



OPERATIONAL Regulations

December 2024

Rockies Hockey League (RHL)

1. EXPECTATIONS OF ASSOCIATIONS

- a. All LMHA members are responsible to read and abide by the regulations herein as per section 102 (g) of the RHL Bylaws.
- b. Upon review of each LMHA's declaration of teams as per section 104(a) of the RHL Bylaws, the league will determine the number of categories that will exist in each age division. If an association has more than 1 team to enter into an age division the expectation is that the association will divide the number of teams equally into the divisions. If there are more teams than an equal divide the association must place the extra team in the most appropriate division according to where the extra team would be best suited skill wise. When an LMHA is placing more than one team into a category of an age division, it is expected that those teams will be equally balanced in age and skill or "parity". In the event that it is determined by the League that an LMHA has not achieved parity with their teams in a category of an age division, that LMHA will be notified in writing by the League, and the LMHA must balance their teams within two weeks. The league will be a "Fair Play" league. Fair ice time for all players.
- c. Each LMHA member shall provide a delegate to represent them as per Section 102(d) of the RHL Bylaws.
- d. The LMHA delegate should attend all league meetings. If this is not possible the LMHA also has the option to email vote by proxy. Failure to do so will result in a \$50.00 fine.
- e. Each LMHA member shall provide 1 or more divisional governors as required by the league.
- f. LMHA's must submit contact information for all team officials to the League Administrator 72 hours prior to the team playing its first regular season game. LMHA's are required to sync their teams through the Alberta One Portal 72 hours prior to the first official game.. ***Important - No team will be eligible to play prior to the above having occurred.***
- g. Each LMHA shall provide game ice as follows:
 - i. U11/U13 – 90 minutes
 - ii. U15/U18 – 120 minutes
- h. Unless otherwise approved by the league, all league games must be played within the RHL draw zone boundaries – see Appendix 'A' in RHL Bylaws.

2. SCHEDULING AND LEAGUE GAMES

- a. For ALL League games, the HOME TEAM shall be responsible to provide pucks for the pregame warm up skate.
- b. Stop time is to be used in all periods of all games. When five (5) minutes remain on the ice permit and after the first stoppage of play thereafter, the time clock will be set to two (2) minutes and the remainder of the game will be played stop time.

- c. During regular season league play, if, after three (3) periods of play, the score is tied, NO OVERTIME shall be played.
- d. All regular season and playoff games shall be scheduled by an appointed League Scheduler. Requirements for submission of ice slots for scheduling availability and other scheduling protocols shall be determined at the leagues preseason meeting.
- e. The number of regular league games that each division will play will be determined before the 2nd part of the schedule is released with reasonable consideration given to the appropriate number of games.
- f. League play will start on or before the last weekend in October.
- g. Consideration for travel and schooling will be made when scheduling all games, including league, play-offs, and any rescheduled games. The President shall arbitrate disputes over appropriateness of available ice times.
- h. Blackout Dates: Teams are allowed 2 blackout weekends per season. Tournament dates that are in November or December must be submitted no later than November 1, and Tournament dates that are in January or February must be submitted no later than December 1. Teams will submit via google document.
- i. To initiate a game change, a notice of game change form must be signed by both teams and the Governor prior to submitting to the League. This can be initiated by the home or visitor team. The initiating team pays for the cost of the ice for game change, and officials if applicable. Subject to league approval. All game changes must be completed prior to the end of the regular season.
- j. Game changes must be initiated 72 hours prior to the scheduled start of the game.
- k. If a team fails to show at a game on the scheduled date, time or location, without valid reason as determined by the League, that team will take a forfeit loss and be assessed a \$250.00 fine and may also incur the cost of the ice and referees for that game.
- l. In the event of an unexpected emergency that prevents a game from being completed the following shall occur:
 - i. If 45 minutes or more has been played (Scoreboard Clock Time) the game will be considered complete.
 - ii. If less than 45 minutes of the game has been played (Scoreboard Clock Time) the game will be rescheduled.
- m. All game ejections / Write Ups will be sent to Division Governor for discipline Governor no later than 9:00 A.M. of the day following the scheduled game
- n. As per Hockey Alberta rules all affiliates and over age players must be identified on the game sheet prior to the start of the game.

3. GAME POINTS AND THRESHOLDS

a. Respect Points

- i. League play standings will be calculated as follows:
 - 1. Win.....2 pts
 - 2. Loss.....0 pts
 - 3. Tie.....1 pt
 - 4. Respect Point.....1 pt
- ii. During league play each team shall earn 1 Respect point per completed game providing they do not exceed the penalty threshold for said game.
- iii. If a referee incident report is written for a member of a team's admin (Head Coach/Assistant Coach/Trainer/Manager etc) or a spectator for said team, that team will forfeit their point regardless of their penalty minutes in that game.

b. Team Penalty Minute Thresholds

- i. U11.....12 mins
- ii. U13/U15.....14 mins
- iii. U18.....16 mins

c. Individual Player Penalty Thresholds

- i. Penalty minutes for all players will be monitored and the league will issue suspensions to those players who accumulate excessive penalty minutes during tiering and regular season league play. When a player reaches or exceeds their penalty threshold, suspensions will apply as follows:

U11 - 25 mins = 1 Game	U13 - 30 mins = 1 Game	U15 - 40 mins = 1 Game	U18 - 50 mins = 1 Game
U11 - 45 mins = 2 Games	U13 - 50 mins = 2 Games	U15 - 60 mins = 2 Games	U18 - 70 mins = 2 Games
U11 - 65 mins = 4 Games suspension	U13 - 70 mins = 4 Games	U15 - 80 mins = 4 Games	U18 - 90 mins = 4 Games
U11 - 85 mins = Indefinite	U13 - 90 mins = Indefinite	U15 - 100 mins = Indefinite	U18 - 110 mins = Indefinite

- ii. League issued suspensions for accumulative penalty minutes can only be served during league play and do not extend outside of league games.

d. Accumulative Penalty Minute Calculation

- i. The league will use Hockey Canada guidelines when calculating the cumulative penalty minutes for teams and individual player penalty thresholds. The minutes associated to each classification of penalty are as follows:
 1. Minor/Bench Minor.....2 mins
 2. Double Minor.....4 mins
 3. Major.....5 mins
 4. Match.....5 mins
 5. Misconduct.....10 mins
 6. Game Misconduct.....10 mins
 7. Gross Misconduct.....10 mins
 8. Penalty Shot.....Equivalent minutes to penalty assessed

4. EXPECTATIONS OF TEAMS

- a. All teams participating in league play are responsible to read and abide by the regulations here in.
- b. Coach, manager or team designate must attend any mandatory RHL meeting or the team will be fined \$50.00.
- c. Prior to the 1st league game being played, each team shall provide to their Governor the contact information in the way of a valid email and telephone number for the following team officials:
 - i. Head Coach
 - ii. Manager
- d. BOTH teams will be responsible for having their rosters verified and signed by the Head Coach 10 minutes prior to the game in the RAMP GAMESHEETS App or be subject to a \$50.00 fine.
- e. The HOME TEAM is responsible for entering all game information into the RAMP digital gamesheets during the game. Teams who fail to utilize the digital game sheets will be fined \$100.00 .
- f. In the event that information is missing, incomplete; the HOME TEAM will be assessed a \$25.00 fine for each occurrence. This includes penalties, goals and goalie stats. The VISITOR team will provide a scorekeeper in the box to verify the digital entries to the game sheet in real time.
- g. The HOME TEAM is responsible for electronic delivery of the Referee Write-Up Report (only if one was used) along with a game sheet to their respective Governor no later than 4 hours after the

conclusion of the game. If a team fails to submit the Referee Write-Up Report along with the game sheet within 4 hours the team will be assessed a \$100.00 fine for each occurrence.

- h. The HOME TEAM is responsible for ensuring the digital gamesheet successfully uploads into RAMP within 24 hours of the conclusion of the game.
- i. The VISITOR TEAM is responsible for verifying the data entry on RAMP and report any discrepancies to their respective Governor as soon as possible.
- j. Both HOME and VISITOR teams will provide a volunteer to open and close their own penalty box door.
- k. Teams will be notified of the timeframe for reporting and posting game results for playoffs prior to playoffs commencing.
- l. The HOME team will wear dark jerseys and the AWAY team will wear light jerseys. If a team only has 1 set of jerseys they are responsible to contact the other team before games to ensure there will not be a color conflict with jerseys. Teams who fail to do so will be assessed a \$50.00 fine.

5. AFFILIATION

- a. As per current Hockey Alberta affiliation rules , teams may affiliate up to nineteen (19) players from a lower Division, Category, or Tier in the MHA as defined by the affiliation grid in Hockey Alberta Minor Regulations 6.0.

6. OVERAGE PLAYERS

- a. The league will follow the Hockey Alberta guidelines concerning Overage players. All players must meet these guidelines and must have approval granted by Hockey Alberta.
- b. Individual applications must be made in writing with the proper Hockey Alberta Overage Application form to the league executive and must be approved by the league President or any committee he may have set up to deal with the applications. Any application denied by the President or committee may be taken to a vote of the membership at the next regular meeting by requesting so in writing if such meeting is before the application deadline. All applications must meet the deadline of December 1st of the current hockey season.
- c. The RHL executive can revoke the overage status if the player fails to continue to meet Hockey Alberta overage guidelines.
- d. The league reserves the right to revoke the overage status of any player if the player is in the top scoring or penalty minutes or is incurring major penalties. This would be handled on a complaint basis in writing and would be decided on by the league president. The deadline for complaints would be Dec.31 and any player movements would have to be done by Jan 7.
- e. Teams with Overage player(s) must properly identify the player(s) as O/A on ALL game sheets. ***Failure to correctly identify the overage player(s) will result in the team being assessed a \$25.00 fine per occurrence. Repeat offenses may result in overage status being revoked.***

7. GOVERNORS

- a. Be responsible to ensure the online rosters for each team they govern is consistent with the HCR's submitted. The Governor will report to the Governor in Chief any discrepancies that exist.
- b. Be responsible to monitor and validate game sheets/results and data entry for all the teams in the Division under the Governor's jurisdiction as outlined in Section 4. The Governor will report to the Governor in Chief any teams that are in violation of any regulation(s) in Section 4, and what fines are to be assessed.
- c. Be responsible to report all games with referee incident reports to the Governor in Chief for discipline/suspension ruling, and notify the team(s) of the suspension ruling(s). The Governor will also monitor and track the suspensions of all players/coaches to ensure they have been served.
- d. Be responsible to monitor individual player penalty minutes of all players within their jurisdiction (as outlined in Section 3(d)), and report to the Governor in Chief any player(s) in their jurisdiction that have exceeded the penalty threshold for discipline, and notify the team(s) of the suspension ruling.

- e. May not hold the position of Coach or Team Manager for any team that plays in the Division under the Governor's jurisdiction.
- f. May not hold the position if his/her child is a registered player for any team that participates in that division, unless approved by the League.

8. SUSPENSIONS

- a. All suspensions will follow the current Hockey Alberta Regulations. Any further disciplinary actions in addition to the Hockey Alberta regulations prescribed by the offending team/player's minor hockey association will be administered by the league as prescribed and presented to the league along with that LMHA. Suspension guidelines to be continually updated to match those of Hockey Alberta.
- b. HA guidelines for minimum suspensions will be adhered to, however, the League may impose additional suspensions if they reasonably deem appropriate.
- c. A copy of all suspension letters past the RHL season must go to applicable zone disciplinarians as well as the Hockey Alberta league representative.
- d. Any suspended players/coaches/managers must be marked as suspended on the roster in order to be considered game served for suspension. This includes tournament games when suspensions carry over outside league play. ***Failure to correctly show suspended player/coach will result in the player/coach being required to sit another game, and may also result in further discipline.***
- e. The League expects the coach of each team to be entirely responsible for the discipline of their team. Coaches must be directly responsible for the actions of his/her players, and where problems do exist, appropriate action will be taken against the coach in question, if deemed necessary.
- f. Suspended players are not allowed on the bench, in the timekeeper's box, in the penalty box, or within 50 feet of the player's bench during the game. Also, suspended players are not allowed in the dressing room one-hour before the game and up to one hour after the game. The League encourages suspended players to attend all games they have been suspended from.

9. FINES

- a. All fines outlined in these regulations are to be mandated immediately. RHL executive reserves the right to amend fine amounts mid season should infractions increase.
- b. Any fines not paid by teams or LMHA's within 30 calendar days of the fine being issued will be funded by that LMHA's League Bond and that LMHA will not have voting rights until their League Bond has been replenished.
- c. All NSF payments will be subject to a \$25.00 fee.

10. PLAYOFFS

- a. Playoff dates and formats will be determined by the League and communicated by Jan 1st of the current season.
- b. Tie Breaking Formula to determine league standing for position in playoffs:
 - i. The team with the best record between the tied teams including Respect points.
 - ii. The team with more wins.
 - iii. The team with the least losses.
 - iv. The team with the most Respect points earned in league play
 - v. The team with the best goals for minus goals against.
 - vi. The team with the most goals for.
 - vii. The team with the least goals against.
 - viii. Coin toss.

11. COMMUNICATION PROTOCOL

- a. Prior to reporting and or filing a complaint all members must wait 24 hours before submitting their concern to their prospective Governor. This will be strictly enforced.
- b. RHL Communication Flow Chart:
 - i. Player/Parent >> Coach/Manager >> LMHA RHL Representative >> Governor >> Governor in Chief >> Vice President >> President >> Hockey Alberta

- c.** Any deviation from the communication flow chart will result in a written warning to the LMHA, President of that Association and the Executive.
- d.** A second infraction will result in a possible \$250.00 fine, pending review by the executive and LMHA.