



Waterloo Minor Hockey Association

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RECREATIONAL LEAGUE RULES & GUIDELINES (Updated March 2015)

Rule #1: CHA Rules

WMHA operates within the Minor Hockey Alliance of Ontario, the Ontario Hockey Federation and the Canadian Hockey Association. WMHA Recreational Hockey League rules are intended to supplement all CHA 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 **Fundamentals** up to, and including, Minor Atom) 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 (Major Atom 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 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 violation 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 League Convenor of each division. 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;

E) 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);

F) 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;

G) 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.

WMHA strongly encourages all players to wear mouthguards for all games and practices. "Recent studies suggest that mouthguards not only protect teeth but may help to reduce concussive brain damage in the event of an on-ice collision."

Rule #10: Game Times & Stop-Time Procedures

All Recreational League games will play a minimum of three (3) ten (10) minute periods.

In those cases when the ice schedule has fallen behind time, however, Convenors have the discretion either to "run the clock" through whistled stoppages in play and/or to "curfew" the game before the final buzzer.

The curfew is the end of the ice rental. Do not start a game without the curfew marked on the game sheet and initialed by both teams.

The timekeeper should activate the buzzer immediately when the time of day clock changes to the time of the curfew. Do not wait for a play to finish or the next whistle.

House league has an exception to this rule in that if there is less than one minute of time left on the game clock at the curfew time and there is a one goal differential in the score, play will continue. If a goal is scored during extended play, the game is curfewed regardless of which team scores the goal.

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. The following table should be adhered to as ice-time for all players. If a team wishes to use two goalies they are to be given Fair Ice-Time and the balance of the team will follow these guidelines for the balance of the players:

9	Players 1 Goalie	5 Forwards	3 Defense;
10	Players 1 Goalie	2 Forward Lines	3 Defense;
11	Players 1 Goalie	2 Forward Lines	2 Defensive Lines;
12	Players 1 Goalie	2 Forward Lines	5 Defense; OR
12	Players 1 Goalie	7 Forwards	4 Defense;
13	Players 1 Goalie	7 Forwards	5 Defense; OR
13	Players 1 Goalie	8 Forwards	4 Defense;
14	Players 1 Goalie	3 Forward Lines	2 Defensive Lines;
15	Players 1 Goalie	3 Forward Lines	5 Defense;
16	Players 1 Goalie	3 Forward Lines	3 Defensive Lines;
17	Players 1 Goalie	3 Forward Lines	7 Defense.

All Players will alternate 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 the game except for a delayed penalty.

Double-shifting is absolutely prohibited. 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: Sportsmanship

Prior to the start of each game, both teams will line up and shake hands to encourage sportsmanship. At the end of the game both teams will go directly to their respective dressing rooms. 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 #13: Body-Checking

Body-checking is absolutely prohibited in all Recreational League games.

- (a) A Minor or Major penalty, at the discretion of the referee, based upon the intent and the violence of the impact with the opposing player, shall be assessed to any player who intentionally bodies, pushes, shoves, stands in front of an opponent for the purpose of making contact, and/or does not avert body contact with an opponent. When injury results from intentional body contact a Major penalty shall be assessed.
- (b) In the event that a player, by committing an infraction of the rules, causes an opponent to collide with the boards, the Minor penalty normally assessed under the rules will be waived and a Double Minor penalty shall be assessed. The Major and/or Match penalty applicable to the rule, will be assessed in the normal manner.
*Note: the Double Minor penalty assessed under this rule shall count as two (2) penalties in the application of the Three Penalty Rule.
- (c) Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

Rule #14: 5 Penalty Minutes in a Game

Any player (including Goalies) who receives five (5) penalty minutes of any kind in a game will automatically be ejected for the balance of the game upon the assessment of the final penalty.

Rule #15: 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 the Ontario Hockey Federation rules.

Rule #16: 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 Ontario Hockey Federation rules.

Rule #17: 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 #18: 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 #19: 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 #20: Travel Permits

Travel permits for tournaments or games must be completed by the Head Coach and approved in writing by BOTH the League Convenor and the appropriate Director of Recreational Hockey at least one week prior to ice-time.

Rule #21: 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 #22: Administrators

An individual may serve in only one capacity (e.g., Convenor, Coach, Timekeeper, Official, etc.) in any given division. This does not prevent such an individual from also acting in another capacity--either the same or a different one (e.g., Convenor, Coach, Timekeeper, or Official etc.)--in a different division.

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 Code of Conduct.

Rule 25: Tie-Breaking Rule

The Alliance Hockey Tie-Breakers policy 7.1 will be used to determine ranking when teams are 2 teams are tied.

Rule 7.1.1: the team with the most wins of the games between the 2 tied teams gains the higher position.
Rule 7.1.3: if the teams are still tied after 7.1.1, the team with the best goal average gains the higher position.
Alliance Hockey rule 7.2.3 will be used if 3 or more teams are tied. The team with the best goal average gains the highest position.

Rule 26: 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 27: 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 and the game will not be re-played. No game may be started without a goaltender on the ice.