



Waterloo Minor Hockey Association

RIM Park, Suite 106
2001 University Avenue
Waterloo, Ontario N2K 4K4
Telephone 725-1434 Fax 725-0387

e-mail: office@waterloominorhockey.com
www.waterloominorhockey.com



RECREATIONAL LEAGUE RULES & GUIDELINES (Updated June 2022)

Rule #1: Hockey Canada Rules

Waterloo Minor Hockey Association (WMHA) operates within the Minor Hockey Alliance of Ontario (ALLIANCE Hockey), the Ontario Hockey Federation (OHF) and Hockey Canada. WMHA Recreational Hockey League rules are subject to, and intended to supplement, all ALLIANCE Hockey, OHF and Hockey Canada rules currently in effect.

Rule #2: Being on Time

Players are to be in the dressing room and "READY TO PLAY" (i.e., Players completely dressed and skates laced up) ten (10) minutes prior to game time.

Players who are consistently late or are consistently not ready to play on time (and/or Coaches who are consistently late or absent) may be disciplined as the Convenor and/or Coaches deem appropriate.

Rule #3: Practices

Players must attend WMHA sanctioned regular team practices and be ready for the practice on time. Repeat absenteeism and repeat lateness may be subject to discipline as the Convenor and Coaching Staff deem appropriate.

Individuals who are not part of the coaching staff of the team are not allowed on the ice during practices without the explicit permission of the Convenor and/or the appropriate Director of Recreational Hockey.

The Convenor and/or appropriate WMHA Director of Recreational Hockey may, as they deem appropriate, apply disciplinary action (with a written explanation) for any violation of these rules.

Rule #4: Admittance to Dressing Rooms

For younger levels (from U6 up to, and including, U10) parents are generally allowed in the dressing room to assist players in dressing and tightening skates. However, Coaches may require time before and after games for "Chalk Talks" and so on. At these times, no persons other than players will be allowed in the dressing room. Note that some Coaches, however, will--especially at the younger levels--invite a "silent parent" to attend pre- and post-game talks.

At older levels (U11 upwards) players are expected to dress by themselves and tighten their own skates.

Rule #5: General Behaviour

A) The use of offensive, foul language, racist or discriminatory comments, on-ice or off-ice, will not be tolerated.

B) Criticism of--or by--players and/or Coaches is unacceptable. Players and Coaches are expected to be supportive and respectful of each other.

C) Taunting or inciting ("trash-talking") opposing players is not permitted.

D) Smoking, the use of tobacco, illegal drugs or alcoholic beverages while participating in WMHA events (e.g., on the bus, in the hotel, in the arena, in the dressing rooms) will not be tolerated.

E) Horseplay (including throwing objects on-ice, off-ice, in dressing rooms or hallways, etc.) will not be tolerated. To avoid possible serious injury players should not walk around dressing-rooms with skates on while other players are barefooted.

F) No players or parents are allowed in the Equipment Storage Area.

Coaches and/or Convenors will apply disciplinary actions as they deem appropriate for violations of Rule #5 (A to F).

Rule #6: Behaviour of Spectators

All persons attending games or practices as spectators are expected to behave in a responsible manner. Recreational League Convenors may require persons to leave an arena (or arena property) for any of the following infractions:

- A) Swearing, offensive, foul language, racist or discriminatory comments;
- B) Taunting or inciting ("trash-talking") players;
- C) Verbal abuse of game officials/players/Coaches OR other spectators;
- D) Use of alcoholic beverages or the use of illegal drugs;
- E) Fighting or other disorderly conduct.

Persons may also be refused admittance to future games or practices as determined by the divisional Convenor and/or appropriate Director of Recreational Hockey, subject to the right of Appeal pursuant to the Grievances and Appeals procedure listed in the WMHA Constitutional By-Laws.

Rule #7: Player Movement

There will be no player movement outside of an age grouping in the Recreational League unless so designated by the applicable Director(s) of Recreational Hockey. Under no circumstances are Coaches to exchange players without the knowledge and approval of their respective Convenors. Convenors will immediately notify the League Director of any player movement for approval and finalization.

Rule #8: Pre-game Access to Ice

No player is permitted on the ice until flooding has been completed and the rink attendants have left the ice and secured the rink doors.

Any infraction of this rule will result in the automatic assessment of a penalty shot against the offending team. Any team that consistently breaks this rule may be further disciplined by the Convenor and/or Coach.

Rule #9: Mandatory Equipment

- A) BNQ Neck Protector;
- B) Shoulder Pads, Elbow Pads and Shin Pads;
- C) Hockey Pants and Hockey Gloves;
- D) Athletic Support/Cup;

CSA approved Hockey Helmet with approved Full-Face and Ear Protection. (The Helmet must be fastened while on-ice with no more than two fingers under the chin strap. No stickers, tape or decals are permitted on helmets unless they are CSA approved. No unauthorized adjustments to helmets are permitted;

note, however, that the addition of CSA approved "ear flaps" for older helmets is an acceptable alteration);

E) Goalies from Fundamentals up to (and including) the Minor Atom Division must also wear a WMHA approved "goat's beard" throat protector for all games and practices; goalies from Major Atom upwards are strongly encouraged to also wear an "end throat" protector mask;

F) All equipment should be properly fitted to ensure the maximum protection; no unauthorized alterations to equipment is permitted (e.g., the cutting of sweater sleeves) unless a player receives explicit written permission from the appropriate Director of Recreational Hockey.

Any WMHA player who assists with a practice must wear full equipment unless he or she is a registered Coach of the on-ice team. If a player does not have the required equipment--or the equipment is in a state of disrepair--the Convenor (or Coaching Staff) will refuse to allow an individual to participate in a game or practice.

Rule #10: Game Times & Stop-Time Procedures

The following are the Recreational League games game lengths:

Age Division	Game Length
U9 (full-ice games only)	10-10-10
U10	10-10-12
U11	10-10-12
U12	10-10-12
U13	10-10-12
U14	10-12-12
U15	10-12-12
U16	10-12-12
U18	10-12-12

THERE WILL BE NO CURFEW for any Recreational League games, subject to extenuating circumstances.

However, if the ice schedule has materially fallen behind time due to extenuating circumstances, Convenors have the discretion either to "run the clock" through whistled stoppages in play and/or to "curfew" the game before the final buzzer.

Rule #11: "Fair Ice-Time"

Recreational Hockey strives to provide all players with approximately equal Ice-Time throughout an entire game regardless of skill levels. Injuries and penalties are an obvious exception to this rule; also, changing "on the fly" with younger inexperienced players can occasionally lead inadvertently to unequal ice-times. Coaches must try to rectify any accidental inequalities. Coaches, however, may use a "Power Play" during the last **two (2)** minutes of a game which is the only other exception to this rule.

All Players will alternate shifts in rotation and must receive "Fair Ice-Time".

Pulling the Goalie for an extra player out can take place only during the last two (2) minutes of any period or during any delayed penalty call.

Double-shifting is absolutely prohibited unless necessary due to team roster size to ensure there are always 5 skaters players on the ice. In such cases, coaches must make sure all players take turns double shifting. The only exception is the Power Play described above. Coaches who disregard this rule will, in the first instance, receive a Convenor's warning. In the case of subsequent infractions, however, the game will be played to its conclusion so as not to punish the entire team.

Notwithstanding the actual score of the game, however, the offending team will automatically lose the game (1-0). Coaches may be further disciplined and/or suspended at the discretion of the Convenors for breach of these "Fair Ice-Time" rules and guidelines. Exceptions to this rule require the explicit permission of the League Convenor.

Rule #12: Team Composition (U9-U18)

Subject to player registration numbers, Recreational team rosters will consist of (a) 12 skaters + 1 goaltender for the U9-U15 divisions; and (b) 13 skaters + 1 goaltender at the U16-U18 divisions.

Rule #13: Sportsmanship - Post Game Handshake

At the conclusion of each game, both teams will line up at centre ice and shake hands to encourage sportsmanship, unless at the discretion of the referee(s) it is inadvisable to do so for reasons of participant safety. Both teams will go directly to their respective dressing rooms following the **post-game** handshake. If both teams must leave through the same exit then the Visiting Team will leave first while the Home team waits at their own Bench for the ice to clear.

Rule #14: Body-Checking

Body-checking is absolutely prohibited in all Recreational League games. Body "contact" in the scope of puck pursuit and incidental contact is permitted in accordance with Hockey Canada rules provided it results from the active movement of the puck carrier.

Rule #15: 5 Penalty Minutes in a Game

Any player who receives five (5) or more penalty minutes of any kind in a game will automatically be ejected for the balance of the game upon the assessment of the penalty resulting in the fifth (5th) penalty minute.

Rule #16: Coaching Penalties

Verbal abuse of game Officials, swearing, obscene gestures or other displays of anger by Coaching Staff will not be tolerated. Game Officials will assess an "Unsportsmanlike Conduct Penalty" (Bench Minor) for this kind of behaviour if warranted, and at the discretion of the Referee may assess a Game Misconduct against the offending Coach. The Convenor has the discretion to impose extra suspensions if any Coach, Manager or Trainer consistently receives these kinds of penalties. Penalties carrying suspensions will be as per OHF minimum suspension rules.

Rule #17: Assessment of Major or Misconduct Penalties

If a Major Penalty/Game Misconduct is assessed, the player will be ejected immediately and another player will serve the penalty. Coaches will rotate players serving the penalty on stoppages in play to avoid one player serving the entire penalty. Players may be subject to further disciplinary action by the Convenor. Penalties carrying suspensions will be as per the OHF minimum suspension rules.

Rule #18: WMHA Equipment

All equipment provided by WMHA must be obtained from the Equipment Manager. Equipment may not be kept for summer use without the explicit permission of the Equipment Manager. Coaches who do not follow this rule may be suspended by WMHA.

Rule #19: Jewellery

Players are not permitted to wear jewellery of any kind (i.e. earrings, rings, watches, necklaces) while on the ice for either games or practices. The only exception to this rule is medical alert identification which must, for safety reasons, be brought to the attention of the Convenor.

Rule #20: Tournaments

Any Coach who enters his or her team in a House League Tournament (including WMHA's Christmas Tournament) may not add any players from another team or substitute players from another team for his own players--without the explicit written permission from the appropriate Director of Recreational Hockey.

Rule #21: Travel Permits

Travel permits for tournaments or games must be completed by the Head Coach and submitted to minorhockeyforms.com for approval in writing by BOTH the League Convenor and the appropriate Director of Recreational Hockey at least two weeks prior to the ice-time.

Rule #22: Coaches

An individual may act as a Head Coach for only one team, in one division in WMHA. This does not prevent such a Coach from acting as a Manager, Assistant Coach or Trainer for another team in a different division. All Coaching staff members must be certified as per the Alliance certification policy.

Rule #23: Dressing Room Behaviour

Any player found damaging ("trashing") any property will be subject to suspension(s) as the Convenor deems appropriate. Such an individual may be subject to criminal prosecution; financial responsibility will also be incurred. Convenors will immediately notify the appropriate League Director of any suspension.

Rule #24: Code of Conduct

All Players, Parents, Spectators, Coaches, Managers, Trainers, Officials, Convenors and WMHA Directors are expected to abide by the WMHA Code of Conduct.

Rule #25: Practice Permits

Practice permits must be completed by the Head Coach and approved in writing by the League Convenor at least one week prior to ice-time.

Rule #26: Use of Affiliate Players During Playoffs

During the playoffs, if a team has no goalie, or has fewer than eight skaters, the team may use an affiliate player from a younger age group, provided that player is not rostered to the House League Select team in his own division. Teams may not obtain affiliate players from the same division.

*In extenuating circumstances, a Midget goalie may participate in a playoff game for another Midget team. This will be at the discretion of the Midget convenor and the coach of the opposing team. In the event an agreement cannot be reached between coaches, no points will be awarded for the game. No game may be started without a goaltender on the ice.