

# Constitution 2023

Effective November 2008

proposed amendments June 2023

## 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 good quality sportsmanship. This constitution is intended to govern the LRHL, if different between referees and LRHL, the more restrictive rules may be applied.

2. This constitution is issued and amended by the LRHL executive and attendees of AGM July 2023. All amendments are recommended and voted upon by attendees.

3. Recognizing that new situations may arise that are not foreseen by LRHL, the executive reserves the right to make rule changes or grant exceptions on a case by case basis. Fairness shall be the criteria and decisions shall be voted on by the Executive.

4. No amendment or alteration shall be made to this constitution except those approved by majority vote at a meeting of the LRHL, those members in attendance make up a quorum.

#### EXECUTIVE OFFICERS

5. The Officers elected to the executive are as follows: a) VP Junior/ acting President MF, PRESIDENT'S ROLE ONLY ALLOWED BY A BOARD MEMBER WHO HAS SERVED ONE YEAR IN SOME MANNER b) VP Senior division PR voting member c) Treasurer d) webmaster MM(voting) e) Senior spare rep AH(voting) c) Junior spare rep AD (non voting)

6. Officers shall be elected to a 1 year term at each AGM in offseason. In the case a member resigns, an alternative member of the board or a tenured team representative may be voted upon to step in by the entire board to act on this person's behalf, the President only votes last and only to break a tie.

7. Each officer will do their best to keep accurate records of business within his charge and be prepared at AGM to report as needed.

8. For all meetings a quorum must exist of P, VP, T, Web, Spare reps (players only) or elected tenured team rep with no less than 2 voting members.

9. Each Officer (or voted replacement) shall have a full voice and vote at executive meetings.

10. The executive shall have full power and authority to act on behalf of the LRHL.

11. The executive shall meet on as needed basis during season if not monthly. (no minutes needed)

#### EXECUTIVE OFFICER DUTIES

12. VP junior Division Acting President

- a) shall preside at all annual, executive, and special meetings of LRHL
- b) shall exercise power and authority of executive in case of emergency
- c) shall ensure the affairs of LRHL are conducted in proper and up to current moral standards

13. VP Senior Division In the president's absence or inability to act, the VP shall substitute for him and assume current duties and responsibilities

14. Treasurer

- a) shall receive all monies payable to the LRHL and deposit same in the chartered bank used by league
- b) shall receive and record all accounts payable and receivable by and to the LRHL and make available as needed
- c) shall keep proper books of account and make available as needed or requested by executive
- d) shall submit financial statements for guidance of executive or at AGM
- e) shall provide at end of his term and prior to AGM a recommendation to membership fees next season

## 16. Webmaster

- a) renew the annual LRHL website to be reviewed annually.
- b) create and post on the website schedules as needed, and any messages needed

## ANNUAL AND GENERAL MEETINGS

17. The General Meeting of the LRHL is held when possible before the opening of the playing year at a time and place to be decided by the executive. Notice of meetings shall be given to the membership with one week's notice on LRHL's website and mass email.

18. All FULL time players present at meetings will constitute the quorum at each assembly, and at AGM meetings each FULL time regular member present shall have a voice and a vote. Players are deemed full time after being drafted into league as a full time player.

## REGISTRATION AND FEES

19. The executive shall determine the dates of league registration, players may pay a deposit to hold full time spots in draft. Prior to playing any LRHL games players must pay, complete waiver and sign waiver.

20. Players may be asked to provide proof of age via a drivers license or birth certificate.

21. A players 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 waiver registration signed by the player.

## PLAYER ELIGIBILITY

22. Junior (40+) division players should be close to minimum 40 years of age to enter league or deemed a proper fit the the executive, same rules apply for senior (50+) division players.

23. All male hockey players are eligible to participate in the LRHL provided the executive has accepted their waiver form, they have paid their registration fees, and they agree to abide by leagues constitution rules.

## FILLING FULL TIME POSITIONS

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

- Any former full time player absent for more than a year will be placed on spare list and may be replaced using the spare list
- the executive can decide new eligible players based on ratings, time as spare, and the players fit in the league
- A player leaving for any reason may be replaced by a player of equal rating (as seen fit by executive) for the remainder of season and playoffs, or until a full time player returns.

#### TEAM ROSTERS , PLAYER RATINGS

The executive shall:

25. Establish team rosters on the basis used each season of a random draft or draw of full time players supplemented by spare players as needed.

26. If necessary as determined by the executive, balance teams subsequent to their establishment on the basis of player ratings and overall fairness.

27. Authorize the replacement of full time players during the playoffs on the basis of ratings and in accordance with the decision by the executive.

#### MEMBERSHIP RESPONSIBILITY

28. 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.

29. The executive shall have the authority to suspend from further participation in the affairs of the LRHL, any officer, team rep, referee, team or player breaches of the constitution for conduct deemed detrimental to the LRHL and its members.

#### RULES OF PLAY

30. All games are 58 minutes of run time of one period, with a 3 minute warmup and 10 minutes allocated to ice cleaning. Game times are listed as starting at 7:30 8:50 10 pm sundays with the possibility of scheduling exceptions (superbowl, Finals) Players are to remove themselves from rink premises by 11:45 pm without being told to do so out of respect of ice agreement and staff present.

31. Games are played running time, the exception being the last 2 minutes of the game if the teams are within 2 goals or less. In this case the clock is stopped for each whistle and resumed when puck is dropped.

32. Icing will only be called when a puck is shot from the player's own defensive zone inside his own blue line.

33. Illegal slapshots will be defined any motion where the tip of stick is raised higher than the top of the skate or a faking motion, resulting in a minor penalty

34. Ties in the standings at end of regular season shall be broken by comparing statistics as follows for teams involved. 1. Most wins, 2. Goal differential, 3. least penalized team in reg season, and if still tied 4. fewest losses 5. coin toss

35. Helmets, all players and goalies must wear a CSA approved helmet fastened with a chinstrap with a ½ visor required by insurance, with goalies needing a cage cat eyes not permitted.

36. When offsetting minor, major, 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 to 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 in play following the expiration of their respective penalties.

37. The offside or 2 line pass rule will (no red line) not be enforced

38. Body contact will be treated as follows: A player must avoid contact with any other player if at all possible. A player having contact intentionally or not with another that could have been avoided in eyes of the referee will receive a minor penalty.

#### 39. 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 2 game suspension. The executive shall be convened to decide on any further needed penalties to be administered before the next game. Longer suspensions may be issued by executive as needed or removal from league sanctions are permitted. The penalties may also be reviewed by executives and players allowed to return .

40. NO ABUSE OF OFFICIALS Any player who exhibits poor and or inappropriate behaviour towards a player and or referee such as verbal abuse, slamming a door, slamming a stick,etc. Shall be assessed a minor penalty.

Persistent abuse of the referee or another player shall result in being ejected from the game. Said player may be subject to further review and disciplinary actions from the executive.

#### 41. PENALTIES

-3 minutes running time

-any player receiving 3 penalties in a game will be ejected from the current game

-Any player called for a major shall be ejected and his team assessed a 6 minute run time penalty. Said player shall automatically receive additional 1 game suspension.

- Should a penalty be assessed during the last 3 minutes of the game the time isn't required on the clock and penalty time will begin when play resumes.

42. Due to insurance concerns only registered LRHL members are permitted on the bench during a game and must wear a ½ visor at least on helmet.

#### FULL TIME SPARE PLAYER RANKING PROCESS

43. The executive shall assess a ranking value of full time and spare players based on abilities and skill sets. A player or spares ranking can be reassessed at any time during the season and deemed necessary. Full time players receive a rating of 1-3 or as executive decides to rank

#### SPARE PROCESS FOR REG SEASON AND PLAYOFFS

44. Only players that have been approved by the LRHL executives will be eligible to play as spares during regular season and playoffs.

45. A player will be replaced by a player of equal or lower rating as best possible fit. A 1 can replace a 1 not a 2, however a 2 may be placed as a 1 if no others are available

#### PLAYOFFS

46. Playing rules and disciplinary measures shall apply without modification to all playoff and finals games, subject to supplementary playoff rules.

47. When applicable, ties in standings at conclusion of playoff round robin format shall be broken by comparing the following statistics for those teams involved.

1) Head to head 2) most wins 3) goals for and against differential 4) least penalty minutes

48. Playoff format and overtime rules are determined annually by the executive. Current rules are

48.1- Overtime in round robin, if the score is tied 2 teams play sudden death overtime for 4 minutes to determine a winner, if tied still each team then will be awarded 1 point.

48.2 Overtime in semifinals and finals games. If the score is tied at end of regulation 2 teams will play sudden death overtime for 4 minutes, if still tied then 4-4 for 3 mins, 3-3 for 2 mins, 2-2 for 2 mins. If still tied then a shootout will decide it.

49. CODE OF DISCIPLINE – Any player demonstrating a continuing pattern of dangerous or unsportsmanlike behaviour, 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 probation.

#### PROTESTS AND APPEALS

The following is team protests and appeals process:

50. Protest/appeals must be brought to the attention of LRHL executive 24 hrs after game or incident protested or 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.

51. Any board member may bring to the executive, any protest so the board may make a ruling on the matter, the President shall acknowledge receipt of the protest/appeal with the appellant(s) by phone text or email.

52. A meeting of the executive may be called to address the situation, and make a ruling on the matter. A final ruling may be delivered by any executive board member in person or writing prior to the start of the next scheduled game.

53. A player will be permitted to play in the league until such time that his appeal/protest is heard and ruled upon.



