## PENTICTON MENS RECREATIONAL HOCKEY LEAGUE ("PMRHL") HANDBOOK

(Revised October 1, 2022)

## Address:

c/o Chris Newton (League Administrator)
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## TEAM REPS:

Hitmen -Keaghen Roberts \& Matt Fraser
Wolverines - Ryan MacMurchy \& Steve Sasyniuk
Biscuits - Dan Selles \& Dave Sandrelli
Bandits - Linden Gove and Mitchell Gove
Bucks - Daylan Robertson and Scott Robinson

## FINANCES:

## Payment of Annual League Fee

Teams must pay fees by League fees by the end of November.

## PLAYER ELIGIBILITY RULES:

## Registration / Rosters

In order for a player to be eligible to play in the PMRHL, the team representative must register each player with the following information: Name, birthdate, address, postal code and last team played for. If a player is not listed on the game information sheet that the team representatives get from the time keeper at the beginning of the game than that player must be registered at that time. Insurance waivers must also be signed at that time.

All new players during the year must be registered on the website before the player can play. The team assumes the responsibility that the new player is not suspended or blacklisted. No one under the age of 16 years old may play in the league and no one registered with any minor hockey league may play in the league.

A "Blacklisted player" is a player that has left or changed teams owing money to the previous team or the PMRHL. The original team can blacklist the player, making this player ineligible to play on any team until the problem is resolved. To blacklist a player, a team must contact the League office, The PMRHL Administrator will add the players name to the blacklist. The blacklist is sent to all teams at the start of the season and updated for teams whenever a change to the list is made. A team using a blacklisted player will be subject to a fine of up to $\$ 250$ (depending on the outstanding balance the player owes) and will default any games that the ineligible player played in.

## Draft

There is not a new player draft unless the team reps by majority vote decide to have one. Teams can sign up any new players to the League with no restrictions.

## Players Changing Teams During the Year

A player can change teams at any point during the year but once they do so they can no longer play any games with their original team.

## Use of IIlegal or Ineligible Players

Any team using an illegal or ineligible player will be subject to fines and forfeiture of all games in which this player played. The fine for allowing an ineligible player to play is $\$ 200.00$.

## Team Obligations

All teams must have a minimum of six skaters and a goalie ready to play at the beginning of the game. Failure to meet this obligation will result in forfeit of the game. Each team is given one incident of grace per season and then a minimum fine of $\$ 100$ will be levied by the PMRHL to a maximum of the total cost of the game (i.e. Ice time and officials).

If a team does not have a goalie, the game is forfeit. The goalie must be on the ice and ready to play no later than 15 minutes from the games scheduled start time (the time the ice is booked for plus 5 minutes; SEE WARM-UP PERIOD SECTION). If the goalie won't be ready until after this time period the game is forfeit unless the opposing team agrees to grant more time (and waive their right to win by forfeit). In this case they must tell the referees of their decision to wait longer.

A spare goalies list is available from the PMRHL. The teams may use the ice for a practice or scrimmage and the officials must remain to record any problems. At the officials' discretion the teams may be ordered off the ice if problems occur. The PMRHL will consider discipline if problems occur.

It is recommended that each team have 1 team captain and 2 assistants identified with " C " and " A " on the chest of their jersey prior to the start of each game. Officials are to only communicate with designated Captains or Assistant Captains if a team has a question about anything that has happened in the game. Players that are not wearing a C or A to designate them as a captain may not question the officials and are subject to misconduct penalties if they do so.

## Guidelines For Team Representatives

If you are a team representative you should use the following guidelines to help you operate your team as expected under the terms and conditions as a member of the PMRHL.

If a player does not pay you when they were expected to or promised to either remove them from your team or do not allow them to play until they have paid up to date.

It is recommended youo pen a bank account in your teams name and place all funds collected into that account then pay with an etransfer for all team purchases. This will protect you and your team members from any misunderstandings in addition to helping you keep an accurate accounting of team finances.

Show your team members an accounting of team finances once a year.

Pay your fees and any other team invoices on time.
If you don't understand a rule or league expectation please ask. Don't play dumb it is not an acceptable excuse.

You are responsible for your team!!!! Make sure they know it and make sure you operate your team with that fact in the back of your mind at all times.

## ON-ICE ITEMS

The Team Reps, Administrator, and Referees of the PMRHL are responsible for determining what is in the best interests of the league.

The PMRHL reserves the right to suspend and or refuse the opportunity of any individual to participate in the league if it is in the opinion of the executive that it is in the league best interest. Participation in the PMRHL is a privilege and not a right.

## Timing of Regular Season and Exhibition Games

## Warm-up Period

At exactly the time the game is scheduled, (i.e. 8:30, 9:00 etc...) 5 minutes are to be put on the clock and the clock started. Teams and officials must be ready to begin play when the buzzer sounds. Any team not ready will be assessed a delay of game minor penalty. Please do not go on the ice until our time slot begins.

## Period 1

As soon as the warm-up period is completed, the timekeeper will immediately put 20 minutes on the clock and referees blow their whistle at centre ice. The last minute of this period will be stop time.

At the end of this period teams will change ends with a 1 minute break. Teams will line up at center immediately after the buzzer sounds.

## Period 2

The timekeeper will put 20 minutes on the clock. The last minute of this period will be stop-time. Ice clean will be done after the $2^{\text {nd }}$ period.

## Period 3

The timekeeper will immediately put 20 minutes on the clock and teams will lineup for the faceoff. The last 5 minutes of this period will be stop-time (unless no timekeeper, then it will be running). The last 5 minutes will be running time if the goal differential is 4 or more goals. If an official decides that a team or teams have caused the game to get out of control they will end the game at that time and send both teams from the ice without the normal hand shakes. If this occurs the on ice officials must submit a written report to the referee in chief within 24 hours for review and to consider additional disciplinary actions for teams and players involved.

## Penalties

All penalties are stop-time unless no timekeeper. Then they will be 3 minutes running time.

## Fines and Suspensions

The PMRHL will levy fines. The amount will be determined at the time of decision. The PMRHL has the right to remove a player or team from league play if the PMRHL believes it is in the best interest of the League. All fines must be paid within 14 days of notification. Any individual player that is fined and / or suspended may not play again until the fine has been paid. A fine must be paid by cheque made out to Penticton Mens Rec Hockey League.

The League Administrator and Team Reps are the designated "Discipline Committee" for the PMRHL. The Discipline Committee is responsible for assessing rule violations and determining the length of suspensions, fines and any other sanctions to be levied against a player, based on the information from the score sheets and information from the officiating staff working the game.

## Appeals

If a member disagrees with a suspension handed down his team representative may appeal, in writing, to the League Administrator unless he is in a conflict then it will be decided by the team reps for teams not participating in the game in question. A majority vote will determine the final decision. If there is no majority decision then the original ruling will stand.

## AGGRESSIVE PENALTY POINTS

## Point Accumulation

Aggressive penalty points are accumulated when a player is assessed aggressive penalties. An aggressive penalty is defined as follows:

Any minor penalty except: tripping, holding, hooking, too many men, unsportsmanlike conduct, delay of game, and interference.

In any game where a player receives one or more aggressive penalties he will accumulate aggressive points as follows:

1 aggressive penalty- 0.2 points
2 aggressive penalties -1.0 points
3 aggressive penalties - 2.0 points

* A major penalty in a game results in an automatic game misconduct for that game.
** Three aggressive penalties in a game results in an automatic game misconduct for that game.


## Suspensions

Any player who accumulates four aggressive penalty points or more is subject to suspension as follows:

1. Once 4 aggressive points have been accumulated a player is suspended for one game.
2. For 5 aggressive points the player is suspended for an additional game.
3. For 6 aggressive points the player is suspended for two additional games.
4. Any player who accumulates 7 or more aggressive points is suspended until further notice, and will be reviewed by the PMRHL.

## Example:

A player who has 4 aggressive points is suspended for his next game. If this player accumulates another aggressive point (i.e. his total for the year is now 5) he is suspended for another game, and so on.

A player who has 6 aggressive points will have been suspended a total of 4 games (one game at 4, one at 5, two at 6) and at 7 aggressive points will be reviewed by the PMRHL.

## Carry-over of Aggressive Points from Season to Season

Any player that finished the previous season with 5 or more aggressive points will begin the year with the following number of aggressive points on their record.

If a player finished last season with 5 aggressive points they will start with 1 aggressive point.

If a player finished last season with 6 aggressive points they will start with 2 aggressive points.

If a player finished last season with 7 or more aggressive points they will start with 3 aggressive points.

If a player played less than 25 games last year and finished with 4 or 5 aggressive points they will start with1 aggressive point.

## Responsibility for Tracking Aggressive Points and Suspending Players

The League Administrator will inform teams when a player has reached 4 aggressive points and must be suspended. A player may sit his suspension prior to being officially notified by the League Administrator provided they have already hit the 4th point and they sit the very next game. The same rules apply for hitting 5 or 6 aggressive points. At 7 aggressive points it is the team's responsibility to sit the player as soon as they go over the 7 aggressive point mark.

## SUSPENSIONS

## General Notes

The purpose of this section is to outline the minimum suspensions the PMRHL will issue in certain circumstances. There is a number of other items for which suspensions could be issued for that are not discussed here (i.e. illegal use of players). If as part of their suspension a player receives a fine that player may not play until the fine is paid or. Contact the League Administrator to make arrangements for payment.

## Minimum Suspensions

## Fighting Major

- First fight - game ejection + 1 game suspension (extra game for instigator)
- Second fight - game ejection + 5 games (extra game for instigator)
- Third fight - game ejection + 20 games or season (whichever is longer)


## Non-Fighting Major

- First major non-fighting - game ejection + 1 game suspension
- Second major non-fighting - game ejection + 5 games
- Third major non-fighting - game ejection + reviewed by League Discipline Committee


## OFF ICE ALTERCATIONS

Hockey is a game off high emotion. However it is unacceptable to take any conflict with other players or officials off the ice. What happens on the ice must stay on the ice. Any altercation that occurs anywhere off the ice that is reported to the league authorities by anyone will result in the immediate suspension of all players involved.

Anywhere means anywhere, including the arena or any location away from the arenas. This extends to at any time if the altercation is determined to be a result of on ice conflict. Once a player has left the ice he is in the anywhere zone.

An immediate investigation by league authorities will be conducted. If it is concluded that an off ice altercation has occurred that is a result of on ice activity the players will be suspended not less than 1 year or 45 games whatever is longer, and should expect any suspension resulting to be longer than the minimum.

## Leaving The Bench / Returning to the Ice

Any player that leaves the player's bench during an altercation will be given an automatic game misconduct and suspended indefinitely. The minimum suspension for leaving the player's bench during an altercation is 5 games in addition to any other penalties assessed at the time. Any player that has been ejected from a game and has left the ice and then returns for any reason will be suspended indefinitely. The minimum suspension a player ejected from a game
and has left the ice and then returns for any reason is 5 games in addition to any other penalties assessed at the time.

## Game Misconduct and 10 Minute Misconducts for Abuse of Officials

First game misconduct - elimination from remainder of game 1 Game suspension.

Second game misconduct - 3 game suspension and $\$ 50$ fine
Third game misconduct - suspension until further notice and $\$ 100$ fine
Second 10 minute misconduct of season - 1 game suspension
Third 10 minute misconduct - 2 game suspension and $\$ 25$ fine
Fourth 10 minute misconduct - suspended until reviewed by League and $\$ 50$ fine

The League Administrator will inform teams when a player has received their first game misconduct or $2^{\text {nd }} 10$-minute misconduct and must be suspended. A player may sit his suspension prior to being officially notified by the League Administrator.

To sit accumulative misconduct suspensions prior to notification the League Administrator must be informed prior to the game by phone and / or email. The same rules apply for to a player who receives additional misconducts. At a $3^{\text {rd }}$ game misconduct or $4^{\text {th }} 10$ minute misconduct it is the teams responsibility to sit the player as soon as they receive these penalties and to not allow them to play until they are reviewed by the League.

## Match Penalties

The Discipline Committee will review each match penalty. The player is immediately suspended until further notice.

## Gross Misconduct Penalties

Will be reviewed by Discipline Committee. The player is immediately suspended until further notice.

## OTHER SUSPENSIONS

## Abuse of Officials

The League Discipline Committee deals with all such penalties. The player who commits such a violation is suspended until further notice.

Any player that is abusive to the timekeeper will receive an automatic game misconduct. If the abuse is of a more serious nature the penalty will be a gross misconduct.

## Players Entering The Officials Room

Any member of the PMRHL that enters the official's room uninvited for any reason will be suspended for a minimum of 10 games and fined $\$ 100$. This is the minimum suspension and in almost every situation will be increased depending on what happens once a league member enters the official's room.

It is mandatory that an official must make a formal complaint with the RCMP against any player that makes a threat against an official.

## Complaints about officials:

If a team has a complaint about an official they may make a registered complaint with the PMRHL within 48 hours of the game they wish to complain about. The complaint must be in writing and come from one of the three legitimate registered team representatives only. Players who have a complaint must have their complaint delivered by their team representatives. The complaint must include specific details in regards to what the problems with the official were. The complaint must be emailed to the League Administrator @ chrisnewton777@gmail.com.

While the League wants our officials to be accountable, we do not want to deal with an endless string of complaints that are not legitimate. If a problem exists take the time to write it down and email it to the administrator.

## Playing Suspended Players:

Any team that allows a player that is under suspension to play will default the game that the player participates in. The player's original suspension is doubled. In addition the team will be fined $\$ 200.00$ for the first incident and $\$ 500.00$ for a second incident. Any team representative that allows a suspended player to play puts himself and the PMRHL at risk to liability law suits should an incident occur involving the suspended player. If you receive an abnormal penalty (i.e. 10
minute misconduct, game misconduct, major penalty, match penalty) send an email to the League Administrator (or call) ASAP to determine the ruling.

It is the team's responsibility to review their copy of every game sheet following the game.

## Playoff Suspensions:

If a player is assessed a penalty that will require a suspension in their last game of the playoffs that player will receive double the normal suspension. This measure is taken to stop an incident where a player knowing they are out of the playoffs may take actions they would not normally and to prevent players from using an infraction to gain advantage over an opponent ion a final or semi-final game. For example if a player is involved in a fight in their last game of the playoffs and they had a previous fight during the current season they will be suspended for 10 games instead of 5 games.

## Tie Breaker Rule for Final Regular Season Standings:

If at the conclusion of the season 2 teams are tied for points their final position in the standings will be determined as follows:

First Tie Breaker: Head to head record.
Second: Most wins.
Third: Goals For Divided Into Goals For + Goals Against (If head to head play or most wins can not be used to break the tie then this formula will be used.

Here is an example of how it works. At the conclusion of the season team have 14 goals for and 10 goals against. You would take 14 and divide it by 24 to give team A a . 583 average. Team B has 17 goals for and 13 against 17 divided by 30 for a .566 average. Team A would advance with the higher average.

## PLAYOFFS

## Timing of Playoff Games

All games will be timed the same as regular season games.

## Overtime Procedure

If at the conclusion of regulation time the teams are tied there will be a fiveminute running time sudden death period played with 4 skaters and a goalie for each team on the ice. If a goal is not scored during the 5-minute running time period the game will go to a shootout. 3 different shooters from each team with the most goals winning the game. If still tied then sudden death. No team can use the same player twice until every player has been used one. The team with the better regular season record has the choice of going first or last.

## Player Eligibility for Playoffs

In order to be eligible to play in the year-end playoffs the player must have played 5 games during the year for that team. This rule was made to prevent teams from picking up ringers for the playoffs

## Suspensions

All regular season suspensions carry over to playoffs.

