

MOLSON'S HOCKEY LEAGUE

Constitution

2023-2024

To be followed and adhered to at all times.

Name: The League shall be known as the Sunday Afternoon League

Aims: The aims of the league shall be to promote good sportsmanship with clean brands of no contact hockey.

MEMBERSHIP PLAYERS:

1. New players must have attained the age of 40 as of December 31st, 2023 and allowed to carry no player under the age of 40 as of December 31st, 2023 or the grandfathered players of 35 years of age.
 - a. Regular team goalie must attained the age of 35 as of December 31st, 2019
 - b. **A goalie of 19 and over can participate in regular season only.**
 - c. For playoffs your regular goalie or a 35 and over goalie to play playoffs (unless agreed with league executive)
2. All new players entering the league must provide their driver's license to the League Commissioner by providing the required age before stepping on the ice (**NO EXCEPTIONS**)
3. Players must be traded during the regular season on the league's approval.

REGISTRATION:

1. Each player shall sign a **TEAM ROSTER** absolving the league, and any and all officials of the league, the arena or any arena employees, his team or any team of any injuries he may incur at any time. The **PLAYER** has to sign the **ROSTER** before said player steps on the **ICE**.
2. All teams must submit a 13 man roster by the 1st game scheduled.
3. Each team will be given an unlimited team **ROSTER**, Goalie and spares included. Need to **SIGN THE ROSTER SHEET** before stepping on the ice.
4. League consists of 20 regular season games and 3 playoff games.
5. Team colors are **CHIEFS** - Green **Overtime Blues** - Blue **Dog House Knights** - Grey or Black **Dog House Red Wings**- Red **Dog House Shifters** – Black **Beef-N-Bird Bruins** – White
6. All players require their own jersey number
7. A registration fee of \$250.00 per team will be charged. This is **REQUIRED** immediately upon signing of the **TEAM ROSTER'S**. There will be no refunds of this **FEE** under any circumstances. Once a fee is paid, it becomes the property of the league.
8. The **PLAYER'S ROSTER FEE** is not transferable to another player coming into the league at anytime. The **PLAYER** will have to pay for his **BANQUET FEE**.

LEAGUE BANQUET:

1. The yearend league banquet will go to each team place of choice on rotating schedule.
2. If the team cannot keep the cost between the budgets, the league banquet will then be held at the **DOG HOUSE SPORTS BAR.**
3. **TO BE DETERMINED**
Dog House Shifters 2023-2024
Dog House Red Wings 2024-2025
Kitchen Guys 2025-2026
Beef-N-Bird Bruins 2026-2027
Chiefs 2027-2028
Dog House Knights 2028-2029

TEAM REGISTRATION:

1. Each team entering the league shall forward to the timekeeper, statistician, referee-in-chief vice president or president the sum of \$5750.00 This is to include the cost of Referee's, Timekeeper, Stats, Pucks and playoffs. A \$250.00 **PERFORMANCE BOND** fee and \$250.00 **LEAGUE BANQUET** fee was added.
2. The first half of **\$2875.00** needs to be paid by the **START** of the **1st** game of the season. The **remaining** balance of the league fee has to be handed in by the **5th** game of the season.
3. Any new team entering the league shall forward the full entry fee before the season starts. If agreed upon the league they can do 2 installments.
4. A probation period of 1 year will be placed on each new team and will be assessed by the 5 original teams in the league and the president at the end of the season.
5. Any team backing out of the league or being kicked out of the league, the team will be responsible for the monies owed to the league.
6. Teams are responsible to have a team representative at all league meetings. Failure to attend will result in a \$25.00 fine and will be taken out of the **PERFORMANCE BOND**.

LEAGUE COMMISSIONER:

The league commissioner will be responsible to govern the league.

The league commissioner will govern the league schedule as per ice time designated and can subject on Changing do to the Sudbury Wolves or the Five basketball team.

LEAGUE SUSPENSIONS:

1. Referee-in-Chief will recommend suspension to league representative.
2. If Referee-in-chief cannot come up with a solution for suspension it will be brought up to league executive.
3. Any suspensions greater than one game will be decided by the committee which will consist of the remaining 4 teams not involved in the situation.

REFERREE-IN-CHIEF:

1. The referee-in-chief shall inform the League Commissioner with a recommended length of suspension.
2. The referee-in-chief shall schedule the referees and timekeeper for each game.
3. The current fees of \$34.00 per game, per referee shall remain in effect.
4. Timekeepers get \$60.00 for a 3 game set, or \$20.00 per single game.

GENERAL RULES:

1. The dressing of 18 players will be allowed.
2. The game will consist of 45 minute straight time periods; there will be no breaks or changing of ends.
3. Game clock will start on time regardless if line-ups are in or not.
48 minutes we put on the clock to include warm up and game at the 46 minute mark, the whistle will sound to start the game. At 45 minutes, the game will start, regardless if team is ready or not.
4. The last 3 minutes will be stop time if within a 3 goal differential. Should the goal differential become greater, the clock will return to straight time
5. Line-ups will be checked by timekeeper for games played
6. All teams must have a captain and assistant captain.(OPTIONAL)
7. Ice times will be on Sunday @ Sudbury Arena if not applicable it will be at anytime where ice is available.
8. Teams will be assessed a 3 minute minor penalty if line up is not in before the game.
9. There will be no drinking alcohol from the bench during the games played. This also applies to coaches.
10. Any team caught using illegal players will forfeit all games won or tied in which he played. If it is an obvious misuse by the team, they will be regulated to the bottom of the standings and stripped of all their points. There will be no negotiation of this matter and the team shall be fined \$100.00 and will be taken out of the **PERFORMANCE BOND**.
11. The league shall be 3 meetings per year. 1 at the start of season 1 at midpoint of season and 1 at the end of the season

DEFAULTED GAMES:

1. Any team causing a default game, the team shall pay a fine of \$100.00. (reasoning is the cost of referee and timekeeper) This fine will come out of the **PERFORMANCE BOND**.
2. **NO GAMES** can be cancelled on **GAME DAY**. Please notify league commissioner ASAP.
3. **If a Team is short of players they can borrow from other team.**
4. Referees are not to remain on the ice while the teams are scrimmaging.
5. If a team is late getting on the ice for the game time, **(Which is played with 5 players and 1 goalie in uniform)**, a goal every 5 minutes to a maximum of 3 goals will be charged and game will be called.

GOALTENDERS:

1. A goaltender from a previous game of upcoming game, or in attendance may substitute for absent or late goaltender.
2. A goaltender must be 19 to 35 years of age to play in the regular season.
3. For the playoffs the goaltender must be the age of 35 and 40 years of age.

PLAYOFFS:

1. All players must play 7 regular season games to qualify for the playoffs. This is 33% of the games. Except if an injury occurs, this matter has to go to the league vote and will be decided. This will be when League commissioner or Referee in chief has been notified.
2. **NO** transferring of players during the playoffs.

PENALTIES:

1. All minor penalties will be 3 minute straight time unless taken in stop time it will be 2 minutes.
2. All major penalties will be 7 minutes straight time unless taken in stop time will be 5 minutes.
3. Misconduct penalties will be 14 minutes straight time unless taken in 3 minutes of stop time will result in a game ejection and have to go to the dressing room. Might result in a suspension. Depends on the infraction.
4. In coincidental penalties players will go to the penalty box and there will be no power play. Players will wait for a whistle to return to the ice surface.
5. If coincidental penalties are given and a team has no spares, the players will go to the penalty box and we will play four on four with no advantage and players will come back to the ice after their penalties are over.
6. **NO SLAP SHOTS** allowed. The shot will be up to the waist. If the slap shot is called face-off will go all the way down. Not a **PENALTY**. (Rule change at league meeting on Sept 14/2010)
7. **NO VERBAL ABUSE** will not be tolerated in the league. Players may be removed from the game and may result in further action by the league.
8. **3 minor penalties** in one game will result in a **game ejection**.
9. **Major Penalty** in the game will come with an automatic **game ejection**.
10. **Fighting** will be a 7 minute major penalty, a game misconduct...fighting in the league will be a minimum of a 3 game suspension. If suspended players step onto the ice while they are suspended, the team will forfeit the game or games played.
11. **SECOND FIGHT** in the league in the same year will result in ejection of the league play for 1 entire year from the infraction.
12. If a spare player gets into a fight, team will receive a fine and player will get a bigger suspension.
13. Absolutely no **BODY CHECKING**. A minor penalty may be assessed. If any injury, a **major penalty** maybe assessed with a game misconduct. If severe it will go to referee in chief and a decision will be made.
14. **High Sticking the Puck** will be called over the shoulders and will sent all the way down the ice...**no penalty** (Rule Change on Sept 14/2010)
15. A major penalty taken in the last 5 minute of the game will result in a game misconduct also and will be suspended the next game. If it's a fighting major in the last 5 minutes there will be an additional 2 games added to the suspension.

PENALTIES CONTINUED...

16. If any player intentionally draws a 7 minute major penalty for drawing blood with a stick or other infraction will result in an immediate ejection from the league for a full period of 1 year from the infraction. Depending on how severe the infraction is, the player might be **BANNED** for **LIFE**.
17. **Kicking, Hair Pulling, Biting** will result in a 7 minute major penalty and an ejection from the game and possible review of the league. (See Suspension sheet).
18. If any players touch the goalie after the whistle **FACE OFF** goes outside. (Rule change Sept 14/2010)
19. **PROTEST**...If any team has a protest. They have 24 hours to do so from time of their game. An email to the league commissioner or Referee in chief has to be done with a \$2500.00 dollar deposit. If protest is won Team will get deposit back and other team gets the loss or whatever the outcome of the situation.

League Suspensions:

GM20 Disputing Call of Official 47 (a) 1 to 2 Games
GM21 Disputing Call with Official: Verbal Abuse of a Game Official 47 (b) 1 to 2 Games
GM26 Second Misconduct – Same Game 1 Game
GM53 High Sticking (Major + Game) 62 2 Games
GM54 Cross Checking (Major + Game) 54 2 Games
GM55 Slashing (Major + Game) 79 2 Games
GM33* Leaving the Players bench or Penalty Box 70 2 Games
INS36 Instigator 59 1 Game
AGG37 Aggressor 59 1 Game
GM57 Boarding/Body Checking (Major + Game) 50 2 Games
GM58 Elbowing/Kneeing (Major + Game) 56 2 Games
GM59 Charging (Major + Game) 52 2 Games
GM63 Discriminatory Slur 47 (f) 3 Games
GM71 Checking to the Head (Major + Game) 86 (b) 3 Games
GM73 Tripping (Major + Game) 85 a/b 2 Games
GM74 Interference (Major + Game) 66 a/b/c 2 Games
GM75 Holding (Major + Game) 63 a/b 2 Games
GM76 Hooking (Major + Game) 64 a/b 2 Games
GM77 Roughing (Major + Game) 59 (f & g) 2 Games

Gross Misconducts:

GRM60 Travesty of the Game 33 3 Games or More
GRM61 Obscene Gesture 33 3 Games
GRM62 Removing Helmet 24 3 Games
GRM63 Discriminatory Slur 47 (f) 1 to 3 Games
GRM66 Head Butt – Team Official (Double Minor + Gross) 49 (b) 3 Games
GRM67 Butt End – Team Official (Double Minor + Gross) 49 (f) 3 Games
GRM68 Spearing – Team Official (Double Minor + Gross) 49 (g) 3 Games

Match Penalties:

MP24 Threatening an Official 71 6 Games
MP25 Physical Abuse of an Official 71 7 Games
MP29 Spitting 80 4 Games
MP38 Fighting – Ring or Tape on Hand(s) 59 3 Games
MP40 Attempt to Injure 49 4 Games
MP41 Deliberate Injury 49 4 Games
MP42 Butt Ending 49 4 Games
MP43 Grabbing Face Mask / Helmet / Chin Strap 49 4 Games
MP44 Hair Pulling 49 4 Games
MP45 Kicking 49 4 Games
MP46 Spearing 49 4 Games
MP47 Head Butting 49 4 Games
MP52 Checking from Behind 53 4 Games
MP72 Checking to the Head 86 (b & c) 4 Games

IF ANY PLAYERS GET SUSPENDED THEIR WILL BE A FINE AS WELL...1ST OFFENCE \$50.00 2ND OFFENCE \$100.00 3RD OFFENCE \$150.00 AND A LOOKING FROM THE LEAGUE COMMISSIONER AND COULD BE BANNED FROM THE LEAGUE

If anyone has an occurrence of any of these infractions...SECOND time should be doubled up...if third time occurs the participant should be thrown out of the league for life

PLAYOFF FORMAT:**1ST Round (Quarter-Finals)**

1pm 3rd Place VS 6th Place
2pm 4th Place VS 5th Place
3pm 1st Place VS 2nd Place

2nd Round (Semi-Finals)

1st Place VS Lowest Seed
2nd Place VS Second Lowest Seed
3rd loser of 1st round

3rd Round (Finals)

Losers of Quarter-Final(C Div)
Losers of Semi-Finals (B Div)
Winners of Semi-Finals (A Div)

After the Finals, the banquet is to follow at the designated place.