalty Shot shall be awarded and taken immediately in the usual manner. The time required for the taking of a Penalty Shot shall not be included in the regular playing time or any overtime.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Awarded Goals

(a) A "Goal" will be awarded to the attacking team when the opposing team has taken their goalkeeper off the ice, and an attacking player has possession and control of the puck on a breakaway in the neutral or attacking zone and:

- 1) she is interfered with by an opposing player who has illegally entered the game; and/or
- 2) a stick or any other object is thrown by a player on the defending team; and/or
- 3) the puck carrier is fouled from behind and prevented from having a clear shot on the open goal; and/or
- 4) any member of the defending team, including the Manager, Coach, or Trainer, whether on the players' bench or penalty bench, interferes by means of her body, stick, or any other object with the puck or the puck carrier.

(b) A Goal will be awarded to the attacking team when the opposing team has taken their goalkeeper off the ice, and when a shot has been taken (control no longer applies) and a defending player picks up the puck with her hand from the goal crease, or falls on, or covers the puck in the crease with her hand, thereby preventing an obvious and imminent goal.

(c) A Goal will also be awarded when the goalkeeper is removed from the ice and she, or any teammate, has deliberately piled snow or any other obstacle at or near her net, has deliberately dislodged the net from its moorings, or when any such action has prevented a goal from being scored.

Goalkeeper Penalties

(a) No goalkeeper shall be sent to the penalty bench for an infraction which incurs a Minor, Major, or Misconduct penalty. Instead, such a penalty shall be served by any player of the team who was on the ice when the infraction occurred.

(b) An alternate goalkeeper may replace a regular goalkeeper who has been ejected from the game, or has been assessed a Game Misconduct or a Match penalty. In the event that there is no alternate goalkeeper recorded on the playing lineup, the regular goalkeeper's place may be taken by any player on the Game Report. Such substitute will be allowed fifteen minutes to put on the full goalkeeper's equipment.

(c) When a goalkeeper leaves the goal crease during a fight, she shall be assessed a Minor penalty plus any other penalties she might receive.

(d) When a goalkeeper leaves her goal crease to join in a fight, act as a peacemaker, or take part in another fight during the same stoppage of play, she shall receive a Game Misconduct penalty plus any other penalties she incurs.

(e) If a goalkeeper intentionally participates in the play in any manner when she is beyond the centre red line, she shall be assessed a Minor penalty.

(f) A Minor penalty shall be assessed a goalkeeper who, after catching the puck, drop kicks the puck. If an injury results, a Major penalty and a Game Misconduct penalty shall be assessed.

Delayed Penalties

(a) If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two players already penalized has elapsed. Nevertheless, the third player penalized must at once proceed to the penalty bench, but shall be replaced on the ice by a substitute until such time as the penalty time of the penalized player shall commence.

Niagara Women's Recreational Hockey League

Suspension Guidelines

(b) When a team has three players serving penalties at the same time and while due to the delayed penalty rule a substitute for the third penalized player is on the ice, none of the three penalized players on the penalty bench may return to the ice until play has stopped. When the play has been stopped, the player whose full penalty has expired may return to the play.

(c) When the penalties to the player or players has expired and the penalized team is entitled to more than four players on the ice, the Penalty Timekeeper shall permit the penalized players to return to the ice in the order of expiry of their penalties.

(d) In cases where Minor penalties are assessed at the same time to more than one player from the same team, those penalties should be served in order of occurrence. This rule does not apply when the coincident Minor penalty rule is applied.

(e) When a Major and a Minor penalty are assessed at the same time against two different players of the same team, the Penalty Timekeeper shall record the Minor as being the first penalty assessed.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Four

EJECTION FOR BALANCE OF GAME

A game referee may eject a Member for the balance of the game. In this instance, no further penalty shall apply and the penalized Member shall be fully eligible, subject to the League Constitution, to participate in the team's next game, unless such ejection occurs during the last two minutes of the game at which point the Member will be suspended from the next scheduled game.

A Member who is assessed a total of three or more penalties of any kind in a single game shall be ejected from that game. In this instance, the Member remains subject to these Suspension Guidelines. A Member who is assessed a total of three or more penalties of any kind in a second game will be suspended for the next two (2) League games. A subsequent ejection for three or more penalties of any kind in a single game shall be subject to further disciplinary action by the League.

Game Ejection/Game Misconduct Penalties

- (a) A player incurring a "Game Ejection" penalty shall be ordered to the dressing room for the remainder of the game.
- (b) A player or team official incurring a "Game Misconduct" penalty shall be ordered to the dressing room for the remainder of the game and she shall be reported to the Convenor for further action. A substitute for the penalized player shall be permitted immediately.
- (c) A Game Misconduct assessed to a player for receiving a Major penalty as a result of a Rule infraction, shall automatically incur a one (1) game suspension. Depending on the severity of the infraction, the offender may be subject to further discipline action.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Five

DUTY OF MEMBER IF EJECTED FROM A GAME

A Member who is ejected from a game must immediately leave the ice surface, proceed directly and quietly to her team's dressing room and must then proceed directly and quietly to leave the Players' area.

A Member who is ejected from a game is not permitted to return to the Players' area or to the spectator area that immediately surrounds the ice surface for the duration of the day on which the ejection occurred.

A Member who is ejected from a game and who does not immediately leave the ice surface, proceed directly and quietly to her team's dressing room or proceed directly and quietly to leave the Players' area is subject to further disciplinary action by the League.

A Member who becomes subject to suspension while playing with an affiliated team must serve her suspension with the team with which she is registered to play in the League.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Six

GROSS MISCONDUCT PENALTY/ MATCH PENALTY

When a Gross Misconduct penalty or a Match Penalty is called by a game referee, the game referees and the League shall follow the procedures found in the CARHA Hockey Official Rule Book, as amended from time to time, and the provisions of these Suspension Guidelines.

Gross Misconduct Penalties

- (a) Any player or team official incurring a "Gross Misconduct" penalty shall be ejected from the game. A substitute for the penalized player shall be permitted immediately.
- (b) Gross Misconduct penalties shall be assessed where a person conducts herself in such a manner as to make a travesty of the game.
- (c) A total of ten minutes shall be charged in the records against a penalized player for a Gross Misconduct penalty. The Referee shall report, in writing on the game sheet, the offender and the full details surrounding the violation to the Convenor who may assess further penalties.
- (d) Any player or team official who is assessed a Gross Misconduct penalty shall automatically be suspended for a minimum of the next regular league or play-off game.

Match Penalties

- (a) Any player or team official incurring a "Match" penalty shall be ordered to the dressing room immediately for the balance of the game and will not be permitted to take part in any further games until her case has been dealt with by the Convenor.
- (b) In every instance where a Match penalty is assessed, the offending player's team shall be required to send a player to the penalty bench for five minutes. The player who serves the five minutes shall be one of the players on the ice at the time of the infraction. Where an offending player has been assessed penalties in addition to the Match penalty, those penalties will be served by the same player who serves the five minute time penalty. (Note 1): The Referees shall be responsible to assure that a written report of the Match penalty is delivered to the Convenor or their delegate at the conclusion of the night of play. (Note 2): The Convenor is required to forward a written report to the CARHA HOCKEY office on all Match penalties that are assessed during league, and playoff games.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Seven

PENALTIES ASSESSED AFTER THE END OF THE GAME

Penalties may be assessed by the game referees after the final period has expired. Each such penalty is to be recorded on the game sheet as being assessed at the time of expiration of the game in which the penalty was assessed and each such penalty is to be reported by the game referees to the Convenor.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Eight

GAME CLOCK WHEN PENALTIES ASSESSED OR TO BE ASSESSED

The referees may, at their discretion and following the assessment of a penalty or penalties that result in the ejection of a Member(s) from a game, instruct the timekeeper to run the game clock during stoppage of play for the duration of the game, except at the end of a period, or until the referees deem it fit to have the timekeeper stop the clock after each whistle.

The referees may, at their discretion and following the assessment of a penalty or penalties that result in the ejection of a Member(s) from a game, declare the game to be at an end. In this instance, the game clock shall be deemed to have run properly for the duration of each period remaining in the game and to have fully reached the time allowed for each period remaining in the game.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Nine

SUSPENSIONS

All suspensions shall be in accordance with the CARHA Hockey Official Rule Book or as otherwise indicated in these Suspension Guidelines. The duration of the suspension assessed to a Member may be increased if the Executive Committee decides to do so. The League shall advise the Member being assessed a suspension of the duration of the Member's suspension no later than two (2) days after the Executive Committee has rendered its decision in the matter. In instances where the Executive Committee has decided to assess a suspension with a duration that is greater than that set out in the CARHA Hockey Official Rule Book, the Executive Committee shall provide to the assessed Member its reasons for increasing the duration of the suspension.

Where a Member receives more than one suspension in a single game, the suspensions must be served consecutively and not concurrently, subject to the Member's right to appeal a suspension, as set out below.

A Member who incurs a second Game Misconduct penalty in the same season may be subject to further disciplinary action by the League.

A suspension that is not served fully by the end of the season shall be deemed to carry over to the next season regardless of the team for which the suspended player plays.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Ten

DUTY OF MEMBER IF SUSPENDED

A Member who is suspended may not, during the entire period of his suspension:

- a) Enter the Players' area
- b) Communicate in any way with the players or officials of his team while the suspended Member is in the arena;
- c) Coach, play for or otherwise be involved with any other team in the League;

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Eleven

FULFILLING A SUSPENSION

A Member who is suspended shall be deemed to have served a suspension period equal to one game if the Member is properly listed as suspended on the roster of the team with which she is registered on a League game sheet. Suspensions must be served in the League regular season game(s) or playoff game(s) that immediately follow(s) the game in which the Member was suspended.

A Member who is suspended may not play for another team in a League game and will not receive credit toward the serving of a suspension by refraining from playing for another team in a League game.

A Member who is suspended may not play in a non-League game and will not receive credit toward the serving of a suspension by refraining from playing in a non-League game.

A Member who participates in a League game prior to fully serving her suspension may be subject to further disciplinary action by the League.

A Member who is assessed an aggregate suspension in excess of ten (10) games must return their team jersey to the League prior to the commencement of her suspension.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Twelve

APPEAL OF SUSPENSION

A Member may file with the Convenor an appeal of a suspension that is greater than the number of games as stated in the CARHA Hockey Official Rule Book for the infraction committed; provided that no Member may appeal a suspension or suspensions that she receives in a single game when the Member is suspended for a total number of games that is equal to or less than six (6) games.

The appeal shall be by way of Notice of Appeal in the prescribed form.

A Member who has filed with the Convenor an appeal, by way of Notice of Appeal in the prescribed form, of a suspension that is greater than the number of games as stated in the CARHA Hockey Official Rule Book for the infraction committed and is not satisfied with the result of her appeal may file a further appeal with CARHA Hockey; provided that no Member may file an appeal with CARHA Hockey for a suspension or suspensions that she receives in a single game when the Member is suspended for a total number of games that is equal to or less than six (6) games.

The appeal to CARHA Hockey shall be by way of Notice of Appeal in the prescribed form.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Section Thirteen

REPORTING OF PENALTIES

The game referees shall prepare a written report on the back of the game sheet of each penalty that results in a Member being ejected from a game. Such report is to be written on the game sheet for the game in which the penalty was assessed. The game sheet and such report are to be forwarded to the Convenor.

MATCH PENALTY PROCEDURE

CARHA HOCKEY is dedicated to assuring that Recreational Hockey is played safely and fairly within the Rules. Therefore, all CARHA HOCKEY Referees must strictly adhere to the following procedures when assessing Match penalties.

1. Immediately following the game, check the front of the Official Game Report to confirm that the Match Penalty is properly reported in the Penalty Section.
2. Complete a written report on the back of the Game Report describing all events leading up to and following the assessment of the Match Penalty.
3. Have your co-referee witness your statement or enter his version of the incident on the back of the Game Report.
4. Present the Official Game Report to the League Convenor in person.

The league Convenor will then:

1. Prepare a full statement and forward it to CARHA HOCKEY as soon as possible.

NOTE

CARHA HOCKEY deals severely with players who have been assessed a Match Penalty. When you see a Match Penalty infraction, it is your responsibility to make the call, but do not guess.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Notice of Appeal

For Review of Assessment of Suspension

The Member who has been assessed a suspension and her contact information:

Name _____

Team _____

Address _____

Telephone _____

Email _____

Description of the incident that resulted in the suspension:

Reasons why the suspension ruling should be reviewed and reconsidered:

Signed:

Print name

Signature

Date

This notice of appeal is to be delivered to the Convenor of the Niagara Women's Recreational Hockey League.

Niagara Women's Recreational Hockey League

Suspension Guidelines

Notice of Appeal to CARHA Hockey

For Review of Assessment of Suspension

The Member who has been assessed a suspension and her contact information:

Name _____

Team _____

Address _____

Telephone _____

Email _____

Description of the incident that resulted in the suspension:

Reasons why the suspension ruling should be reviewed and reconsidered:

Signed:

Print name

Signature

Date

This notice of appeal is to be delivered to CARHA Hockey.