

Edited by: Kory Gray
November 6, 2018

CONSTITUTION

ROHL - Regional Oldtimers Hockey League

2018-19 OPERATING COMMITTEE

General Manager: Kory Gray

Convenor: Ray Eng (Statistics, Time-Keepers)

Advisor: Denny Gray, Ken Jeung

TEAM SPONSORS AND REPRESENTATIVES:

Corpap: Dean McNeill (Rep: Gary Coupland)

Royal LePage: Tom Bozanis (Rep: Scott Kimura)

Sitco: Vic Ambrosino (Rep: Mark Kimmerly)

Skyline: Richard Gilmour (Rep: Rob Burns)

LEAGUE SPONSORS:

Blue Lake Castle: Maarten Melchior

Pro-Bel: Marc Lebel

MISSION

Regional Oldtimers Hockey League exists to provide players with a safe, social and satisfying recreational hockey experience with three objectives fun, fellowship and fitness.

1. LEAGUE TITLE

(1) The League title is the "Regional Oldtimers Hockey League" (referred to henceforth as "ROHL").

(2) This title will be used for all communications, agreements, and financial and affairs related to the League.

(3) League title, ROHL logo and letterhead shall be used exclusively by or with the approval of the General Manager.

2. OPERATING COMMITTEE / GOVERNANCE

- (1) The Operating Committee will consist of a General Manager, Convenor, Advisors, four Team Representatives and four Team Sponsors. At least two members of the Operating Committee will be placed on each team.
- (2) A consensus-building model of deliberation will be adhered to whenever possible. However, in cases where no consensus can be reached, the General Manager reserves the right to take initiatives and make final and binding decisions for the benefit of the league as a whole.
- (3) Only the General Manager has the authority to enter into or approve any business agreements, contracts or appointments under the ROHL name.
- (4) Only the General Manager shall speak or act on behalf of the League in any contacts with arena workers, civic representatives or the media.
- (5) The General Manager will endeavour to communicate regularly with all members of the Operating Committee and with all players regarding League matters.
- (6) The General Manager may, from time to time, take such disciplinary action, as deemed necessary to maintain a safe environment for the League members can enjoy playing recreational hockey. A decision by the General Manager is final.

3. FINANCES

- (1) The General Manager is accountable for the League's finances.
- (2) The General Manager will strive to offer players the best value for their fees by maintaining a reasonable surplus of funds in the League bank account.
- (3) League cheques and contracts will require the signature of the General Manager.
- (4) Referees and timekeepers will be reimbursed by the General Manager.
- (5) Players, suppliers and contractors will be reimbursed for any pre-approved League business expenditures they incur upon proper documentation being presented.
- (6) Seasonal fees will be established as early as possible prior to registration. Generally, they will be non-refundable but reasonable exceptions may be dealt with by the General Manager.

4. PLAYERS RIGHTS & RESPONSIBILITIES

- (1) Players may expect respectful, social and satisfying recreational hockey experience for their league fee.
- (2) Players may expect that any serious suggestions they have to improve the League or how to deal with incidents will be duly considered by the Operating Committee, provided that their suggestions are offered in written form, either by letter or through e-mail. It is recommended that any suggestions be submitted after through the Team Representatives or Sponsors.

- (3) Players are expected to play games regularly and support their teammates. A player who is unable to fulfill his commitment should notify his Team Representative or Sponsor with the view to obtaining a short or long-term substitute of equal caliber. Every effort will be made to reimburse such a player on a pro-rated basis if a substitute is found.
- (4) Players who miss three consecutive games without reasonable explanation may be replaced without compensation at the discretion of the Operating Committee.
- (5) Goalies, Team Representative or Sponsors are responsible for making certain that a replacement has been arranged for goalies in the event they are not able to attend a game. Goalie annual fees have been adjusted to take this responsibility into account and they have been provided with lists of substitutes to assist them in finding a suitable replacement.
- (6) Players are expected to wear suitable, CSA approved equipment. Helmets are mandatory along with full cage / visor or half visor be properly secured with a chin-strap..Players who wear a helmet with a half visor must wear a mouth guard during all on-ice activities. **Neck-protectors are highly recommended and encouraged by the ROHL.**
- (7) The ROHL is a senior, recreational league. Hence, while striving to maximize competition, all players should be responsibly cognizant of their own abilities and limitations and respect the same in their teammates and opponents.

5. PLAYER ELIGIBILITY / REGISTRATION PROCEDURES

- (1) A player must be thirty-five (35) years of age as of the commencement of the season. An exception will be made for goalies (including substitute goalies). Proof of age must be presented at the time of first registration. Other player exceptions could be possible with the General Manager's approval.
- (2) Players who are currently registered in the League may pre-register for the following season by a date to be specified by the General Manager.
- (3) A waiting list will be maintained. If a permanent opening arises on a team during the season, it will be filled by a player from the list.
- (4) Any player who leaves the League but wishes to return will be given priority but must apply at registration or work through the waiting list.
- (5) Substitute players must be approved and placed on a roster only by the General Manager.
- (6) Toronto residency quotas require that priority be given to player applicants who live or own property or businesses in the City.
- (7) Registration procedures for the next season will be announced in March. Current players who wish to re-register must make their commitments known by the specified deadline. (Exceptional circumstances will be taken into account by the General Manager.)

6. TEAMS / SPONSORS

- (1) Each team roster will consist of a combination of sixteen full-time and/or part-time players positions including goalies.
- (2) To maintain competitiveness and sportsmanship, team roster balancing may be necessary during the season. Players designated to change teams as part of the balancing procedure must report to their new teams immediately upon notice from the Operating Committee.
- (3) Team sweaters will be used for only one (1) season. Players may keep their team sweater and hockey socks at the end of the season.
- (4) Players are urged to support the League Sponsors whenever possible to demonstrate appreciation for their assistance.

7. OFFICIALS

- (1) The Operating Committee will be responsible for appointing and remunerating Referees, Timekeepers and other officials who may be deemed necessary.
- (2) Normally, two Referees will be assigned to supervise each game.
- (3) The Timekeeper will maintain game sheet records in addition to running the clock. The General Manager and Convenor may assign other duties to the Timekeeper as necessary throughout the season.
- (4) The Referees are in charge of a game and their decisions and directives shall be followed. Serious controversies may be dealt with after the fact by the Operating Committee.
- (5) Players may expect a clarification of a ruling or call if requested in reasonable fashion through the team officials (ie. Team Captains, Team Representative or Sponsor).

8. GAMES

- (1) A complete game will consist of three periods. Two 15-minute periods followed by one 20-minute period unless circumstances dictate otherwise. Please note all periods will be stop-time. Also, note that the first game of the night must end at 8:30 p.m. and second game at 10:00 p.m. whether or not all 20 minutes of the third period have been played.
- (2) For a result to be valid in the standings, a game must have been played for a minimum of thirty-five minutes.
- (3) A minimum warm up of at least three minutes will be allowed prior to the start of each game.
- (4) A team should have at least 8 roster players (7 skaters and 1 goalie) at the start of a game. A team with less than 8 roster players must default. Adding ROHL players from other teams to the roster to play is acceptable but the game is still a default. It is the responsibility of the Team Sponsor and/or Team Rep to inform the opposing team, timekeeper and referees that a default

has occurred prior to the start of any game in which one team does not 8 roster players. For the purpose of league standings, all defaults will be recorded as a 1 to 0 win in favour of the non-defaulting team. If two opposing teams are both in a default situation, each will receive a recorded 0 to 1 loss.

(5) Should a goalie not appear on time to commence play, or is injured during a game, and a properly equipped substitute is not immediately available, a regular player on his team may replace him as the "sixth skater". However, that player must use a regular stick and is not permitted to catch or hold the puck in his hand when protecting his net nor play or stop the puck with the stick blade above his waist.

(6) The "mercy rule" of straight running time will come into effect for the last five minutes of a game where the goal spread is five or greater. If the spread becomes less than five in those last five minutes, the clock will revert to stop-time.

(7) The clock will be stopped to allow for a penalty shot.

9. STANDINGS & AWARDS

(1) Two points are awarded for a win, one point for a tie per First and Second Series for the 9 Round Robin Games. This moves to four points for a win and 2 points for a tie during the 3-playoff games per series. The Final yearly 3 games (super Series) will consists of a 3 games total of goals for and against placement.

(2) Each season will see an Overall Winner and First and Second Half Winners.

(3) A team may win only one standings award.

(4) Individual achievement awards may be presented as deemed appropriate by the League Executive.

(5) If two or more teams are tied in the standings at the end of the season or a half, the tie will

be broken as follows: (1) The win-loss records between or amongst the teams that are tied

(2) The plus-minus factors of the teams (3) The highest scoring team (4) The team with the

fewest goals against (5) Operating Committee decision for any other possibilities.

10. HELMET AND MOUTH GUARD POLICY

All ROHL players will be required to wear properly fastened C.S.A. approved helmets with a full cage / visor or half visor properly secured with a chin-strap during all on-ice activities. Players who wear a helmet with a half visor must wear a mouth-guard. A player who does not comply with this policy will not be allowed to participate in ROHL games.

11. ZERO TOLERANCE UNSPORTSMANSHIP POLICY

The ROHL is committed to a safe and respectful game environment for players, timekeepers, referees. To ensure that such environment exists, the ROHL supports and will enforce a Zero Tolerance Unsportsmanship Policy that protects these participants from any form of harassment or abuse coinciding with “12. GENERAL RULES / PENALTIES (9) Major Unsportsmanship Conduct / Abuse of Officials Penalty”. Anyone violating the Zero Tolerance Unsportsmanship Policy will be subject to further action which may include multiple game suspensions or expulsion from the league at the discretion of the General Manager and Operating Committee.

12. GENERAL RULES / PENALTIES

(1) The ROHL shall be governed by the rules of the Canadian Adult Recreational Hockey Association (CARHA), except as noted.

(2) The ROHL is a non-contact league. Body checking is not allowed. Players must play the puck at all times. Accidental, incidental contact of a minor nature may be overlooked, if in the judgment of the referee, it appears not to have been initiated by any one player. Defensive players may hold their vertical positions, pivot or laterally skate into open ice to block a puck carrier without incurring a penalty, providing a body check does not result. A puck carrier may not deliberately skate through a defensive player. Normally, benefit of the doubt will go to the puck carrier. Riding a player off with the body along the boards is not permitted. Penalties, Minor body contact — 2 or 4 minutes at the discretion of the referees. Body check — game misconduct; automatic one game suspension; five-minute team penalty. Extremely rough play / Intent to injure / fighting — game misconduct; automatic three game suspension with Operating Committee review toward further sanction; five minute team penalty. A goalie receiving a game misconduct will be allowed to complete the game if a replacement is not available but will serve the designated suspension the following week(s) or as directed by the Operating Committee.

(3) If an attacking player physically comes in contact with the opposing goalie while trying to screen him and the goalie is inside his crease, the play will be stopped immediately and a faceoff will occur outside the blueline of that zone. If a goalie has possession of the puck in his crease and stick contact is made by an attacking player, the play will be stopped immediately and the faceoff will be brought back to the attacker's zone.

(4) Slap-shots or fake slapshots (for the purpose of intimidating an opposing player and/or opposing goalkeeper) are not permitted. An action is considered to be a slapshot if the player brings his stick more than 15 inches behind the puck. Snap-shots are allowed if the stick is brought back no more than 15 inches either on or off the ice and the puck is shot in a wrist shot fashion. Referees will stop play on any slapshot attempt (fake or real) and will force a faceoff in the end of the offending team. Any contact with the raised stick on an opponent in the act of taking or faking a slapshot will result in a minor penalty. Referees have the discretion to impose

either a minor or major penalty if it appears the shooter is taking or faking a slapshot in anger with the possible intent to injure an opponent or intimidate beyond reason.

(5) Players must carry their sticks and use them in a safe manner at all times. A high sticking penalty will be called if a player attempts to check or bat the puck down with his stick above his waist. A goalie may make a save with his stick above his head but he may not use it to deliberately bat at the puck over his head or after throwing it out of his glove. Penalty - 2 minutes or 4 if blood is drawn on an opponent unintentionally.

(6) A broken stick must be dropped immediately and safely. Penalty - 2 minutes.

(7) A player who loses his helmet must immediately abandon the play, retrieve his helmet if possible and return to the bench to reattach it. Chinstraps should be tight. Penalty - 2 minutes.

(8) A player who is found to be using illegal or unsafe equipment after a prior caution must leave the ice and rectify the situation before resuming play. Penalty - 2 minutes.

(9) Major Unsportsmanship Conduct / Abuse of Officials Penalty — Ejection from the game and possible additional game suspensions, subject to review of the incident by the General Manager and Operating Committee. Specific reasons that the penalty can be invoked by the referee. The reasons could also be profane language, intentional physical contact or a prolonged verbal challenge to the referee's call that results in a needless delay of game. Asking for clarification of a call is fine but a heated argument about the call is not acceptable.

(10) Coincidental minor or major penalties will not result in a short-handed situation. The penalized players may return to the ice at the first stoppage of play after their penalties have expired. When a player receives an additional minor penalty in a coincidental situation, his team plays shorthanded for the first two minutes. A designated teammate sits in the penalty box with him for the first two minutes and returns to the ice when that first penalty expires. If a goal is scored during the first two minutes, that penalty is cancelled and the second minor begins at the resumption of play. The opposition player receiving the one minor must wait for the first stoppage in play after his penalty before returning to the bench.

(11) Any team displaying rough play and bordering on a lack of collective discipline will be given due warning which, if ignored, will result in a forfeit and possible suspension of team play.

(12) A player receiving three minor penalties in a game will be ejected from the remainder of that game. Delay of game penalties (i.e. closing the hand on the puck) will not be counted towards this limit.

(13) A game misconduct penalty incurred within the final ten minutes of a game will lead to a one game suspension.

(14) Suspensions may be carried over into the next season at the discretion of the Operating Committee.

(15) The center red line is not used and any pass from one end of the ice up to the opposing team's blue line will be considered legal. Similarly, icing is called when the puck is shot from behind one blue line and passes over the opposing team's goal line.

(16) Players may not go on the ice while the ice-refinishing machine is operating.

(17) Players risk suspension or expulsion from the League if they ignore the City's bylaws pertaining to smoking and the consumption of alcoholic beverages in the Malvern Recreation Center.

(18) All players must be out of the dressing rooms within 30 minutes of the completion of their games.

13. COMMUNICATING WITH THE LEAGUE

All official communication with the league should be via email to the General Manager.

Kory Gray: rohl.hockey@gmail.com

14. AMENDMENTS

The ROHL Constitution is posted on the league website at www.rohl.ca may be amended as necessary by the General Manager.

The ROHL Constitution should be reviewed yearly in September at our Team Drafting event, which also serves as our Annual General Meeting (AGM).