



NSWC Snr. Men's Hockey League
Official League Rules and Regulations
2011/2012 Season

League Philosophy

It is the philosophy of the North Shore Winter Club Senior Men's League to provide a social and competitive recreational league accessible to any player of any skill level.

The goal of the governing Hockey Committee is to ensure a league comprised of balanced and equitable teams, to foster a spirit of competitiveness among members, and to welcome new members into a friendly and highly social hockey focused organization.

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Canadian Amateur Recreational Hockey Association Rule Base



The NSWC Senior Men's Hockey League operates under the guidelines and official rule book of C.A.R.H.A., the popular governing body of most amateur recreational adult leagues in Canada. All regular guidelines of C.A.R.H.A apply with the exception of the amendments listed within this document.

The current rule book of the C.A.R.H.A. is found at
<http://www.carhahockey.ca/162/tools-services>

Regular Season Game Format

Each Regular Season game will observe the following format, beginning at the official game start time as posted on the NSW Senior Men's web site:

- Three (3) minute pre-game warm up
- Two (2) Twenty Seven (27) minute half's
- One (1) minute Half Time
- Stop Time for the duration of the game with the exception of the last two (2) minutes. If in the last two minutes of a game there is a two goal difference the last two minutes will be played stopped time. The trailing team will place a player in the time keepers box and operate the clock. The team operating the clock will be given a minor penalty for unsportsmanlike conduct should the on-ice officials deem appropriate.
- Each team has one (1) 30 second time out during regulation time
- The score at the end of regulation time is the official score.

Team and Player Eligibility

Team Eligibility

To be considered a complete team and eligible for play the following must be present six (6) hours prior to game time, at the start of the game and for the duration of the game. Players must be signed in to the NSW Snr. Men's web site to be considered for eligibility.

Team Eligibility Requirements

1. A minimum of Six (6) players who are official members of the roster
2. One (1) goaltender
3. Team jerseys uniform in colour and not in conflict with the opposing team's colour. In the event of a colour conflict the Home Team must arrange for alternate jerseys.

Goaltenders may be substituted in no later than ten (10) minutes following the official start time. During this time the affected team may have on the ice one (1) extra defenceman who will be bound to his defensive zone only.

Delay of Game Penalty

Following the 3 minute warm up the game clock is started. A team not meeting the eligibility requirements in any way at the end of the 3 minute warm up will be granted a further seven (7) minutes of game time (a total of ten (10) minutes following the official start time) to meet the requirement. Said team will receive a minor penalty for delay of game should they manage to meet the eligibility requirement before the end of seventh minute.

Forfeits

A team deemed ineligible will forfeit the game to the opposing team and suffer a loss of 1-0. If neither team can meet the Team Eligibility requirement the game is considered NULL and no points are awarded.

Use of Spare Players

A Spare player is defined as any player participating in a game as a member of a team which is not their assigned team for the season. Goaltenders are excluded from spare player limitations and adjustments to point earnings during the regular season.

Only under these circumstances may a player participate in a game for a team not their own:

1. Spare players must sign up to play no earlier than six (6) hours prior to the game start time. Spare players must only sign up for teams with nine (9) or fewer signed in players. A Spare player signed up under these guidelines is considered an active member of the roster for that game and can not be removed by the team officials.
 - a. Walk-On Players
A Spare player that was not signed up prior to game time (a.k.a "Walk-Ons") must forfeit their position should any player that is signed up arrives before the clock starts to begin the second half of the game. Following the start of the clock for the second half the Walk-On spare player is official and the late player is not.
2. A team is limited to dressing no more than two "A", and two "AA" players including spares. A team that dresses and plays more than two of either designation will forfeit the game.
 - a. The team employing spares may not dress more "A" players, nor more "AA" players than their opponent, unless said players are members of the team's official roster.
3. A team is limited to dressing no more than three spare players in any one game. A team that dresses and plays more than three (3) spare players will forfeit the game.
4. A team employing one or more spare players is limited to ten (10) dressed players in total.
5. During Playoffs and Championship games spare players are not allowed.

Adjusted Point Earnings

The Captain of the team employing spare players acknowledges that the points awarded for a win or tie will be adjusted accordingly:

1. The team employing the spare player who is designated "A" or "AA" will forfeit one (1) point in the event of a win earning no more than one (1) point for that win, or one (1) point for a tie. If the opponent team also employs spares designated "A" or "AA" then neither team shall be awarded more than 1 point for a win.
 - 1.1 Spare goaltenders of any designation, and spare players designated "B", "C", or "D" have no negative effect on the points awarded.
 - 1.2 A player's designation of "A" or "AA" is indicated as "*" or "**" respectively on the NSW Senior Men's League web site.

A Message from the Hockey Committee Chairman:

This message is to refresh everyone's mind about signing up to play your game, spare rules and signing up to spare for another team.

Players have 10 full days to sign up for their respective games...the spares have only 6 hours, if you sign in for your game with less than 6 hours to game time your name will appear in red.

If your team has too many players after the spares sign in, it is your tough luck if you get sent home if you were negligent in signing up FOR YOUR OWN GAME in a timely manner. The spares are guaranteed a spot to play.

If the team player participates with more than the allowed players, for example:

Your team has 7 players signed up, and 3 spares and then you sign up making you the 11th player after the spares and you play the game it will be an automatic loss for your team because you played with more than the allowed players. If both teams are short and there are spares signed up and there is still room, then you are fine.

As a spare player we suggest you print the page as evidence that you did sign up before the TEAM player filled all the spots.

It is simply unfair to send the spare home after he gets dressed because the team players were negligent in signing up to play their game with a 10 day window.

As for which team the spare plays for if both teams need players would be as follows:

The team with the fewest players take the 1st spare player in order of sign up until the teams are even, if there are spare players remaining and there is still room on the teams then the HOME team takes the next signed in spare in rotation until all eligible spare players are distributed.

Alternatively, the teams are free to balance the spare as they see fit as long as they are distributed fairly if both team representatives agree. The standard spare rules still apply as for A and AA rated players.

Ken Wong
Chairman

Stick Infractions

A stick infraction within the NSWC SMHL is dealt with as a double minor penalty. A stick infraction includes any of the following penalties as defined by C.A.R.H.A.: High Sticking, Cross Checking, Slashing

In the event of a Stick infraction the resulting face-off will be carried out in the offending team's end.

Gross Misconduct

All players participating in NSWC Senior Men's Hockey are implicitly bound by the standards of conduct associated with the North Shore Winter Club. A player's behaviour both on and off the ice is expected to reflect the utmost in decorum and respect for all participants and officials.

The Gross Misconduct penalty implies that a participant has failed to meet this requirement by way of their actions anywhere on the North Shore Winter Club property at any time prior to or following a NSWC Senior Men's Hockey Activity.

1. On Ice Gross Misconduct

Participants deemed to have committed Gross Misconduct by the on ice officials are subject to an immediate game ejection.

Examples of On Ice Gross Misconduct:

- Uttering of threats of violence toward players, officials or participants
- Excessive force or contact with another player or participant
- Any force or contact with on ice officials

The NSWC Senior Mens Hockey Committee will review the circumstances of the Gross Misconduct within seventy two (72) hours and rule on further consequences including but not limited to:

1.1 Suspension from Game Play

Suspension resulting from Gross Misconduct will mean a minimum of one (1) game with a maximum of six (6) games without participation in any way.

Participation of a suspended player includes presence on the team bench during game play.

2. Off Ice Gross Misconduct

Participants deemed to have committed Off Ice Gross Misconduct any time prior to or following a NSWC Senior Men's Hockey Activity are immediately suspended from all activities pending the review of the NSWC Senior Men's Hockey Committee. The committee shall not be bound by a time requirement on their decision and the participant shall remain suspended from participation until provided with a ruling.

Examples of Off Ice Gross Misconduct:

- Uttering of threats of violence toward players, officials or participants
- Excessive force or contact with another player or participant
- Damage to property both personal or private

In the event of an Off Ice Gross Misconduct the NSW Senior Men's Hockey Committee may rule on further consequences including but not limited to:

2.1 On Ice Gross Misconduct Penalty

Participants guilty of Off Ice Gross Misconduct may be subject to any consequence listed under Section 1: On Ice Gross Misconduct

2.1 Indefinite Suspension

The NSW Senior Mens Hockey Committee may rule that an indefinite suspension is warranted. In the case of an indefinite suspension a player must forfeit all association with the NSW Senior Men's league for the duration of the season at minimum and may be suspended from future seasons if so determined by the committee.