

2021-22
NOON HOUR HOCKEY LEAGUE
(NHL)
BY-LAWS

SECTION TWO – LEAGUE SPECIFIC RULES OF PLAY AND GOVERNANCE

202.1 EQUIPMENT

- a. Players must wear all protective equipment even shoulder pads;
- b. All players must wear CSA approved helmets with CSA Ear Piece and BNQ approved neck guard and must do so during game time as well as during practice and warm up;
- c. Goalies must wear CSA approved mask with throat protector and a BNQ approved neck guard;and
- d. When a player fails to wear or properly wear mandatory equipment at any time on the ice, an automatic one (1) game suspension will be issued.

202.2 GAMES

- a. The duration of each game shall be 50 minutes (straight time) divided into two 25 minute periods without a flood. The “hurry up 15 sec face off” will be used. A minimum break of 2 minutes shall be obligatory between periods and team will not change ends;
- b. There will be a minimum 5 min warm up before every games. Players are not permitted to go on the ice until the Zamboni door closes;
- c. The referees will start the clock immediately after the warm up is finished whether the game sheet is completed or not. Play shall not start until the game sheet is in the time keeper’s box;
- b. A time out of 30 seconds per team per game may be requested by one of the captains or assistant captains during a pause in play; and
- c. In the event that a game score is within 3 goals, the last two minutes of regulation time will be stop time.

202.3 GAME SHEETS

- a. Prior to the start of the game, it is the Team Reps responsibility to ensure the game sheet is completed properly;
- b. All players have to be registered in the NHL and each names and uniform numbers have to be legible. If a name is not legible, the players' participation will not be recorded. Uniform numbers shall not be duplicated;
- c. If there is two (2) players or more with the same last name in the team roster, their first name needs to be written on the game sheet. If not, the players participation will not be recorded; and
- d. Players coming late must ensure, with the time keeper, that they are added on the game sheet.

202.3 TIE GAMES

- a. During regular season games, ties shall stand.
- b. During post-season games, team will play 5 min 4 on 4. If still tied there will be a shootout of 5 players per team running concurrently at each end of the ice. Total goal wins. In the event of a tie in the shootout, there will be a sudden Victory shootout, one player per team running concurrently.

202.4 PLAYER REGISTRATION AND ELIGIBILITY

- a. All players must complete a registration form. Civilian and Class A off duty must complete the Liability Waiver;
- b. After the deadline for registration is passed, the Teams Reps will meet and draft players into teams. If a registration forms are received after the deadline, the League President and Vice President will assign the players to teams; and
- c. To be eligible in the playoffs, players must play a minimum of 7 games during the regular season with the exception of TD, Course, Deployment, Posted in, Medicals or any other unusual circumstances. Request must be made in writing or e-mailed to the Mil Sports Coord & League President. Once the playoffs have started, no more requests will be accepted for consideration.

202.5 GAME CANCELLATION

- a. Team representatives must provide a minimum of 24 hours notice for all League game cancellations to the Mil Sports Coord, League President, Vice President, all team Reps and Chief Official. Any cancellations submitted with less than 24 hours notice will be considered a forfeit with the exception of Wing Recalls, Op Evals and any other Wing Operational requirements; and
- b. If a Team Rep do not contact the Mil Sports Coord, League President, Vice President, all team Reps and Chief Official prior to the scheduled game, it will be considered as a “no-show”. Disciplinary measure will be taken IAW the Intersection & Community Recreation Sports Program Constitution.

202.6 TEAM SHORT OF PLAYERS

- a. If a team does not have the required number of players to complete its line-up (5 skaters and 1 goalie), team may pick up players from the opposing team. The opposing Team Rep must agrees. If Team reps cannot agree, the short bench will lose by default;
- b. Only players scheduled to play that day are allowed to be picked up. You cannot source players from other teams except goalies;
- c. If both teams have a limited roster for the game, it's both Team reps responsibility to meet and determine the way forward. The teams can distribute players equally and continue with an officiated game. No games shall be played with less than 3 players on each team;
- d. If at the end of the first period, one team is ahead by 5 goals or more, the team reps should consult and re-divide the players before the start of the second period in order to make the game more competitive; and
- e. Goaltenders may play for other teams in time of need but must remain dedicated to their respective team unless officially released from their team IAW Intersection Sports Constitution, Section two, Article 202.

202.7 PLAYING RULES

The League shall play in accordance with Hockey Canada rules, with the following exceptions:

- a. No player may score more than three goals per game, score will not count;
- b. Body checking is not permitted at any time;

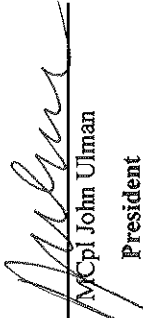
- c. Shooting/Faking a shot with the blade of the stick above the normal height of the knees is prohibited and when it occurs, play shall be stopped and the ensuing face-off shall be moved to the offending team's zone face off circle;
- d. Any player receiving an abuse of official call will be automatically suspended. The duration of these suspensions are:
 - First offence: (3) games
 - Second offence: the case will be staffed to the WSDC with the recommendation of a 7 games suspension
 - Third offence: the case will be staffed to the WSDC with the recommendation of eligibility being reviewed for 1 season
- e. Any player receiving a misconduct penalty in the last 10 min of the last period will also be assessed a minimum of 1 game suspension;
- f. A player receiving a second misconduct penalty in the same game will automatically be assessed a game misconduct penalty per Hockey Canada and be suspended from further League play until the League President investigates the incident;
- g. Any player or team official incurring a "Gross Misconduct or Match Penalty" shall be ordered to the dressing room immediately, for the balance of the game, and will not be permitted to take part in any further games until his/her case has been dealt with by the league executive. Any incidents relating to Operation Honor will be called as a Gross Misconduct and reported to the WSDC for review;
- h. Any player receiving a major and game misconduct shall be ordered to the dressing room for the remainder of the game. They will also be assessed a minimum of 1 game suspension;
- i. Any player receiving a penalty involving an attempt to injure infraction will be ejected from the game. The player will be given a minimum five (5) game suspension. The incident will be assessed by the League Executive to determine if further action is warranted.
- j. Should a suspended player wish to appeal a suspension, it must be submitted in writing to the League Vice President within 2 working days of receiving the suspension. No player may participate while his/her suspension is under appeal. The League Vice President will then forward the appeal to the Mill Sports Coord who will forward to Wing Sports Disciplinary Committee for consideration and further action. Note: Official's judgement calls are non-disputable IAW CAF Ntl Rule book Chap 4, Disputes para 9.

Note: Official's judgement call are non-disputable LAW CAF National Rule Book Chap 4, Dispute para 9, page 4-9-15

202.8 FIGHTING

a. Fighting within the 8 Wing/CFB Trenton Noon Hour League will not be tolerated. Any player receiving a fighting penalty will be ejected from the game. The player will be given a minimum three (3) game suspension for 1st offence, a minimum five (5) game suspension for 2nd offence and 3rd offence will be suspended from the League for the season, including playoffs. All incidents will be investigated by the League Executive and forwarded to the WSDC for revue or action to determine if additional Games will be awarded.

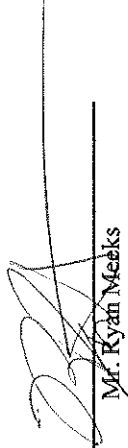
b. If a fight occurs, all other players except goaltenders shall immediately retire to their respective benches or to a neutral zone designated by the referee until called back to resume play. The goalkeepers must stay in their respective goal crease or proceed to the neutral zone designated by the referee. Any player(s) refusing to do so and becomes involved in the incident will automatically receive a game misconduct and be suspended until the League Disciplinary Committee investigates the incident.


MCpl John Ulman
President

Dec 14 2021
Date

Mil Sports Coord

Comments: Recommended/Not Recommended


Mr. Ryan Meeks
Mil Sports Coord

Dec 14 2021
Date

Mgr Fit & Sports

Comments: Approved/Not Approved


Mrs. Kendra Lafleur
Mgr Fit & Sports

19 Jan 22
Date

