

Norman Regional Minor Hockey Association



Norman Hockey League

2009 / 2010 Rules, Regulations, Schedule

**NORMAN REGION MINOR HOCKEY LEAGUE
N.R.M.H.L.
- CONSTITUTION -**

ARTICLE 1 - NAME

- a) The League shall be known as the Norman Region Minor Hockey League (N.R.M.H.L.)
- b) The NRMHL shall operate under the auspices of the Norman Region Minor Hockey Association (NRMHA)
- c) A membership shall be deemed forfeit for any of the following reasons and as determined by the NRMHA Board of Directors.
 - 1. Actions deemed grossly detrimental to the N.R.M.H.L.
 - 2. Non-payment of fees or assessment.
 - 3. Failure to comply with the Regulations, Constitution or By-Laws of the NRMHA and the NRMHL.
- d) Any Rural Association or Team whose membership has been suspended shall have no claim to refund for membership costs or performance bonds and such Associations and Teams affected shall be required to re-apply for membership in accordance with sub-section b) herein.

ARTICLE 2 - BOARD OF DIRECTORS

- a) The Board of Directors of the N.R.M.H.A. shall serve as the League Executive of the N.R.M.H.L.

ARTICLE 3- MEETINGS

- a) The Annual Meeting of the N.R.M.H.L. shall take place as determined by the Board, and may take place prior to the annual meeting of NRMHA.
- b) General Meetings shall be called by the N.R.M.H.A. Director at times and places designated.
A minimum of seven days notice shall be given to all Members.

ARTICLE 4- AMENDMENTS TO THE CONSTITUTION

- a) The Constitution, Bylaws and regulations of the NRMHL may be amended by submitting of notices of motion to the Director a minimum of 30 days prior to the N.R.M.H.A. Annual Meeting. The Director shall circulate said notices of motion to members a minimum of 14 days prior to the Annual Meeting.
- b) The unanimous vote of the meeting can waive notice of motion to amend the Constitution

ARTICLE 5- CONSISTENCY

Where the provisions of this Constitution, By-Laws and/or Regulations are inconsistent with the Constitution, By-Laws and Regulations of the NRMHA, CHA and MAHA, the NRMHA, CHA and MAHA Constitution, By-Laws and Regulations shall prevail.

NORMAN REGION MINOR HOCKEY LEAGUE
N.R.M.H.L.
- BY-LAWS -

BY-LAW 1 - BANKING

- a) The N.R.M.H.L. shall maintain its accounts in a Chartered Bank and/or Trust Company.
- b) All withdrawals or cheques shall require the signature of the Director and Treasurer.
- c) The Treasurer shall submit an audited financial statement at the September meeting as set forth in the N.R.M.H.A. Constitution.

BY-LAW 2- OFFICIALS

The N.R.M.H.A. shall appoint on behalf of the NRMHL the following officials for a one year term.

- a) statistician
- b) Commissioner

The Commissioner shall be designated and will manage the NRMHL.

The NRMHL Commissioner shall have the authority to assess fines, issue suspensions to players, teams and coaches in accordance with the By-Laws. All disciplinary action taken shall be reported immediately to the NRMHA Director.

BY-LAW 3 - LEAGUE EXECUTIVE COMMITTEE

The Commissioner shall be designated and will manage the NRMHL.

The NRMHL Commissioner shall have the authority to assess fines, issue suspensions to players, teams and coaches in accordance with the By-Laws. All disciplinary action taken shall be reported immediately to the NRMHA Director.

BY-LAW 4 - DUTIES OF OFFICIALS AND BOARD OF DIRECTORS

- a) **Commissioner:** It shall be the duty of the Commissioner to preside at all meetings of the League.
The Commissioner will perform such further and other duties as pertain to the office of President, and generally carry on the business of the League.
Issue suspensions and administer all in accordance with league constitution and by-laws Send out a suspension report to teams during the season.
- b) **Scheduler:** It shall be the duty of the Scheduler to schedule all league games, coordinate playoff schedule games and other duties as assigned by the Commissioner.
All aspects of schedule preparation, printing and distribution.
Communicate play-off information to teams, Coordinate playoffs dates; Keep statistics of playoffs
- c) **Officials Coordinator:** It shall be the duty of the NRMHA Officials Coordinator to look after the NRMHL Officials.
Coordinate supervisions, evaluations and other responsibilities as required. Will also assign game officials where required (Playoffs, all-star games, league games, tournament games if needed)
- d) **Board of Directors:** The Board of Directors, which consists of the NRMHL executive and shall have control of Regional of all the affairs of the League and shall be empowered to pass all necessary resolutions for the league's successful operation.
- d) **Members:** The Association Representatives will assume duties in various areas of the League structure, which may include registration; sponsorship; all-star game; officials and other duties as assigned by the Commissioner.
- e) **Treasurer:** It shall be the duty of the NRMHL Treasurer to:
 - 1) Receive all monies of the N.R.M.H.L. and deposit same to the account and credit of the N.R.M.H.L.
 - 2) Pay all accounts as authorized by the Commissioner and approved by the Board.
 - 3) Keep in a book provided for the purpose of all receipts and expenditures.
 - 4) Collect all monies due to the N.R.M.H.L.
 - 5) Co-sign all cheques and vouchers with the Commissioner.
 - 6) Prepare the Annual reports and statements.

- f) **Statistician:** It will be the responsibility of the Statistician to assume duties as assigned by him by the Board specifically in the following areas:
- 1) Perform statistician duties, including distribution of stats on during the season to teams, executive.
 - 2) Coordinate awards, balloting, ensure awards are current and ready for presentation, inform sponsors of information regarding awards.
 - 3) Coordinate nominations, ballots, information and follow-up to all-star game.
 - 4) Keep a full record of the names, addresses and phone numbers of the representatives of each Club.
 - 5) Perform registration duties for the league to ensure all players are duly and properly registered.
 - 6) Receive any appeals from within the league, coordinate and communicate appeals information to teams and Assoc. executive, set appeals hearings to be handled by the Director and the Regional Executive Committee.
 - 7) Notify all regional Associations of the Annual and General Meetings of the League. Keep Constitution and By-Laws updated and circulate changes to teams and executive.
 - 8) Shall report directly to the NRMHL Commissioner

BY-LAW 5 - LEAGUE REGIONAL COMMITTEE EXPENSES

Expenses of the Commissioner, Scheduler, Treasurer and Officials Coordinator shall be paid as per NRMHA guidelines.

The Commissioner shall be paid an honorarium of 100.00 per team.

BY-LAW 6 - COST OF MEMBERSHIP

The yearly Performance Bond and League Fees shall be determined by the Annual General Meeting.

BY-LAW 7 - PERFORMANCE BOND

- a) A performance bond shall be posted by all participating teams by September 15th of the current season.
- b) A performance bond shall be deemed forfeit if its membership shall be forfeited in accordance with the N.R.M.H.L. Constitution.
- c) A performance bond (or portion) shall be forfeit if a team fails to appear for a league game without obtaining the Commissioner's consent as set forth in By-Laws herein. The bond shall be forwarded to the non-offending team as compensation for the loss of gate and expenses, less \$100.00 for league administration costs. The offending team shall not be reinstated until the bond has been resubmitted to the N.R.M.H.L.
- d) In addition to the loss of the bond, a team that fails to attend a league game as set forth in paragraph c) herein, the offending team may be fined an amount equal to the travel costs it saved by not appearing for the game. The offending team will not be reinstated until the fine has been submitted to the N.R.M.H.L.
- e) That any team that fails to complete a game after it has started is subject to the loss of its performance bond, after a review of the circumstances by the league.
- f) That the league retains the team's performance bond. The teams will pay the league any outstanding amounts required to bring the performance bond up to the correct amount established by the league, by June 1 of the current season.

BY-LAW 8 - NEW ENTRIES

New entries are required to have their team, name and colors approved by the League prior to use in league play, and all arenas have proper facilities, including plexiglass. All new teams shall be approved at the NRMHL Meetings.

BY-LAW 9 - CONDUCT

- a) Each Association shall by September 15 each year, file with the Director of the N.R.M.H.A. the names and address of its team executive.
- b) Any changes in team Executive must be reported immediately to the Regional Director.
- c) **Conduct of game:**
 - 1) There will be a grace period of thirty minutes allowed before a game is called on default, unless an accident or other serious reason is given for delay.
 - 2) All games shall consist of three - 20 minute stop time periods with a minimum of ten minute inter- mission between each period for resurfacing. In the event of a tie at the end of regulation time, the game shall be concluded.
 - 3) Games shall be played in accordance with the C.H.A. regulations.

BY-LAW 10 - WITHDRAWAL FROM THE LEAGUE

That any team that withdraws from the League after the final league schedule has been completed and causes extra costs to the teams in the league will be charged with such costs. Those extra costs which might include, but are not limited to, expenses paid to teams affected by such withdrawal, rescheduling costs, special meeting costs or any additional costs related to the withdrawal, may exceed the team's performance bond. Should the team that withdrew wish to reenter the league in some future season, then in addition to double the performance bond, the team would be required pay those costs before being accepted back into the league.

BY-LAW 11 - AMENDMENTS TO THE CONSTITUTION /BY-LAWS / REGULATIONS

- a) The By-Laws may be amended by the submission of a notice of motion to the Secretary a minimum of 30 days prior to the N.R.M.H.L. Annual Meeting. The Director shall circulate said notices of motion to the members a minimum of 14 days prior to the Annual Meeting.
- b) The giving of notice hearing may be waived by a two-thirds majority vote of those present and eligible to vote.
- c) Shall be approved annually at the NRMHA AGM.

BY-LAW 12 - HOCKEY MANITOBA REGULATIONS

All regulations contained in the Hockey Manitoba Handbook shall be considered as the regulations of the N.R.M.H.L. and shall apply in their entirety.

BY-LAW 13 - PROTESTS

- a) Protests and all evidence in support thereof, must be in duplicate and signed by the President and the Secretary of the protesting club. Protests and evidence in support thereof must be in the hands of the League within forty-eight hours of the advertised time of the match and must be accompanied by a deposit of \$250.00 which sum shall be forfeited to the N.R.M.H.L. should the Regional Committee, whose decision shall be final, disallow the protests. Should the protest be allowed, \$150.00 of the deposit will be returned to the protesting team. Service in all cases herein may be made by facsimile transfer.
- b) A copy of said protest and the evidence thereof must be served upon the protested club within 48 hours after the said match. The Club protested shall be allowed 36 hours to file a defence and evidence with the NRMHA Director, which must be accompanied by a deposit of \$250.00 to be forfeited to the N.R.M.H.L., should the Regional Committee, whose decision is final, allow the protest. A copy of the defence must also be sent to the protesting club. Should the protest be disallowed, \$100.00 of the deposit will be returned to the club protested against.
- c) A reply to the said defence may be entered by the protesting club, provided a copy there of is served upon the protested club at least 12 hours before the time fixed for hearing the protest by the Regional Committee.
- d) Personal service on any of the recognized Officers of a Club, or service by post on either the President or Secretary of a club shall be deemed to be sufficient service in any case and the protest is to be considered if it is shown that the evidence has been sent by post in time to reach the protested club within the time limit fixed by the rules. Each of the clubs interested, may be represented at the hearing of the protest and no member of the Regional Committee who is affiliated with any of the teams involved may sit on any protest meeting. The meeting may be held by conference call.
- e) No protest can be considered over a Officials judgement call or decision as to fact, such as the scoring of goals.

BY-LAW 14 - APPEALS

Any player, coach, manager or team shall have the right to appeal in regards to any decision of the Regional Committee, providing the following conditions are met:

- a) An appeal is sent to the Commissioner within 24 hours of the decision of the Regional Committee outlining all reasons for said appeal which is to be dealt within 4 days. Service in all cases herein can be made by fax.
- b) All appeals must be accompanied with a non-refundable cheque in the amount of \$250.00
- c) The Commissioner shall appoint an Appeal Board of three (3) directors or executive members which shall render its decision within four (4) days.

BY-LAW 15 - RECOURSE TO HOCKEY MANITOBA

1. Any recourse to Hockey Manitoba of any jurisdiction by any member, before all rights of appeal and all the rights of remedies of the Constitution and By-Laws of the Association shall have been exhausted, shall be deemed to be a violation and breach of these By-Laws, and a violation and breach of the League decisions, and shall result in the automatic indefinite suspension of such member from NRMHL activities and games.
2. Any member team, manager, coach, player who has sought Hockey Manitoba action before exhausting all proper procedures of appeal will be liable for any expenses and disbursements incurred by the NRMHL / NRMHA.
3. Until all expenses are paid, at the discretion of the Commissioner, the right of membership of the said party will be suspended.
4. Any team, manager, coach or player who having exhausted the appeals procedures within the NRMHL and proceeds with an appeal to the Hockey Manitoba will be liable for all League expenses, which are incurred by the league as a result of said appeal to the Hockey Manitoba, should Hockey Manitoba rule in favour of the League prior to reinstatement of said party's membership with the NRMHL.

BY-LAW 16 - REGISTRATION

- a) Registration shall follow the guidelines established by Hockey MB and Norman Region Minor Hockey Association.
- b) All players must register with their Local Minor Hockey Association.
- c) All players must be registered on CHA/Hockey Manitoba rosters. Rosters are to be submitted to the Norman Region Minor Hockey Association Zone Registrar one (1) week before first League Game.
- d) Failure to comply with above will result in loss of bond and **REMOVED** from league Play, game forfeiture plus \$250.00 fine.

BY-LAW 17 – LEAGUE PARTICIPATION

- a) All centres wishing to participate in the Norman Region Minor Hockey League may do so provided all players from that Association are on approved rosters.
- b) All bond fees are paid
- c) Ice times are forwarded to the scheduler before the deadline.
- d) All teams must fulfil league commitments, no exceptions.

BY-LAW 18- INELIGIBLE PLAYERS

- a) A team who plays an illegal player, such as
 - using a false name
 - using a suspended player
 - non registered player

Shall be liable for suspension, forfeiture of all games played with said player, and loss of bond. The coach himself will be suspended until Regional Executive rules on said matter.

BY-LAW 19- GOALTENDERS

- a) Missing goaltender: the only goaltenders that are allowed to play are rostered Hockey Manitoba players. **NO OUTSIDE PLAYERS ARE ALLOWED**. If your goaltender doesn't show up, the game will proceed once the team has a minimum of 6 players on the ice. In the case of the other team having two goaltenders you can ask to borrow one. However that team has the right not to let you use one of their goaltenders.

BY-LAW 20- LEAGUE CHAMPIONS

- a) The NRMHL will supply a banner for each of League Champs and League Runner up
- b) The NRMHL will supply a Banner for the Playoff Champions
- c) The NRMHL will loan a Sponsor donated Trophy for each League Champion. These trophies are to be returned by the NRMHA Semi Annual meeting
- d) Winners are responsible for the cup and any damages and repair costs incurred,
- e) There will be no individual medals or awards for players.

BY- LAW 21- TROPHIES RETURNED

The fine for not returning the trophies by the designated time shall be \$25.00. for each week overdue.

BY- LAW 22- Affiliation

- a) The NRMHL shall follow the Hockey Manitoba rules as outlined in the Hockey Manitoba handbook for Midget affiliation.
- b) To be eligible to play in the NRMHL playoffs, a player released from the Manitoba AAA Hockey League has to participate in at least 5 league games.
- c) To be eligible to play in the NRMHL playoffs, a player released from the MJBHL Junior B or the MJHL Junior A league has to participate in at least 10 league games.
- d) All affiliated players from a lower division team are eligible to participate as required with no minimum games required.
- e) All teams must complete and submit an Affiliation list. These are required for all teams prior to their first league game.
 - i) Midget AA1 teams affiliating bantam / midget players
 - ii) Midget Teams affiliating their players to the MMHL (AAA) or the MJBHL (JR B) teams.

The Affiliation lists are an internal league document only, for the administration purposes of the Norman Region Minor Hockey League. Any Association, team, coach and or player who allows Affiliations without the completed paperwork will be subject to disciplinary action.

- f) All teams and players in the NRMHL may only affiliate to the MMHL (AAA) or the MJBHL (JR B) with the approval the NRMHA Director. Any player who affiliates without approval will be declared ineligible for further affiliation and participation within the NRMHL. This includes all practices and games with a higher team.
- g) All teams in the MMHL (AAA) or the NJHL (JR B) must complete and submit an Affiliation list to the NRMHL for all players being affiliated prior to any league, exhibition game, practice or other with the MMHL (AAA) or the MJBHL (JR B).
- h) Any team with in the MJBHL or MMHL who uses an affiliate player without following the NRMHL affiliation approval process will lose all eligibility to use any players from the NRMHL.

BY- LAW 23 - ACTIONS DETRIMENTAL TO THE LEAGUE

Conduct deemed to be detrimental to play in the N.R.M.H.L. is fined as follows:

- a) For each initial action deemed detrimental to the league or each suspension handed down by the league officials to any team members or officials, a team fine depending on the severity of the action may be as high as the team's performance bond may be levied.
- b) For each succeeding suspension to the same team member or official, the fine will be doubled.
- c) The above fines are to be paid to the league offices prior to the playing of the next regular league or play-off game. Any team failing to pay the required fine within time as outline herein, will forfeit its bond and/or be suspended from the League, as determined by the NRMHA.
- d) That a team may be suspended when any team, player, coach or team display conduct deemed detrimental to the Norman Region Minor Hockey League.
- e) That a team, player, or team official may be suspended for display of conduct deemed detrimental to the Norman Region Minor Hockey League.

BY- LAW 24 - FINES AND SUSPENSION

- a) Any team failing to show up for a scheduled game may be fined by the Regional Committee.
- b) Should a team be suspended in playoffs the series will be automatically forfeited.
- c) Any player who receives a match penalty is automatically indefinitely suspended as per the CHA Rules. Any coach and/or manager who plays or dresses a suspended player shall be reported to NRMHA.
- d) All suspensions incurred in any play-off series shall be examined individually.
- e) Player suspensions for accumulated penalties or automatic suspensions, the statistician will report to the Commissioner and to the offending players(s) team.
- f) **SUSPENSIONS GUIDELINES:**
Hockey Manitoba Handbook Page 111 - 113
The Director shall be empowered to assess additional penalties depending on the circumstances, especially for players with repeated major infractions.

BY LAW 25 - OTHER FINES

Teams shall be fined for the following reasons:

- a) Failure to attend league meetings - \$250.00
- b) Actions Detrimental to the NRMHL, as determined by the league up to the amount of the performance bond.

BY LAW 26 – FINE ALLOCATION

- a) All fines collected from the NRMHL shall be designated for League operation expenses, except those designated by the NRMHA / NRMHL Constitution, Bylaws and Regulations.
- b) Fines collected may be designated by the NRMHA Commissioner to reimburse Associations and teams if required.

NORMAN REGION MINOR HOCKEY LEAGUE N.R.M.H.L. - REGULATIONS -

ARTICLE 1 – NRMHL REGULATIONS

All regulations contained in the NRMHA Constitution and the Hockey Manitoba Handbook shall be considered as the regulations of the N.R.M.H.L. and shall apply in their entirety.

Section 1 Registration

ARTICLE 2 - LEAGUE REGISTRATION AND PLAYER ELIGIBILITY

- a) League registration of players must be submitted through Hockey Manitoba's Zone Registrar for registration approval prior to the first league game.
- b) Players shall be selected from each Association as prescribed by Hockey Manitoba regulations including those applicable to the transfer of players as contained in the Hockey Manitoba handbook.

ARTICLE 3 - TEAM ROSTERS & REGISTRATION

- a) Refer to the Hockey Manitoba Handbook for regulations on team and player registration.
- b) Teams must file with the league an approved player's roster one week prior to their first league game.

ARTICLE 4 - AFFILIATION LISTS and Regulations:

- a) Please refer to the NRMHL Affiliation bylaws and regulations.

ARTICLE 5: AFFILIATE PLAYERS:

- a) That a player will be allowed to participate in the Norman Region Minor Hockey League, as a registered player or as affiliate player who has been properly listed on an approved affiliation list.
- b) That a player will be allowed to affiliate to any team in the MMHL (AAA) or the MJBHL (JR B) teams, if they have been approved as per the NRMHA, NRMHL Constitution, Bylaws, Regulations and the Hockey Manitoba Regulations.

ARTICLE 6 - NON PLAYING PLAYERS:

Any players that are not dressed and in the ICE AREA, must sit behind their teams bench, between the blue lines in the stands or an appropriate area as deemed by the coaching staff. Any player who is ejected and who causes an incident will receive a suspension. As these players are the responsibility of the team, any player who is suspended under this regulation may also have their head coach suspended for the same number of games.

If a player has to leave for medical reasons they must be accompanied by a team official or a parent, and must have the approval of the teams coach staff.

All players must be supervised while they are in the dressing room by a team officials or another adult from the team.

ARTICLE 7: OVERAGE PLAYERS:

Overage players will be allowed to participate in the NRMHL. Teams may have a maximum of 2 approved overage players. For an overage player to remain eligible to participate in the NRMHL, teams must provide school attendance reports and school grades updates every 4 -6 weeks. The purpose of allowing overage players is to help teams field a rostered team not to take the place of another eligible player. Any player who has participated in Midget AAA, Junior or Senior is ineligible to register or play as an overage player.

Section 2 Officials

ARTICLE 8 - Officials

- a) The three man official system shall be used for all games.
- b) The host team shall be responsible for providing properly certified Hockey Manitoba Officials. Each Association will assign a official assigner, which may be the Hockey Manitoba official-coordinator or an individual determined by the region.
- c) The host clubs shall pay the officials their fees as adopted by the N.R.M.H.L. Regulations.
- d) For N.R.M.H.L. Playoffs, the league will provide central assigning of officials for all games. The league will appoint the official and two linesmen for all games. The league may utilize out of region officials if required to provide the best officials for any or all games.
- e) For N.R.M.H.L. Playoffs, only the third game in a three game series and the fifth game in a five game series require having a neutral head official.
- f) That the Regional Official Assigner be identified in consultation with the region, the league and Hockey Manitoba. This process to be completed by September 1, of the upcoming hockey season and that if requested by the NRMHL, that the identified official assignor attend the NRMHL fall meeting.
- g) That the league assess each team \$0.00 per season for a fund to subsidize travel of neutral officials for playoff games.

ARTICLE 9 - GAME OFFICIALS

- a) The Game Officials for each league game of the N.R.M.H.L. shall consist of one official and two linesmen, a timekeeper and a score keeper. Furthermore, the home team shall be responsible for the employment of the timekeeper and the scorekeeper, both positions shall be filled by adults. For play-off games only, goal judges may also be used and these positions must be filled by adults.

ARTICLE 10 Officials

- a) Mileage paid as per the NRMHA Constitution.
 - b) Fees for games Ref 50.00 and lines 35.00
 - c) Score / Timekeeper
 - Minimum 2 competent / qualified adults, minimum age 18.
 - Game sheets must be completed in black ink.
 - Home teams must not submit ineligible game sheets. Failure to comply with above will result in loss of Points and / or game forfeiture plus \$250.00 fine
 - Home teams must have two additional people for penalty box.
 - d) That each association / team entering the NRMHL must have a minimum number of level 3 officials prior to entry in the league

2003-2004	1 level 3's
2004- 2005	2 level 3's
2005-	3 level 3's
- e) These are in addition to an adequate number of level 2's for linesman.
- f) A Letter/ memo will be sent to all Teams, Associations, and officials outline league rules, reporting procedures, Suspension guidelines.
- g) Officials Meeting – There will be 3 league Officiating conference calls – 1 week prior to league start, - 1 – first Week in January and the third one -1 week prior to the playoffs. It is mandatory that all Associations be in attendance for this call. Associations not in attendance will be fined 250.00 each
- h) The home team must have a minimum of three on ice officials for each game
(One level 3 for the ref, and two minimum level 2 as the linesman) Failure to comply with above may result in loss of Points and / or game forfeiture plus a minimum of a \$250.00 fine

Section 3 General Information

ARTICLE 11 - ADMISSION TO GAMES

That the maximum admission charge for any NRMHL game is \$5.00 for adults and \$3.00 for children (12 and under).

ARTICLE 12- LEAGUE FORMAT

Will be approved at Fall AGM

The League format shall be determined at the N.R.M.H.L.'s Annual Meeting as required by the N.R.M.H.L. Constitution.

- Midget AA- For the 2008-2009 season each team will play in 5 Tournaments. The 2008-2009 season will commence in October
- Midget A - For the 2008-2009 season each team will play one home tournament and will travel to the home tournament of all participating teams. plus 4 Tournament games The 2008-2009 season will commence in October

ARTICLE 13 - GAME POSTPONEMENTS

- a) There shall be no league games postponed for the purpose of exhibition games.
- b) There will be no rescheduling or relocation of league games permitted without the consent of the Scheduler. Any request for postponement or relocation shall be referred to the Scheduler at least 7 days prior to the rescheduling or relocation. Any notice less than 7 days must be referred to the Commissioner for decision.
- c) Rescheduling games: Any game that is postponed, must be rescheduled within seven days after the originally scheduled date. Further, the game must be played prior to the final date of the league schedule. Failure to reschedule the game within the prescribed time will result in a \$250.00 fine for each game.

NOTE: For clarification, in the event that a team gives the Scheduler at least 7 days notice of the proposed change, the Scheduler shall still decide whether the change will be permitted. If the change is permitted and a team fails to appear, its bond will be forfeited as well as the two points. In the event the Scheduler does not permit the change, the game will be considered as a postponed game and will have to be rescheduled. In the event that the team fails to reschedule, the league will set the time, date and place for said game. This would apply when a team had lost its ice for the scheduled time. In the event that the notice is less than 7 days, the above interpretation applies, except that the decision will be made by the Regional Committee.

ARTICLE 14 –TOURNAMENT

The tournament shall be designated on an annual basis by the NRMHL.

Officials -

- a) The tournament shall be designated as a development opportunity for the NRMHA officials. The NRMHA Officials Coordinator will coordinate and schedule all the officials.
- b) All attending officials will be supervised, evaluated, coached and mentored during the entire weekend.
- c) Each participating Association must have two officials attend , All officials are to be approved by the Officials Coordinator.
- d) Any Association not sending officials without prior approval will be fined (250.00 per official) Max \$500.00

ARTICLE 15 - SUNDAY GAMES

That no Sunday game start after 3:00 pm. The exception to this would be the acceptance of the visiting team to accept a later start time and the approval of the League.

Section 4 Playoffs

ARTICLE 16 - PLAY-OFF FORMAT

The Play-Off format shall be determined at the N.R.M.H.L.'s Annual Meeting as required by the N.R.M.H.L. Constitution.

- a) Midget A format TBA
- b) Midget AA 6 team Playoff Teams 1 and 2 receive bye
 - ¼ Final Team 3 plays 6 and Team 4 plays 5, in a best of 3 ,all games played at home of top seeded teams 3 and 4
 - Semi Final Team 1 plays lowest seeded team, Team 2 plays second lowest seeded team in Best of 5, in a 2/2/1 playoff on 2 weekends
First 2 at home top seed first weekend, next 2 games played away on Friday / Sat. game 5 if necessary on Sunday home of top seed
 - Final Best of 5 in a 2/2/1 playoff

- c) Midget AA 5 Team Playoff
- ¼ Final Teams 1,2, 3 receive bye, team 4 plays 5 best of 3 at home for team 4
- Semi Final Team 1 plays lowest seeded team, Team 2 plays second lowest seeded team in Best of 5, in a 2/2/1 playoff on 2 weekends
First 2 at home top seed first weekend, next 2 games played away on Friday / Sat. game 5 if necessary on Sunday home of top seed
- Final Best of 5 in a 2/2/1 playoff
- No game shall start after 8:00 pm., on Sunday no game will start after 3:00pm unless agreed upon
- c) Play-off dates for 2009: TBA
- d) In a best of 5 series when both teams agree, the first 3 games of the series can be played at the home of the higher seeded team, with the final 2 games if required played at the home of the lower seeded team

ARTICLE 17 - PLAY-OFF TIE BREAKING FORMULA

That NRMHL adopt the following tie-breaking formula for the determining of play-offs spots following the regular season's league play.

A tie in points shall be broken as follows:

- 1) best win-loss record during league play
- 2) best win-loss record between tied teams
- 3) total goals between tied teams
- 4) total goals against, between tied teams
- 5) total goals during season
- 6) total goals against, during season
- 7) Coin Toss

ARTICLE 18 OVERTIME

Overtime Format

Regular Season a) Overtime in all regular season games shall be sudden victory.

- i) Two minute break
- ii) Teams do not change ends
- iii) 5 minutes stop time period

First goal scored, game is over. Game ends if still tied.

Playoffs a) Overtime in all playoffs shall be sudden victory.

- i) Two minute break
- ii) Teams do not change ends
- iii) 10 minutes stop time period

First goal scored, game is over. IF STILL TIED AFTER 1ST OVERTIME

- iv) Off Ice Break (resurface ice)
- v) Continue 20 minute Sudden Victory periods.

During the regular season following the 5 minute overtime if teams are still tied there will be shootout(NHL format)

- a) Each team shall select 3 players, each player takes 1 shot, the teams with the most goals wins
- b) If still tied, each team selects 1 player alternate shots until a winner is determined
- c) A coin toss will decide the order of shooting, winner of the coin toss can decide 1st or 2nd shot
- d) A player can't participate more than once in each shootout until all players on that team have gone
- e) Team who wins the overtime or shootout receives 2 point, the other team receives 1 point

Note: During the Midget A Playoffs there is no Overtime in the round robin games, only the playoffs

1. The overtime will be played at numerical strength of 4 on 4 plus the goaltender.

Penalties carrying over into Overtime.

2. If there is a manpower advantage that carries over from regulation time, the following criteria will be applied at the start of overtime. Accordingly, if at the end of regulation time the teams are 5 on 4, the overtime begins with a 4 on 3.

3. When the regulation time ends with an on ice manpower strength of 5 on 3, teams will commence the overtime with a strength of 5 on 3. With the expiration of penalties, due to continuous action, player strength may get to 5 on 4 or 4 on 4. At the first stoppage of play following, player strength must be adjusted to 4 on 4 or 4 on 3.

4. If at the end of regulation time, teams are 3 on 3, overtime starts 3 on 3. Once player strength reaches 5 on 4 or 5 on 5, at the next stoppage of play, player strength will be adjusted to 4 on 4 or 4 on 3.

5. If at the end of regulation time, teams are 4 on 4, with player or players in the penalty box serving non- coincidental penalties, overtime starts 4 on 4 and players exit the penalty box as normal to 5 on 4 or 5 on 5. At the first stoppage of play, player strength will be adjusted to 4 on 3 or 4 on 4 as appropriate.

Penalties in Overtime

6. If a team is penalized in overtime, team plays 4 on 3.

7. In overtime, if a team is penalized such that a two man advantage is called for, then the offending team will remain with three (3) skaters, while the non - offending team will be permitted a fifth skater.

8. At the first stoppage of play after the two man advantage is no longer in effect, the numerical strength of the team will revert back to either a 4 on 4 or a 4 on 3 situation as appropriate.

Section 4 Penalties and Suspensions

ARTICLE 19 - DOUBLE HEADER SUSPENSION RULES

In league games, (which are defined as consecutive games played by each team on the same weekend), players suspended for game misconducts in the last ten minutes, and gross misconducts in the first games of the double header, teams will not be permitted to dress other players to fill roster spots in the 2nd game only.

Exception, in cases of a checking from behind penalty assessed to a player in the first game of a double header, where the rule calls for an automatic game misconduct to be assessed, the team may fill the roster spot for the second game. However, if the penalty is a Match Penalty for checking from behind, shall override this exception.

ARTICLE 20 - PLAYER SUSPENSION

a) That any player suspended in League play must serve the full suspension during league play in addition to any suspension in accordance with the NRMHA, NRMHL, Hockey Manitoba, CHA rules.

b) Any player receiving a suspension in a game, which includes any league, Hockey Manitoba or league playoffs and Hockey Manitoba sanctioned tournaments. Suspensions must be served in league or sanctioned tournament games, no exhibition or affiliation games allowed. Exhibition games or games played with another age group as an affiliate player, do not count as games missed or sat out, although said player must sit them out. Pre- scheduled Hockey Manitoba sanctioned tournament games are counted as games missed

c) Any player receiving a suspension in the NRMHL only may continue to play in their local house league program, subject to approval of the NRMHA and the local association.

ARTICLE 21 - AFFILIATE PLAYER SUSPENSION

That any affiliate player who plays with an N.R.M.H.L. team and is suspended in League play must serve the full suspension with the N.R.M.H.L. team he is affiliated with, in addition to any suspension he must sit out with the team he is registered with in accordance with the Hockey Manitoba rules.

ARTICLE 22 - SUSPENSION GUIDELINES

MATCH PENALTIES ISSUED FOR: NRMHL Guidelines

Gross Misconduct	3 games first Offence	5 games	Second Offence	
Racial Slurs	3 games first Offence		Second Offence	
Match Penalty (Injury Occurs)	5 games first Offence		Second Offence	
Fighting	1 games first Offence	3 games	Second Offence	5 games 3 rd Offence
Profane Abusive Language	3 games first Offence	5 games	Second Offence	

INFRACTION	MINIMUM SUSPENSION		
	1st Offence No injury	2nd Offence No Injury	3rd Offence No Injury
Kicking	3 games	5 games	Indefinite
Deliberate Attempt to Injure	3 games	5 games	Indefinite
Spearing	3 games	5 games	Indefinite
Butt Ending	3 games	5 games	indefinite
Spitting	5 games	Indefinite	Indefinite
Head Butting	3 games	5 games	indefinite
Hair Pulling	3 games	5 games	indefinite
Pulling/Grabbing Face Mask	3 games	5 games	indefinite

ARTICLE 23 - ILLEGAL EQUIPMENT:

That any team calling for an illegal equipment penalty on a players pants will be issued a delay of game penalty

ARTICLE 24 PRE GAME WARM UP

- Any player who enters ice surface without a helmet during the pre game warm-up shall automatically receive a game misconduct penalty. Any player who participates in a pre game warm-up with the following shall receive a penalty for illegal equipment (helmet undone, no neckgaurd, visor not secured)

The crossing of the red line and being in the opposition end during the pre game warm-up will not be tolerated. Teams and players have absolutely NO reason to enter the opposition zone. The responsibility is that of the teams head coach, and they must ensure that their players act accordingly.

The league will not tolerate violations of the center ice red line. Officials are to give any player who intentionally enters the opposition zone a 10 minute misconduct during the pre game warm-up and report this to the commissioner on the game sheet.

ARTICLE 25 - PENALTY MINUTE AND MISCONDUCT RULE

a) Any player that accumulates in excess of 100 minutes in penalties shall incur an automatic suspension using the following:

1. in excess of 100 minutes (101 minutes) - 1 game suspension
2. each additional 25 minutes over 100 minutes (126, 151) - 1 game suspension

b) Any Player that accumulates game misconducts shall be subject to an automatic suspension using the following guidelines:

1. after 4 misconducts - 1 game suspension
2. after 6 misconducts - 1 game suspension
3. after 7 misconducts - 1 game suspension
4. each additional misconduct after 7 shall be suspended indefinitely until dealt with by the league, but the minimum suspension shall be two games.

- B1) Any Player that accumulates 10 minute misconducts shall be subject to an automatic suspension using the following guidelines:
1. after 6 misconducts - 1 game suspension
 2. after 8 misconducts - 1 game suspension
 3. after 9 misconducts - 1 game suspension
 4. each additional misconduct after 9 shall be suspended indefinitely until dealt with by the league, but the minimum suspension shall be two games.
- c) These suspensions will be served in addition to any others the player may receive for other incidents. For example, in the event that a player was involved in a fight with under ten minutes remaining in the game and received a fighting major and game misconduct, and this put him over 100 minutes, and the game misconduct was his 4th of the season, he would be required to sit one game for incurring a game misconduct in the last ten minutes (C.H.A. rule), one game for going over 100 minutes, and one game for receiving his fourth misconduct, for a total of three games.
- d) For playing a player who is over the accumulated penalty minute total and did not sit the necessary game, the offending teams game results will be reviewed by the league suspension committee to determine whether the game result will stand. The player will sit his suspension immediately.
- e) For playing a player who is over the accumulated misconduct total and did not sit the necessary game(s), the offending team game results will be reviewed by the league suspension committee to determine whether the game result will stand. The player will sit his suspension immediately.

ARTICLE 26 TRASH TALK POLICY

- Trash talk or use of "F"- word - initial use - a warning to both teams
- Flagrant or continued usage of the "F" - word where the whole arena hears it or it was directed at someone –
 - 1 st Offence minor Penalty
 - 2 nd Offence Misconduct.
 - 3 rd Offence in the same game - a game misconduct.

Trash talk or "F"- word coming from the bench, either players or coaching staff – after the initial game warning , then an unsportsmanlike minor, and then a game misconduct. If a player on the bench is penalized for trash talk or using the "F"- word and has already received an unsportsmanlike minor, the penalty will be an automatic game misconduct.

ARTICLE 27 - MATCH PENALTIES

That all match penalties incurred within the N.R.M.H.L. be reported to the Commissioner, who will record the infractions and forward them. The league will suspend the player according to the Hockey Manitoba minimum guidelines or greater until confirmed or increased by the Director of the NRMHA.

Section 5 League Playing Rules

ARTICLE 28 - Game Rules

A) 2 ½ Hour scheduled Games –

- | | |
|-----------|---|
| Midget AA | 15 minute pre-game warm-up, Clean ice, Three twenty (20) minute periods stop time with a ten (10) minute flood between periods. |
| Midget A | 5 minute pre-game warm-up, Three (3) twenty (20) minute periods stop time with a ten (10) minute flood between periods. |

- B) Home team supplies warm-up pucks
- c) Winning team receives two (2) points for win
 Each team receives one (1) point for tie
 Losing team receives no points for the lose
 In overtime a winning team receives 2 points, the losing team receives 1 point
- d) If at the end of 2nd period a team is ahead by 8 goals, the remainder of the game shall be played as straight time at the discretion of the losing coach. This is also applied to league play-offs.

ARTICLE 29 - Rules

1. Home team is responsible for submitting game sheets to the Commissioner, which are to be faxed no later than 2 hrs. following the completion of the scheduled game. The home team is responsible for submitting game sheets (same time frame as above). Failure to do so may result in loss of points and / or game forfeiture plus a minimum of a \$250.00 fine

2. If scheduled game is to be postponed, the home team must notify the Scheduler and Commissioner within one (1) **day** of scheduled date. Failure to do so may result in loss of bond.
3. All league games are to be played prior to the play-off meeting. For any scheduled games that cannot be played two (2) points will be awarded to the non-offending team and the offending team shall forfeit their bond.
4. Any game cancellations must be approved by the Scheduler and Commissioner. When a team calls for approval of a game cancellation, except for weather, they must give **two (2) rescheduled dates** for said game. If this rule is broken, the offending team shall forfeit their bond and the game shall be forfeited to the non-offending team, unless said team wishes to have game played as an exhibition game.
5. Games cancelled due to **weather** are to be rescheduled within **two (2) weeks** and the Scheduler and Commissioner notified. The home team should also be notified as soon as possible.

ARTICLE 30 Game Start Rules

- All games are to start on time; clock begins to run at start time
- 1 goal is awarded for every 5 complete minutes run on clock
- At the completion of the first period the game is automatically forfeited
- Teams may be fined 250.00 for not being ready to start on time
- Teams are liable for all costs incurred by the host center.
- Game starts once a team has 6 players on the ice and ready to play (not necessarily a goalie)
- A team who causes a game to start late shall be assessed a delay of game penalty as per CHA rule 55a
- A team causing a game to start late is not entitled to a warm-up (quick skate and stretch only)

Hockey Canada Regulation: Rule 81 e

NOTE: "At the end of each period, all players must remain on their respective players' or penalty bench until directed off by the Referee. The Visiting team shall leave the ice first, unless otherwise directed by the Referee. Failure to comply shall result in a Bench Minor penalty. Any unusual circumstances shall be reported to the President. **A Game Misconduct penalty shall be assessed to the coach of any team that fails to comply with this rule at the end of the game if an altercation that results in penalties of any kind is either in progress as the game ends or begins after the game has ended.**"

ARTICLE 31 - TIME OUT

Teams shall be permitted one 30 second time out during the course of each game. This shall mean one time out during regulation time, or overtime, not one for regulation time and one for overtime.

ARTICLE 32 - GAME PUCKS and WARM UPS

a) The home team shall be responsible for providing sufficient pucks for use of each team during warm-up. Each team shall confine itself to its respective side of the centre ice red line during the warm up, and any player, coach, or team official who instigates any incident by crossing the centre ice red line, or creates an incident by verbal abuse shall be subject to league discipline, which can include fines and suspensions for actions detrimental to the N.R.M.H.L.

b) Warm-up Procedures: That the clock be run for the warm-ups. All players must be off the ice at the expiration of the warm-up period, with the exception of the two players designated to pick up the pucks. A team may be given a delay of game penalty for tardy players leaving the ice surface.

ARTICLE 33 - SHAKING HANDS

Teams shall shake hands at the conclusion of each game unless otherwise directed by the official. In the playoffs teams shake hands only after the last game of each series.

ARTICLE 34 - GAME TIMING - COUNT DOWN SYSTEM

That the League adopt the count down system (time on the clock). The following fine structure is in place should teams not use this system in recording time for goals and penalties on the game sheet. First offence - Written warning from the League; Second Offences - \$25.00 fine; Third Offence - \$50.00 fine; subsequent offences - \$100.00 fine.

ARTICLE 35 - FAXING GAME SHEETS

Home team is responsible for submitting game sheets to the Commissioner, which are to be faxed no later than 2 hrs. following the completion of the scheduled game. The home team is responsible for submitting game sheets (same time frame as above). except on Sunday when they must be faxed in by 8:00 pm. Should game sheets not be received by the designate time, the following fine structure would apply.

- 1st offence - written warning
- 2nd offence – loss of points and / or 100.00 of performance bond
- 3rd offence & subsequent offences – As determined by the League

ARTICLE 36 - SWEATERS

All teams must have two sets of sweaters (Light and Dark) to be worn as follows:

- a) Home team will wear light sweaters.
- b) Visitors will wear dark sweaters.
- c) Sweater Numbers shall be the same for the home and away sweaters

- First offence - written warning ; Second offence – Possible Player suspension
- d) That any team that allows its players to change their sweater numbers after the first weekend of the season, must get approval from the League.

ARTICLE 37 - TEAM CHANGES (NAME or SWEATERS)

Teams requesting name or sweater colour changes must have all such changes approved by the League prior to said changes being permitted.

ARTICLE 38 - GOALTENDER STATISTICS

Teams must complete the goaltender statistics on game sheets. (Record Time Played for each Goaltender)

ARTICLE 39 - SKATING PAST BENCH AFTER A GOAL:

That any team that has a player(s), skate past an opponent's player's bench after that team has scored a goal shall be penalized with a bench minor.

ARTICLE 40: FACE-OFF PROCEDURES:

That the NRMHL adopt the Hockey Canada regulations, except in the last two minutes of the third period and in any overtime, whereby the face off shall allow coaches time to get players set up properly.

ARTICLE 41 - WARMUP PROCEDURES:

That the clock be run for the warm-ups. All players must be off the ice at the expiration of the warm-up period, with the exception of the two players designated to pick up the pucks. A team may be given a delay of game penalty for tardy players leaving the ice surface.

ARTICLE 42 - GAMES CALLED BEFORE REGULATION TIME EXPIRES

- a) That in the case where a game is called before the end of regulation time would normally expire, the team(s) causing the game to be incomplete will be assessed a fine of not less than \$250.00 and not more than the league performance bond. The NRMHL Commissioner will review the game and determine whether the game results will stand as played to that point; the game should replayed; or any other result. The league will determine the amount of the fine based on the above guidelines.
- b) That in the case where a team leaves the ice at any time other than the conclusion of a period, a team will be assessed a fine of not less than \$250.00 and not more than the league performance bond. Should the team not return to complete the game, the league will review the game and determine whether the game results will stand as played to that point; the game should be replayed; or any other result. The Commissioner will determine the amount of the fine based on the above guidelines.

Section 6 ALL-STAR GAME

The NRMHL will host an annual all star game and skills competition for Midget AA and A at a location to be designated. The event will be played on the same weekend and location as the Norman Development Camps are held. The event is open to player's ages 16 and 17 (second and third year Midgets) only.

The All-star game will be played on the first weekend in February, same weekend and as the Norman Development Camps are held. In conjunction with the All-star game a Skills Competition will also be held..

Any association / team can submit an application to host the event at the NRMHL Annual Fall Meeting.

The annual event for Midget AA and A

- Have AA and A both leagues participate in 2 separate events (1 or 2 locations)
- Supply jerseys or a gift for all participants
- League and host work out details on costs and revenue

That all teams must nominate a complete slate of players on the teams all-star nomination form. Any team not submitting the form completed in its entirety before the deadline may forfeit that teams players opportunity to participate.

All players participating in the all-star game shall wear his regular season home or away jersey, or matching sets as loaned by the NRMHL if available.