

TERRACE MENS RECREATIONAL HOCKEY LEAGUE CONSTITUTION

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ARTICLE ONE

1.1 DEFINITIONS

“Annual General Meeting” shall be referred to in this Constitution as AGM and means a meeting of the Members of the League that is held once per year following the end of each season

“ARHL” means the Adult Recreational Hockey League

“CARHA Hockey” means the Canadian Adult Recreational Hockey Association

“Cheques” shall mean and include cheques drawn on any bank account held in the name of the League, bank drafts, money orders, bills of exchange or other instruments of financial exchange “Constitution” means this Constitution of the League, as amended from time to time, and any

By-laws of the League, as amended from time to time

“Executive Committee” means the Executive Committee of the League

“League” means the Adult Recreational Hockey League

“Member” or “Members” means a member or members of the League

“Motion” means a Notice of Motion in writing in the prescribed form as set out in the Suspension Guidelines of the League, as amended from time to time

“Officer” means an officer of the League

“Players’ Area” means the ice surface of an arena, all of the dressing rooms in an arena, all of the corridors leading from the dressing rooms to the ice surface and the players’ benches

“Registration Deadline” shall be assigned by a League meeting at the beginning of the season. The League shall have the power to levy a late registration fee at its discretion

“Team Director” means the person who represents the affairs of the team in all League matters

“Division” means either the Oldtimers males (35+), females (30+) or Rec League (18+) team groupings in the League.

ARTICLE TWO-GENERAL PROVISIONS

2.1 NAME

The name of the League shall be the Terrace Adult Hockey League and may from time to time be referred to as the TAHL or the League. The League will consist of two Divisions, A “Rec” Division for players aged 18 and up, and an Oldtimers Division for male players aged 35+ and female players age 30+. Players may play in the Division of their choosing as long as they meet the age requirements of their chosen division. Players can also play in both Divisions only if there’s room in the Division to allow it. If the player choosing to play in both Divisions is forcing a new player to be wait listed the Player wanting to play in both divisions must make a decision as to which Division they wish to play in allowing the new players a chance to play hockey. League has officially grandfathered the following players to play in both Divisions: Kelly Gingles, Mike Denomme, Jonathan Hidber and Tyson Leblonde. No new names will be grandfathered going forward without a League vote.

2.2 AIMS AND OBJECTIVES

The aims and objectives of the League are to:

- a) Encourage adults over the age of eighteen (18) years in the Terrace and Thornhill area of BC to play and enjoy the game of hockey in a safe, yet competitive environment. 18 year old players must have their parents sign the underage waiver form.
- b) Facilitate quality hockey experiences by enabling players to participate fully to the extent of their abilities and by promoting the values of safety, fair play and sportsmanship;
- c) promote the benefits of increased levels of physical activity and physical fitness; and
- d) foster the development of strong, lasting fellowship among participants.

2.3 AFFILIATION

The League and each team within the League shall be affiliated with CARHA Hockey, the organization that provides innovative hockey benefits and valuable solutions to recreational hockey leagues and

associations across Canada, and shall abide by the Constitution, Regulations and Official Rule Book of CARHA Hockey (the “governing documents”), as amended from time to time.

Where the governing documents of the League, as amended from time to time, conflict with the governing documents of CARHA Hockey, the governing documents of CARHA Hockey shall take precedence.

2.4 BANKING

The League shall maintain such bank accounts as is necessary for the prudent and efficient management of the financial resources of the League. Such accounts shall be maintained with a recognized Canadian financial institution (“the League’s financial institution”) and at a branch office of such institution that is located in Terrace.

The Authorized Signing Officers of the League shall be the President, the Vice President and the Treasurer. All cheques issued for the payment of accounts of indebtedness of the League shall be signed by the Treasurer and either the President or the Vice President in such manner as the Executive Committee shall, by resolution, determine from time to time.

The Treasurer and either the President or the Vice President may authorize an employee of the League’s financial institution to effect any payments of accounts of indebtedness of the League.

The Treasurer and either the President or the Vice President shall endorse all cheques for deposit to the account and for the credit of the League, or in the alternative, any of such cheques may be endorsed “for deposit” to the account and for the credit of the League using the League’s bank deposit stamp for this purpose.

No payments of accounts of indebtedness of the League shall be made by cash. Any function or activity of the League that would involve the receipt of cash must be approved by the Executive Committee prior to such function or activity taking place.

The Treasurer and either the President or the Vice President may settle, balance and certify the financial books, records and accounts of the League with the League’s financial institution.

The League shall maintain a contingency fund of a minimum of \$10,000.00 in a separate or sub account at all times. This money can not be withdrawn or spent unless approval is granted by 75% of the team representatives in a recorded vote at either a regular or special League meeting.

League shall not issue any refunds after December 23rd. This is to protect the League’s forecasted budget for the season.

2.5 SEASON

The season end date of the League shall be decided by the League Executive each year, this decision shall be communicated to the Teams by email as early as is practical each season.

The Team Reps voted to start the league as it was in 2022/2023, starting right after the first week of school, and playoffs ending the Friday of the start of our SD82’s Spring Break.

2.6 INTERPRETATION

Unless the context otherwise requires, the interpretations set out below shall apply to this Constitution, as duly enacted by the Executive Committee:

- a) reference to and words importing the singular number shall mean and include the plural;
- b) reference to and words importing the plural number shall mean and include the singular;
- c) reference to and words importing the masculine gender shall mean and include the feminine gender;
- d) reference to and words importing the feminine gender shall mean and include the masculine gender;
- e) reference to persons shall include firms and corporations, as appropriate.

ARTICLE THREE - THE LEAGUE

3.1 MEMBERS

The Members of the League shall consist of:

- a) all players playing in the League in the current season;
- b) if they are not active players, the Executive Committee.

3.2 MEETINGS

The meetings of the Members shall be held at any location as the Executive Committee may determine, and on such days as the Executive Committee may determine. At a minimum, an AGM shall be held each year within sixty (60) days after the end of the season, at which AGM various matters of business, both general and special, may be transacted.

The President shall act as the Chair of each meeting of the Members. Notice of the location, date and time of each meeting of the Members shall, no later than ten (10) calendar days prior to the date fixed for the holding of such meeting, be communicated to each team representative via telephone or email. The League may, at any meeting of the Members, transact such business as the League at any special or general meeting of the Members is authorized to transact.

The agenda for each AGM shall include, but shall not be restricted to, the following:

- (a) Confirmation of the number of Members in attendance in person at the AGM;
- (b) Presentation of the minutes of the last AGM;
- (c) Presentation of the President's Report;
- (d) Presentation of the Treasurer's Report;
- (e) Disclosure of correspondence initiated by the League and received by the League;
- (f) Tabling of Notices of Motion;
- (g) Transaction of new business;
- (h) Election of members to the Executive Committee.

3.3 VOTING

Each Member shall be entitled to one vote at all AGM's.

Each Team shall be entitled to one vote at any other meeting

At all AGM meetings of the Members, each matter shall be decided by a majority of votes of the Members who are in attendance in person at the meeting, unless this Constitution or any other law requires otherwise. Proxy votes shall not be accepted and shall not be counted. The Chair of a meeting shall not vote unless it is necessary for the Chair to vote to break a tie in the voting on any matter.

The vote to decide a matter shall be conducted by a show of hands. The Chair shall verbally declare the result of the show of hands on a matter and the Secretary shall duly record the result in the minutes of the meeting, which recording shall be deemed to have fully and sufficiently disposed of the matter. However, should any Member in attendance in person at the meeting, prior to a showing of hands on any matter, demand that the vote on such matter be conducted by written ballot, then such vote shall be so conducted and the results of such vote shall be verbally declared by the Chair and duly recorded by the Secretary in the minutes of the meeting, which recording shall be deemed to have fully and sufficiently disposed of the matter.

ARTICLE FOUR EXECUTIVE COMMITTEE

4.1 OFFICES

The Executive Committee of the League shall consist of the following offices:

- a) President
- b) Vice President

- c) Scheduler
 - d) Treasurer
 - e) one (1) Team Director or Representative from each team operating an active team in the League in the current season, provided that a Team Director cannot be a person elected or appointed to one of the positions listed in a) through d) above in the current season
 - f) The current seasons Referee in Chief
- f) Wherever possible, the 4 main officers of the League should all be from different teams. If possible, if the President is from Old Timers, The Vice should be from Rec and vice versa

4.2 MANDATE

The affairs of the League shall be managed by the Executive Committee who may exercise all such powers and do all such acts and things as may be exercised or done by the League and are not by this Constitution or any special resolution of the League or by any other law expressly directed or required to be done by the League at an AGM or other general meeting of Members.

The Executive Committee shall manage or supervise the management of the affairs of the League and shall exercise such powers and do such acts as may be exercised or done by the League in furthering the aims and objectives of the League.

Each member of the Executive Committee, in carrying out his mandate as above described and as an Officer, shall be responsible to the Executive Committee as a whole.

No member of the Executive Committee shall receive remuneration of any kind for acting as an Officer.

4.3 POWERS

The Executive Committee may, in managing or supervising the management of the affairs of the League, enter into on behalf of the League, or cause the League to enter into, in its name, any agreement or contract which the League may lawfully enter into and, save as hereinafter provided, in general, may exercise all such other powers and do all such other acts and deeds as the League is by this Constitution, or otherwise, authorized to do.

The Executive Committee may, by two-thirds majority of the Executive Committee in attendance in person at a meeting of the Executive Committee, enact amendments to this Constitution that are consistent with this Constitution, and such amendments shall have full effect until the next AGM. Each of such amendments shall be presented at the AGM for ratification and may be ratified by a two-thirds majority vote of the Members in attendance in person at the AGM. If any such amendment does not receive the support of such two-thirds majority of votes, such amendment shall become null and void.

4.5 QUALIFICATIONS

To be eligible to become an Officer, a person must:

- a) be at least 19 years of age;
- b) be of sound mind;
- c) be a Member at the time the person is elected an Officer or within ten (10) calendar days thereafter;

It is desirable that a person nominated to be President shall have previous experience as a Member or Team Representative

4.6 ELECTION

The President, Vice President, Scheduler and Treasurer shall have been nominated for the position and shall have been accepted as an Officer by Members at the AGM.

Each elected Officer shall hold office until the first AGM after the date on which he was elected or until his successor shall have been duly elected. Each Officer shall be retired at each AGM and shall be eligible for re-election if otherwise qualified.

The immediate Past President shall conduct the election of members to the Executive Committee. Each vote to decide whether a Member shall become an Officer shall be conducted by a show of hands. The Past President shall verbally declare the result of a show of hands on each vote and record the result of each vote in the minutes of the meeting, which recording shall be deemed to have fully and sufficiently disposed of the particular matter. However, should any Member in attendance in person at the meeting, prior to a showing of hands on any matter, demand that the vote on such matter be conducted by written ballot, then such vote shall be so conducted and the results of such vote shall be verbally declared by the Chair and duly recorded by the Secretary in the minutes of the meeting, which recording shall be deemed to have fully and sufficiently disposed of the particular matter.

If the Executive Committee does not elect a person to an existing office, the incumbent to that office shall be asked to hold that office until a successor is elected. If that person declines, a temporary officer may be appointed from the ranks of Team Directors

4.7 REMOVAL

An Officer may be removed from his office before the expiration of his term of office for reason of discreditable conduct. A complaint of discreditable conduct shall be made by Notice of Motion by a Member and delivered to the President for review and consideration by the Executive Committee at its next meeting. The Executive Committee shall provide a copy of the Notice of Motion to the Past President and the Vice President at least seven (7) calendar days prior to the meeting of the Executive Committee at which the review is to be conducted. At this meeting, the Officer shall be provided a full and fair opportunity to present his response to the complaint. At the conclusion of the presentation by the Officer of his response, there shall be a vote as to whether to remove the Officer. The removal of an Officer shall require the vote of two-thirds of the Executive Committee in attendance in person at the meeting, excluding the Officer who is the subject of the review, who shall not be eligible to vote. If an Officer is duly removed, the President shall, subject to the provisions of paragraph 4.5 herein, appoint another Officer to assume the duties of the removed Officer, and such appointed Officer shall discharge the duties of the removed Officer until the next AGM.

The President may be removed from his office before the expiration of his term for reason of no confidence. A Notice of Motion in the prescribed form for a vote of confidence shall be made by an Officer and submitted to the Executive Committee for review and consideration at its next meeting. The Executive Committee shall provide a copy of the Notice of Motion to the President and the Past President at least seven (7) calendar days prior to the meeting of the Executive Committee at which the vote of Confidence is to be conducted. The President shall have a full and fair opportunity to present his position as to why he believes he is and remains fit to continue with the duties of his office. At the conclusion of the review, there shall be a vote as to whether to remove the President. The removal of the President shall require the vote of two-thirds of the Executive Committee in attendance in person at the meeting, excluding the President who shall not be eligible to vote.

If the President is duly removed, the Vice President shall assume the responsibilities of the President and shall, immediately upon the removal of the President, form an interim nomination committee for the sole purpose of soliciting nominations for the office of President, and within fourteen (14) calendar days of the removal of the President, call a general meeting of the Members to elect a new President. Other nominations for President may be presented at this general meeting and shall be accepted by the interim nomination committee.

4.8 VACANCIES

A vacancy or vacancies on the Executive Committee, however caused, may, as long as a quorum of Officers remains in office (see paragraph 4.9 below), be filled by the Executive Committee from among

qualified Members, if the Executive Committee shall see fit to do so. If the Executive Committee decides to not fill all of the vacancies on the Executive Committee, and a quorum of Officers remains, such vacancy or vacancies shall be filled at the next AGM. If at any time there is not a quorum of Officers, the remaining Officers shall forthwith call a meeting of the Members to fill the vacancy or vacancies or such number of vacancies as is required to establish a quorum.

4.9 MEETINGS

A minimum of 2 Officers and 3 league representatives from each division (Rec and Oldtimers) in attendance in person at a meeting shall constitute a quorum for the transaction of business.

Except as otherwise required by law, the Executive Committee may hold its meetings at any place or places as it may from time to time determine, provided that the meetings shall take place in Terrace

Executive Committee meetings shall be called by the President or the Vice President, or by a minimum of 5 (five) team reps from both divisions (combined) in case the President or VP will not call a meeting. Notice of meeting will be conveyed by telephone or email to all other Team Representatives

The Executive Committee may appoint a day or days in any month or months for regular meetings at any hour to be named and no extra notice need be sent of such regular meetings.

Notice of each Executive Committee meeting shall be communicated by telephone, email or facsimile to each Officer not less than three (3) calendar days prior to the date the meeting is to take place.

The Executive Committee may consider or transact any business as either special or general at any meeting of the Executive Committee.

4.10 VOTING

Each Officer shall be entitled to one vote at all meetings of the Executive Committee, provided that a Team Director cannot vote on a matter that involves his team only and / or a player(s), coach or manager on his team only.

At all meetings of the Executive Committee, each matter shall be decided by a majority of votes of the Officers who are in attendance in person at the meeting, unless this Constitution or any other law requires otherwise. Proxy votes shall not be accepted and shall not be counted. The Chair of a meeting shall not vote unless it is necessary for the Chair to vote to break a tie in the voting on any matter.

The vote to decide a matter shall be conducted by a show of hands. The Chair shall verbally declare the result of a show of hands on a matter and the Secretary shall duly record the result in the minutes of the meeting, which recording shall be deemed to have fully and sufficiently disposed of the matter. However, should a majority of Members in attendance in person at the meeting, prior to a showing of hands on any matter, demand that the vote on such matter be conducted by written ballot, then such vote shall be so conducted and the results of such vote shall be verbally declared by the Chair and duly recorded by the Secretary in the minutes of the meeting, which recording shall be deemed to have fully and sufficiently disposed of the matter.

ARTICLE FIVE ---- DUTIES OF OFFICERS

5.1 PRESIDENT

The President shall:

- a) act as Chair of all meetings of the Members and the Executive Committee. The Chair shall not vote at meetings of the Members or the Executive Committee unless the Chair's vote is required to break a tie in the voting on any matter;
- b) be responsible for the general management and supervision of the affairs and operation of the League in accordance with this Constitution, as amended from time to time, subject to the Executive Committee's power to define the responsibilities of the President
- c) speak for the League in media related matters and negotiate and speak with the City of Terrace as required

Together with the Vice-President, sign the Constitution and all amendments thereto; assume such other powers and perform such other duties as the Executive Committee may, from time to time, assign.

In the event the President is unable or unwilling to carry out his responsibilities, the Vice President may carry out such responsibilities, failing which, an Officer, elected by a vote of two-thirds of the Executive Committee in attendance in person at a meeting for such vote, may carry out such responsibilities until the President is able and willing to carry out his responsibilities or is replaced by a person duly elected by the Executive Committee.

5.3 VICE PRESIDENT

The Vice President shall report to the President and shall:

- a) assist the President as required
- b) develop and assist the President in completing the schedule for all regular season, playoff and exhibition games for the League and deliver such schedule to each team in the League at least seven (7) days prior to the date of the first game on the schedule;
- c) be responsible for all administrative matters of the League;
- d) carry out the responsibilities of the President in the event the President is unable or unwilling to carry out his responsibilities;

In carrying out his duties, the Vice President may request the help of any Member.

5.4 SCHEDULER

The Scheduler shall report to the President.

The Scheduler shall:

- a) attend all meetings of the Executive Committee.
- b) Attend the pre-season ice users meeting held by the City of Terrace each summer.
- c) Present any new changes to upcoming season from the pre-season meeting with City of Terrace;
- d) at each meeting of the Executive Committee, present draft schedule to the Executive Committee for approval;
- e) together with the President, maintain a master scheduler calendar for the entire season;

5.5 TREASURER

The Treasurer shall report to the President.

The Treasurer shall:

- a) keep full and accurate account of all receipts and disbursements of the League in proper books of account, which shall include, but not be limited to, a general ledger or spreadsheet, to be balanced on a monthly basis;

- b) maintain copies and records of all correspondence, reports and other relevant information pertaining to the affairs of the League;
- c) deposit all monies or other valuable securities in the name and to the credit of the League in accounts maintained with the League's financial institution as set out in paragraph 2.4 above;
- d) disburse funds on behalf of the League under the direction of the Executive Committee and receive proper receipts for such disbursements;
- e) provide an account of all transactions and interim and financial statements of the League to the Executive Committee upon request by the Executive Committee;
- f) present to the Members at the AGM unaudited financial statements for the current season and make available all documentation required to facilitate an annual audit of the records of the office of the Treasurer;
- g) together with one other Authorized Signing Officer as set out in paragraph 2.4 above, sign all cheques for disbursements made on behalf of the League;
- h) conduct the financial affairs of the League, as directed by the Executive Committee, in a manner consistent with the fostering of good public relations;

ARTICLE SIX--- CONDUCT OF BUSINESS

6.1 USE OF REVENUES

All revenues received by the League, including, but not limited to, player registration fees, sponsor fees, proceeds from fundraising events, donations, gifts and game receipts shall be used solely for the purpose of furthering the aims and objectives of the League as set out herein.

6.2 BOOKS AND RECORDS

The Executive Committee shall ensure that all necessary books and records of the League required by the Constitution or by applicable statute or law are regularly and properly maintained. All books and records generated by an Officer on behalf of the League shall remain the property of the League and shall be provided to the Secretary no later than the date of the last Executive Committee meeting before the AGM. The Secretary shall place such books and records in an annual file and maintain and keep such files as appropriate.

6.3 NOTICE

Notice, as required by the Articles of this Constitution, with the exception of notice of a proposal to amend the Constitution or to create or amend the By-laws of the League, shall be communicated:

- a) verbally in person, or by telephone, email or facsimile to each member entitled to receive notice not less than three (3) calendar days prior to the date of the meeting at which the subject matter of the notice is to be reviewed; or
- b) by letter delivered by regular mail to each member entitled to receive notice not less than five (5) calendar days prior to the date of the meeting at which the subject matter of the notice is to be reviewed, each of such letters to be addressed to the respective member at his address as it is recorded in the books of the League, and such notice or notices shall be deemed to have been given on the date on which such notice or notices are deposited at or in an office, depot or mailbox of Canada Post or an authorized agent thereof.

The statutory declaration of the Secretary or the President that notice has been given pursuant to this Constitution shall be sufficient and conclusive evidence of the proper giving of such notice.

Notice of a proposal to amend this Constitution or to create or amend the By-laws of the League shall be communicated verbally in person, or by telephone, email, facsimile or by letter delivered by regular mail and addressed as set out in paragraph 6.3(b) above, to each Member entitled to receive notice not less than fifteen (15) calendar days prior to the date of the meeting at which the proposed amendments are to be reviewed.

6.4 ERROR OR OMISSION IN NOTICE

No error or omission in the form, content or timing of delivery of notice of any meeting or adjourned meeting of the Members shall invalidate such meeting or render void any of the proceedings of such meeting.

6.5 ADJOURNMENTS

Any meetings of the Members or of the Executive Committee may be adjourned to any time and from time to time as the attendees at such meeting see fit, and all business matters that were to be transacted at the original meeting may be transacted at such adjourned meeting as might have been transacted at the original meeting so adjourned.

No notice is required to adjourn a meeting. A meeting may be adjourned notwithstanding that a quorum is not present.

6.6 CONFLICT OF INTEREST

A member of the Executive Committee who has an interest which could conflict with or be perceived to conflict with the interests of the League shall disclose such interest at a meeting of the Executive Committee before acting on behalf of the League or participating in a vote on a matter which gives rise to a potential conflict of interest. The Executive Committee shall then decide by a majority of votes of the Executive Committee who are in attendance in person at a meeting of the Executive Committee whether the Member shall act on behalf of the League or participate in the vote.

6.7 RULES AND REGULATIONS

The Executive Committee may from time to time, as decided by a majority of votes of the Executive Committee members who are in attendance in person at a meeting of the Executive Committee, make rules and regulations, subject to this Constitution, to further define the duties of Officers and the procedures to be followed in the conduct of the business of the League.

6.8 PAID POSITIONS

The following positions have been approved to be paid positions by the League: President, Referee Scheduler, Ice Scheduler, Treasurer and Score Keeper Scheduler. All five positions are to be paid an amount as listed below: Referee Scheduler, Ice Scheduler, Score Keeper Scheduler are paid \$300 per season. Players that are acting in any one of these positions can elect to have \$300 reimbursed from their annual hockey registration fees. Treasurer will be paid a fee of free membership per year to maintain the League's booking in good standing and provide monthly updates to the Executive Committee. President will be paid a fee of free membership each season to run the League.

DULY ENACTED this day of ,

Name PRESIDENT

Name TREASURER

Name TEAM REP

Name TEAM REP

Name TEAM REP
SECTION "B"

**TERRACE MENS ADULT RECREATIONAL HOCKEY LEAGUE
SUSPENSION GUIDELINES**

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TERRACE MENS ADULT RECREATIONAL HOCKEY LEAGUE- SUSPENSION GUIDELINES

SECTION ONE

DEFINITIONS

The definitions as set out in Article One of the League's Constitution shall apply to these Suspension Guidelines, as amended from time to time. These Suspension Guidelines are separate from the League Constitution. These Guidelines may be amended at any time, at a Regular or Special League Meeting when passed by a simple majority of the Members present assuming that a Quorum has been achieved

SECTION TWO

GENERAL

The League fully adheres to the **Hockey Canada Official Rule Book** and the game referees in each League game shall have the power to assess, as they see fit, penalties that may lead to suspensions. The League may assess such further and other suspensions as it deems fit and without consultation with other parties. All Members, while present on the property of any arena where a League game or practice is to be held, shall be subject to the jurisdiction of the League. All Members are subject to the provisions of these Suspension Guidelines and the League expects Members to be fully acquainted with the **Hockey Canada Official Rule Book** and to abide by any suspensions assessed by the League.

SECTION THREE

CONDUCT OF MEMBERS

The League is committed to providing an environment in which all Members including off and on ice officials are treated fairly and with respect.

Members shall conduct themselves in a manner that is consistent with the Aims and Objectives of the League, as set out in the League's Constitution. Members shall not engage in any activity that negatively reflects on the League or negatively impacts on the play or preparation for play by a Member in a game or practice, including, but not limited to, activity that threatens public safety, that is disrespectful or offensive, that makes reference to race, gender, sexual orientation, intellectual disability or physical disability, or that constitutes harassment or abuse.

SECTION FOUR

EJECTION FOR BALANCE OF GAME

A game referee may, for cause, eject a Member for the balance of the game. In this instance, no further penalty shall apply and the penalized Member shall be fully eligible, subject to the League Constitution, to participate in the team's next game. If there are less than Ten minutes remaining on the score clock at the time of the game Misconduct penalty, the Member must not play in the next scheduled League game. A Member who is assessed a total of three or more penalties of any kind in a single game shall be ejected from that game. The 10 minute rule does not apply in the case of a 3 penalty ejection.

In this instance, the Member remains subject to these Suspension Guidelines. A Member who is assessed a total of three or more penalties of any kind in a single game on more than one occasion shall be subject to further review and/or disciplinary action by the League.

SECTION FIVE

DUTY OF MEMBER IF EJECTED FROM A GAME

A Member who is ejected from a game must immediately leave the ice surface, proceed directly and quietly to his team's dressing room and must then proceed directly and quietly to leave the Players' Area. A Member who is ejected from a game is not permitted to return to the Players' Bench Area or to the

TERRACE MENS ADULT RECREATIONAL HOCKEY LEAGUE- SUSPENSION GUIDELINES

spectator area that immediately surrounds the ice surface for the duration of the day on which the ejection occurred.

A Member who is ejected from a game and who does not immediately leave the ice surface, proceed directly and quietly to his team's dressing room or proceed directly and quietly to leave the Players' Area is subject to further disciplinary action by the League.

A Member who becomes subject to suspension while playing with an affiliated team must serve his suspension with the team with which he is registered to play in the League.

SECTION SIX: SUSPENSIONS

All suspensions shall be in accordance with the CARHA Hockey Official Rule Book or as otherwise indicated in these Suspension Guidelines. The duration of the suspension assessed to a Member may be increased if the Executive Committee decides to do so. The League shall advise the Member being assessed a suspension of the duration of the Member's suspension no later than two (2) days after the Executive Committee has rendered its decision in the matter. In instances where the Executive Committee has decided to assess a suspension with a duration that is greater than that set out in the **Hockey Canada** Official Rule Book, the Executive Committee shall provide to the assessed Member its reasons for increasing the duration of the suspension.

Where a Member receives more than one suspension in a single game, the suspensions must be served consecutively and not concurrently, subject to the Member's right to appeal a suspension, as set out below. A Member who incurs a second Game Misconduct penalty in the same season may be subject to further disciplinary action by the League.

SECTION SEVEN: DUTY OF MEMBER IF SUSPENDED

A Member who is suspended may not, during the entire period of his suspension:

- a) enter the Players' Area;
- b) communicate in any way with the players or officials of his team while the suspended Member is in the arena;
- c) coach, play for or otherwise be involved with any other team in the League;
- d) act as a referee, game official, arena official or official of the League

SECTION EIGHT: FULFILLING A SUSPENSION

A Member who is suspended shall be deemed to have served a suspension period equal to one game if the Member is properly listed as suspended on the roster of the team with which he is registered on a League game sheet. Suspensions must be served in the League regular season game(s) or playoff game(s) that immediately follow(s) the game in which the Member was suspended.

A Member who is suspended may not play for another team in a League game and will not receive credit toward the serving of a suspension by refraining from playing for another team in a League game. A Member who is suspended may not play in a non-League game and will not receive credit toward the serving of a suspension by refraining from playing in a non-League game.

A Member who participates in a League game or non-league game prior to fully serving his suspension may be subject to further disciplinary action by the League.

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A Member who is assessed a Game suspension at a recognized CARHA event (i.e. a Tournament) shall serve that suspension when regular league play resumes immediately after that Tournament.

A suspension that is not served fully by the end of the regular season including playoffs shall be deemed to carry over to the next season regardless of the team or League for which, or in which the suspended player plays.

SECTION NINE

PENALTIES ASSESSED AFTER END OF GAME

Penalties may be assessed by the game referees after the final period has expired. Each such penalty is to be recorded on the game sheet as being assessed at the time of expiration of the game in which the penalty was assessed and each such penalty is to be reported by the game referees to the President within 24 hours

SECTION TEN

GROSS MISCONDUCT PENALTY / MATCH PENALTY

When a Gross Misconduct penalty or a Match Penalty is called by a game referee, the game referees and the League shall follow the procedures found in the CARHA Hockey Official Rule Book, as amended from time to time, and the provisions of these Suspension Guidelines. Gross Misconducts apply to all recognized CARHA functions.

SECTION ELEVEN

REPORTING OF PENALTIES

The game referees shall prepare a written report in the prescribed form of each penalty that results in a member being ejected from a game. Such report is to be attached to the game sheet for the game in which the penalty was assessed. The game sheet and such report are to be forwarded to the President by either the game referees or the Team Director for the non-offending team.

SECTION TWELVE

DELIVERY OF GAME SHEETS

The Referee shall ensure that the game sheet for each regular season and playoff game is delivered to the League, subject to Section Eleven above.

SECTION THIRTEEN

GAME CLOCK WHEN PENALTIES ASSESSED OR TO BE ASSESSED

The referees may, at their discretion and following the assessment of a penalty or penalties that result in the ejection of a Member(s) from a game, instruct the timekeeper to run the game clock during stoppages of play for the duration of the game, except at the end of a period, or until the referees deem it fit to have the timekeepers stop the clock after each whistle.

The referees may, at their discretion and following the assessment of a penalty or penalties that result in the ejection of a Member(s) from a game, declare the game to be at an end. In this instance, the game clock

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shall be deemed to have run properly for the duration of each period remaining in the game and to have fully reached the time allowed for each period remaining in the game.

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SECTION FOURTEEN APPEAL OF SUSPENSION

A Member may file with the President an appeal of a suspension that is greater than 3 (three) games

The appeal shall be by way of Notice of Appeal in the prescribed form.

A Member who has filed with the President an appeal, by way of Notice of Appeal in the Prescribed form and is not satisfied with the result of his appeal may file a further appeal with CARHA Hockey; provided that no Member may file an appeal with CARHA Hockey for a suspension or suspensions that he receives in a single game when the Member is suspended for a total number games that is equal to or less than three (3) games.

The appeal to CARHA Hockey shall be by way of Notice of Appeal in the prescribed format.

NOTICE OF APPEAL FOR REVIEW OF ASSESSMENT OF SUSPENSION

The Member who has been assessed a suspension and his contact information:

Name, Team

Address

Telephone

Email

Description of the incident that resulted in the suspension:

Reasons why the suspension ruling should be reviewed and reconsidered:

This Notice of Appeal is to be delivered to the President of the Terrace Men's Recreational Hockey League within 48 hours of the time of the Notification of Suspension

The President shall confer a Rules Committee to hear all such appeals. The Rules Committee will consist of 3 members of the opposite League that the original infraction occurred. If the Appeal is from a member of the Rec League, the Rules Committee will consist of Members of the Old Timers League and Vice Versa

Section C

TERRACE MENS ADULT RECREATIONAL HOCKEY LEAGUE- SPECIAL RULES

SPECIAL RULES AND REGULATIONS

1. The Terrace Men's Recreational Hockey League is sanctioned by the Canadian Adult Recreational Hockey Association.
 - 1a. These Special Rules are separate from the League Constitution. These Special Rules may be amended and new Rules introduced at any time, at a Regular or Special League Meeting and when passed by a simple majority of the Members present (each team present receiving one (1) vote Per team)

2. The league will follow the Official Hockey Canada rules with the additional League rules:

- a. Generally speaking, fighting will not be tolerated.
 - b. In Rec League, a “first fight” will result in a minimum 3 GAME Suspension, subject to review by the league disciplinary committee. The League may rule longer.
 - c. In Rec League, a “second fight” in a season will result in a minimum 10 GAME suspension. The League may rule longer.
 - d. Subsequent fights (Rec League) will result in a minimum 2 year expulsion from the Terrace Mens Rec League in it’s entirety (Rec and Old Timers Divisions)
 - e. First fight (Oldtimers League) will result in a minimum 10 GAME Suspension, subject to review by the league disciplinary committee. The League may rule longer.
 - f. All fighting penalties are subject to automatic review by the President
3. Additional penalties during the hockey season (includes regular schedule and Playoffs).
- a. (3) Three Major penalties (Excluding Accidental High Stick) results in a (1) ONE YEAR suspension and reapply to re-enter the league.
 - b. Verbal abuse of Officials after a penalty will be assessed a 10 minute Misconduct penalty. The Player must serve the 10 minute Misconduct. **Player will also not be allowed to return to playing until this player has officiated a game. New Rule implemented 2024. League will coordinate with the player the date and time that they will officiate. Once this player has officiated (1) hockey game they can rejoin their Team.**
 - c. Three Game Misconducts for verbal abuse in one season results in a (1) ONE YEAR suspension and reapply to re-enter the league.
 - d. 5 sets of 3 Minor penalties in one game, (10) TEN GAME suspension. A repeat of this in one season will result in an Automatic one year suspension after which the player must apply to the League to re-enter
 - e. Match penalties will receive a minimum of a (3) THREE GAME suspension. League may rule longer
 - f. Attempt to injure Penalty will receive a Game Misconduct PLUS a minimum 3 Game suspension
 - g. Misconduct penalty involving any intent to hit or injure a referee is an AUTOMATIC LIFETIME suspension from the league-with right of appeal to Discipline Committee
4. Teams can only draw off a master list of players in order of registration. This list will be carried from year to year. At the beginning of the year, teams are asked to decide how many players they need to add to fill their roster and draft according to how many players are available to be drafted. It is up to the League to decide roster sizes, not the individual team.

5. Players can be taken off the list up to the last (10) Ten games of the season, except for injured players who will not play for the remainder of the season. Also a player must play at least (10) Ten game during the regular season to be eligible to play in the playoffs.
6. New players must be put on a list first before picking them up. Player Pickups may only be made at a Regular or Special League Meeting. If a Meeting is not scheduled for at least a month, a Team may request a player addition to the League President who will survey the affected Division for their comments and permission. Generally speaking a team will be permitted to pick a player of equivalent ability. i.e. An A player for an A player, a B for a B etc. Teams Reps will vote and approve any player movements from the Waitlist once a season has begun.
7. Each team shall submit a roster within 2 weeks from the start of the season.
8. Each team must ensure their players are covered by liability insurance. No player may play a game unless dues are paid according to current League procedures
9. Teams are to have matching jerseys and numbers by November 1st of each year accompanied by a roster.
10. Teams must be out of the dressing room 60 minutes after the game.
11. No players and no pucks shall go onto the ice surface until the gates to the Ice Cleaning Machine room are closed or the rink attendant gives verbal permission.
12. The format for League playoffs will be determined depending on the number of teams in that Division that season. It will be either a Top 4/Best of 3 final (1 plays 4 best of 3, 2 plays 3, best of 3, winners play best of 3) or a round robin format, top 4 advance. 1 plays 4, 2 plays 3, top 2 play one final game)
13. Playoff games will follow the same time format as regular season games. If tied at the conclusion of regulation time, a 5 minute sudden victory Overtime shall follow. If still tied, a 3 player shootout will follow. If still tied, a sudden victory shootout will follow. Shooters may repeat only after the conclusion of the first 3 player shootout.
14. Regular Season standings tie breaker formula (updated 2024).
 - 1) Team with most wins.
 - 2) (2) teams are tied in the standings then the League will review their head to head match ups during the season. Team with most wins will be awarded the higher seed. The (2) teams are still tied goals for minus goals against will be used. If still tied proceed to steps 4 and 5.
 - 3) If (3) teams are tied in the standings then goals for minus goals against will be used to determine the seeding. If still tied proceed to steps 4 and 5.
 - 4) Least penalized team
 - 5) A coin flip

14a) In the event a tie between 3 teams occurs, the formula shall be applied until one team is declared first, second and third. The formula does not “reset” after the first team is broken out of the tie.

15. Round robin tie breakers (updated 2024).

Ties after completion of round robin play (will be broken in the following order)

1) Team with most wins,

2) winner of round robin game between tied teams, If (3) teams are tied then proceed to step 3.

3) goals for minus goals against, highest number (note 1) (note 2)

Note 1): difference between goals scored by a team and the goals scored against that team.

Note 2): for the purpose of applying this step, the greatest factor used will be +5 goals (example: if the actual score of the game is 10-0, a number factor no greater than plus 5 will be given to the winning team and a factor of minus 5 will be given to the losing team). If after step 3, three teams are still tied proceed to steps 4 to 6.

4) the team with the highest Regular Season standing will advance

5) The least penalized team in round robin play will advance, a
and finally

6) a coin flip

15a) In the event a tie between 3 teams happens, the formula shall be applied until one team is declared first, second and third. The formula does not “reset” after the first team is broken out of the tie.

16. Any Team caught Smoking on City property risks loosing their Dressing Room privileges at the discretion of the Parks and Recreation Department

17. It is the responsibility of the Team Representative that all new players are aware of the rules and abide by them.

18. If a player is moved to another team at any time during the season for personal reasons, the 10 game rule for playing in the playoffs will not apply in this case providing the players combined total games meet or exceed the 10 game minimum.

19. The game will consist of (2) TWO 20 Minute stop time periods and dependent upon time remaining, the 2nd period could be longer. If time starts to run out for the hour and one-half, running time will take affect with the last 2 minutes “Stop time”.

Game Misconduct penalty assessed under Rule 46 - Abuse of Officials, Unsportsmanlike Conduct/Misconduct does not incur automatic suspension, unless it occurs in the last 10 minutes of the game (regular playing time including overtime), in which case the penalized player shall be suspended for a minimum of the next regular league, play-off, or tournament game. A total of 10 minutes

shall be charged in the records against the penalized player for a Game Misconduct penalty.

20. **New Verbal abuse rules:**

The League will not tolerate verbal abuse towards it's officials in any capacity. Players will be given a single verbal warning. If the player continues to verbally assault an Official the player will be given a 10 minute penalty. Teams will remain 5 on 5. If the player either during or after the 10 minute penalty continues with any verbal abuse the player will be ejected from the game. Player will not be allowed to play again until they have officiated a game Further infractions for repeat offenders will result in a 3 game suspension. Player will have to request a formal meeting with the League Executive in order to be able to rejoin the League in the future. Also reference rule: Section C special rules.

21. Rink and all City Employees are to be treated with respect and courtesy at all times

22. Let's not forget that this is RECREATIONAL HOCKEY.