

Niagara Women's Recreational Hockey League

CONSTITUTION

August 2007

SECTION ONE – GENERAL

GOVERNING BODIES

All rules and guidelines herein are those of Niagara Women's Recreational Hockey League (NWRHL), and will be administered at all NWRHL locations and sanctioned events, unless otherwise specified. In the event that a situation arises that is not specifically addressed in these rules and guidelines, clarification may be determined as per Ontario Women's Hockey Association (OWHA) rules. All referees' decisions are deemed final, with NWRHL having the final say on any rule interpretations.

REGISTRATION

1. The registration fee for the 2007-2008 season is \$300.00 per player. Player registration fees should be paid in full, prior to the team's first scheduled game of the season. All adult teams will play approximately 22 regular season games, plus playoffs
2. To be eligible, all player waiver forms and emergency contact info must be provided. No roster changes or additions can be made once the team has played its first game of the season without the permission of the NWRHL.
3. One goalie per each of the teams will be permitted to register for \$200.00.
4. Payments will be accepted by any of the following methods: cash, cheque or online payment.
5. Registration forms can be found online at www.freewebs.com/nwrhl in .doc and .pdf formats. All registration forms must be accompanied by cash or a cheque in order for the registration to be completed.
6. Should there not be sufficient room in the league to place each applicant on a team, a waiting list will be constructed. This list will be used to fill any spots opening up on a team or to create an additional team if ice time allows.
7. Registration will be cut off completely by the end of December as per the OWHA.

REFUNDS

1. Once a player has registered for or has been assigned to a team there will be no refund of registration fees except for the following instances.
 - (a) In the event of an injury which will prevent the player from participating (a doctor's note and/or proof of injury must be provided)
 - (b) In the event of a pregnancy
 - (c) In the event of personal situations (refunds for this reason will be given at the discretion of the NWRHL executive ONLY).
2. All requests for refunds must be submitted in writing to the NWRHL executive.
3. All refunds will be prorated based on the number of games player prior to withdrawal.
4. No refunds will be given after January 1st of the current season.

DIVISIONS

1. Participants are female, from ages 19 and up. Players must be at least 19 years of age by December 31st of the current playing season. Proof of age must be present before playing any games with the NWRHL. This rule pertains to goalies as well.
2. All players currently play in the same division.

TEAM REPRESENTATIVES

1. It is the sole responsibility of the Team Representatives to communicate all information to their team members. This information will include, but not be limited to, all rules, scheduling changes,

disciplinary action (i.e. suspensions) or any directives issued by the NWRHL. Each Team Representative should always inquire about suspensions after any game that one or more of their players has been ejected from (i.e. three penalties, any major or misconduct penalty). Any comments, concerns or complaints from the team rep or participants must be submitted IN WRITING and in person to a NWRHL executive member.

2. Team Representatives will be required to attend meetings on behalf of their team(s), as requested by NWRHL. It is critical to select a team rep that will participate fully on the team's behalf. There will be a scheduled team rep meeting 2-3 weeks prior to the start of every season for ALL team reps. A representative should attend, even if the team is not planning to participate in the coming season. An active team rep ensures accurate communication with the NWRHL executive, reducing misunderstandings or misinterpretations during the season.
3. Any information communicated to the teams will be written and given to the Team Representative. The team rep should check in with the time keepers prior to every game, and check the website for current information.
4. The Team Representative will designate one Captain and two Alternate Captains on the game sheet. The designated Captains will be identified with the appropriate "C" and "A's" on their jerseys.
5. The Team Representatives will be solely responsible for inquiring about and informing each of their team members of the date and time of all league, tournament and especially playoff games. All games are posted to our web site as far in advance as possible. Teams rep's that do not have Internet access may request printed schedules from the executive.

SECTION TWO - TEAMS

TEAM STANDINGS

- 1.. In league play, the team standings will be determined on the following point system:
 - *2 points for each win
 - *1 point for each tied game
 - *0 points for a loss
2. In the event that 2 or more teams are tied in the standings at the completion of the regular season schedule, the higher position in the standings will be determined with the following criteria sequence:
 - * The team with the most wins
 - * The team with the most points won in games between the tied teams
 - * The goal differential between the tied teams, if the season series was tied
 - * The team with the most "goals for"
 - * The team with the least "goals against"
 - * The team with the least "penalty minutes"
 - * Coin toss

TEAM ROSTERS

1. Team's rosters shall consist of a minimum of 11 paid players for league play, with a maximum of 15
2. Each participant must register and sign their waivers for the NWRHL, prior to participating in any league or tournament activity, or their team will automatically forfeit that game, and any subsequent games that they play in.
3. New teams to the NWRHL are permitted to have 10 players. This team will then be backfilled with new registrants to allow teams to have a maximum of 15 players.

TEAM UNIFORMS & STARTING OF GAMES

1. Each player shall have a number on the back of their jersey, and will not be allowed to participate without one. The number must correspond to the number listed on the game sheet. Team sets of jerseys will be provided by the NWRHL .
2. All teams shall have a minimum of 6 players (and not necessarily including a goaltender) to begin play.
3. Teams with less than seven players are permitted to pick up no more than two additional players. If pick ups have been made the bench must not contain more than nine players.
4. The NWRHL must approve the use of non-roster goalies (spares), prior to their participation in any game. Goalies not registered for the current season are ineligible to be used as spares. No other spares will be allowed to participate.
5. Pick up players must inform the time keeper of their names and jersey number prior to playing a game for another team. Failure to do so may lead to a league suspension.

INJURED PLAYERS

1. When a player is injured so that he or she cannot continue play or make their way to the bench, play shall be stopped **immediately**.
2. All open cuts must be covered, or the injured player will not be allowed back on the playing surface. First aid supplies are available at the arena office.
3. A goaltender that goes to the bench because of an injury or illness may be replaced by a substitute goaltender. No warm up or extra time will be allowed for the substitute. The substitute goaltender shall be subject to the regular rules applying to goaltenders.
4. If a penalized player sustains an injury, which requires her to leave the game, she may proceed off the ice, without proceeding to the penalty bench. A player shall replace her in the penalty bench immediately from her team who is on the ice at the time of the stoppage of play.

SECTION THREE – EQUIPMENT

PROTECTIVE EQUIPMENT

1. All players are required to wear the following equipment
 - a. CSA Approved Helmet (with a CSA sticker visible)
 - b. w/ approved full face mask (CSA approved)
 - c. Chest Protector
 - d. Elbow Pads
 - e. Hockey Pants
 - f. Shin Pads
 - g. Gloves
 - h. Hockey Skates
 - i. Throat protector (BNQ approved)
 - j. NWRHL issued jersey
 - k. Hockey socks
 - l. Hockey stick
 - m. Pelvic protector (Jill)
2. Recommended equipment includes:
 - a. Mouth guard

GAME PUCKS

1. Each team must provide one puck to the officials to use as the official game puck.
2. Pucks provided must be in good condition and not carry any logo.

SECTION FIVE – OFFICIALS and PENALTIES

1. All officials are provided by the OWHA and are certified by the OWHA.
2. Each game is to be provided with two certified OWHA officials.

PENALTIES

1. All penalties will be given in accordance with the OWHA officiating rules and guidelines. (Please refer to the Official's handbook for further details on specific penalties or rules)
2. The following rules are amendments to the OWHA rules as per the NWRHL.
(I)No slap shots shall be taken where the stick goes beyond the knee level. This includes both the wind up and the follow through of the shot. Minor penalties will be given for this infraction.

SECTION SIX – PLAYING RULES

GOALS AND ASSISTS

1. Each goal and assist shall count one point in the scoring records. Not more than two assists shall be credited on each goal.

GAME TIMES

1. All games will consist of a minimum of three periods. The first and second periods will be 10 minutes of "stopped-time" each.
2. The length of the third period will consist of the remaining time to the hour less 3 minutes. In the case of a two goal differential between the teams, the last two minutes of the third period will be stop time.

TIME-OUTS

1. Time outs are to be used only in playoff games. No regular season game will include the use of time outs.
2. Each team may take one-30 second time-out per game at any stoppage of play, except after goals, the beginning or end of a period, or an already lengthy stoppage of play. The time and period shall be recorded on the game sheet by the timekeeper, against the team calling the time-out.

SECTION SEVEN – SPONSORSHIPS

1. In order to boost the vitality and ensure the continued growth of the league, the NWRHL offers monetary incentives to players/teams that wish to pursue sponsorship for the league.
2. Sponsorship incentive refunds will be given to the player(s) who obtained the sponsorship. This decision is to be made by the sponsor, players and the NWRHL.

Sponsorship Level	Benefits To Sponsors	Refund to Player/Team
\$500 – Gold Level	<ul style="list-style-type: none">• Company name on back of one set of team jerseys	\$100.00

	<ul style="list-style-type: none"> • Link and profile on website • Photo and letter of recognition to display in company • Access to distribution of marketing materials to entire league (150+ players) 	
\$250 – Silver Level	<ul style="list-style-type: none"> • Logo and link on website • Letter of recognition of sponsorship • Access to distribution of marketing materials to entire league (150+ players) 	\$50.00
\$100 – Bronze Level	<ul style="list-style-type: none"> • Logo on website • Letter of recognition of sponsorship 	\$25.00

SECTION EIGHT – POST SEASON

MVPs

1. Each team will be able to select one player from their team to be the most valuable player. Ballots will be provided during the play-offs and collected during the last two games of the season. Please ensure your team receives ballots to ensure your team participates in the team MVP ceremony.
2. Each team MVP will be awarded and recognized at the year end banquet.

BANQUET

1. The year end banquet will take place once all of the play-off and championship games have been completed. Team representatives will be notified of information about the banquet. As well the information will be posted on the website.