



WATERLOO-OXFORD RURAL HOCKEY LEAGUE CONSTITUTION

1. The name of the organization shall be the Waterloo-Oxford Rural Hockey League (WORHL)
2. The WORHL shall be considered a "not for profit" organization
3. Members of the league shall be the teams who agree to abide by the rules and by-laws set out by the team representatives/league executive.

A. EXECUTIVE

POSITION	ROLE
President	<ul style="list-style-type: none"> • Oversee the executive • Call for emergency meetings when required • Contact referee association for clarification/input on calls made
1st Vice-President	<ul style="list-style-type: none"> • Prepare the season schedule • Act as the main contact between team representatives and the executive • Act as a contact for prospective new teams looking to enter the league • Creating the budget for the season
2nd Vice-President	<ul style="list-style-type: none"> • Prepare the season schedule • Act as the main contact between team representatives and the executive • Act as a contact for prospective new teams looking to enter the league • Creating the budget for the season
Treasurer	<ul style="list-style-type: none"> • Make payment on all league bills • Collect league fees from the team representatives • Create and manage league financial reports • Creating the budget for the season
Secretary/Statistician	<ul style="list-style-type: none"> • Keep accurate meeting minutes from all league meetings • Update the league website (scores, standings, news, etc.) • Create agendas for league meetings

B. MEETINGS

- i. A team will be allowed to have a maximum of 2 representatives at any league meeting and will be allocated 1 vote. No votes by proxy.
- ii. If a team is not represented at a league meeting they shall forfeit their vote.
- iii. Changes to the Constitution may be made at any league meeting only after a majority vote has been completed

- iv. Where the number of teams present at a league meeting is even, and a deciding vote is needed to break a tie, this vote shall come from the executive through the President

C. LEAGUE FEES

- i. League fees will be determined by the executive at the beginning of the season
- ii. League fees must be paid in full by the 6th game of the season
- iii. Under special circumstances, the executive may grant a payment extension or schedule
- iv. If a team decides to leave the league after money has been paid, they shall forfeit all rights to return payment.

D. TEAMS

- i. Teams leaving the league, after money has been paid and schedules completed, may have a portion of their league fees returned
- ii. The amount of money to be returned will be decided upon by the president and approved via a majority league vote
- iii. Teams refusing to abide by any rules of decision thereof shall be recognized as having withdrawn from further competition.
- iv. Teams joining the league during the season to fill vacancies shall be charged an entry fee equal to the number of games remaining multiplied by the cost of games set by the executive.
- v. A team must have at least six players to start the game
- vi. Any team unable to ice six players at game time shall forfeit the game and will be fined. The fine will be \$40 or a case of beer payable to the non-offending team. This fine will not be assessed if 5 days of notice has been given.
- vii. Any team using illegal players shall be fined up to a maximum of \$100 payable to the league before the team's next game.
- viii. Any team wishing to change goals and assists must do so before entering their respective dressing rooms after the game.

E. PLAYERS

- i. Players may be male or female.
- ii. Players must be at the age of 18 by the end of the current year in order to play
- iii. Players are only permitted to play for one team.
- iv. Carded players (minor, junior, senior, etc.) are not permitted to play in the league.
- v. All players are required to be listed on the game sheet to be considered playing in that game
- vi. The game timekeeper shall count the number of players on the ice during warm-up to ensure that the number matches the number on the game sheet.

- vii. A player must participate in 4 regular season games in order to be deemed eligible to play in the play-offs.
- viii. A player may only play if eligible to reach his/her 4 game minimum.
- ix. Illegal players are those under suspension or those who do not meet player eligibility rules.
- x. Any player currently playing in the league shall not move from team to team from year to year. The player must sit out one full year to move to another team. Exception is given only when a player is released on paper to the President or is traded on paper to the President. The trade deadline is January 10 of each year.
- xi. Players currently playing in the league may leave the team only once to start a new team in the league. This can only occur upon permission granted by the majority vote of the existing teams.

F. GOALTENDERS

- i. Goaltenders can play for any team in the absence of that team's regular goalkeeper
- ii. Goaltenders may be carded players
- iii. Goaltenders may be of any age

G. TIE BREAKERS

- i. If teams are tied in the standings at the conclusion of the regular season, the tie breaker formula will be as follows:
 - a. Most points
 - b. Best head-to-head record
 - c. Best goal differential (goals for minus goals against)
 - d. Flip of a coin

H. SUSPENSIONS

- i. The primary onus of honouring suspensions rests with the team of the suspended player
- ii. Any player who plays illegally due to a suspension shall be liable to a fine and have his suspension extended. The game shall be forfeited.
- iii. Match Penalties that occur due to an infraction against the officials will be reviewed by the officiating association and they shall decide on the length of the suspension.
- iv. All other match penalties shall be dealt with by the league president
- v. Major Penalties/Game Misconducts/Gross Misconducts will be reviewed by the league president and he/she shall decide on the length of the suspension.

I. PROTESTS

- i. All protests related directly to games must be made during the game and must be registered on the game sheet by the officials along with the time of the protest (rule interpretation, etc.)
- ii. Any protest outside of the game must be made in writing within 48 hours of the game and be accompanied by a \$150 protest fee. The protested team must be notified immediately. All protests will be made known to at least one executive member. The \$150 protest fee is non-refundable.
- iii. The following is a list of potential reasons for a protest:
 - a. player eligibility
 - b. certain rule interpretations

J. PLAYING RULES

Note: Hockey Canada rules shall apply where WORHL rules not already stated.

Game Time

- i. All regular season games will consist of a 3 minute run-time warm up (to start as soon as the Zamboni leaves the ice), and three 10 minute stop time periods.
- ii. One 30 second time-out may be used by each team during both regular season and play-off games.
- iii. If regular season games are tied at the end of regulation, the teams will proceed to a three-round shootout.
- iv. If after the three-round shootout the score remains tied, the shootout will proceed to a "sudden-death" format.
- v. Two penalty shots will be taken at the same time at opposite ends in order to reduce the duration of the shootout.
- vi. One point shall be awarded to the losing team of game that reaches a shootout
- vii. The final playoff games will consist of one 10 minute period followed by two 15 minute periods (stop-time) with flood between the second and third periods.
- viii. If playoff games are tied at the end of regulation, a series of 10 minute "sudden-death" overtime periods shall be played until there is a winner
- ix. The on-ice officials have the authority to request a flood at the end of an overtime period if they feel it is necessary

Icings

- i. For the purpose of icing, the defending teams' blue-line will be used as the determining factor rather than the red-line.

Penalties

- ii.** Body checking is NOT permitted
- iii.** All stick penalties (slashing, high-sticking, cross-checking, spearing, butt-ending) will result in a 4 minute penalty. This penalty will be served as a single 4 minute penalty rather than two 2 minute penalties for the purpose of termination following the scoring of a goal
- iv.** If a player receives three penalties during the game, he/she shall be ejected from the remainder of the game
- v.** If a player is assessed a 10 minute misconduct penalty, he/she shall be ejected for the remainder of the game in progress
- vi.** If a player is ejected from the game due to a penalty and he/she is serving a time penalty, the team may rotate players in the penalty box on stoppage of plays
- vii.** If a player leaves the game due to an injury and is serving a time penalty, the above rule applies