

LASALLE RECREATIONAL HOCKEY LEAGUE

Constitution

Effective November 2008
Last Amended November 2008

INTRODUCTION

The organization covered by this constitution is named the Lasalle Recreational Hockey League, hereinafter referred to as the LRHL. This constitution shall supersede all previous constitutions.

1. The operation of the LRHL is governed according to this constitution. The LRHL is in operation to provide an enjoyable environment for men's ice hockey by establishing standards of play and sportsmanship. This constitution is intended to supplement CARHA rules, and where there is a conflict between CARHA and this document, the more restrictive rules apply.
2. This constitution is issued and amended by the President of the LRHL upon approval by the LRHL Executive. Amendments may be recommended at the Annual General Meeting by any member of the LRHL.
3. Recognizing that extraordinary situations may arise that cannot be foreseen by the LRHL, the Executive reserves the right to make rule changes or grant exceptions on a case-by-case basis. Fairness and reasonableness shall be the criteria, and such changes or exceptions shall normally be made in consultation and agreement with the Executive.
4. No amendment or alteration shall be made to this Constitution except those approved by a majority vote at a meeting of the LRHL, those members in attendance constituting a quorum.

EXECUTIVE OFFICERS

5. The Officers of the Executive are as follows:
 - a) President
 - b) Vice-President
 - c) Treasurer
 - d) Webmaster / Statistician (Alternate Officer, non-voting)
6. Officers shall be elected to serve for a term of one year; the election shall be held at the Annual General Meeting each spring.
7. Each Officer will keep an accurate record of all business within his charge, and will be prepared to make a report when called upon to do so.

8. For all executive meetings, a quorum shall consist of the President and/or Vice President and/or Treasurer and/or Webmaster, but no less than two voting Officers .
9. Each Officer shall have a full voice and each Officer, except the Alternate, shall have the right to cast a vote at executive meetings.
10. If necessary, the Alternate Officer will fill any vacancy of the voting Officers for the remainder of the term.
11. The Executive shall have full power and authority to act on behalf of the LRHL.
12. The Executive shall meet on an as-needed basis at a time and place determined by the President.

DUTIES OF EXECUTIVE OFFICERS

13. President
 - a) shall preside at all annual, executive, and special meetings of the LRHL
 - b) shall exercise the power and authority of the Executive in case of emergency
 - c) shall ensure that the affairs of the LRHL are conducted in the proper manner and every member of the Executive is performing his duties as directed.
14. Vice-President

In the absence of the President, or in the event of the President's inability to act, The Vice-President shall substitute for him and assume all his duties and responsibilities.
15. Treasurer
 - a) shall receive all monies payable to the LRHL and deposit same in the chartered bank as directed by the Executive.
 - b) shall receive and record all accounts payable by the LRHL and with the approval of the Executive pay such accounts.
 - c) shall keep proper books of account and make them available to the LRHL officers upon request.
 - d) shall submit a financial statement for the guidance of the Executive.
 - e) shall provide at the end of his term, and prior to the AGM, a recommendation as to the appropriate level of membership fees for the next following season.
16. Webmaster
 - a) Renew the annual hosting of the **LRHL.CA** website. The hosting service will be reviewed annually.
 - b) Create and post on the website the season schedule as soon as practical after the annual draft usually held in August.
 - c) Create and post on the website the timekeeper schedule.

- d) Maintain player ratings and record results of annual draft.
- e) Collect and enter gamesheet results weekly and post updated stats weekly.

ANNUAL AND GENERAL MEETINGS

- 17. The General Meeting of the LRHL is held as soon as possible before the opening of the playing year at a time and place to be decided by the Executive.
- 18. Notice of the Annual Meetings and General Meetings will be given two weeks in advance by way of an announcement in dressing rooms and by personal phone calls and will also be posted on the LRHL website.
- 19. All full-time regular members present at both meetings shall constitute the quorum at each meeting respectively.
- 20. At Annual Meetings and at the General Meeting, each full-time regular member present shall have a voice and one vote.

REGISTRATION AND FEES

- 21. The Executives shall determine the dates of league registration. Players may register after the official registration dates if space is available. Prior to participating in any LRHL game, each player must complete and sign the official registration form.
- 22. Players must provide proof of age when required to do so by a Executive member. A birth certificate, baptismal certificate, or driver's license shall be acceptable forms of proof of age.
- 23. A player's registration fee, or portion thereof, may be refunded only with the approval of the Executive as specified by the terms of agreement set out within the registration form signed by the player.

PLAYER ELIGIBILITY

- 24. As of September 1 each year, all non-grandfathered full-time players must be at least 40 years of age. Birth certificate or driver's license may be required to serve as proof. Goaltenders may be excluded from this rule.
- 25. Grandfathered players are those who were members prior to the 2008/2009 season, whether full-time or spare players.
- 26. Non-grandfathered spare players must be at least 40 years of age.
- 27. All male hockey players are eligible to participate in the LRHL provided that the Executive has accepted their registration form and they have paid their registration fee.

FILLING FULL-TIME POSITIONS

New or vacated positions shall be filled on a priority basis as follows:

28. Any former full-time league player who was absent no more than one year. If the player cannot return full time after a one-year absence he will be placed on the spare list.
29. Length of time on the spare list.
30. If players have been on the spare list for an equivalent amount of time, preference will be given to the older player.
31. A player leaving the league for any reason deemed valid by the Executive shall be replaced by a player from the spare list of equal rating (as determined by the Executive) for the remainder of the season and playoffs, or until the full-time player returns.

TEAM ROSTERS, PLAYER RATINGS

The Executive shall:

32. Establish team rosters on the basis of a random draw/draft/other method of full-time players, supplemented by spare players, at a meeting held after the Annual General Meeting as determined by the President.
33. If necessary as determined by the Executive, balance team rosters subsequent to their establishment on the basis of player ratings and overall fairness;
34. Authorize the replacement of full time players during the playoffs on the basis of spare ratings and in accordance with the decision by the Executive (see playoff spare process in Appendix C).

MEMBERSHIP RESPONSIBILITY

35. Upon being granted membership in the LRHL, each member is deemed to have agreed to abide by and to be bound by the provisions of the constitution of the LRHL.
36. The Executive shall have the authority to suspend from further participation in the affairs of the LRHL any officer, team official, referee, team or player for breaches of the Constitution for conduct deemed detrimental to the LRHL and its members.

RULES OF PLAY

37. All games are 75 minutes in length, starting with an ice resurfacing (10 minutes), a 5-minute warmup starting as soon as the zamboni doors close, and three (3) 19 minute periods with a 1-minute break between periods 1 and 2, and periods 2 and 3. Game length will be reviewed annually.
38. Games are played with the clock running. The exception is the last 2 minutes of the game if the teams are within 2 or less goals. In this case, the clock will stop at each whistle and resume when the puck is dropped.

39. Icing will only be called when the puck is shot from a player's own defensive zone (inside his own blue line).
40. Illegal slapshots are defined as any motion to draw back the stick higher than the boot. This includes any faked slapshot motion. An illegal slapshot will result in a minor penalty.
41. Ties in the standings at the conclusion of the regular season shall be broken by comparing the following statistics for those teams involved:
 1. Most wins, and if still tied
 2. Goal differential - goals scored minus goals allowed, and if still tied
 3. Least penalized team in the regular season, and if still tied
 4. Fewest loses, and if still tied
 5. Coin toss.
42. Helmets
 - a. All players must wear a CSA-approved helmet fastened with a chinstrap.
 - b. All goalies must wear a CSA-approved helmet and cage. "Cat eyes" are not permitted.
43. When offsetting, coincident minor, major and/or match penalties are imposed against players on each team, immediate substitution shall be made for the players. Such penalties shall not be taken into account for the purpose of a subsequent delayed penalty ruling. In those cases where the penalized players remain in the game, they shall take their place in the penalty box until the first stoppage of play following expiration of their respective penalties.
44. Slap shots are defined as any motion to draw back the stick while raising the entire blade from the ice before shooting for the purpose of imparting greater force to the puck. Slap shots shall be permitted as follows: boot-high. An illegal slap shot will result in a minor penalty.
45. The 'offside', or 'two-line', pass rule will not be enforced.
46. A minor or misconduct penalty (referee's discretion) will be assessed for intentional body checking.
47. Body contact will be treated as follows:

A player must avoid contact with any other player if at all possible. A player having contact with another, and in the eyes of the referee, could have been avoided, shall receive a minor penalty.
48. **INTENT TO INJURE**

If, in the opinion of the Referee, a player intentionally injures or attempts to injure another player, said player shall be assessed a game misconduct penalty. The player will receive an automatic additional 2-game suspension. The Executive shall be convened to decide on any further penalty to be administered before the

next league game. The Executive may levy longer suspensions. Where the referee, has not seen a player injure or attempt to injure another player and did not issue a misconduct penalty, the Executive has the right to impose sanctions on that player. If any player receives two major penalties in one season that player shall be removed from league for the remainder of the season.

49. **NO ABUSE OF PLAYERS AND OFFICIALS:**

Any player who exhibits poor and/or inappropriate behavior towards a player and/or referee(s) such as verbal abuse, slamming a door, slamming a stick, etc., shall be assessed a minor penalty.

Persistent and/or aggravated abuse shall result in the player being immediately ejected from the game and assessed an additional 1-game minimum suspension. Said player may be subject to further disciplinary action pending a full case review by the Executive.

50. **PENALTIES:**

- 3 minutes running time
- Any player receiving 3 penalties in one game will be ejected from the current game and assessed an automatic 1-game suspension.
- Any player called for high sticking shall earn a double minor penalty.
- Any player called for a major penalty shall be ejected from the game. His team will be assessed a 7 minute penalty (if playing straight time) or a 5 minute penalty (if playing stop time).
- Should a penalty be assessed during the last 3 minutes of the game, the referee is not required to put the penalty time on the time clock.
- Should a penalty be assessed during the last minute of a game, the referee will stop the clock and re-set the time to reflect the time of the penalty.

Penalty time begins when play resumes.

51. Due to insurance concerns, only registered players shall be permitted on the team bench during a game.
52. A team must have at least 5 skaters AND a goalie to avoid forfeiting a game. A team cannot borrow skaters from other (LRHL teams) but may borrow a goalie from another (LRHL) team without forfeiting its game. If a team cannot ice a minimum of 3 skaters during a game due to penalties, then the team automatically forfeits the game regardless of the score or the time remaining in the game.

FULL-TIME/SPARE PLAYER RANKING PROCESS (53- 54)

53. The Executive shall assess a ranking value of full-time and spare players based on their abilities and skill sets. A player's/spare's ranking can be re-assessed at any time during the regular season as the Executive deems necessary. All ranking re-assessments must be performed no later than the last game of the regular season (prior to playoffs).
54. Full-time and spare players will be ranked from 1 to 5, 1 being the strongest.

Appendix C (55-57)

55. **Spares process for Regular Season and Playoffs:**
56. Only players that have been approved by the LRHL Executives will be eligible to play as spares during the regular season.
57. A player will be replaced by a player of equal or lower rating. A rating of 1 is highest. So, for example, a 2 can replace a 1, but a 1 cannot replace a 2. Should a lower ranked player not be available, the player shall not be replaced and the team will play a man short. Every effort should be made to replace a player, using a spare from the spare list posted online and available to all team reps.

PLAYOFFS (60-62)

58. Playing rules and disciplinary measures shall apply without modification to all playoff games, subject to any supplementary playoff rules.
59. When applicable, ties in the standings at the conclusion of the playoff round robin shall be broken by comparing the following statistics for those teams involved:
1. Most wins, and if still tied
 2. Goal differential - goals scored minus goals allowed, and if still tied
 3. Least penalized team in the regular season, and if still tied
 4. Goals scored divided by goals allowed, and if still tied
 5. Coin toss.
60. Playoff format and overtime rules are determined annually by the Executive. Current rules are:
- 60.1 **Overtime in the 3-game Round Robin:** If the score is tied at the end of regulation time, the two teams will play sudden death overtime for 5 minutes to determine the winner. If still tied, then each team gets 1 point.
- 60.2 **Overtime in Semifinals and Finals:** If the score is tied at the end of regulation time, the two teams will play sudden death overtime for 5 minutes to determine the winner. If still tied, a 5-player shootout will decide it. If still tied, then a 1-player shootout will decide it.

CODE OF DISCIPLINE (61)

61. Any player demonstrating a continuing pattern of dangerous or unsportsmanlike behavior, or who commits a single act that shows gross disrespect for the values of the LRHL in the opinion of the Executive shall have his registration terminated and fees refunded on a pro-rated basis. Furthermore, that player may be refused

future entry into the LRHL. Lesser transgressions may warrant a warning and/or conditional probation.

PROTESTS AND APPEALS (62-66)

The following procedures shall be followed in dealing with player/team protests and/or appeals:

62. Protests/appeals must be brought to the attention of the Executive within 24 hours after the game being protested or the event being appealed. The player/team must state the specific issue on which the protest/appeal is based and should avoid a protest/appeal that contests a specific referee's call.
63. The Vice President must immediately forward the written statement, appropriate game sheet, referee's report (if prepared), and any other relevant information to the LRHL President.
64. The President may bring the matter before the Executive in order to make a ruling on the matter. In any event, the President shall acknowledge receipt of the protest/appeal with the appellant(s) either by phone or by e-mail.
65. A meeting of the Executive and the appellant(s) may be called to address the situation. A final ruling will be delivered by the President in writing prior to start of the next scheduled game.
66. A player will be permitted to play in the league until such time that his appeal/protest is heard and ruled upon.

**IT'S YOUR LEAGUE...
LET'S KEEP IT SAFE & ENJOYABLE!**