



Thunder Bay Adult Hockey League Constitution

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***All rules referenced in this document can be found in the CARHA Hockey Rule Book*

Part 1.

Rules Overview

CARHA Hockey rules will apply unless otherwise stipulated in the Thunder Bay Adult Hockey League (TBAHL) rule package. The following TBAHL rules either supplement or negate the rules in the CARHA Hockey Rule Book.

TBAHL League Officials

TBAHL officials include both on-ice and off-ice officials and staff. These officials and staff are suitable to submit evidence regarding league matters if required.

Team Representatives

All teams must designate a team representative and an alternate representative. The team representative will be responsible for submitting payment by the required dates. Team representatives will provide all registration paperwork, as well as a full team roster form.

Insurance

As a member of the TBAHL, players are automatically registered as a CARHA Hockey member providing each with \$10 million liability and on-ice accident coverage. For more information on this policy, please contact CARHA Hockey at 1-800-267-1854 or hockey@carhahockey.ca

League Payment Policy

The TBAHL requires its teams to provide payment by three specific dates. The first installment of \$450 is due immediately to reserve a spot in the league. The second installment must be paid by the first game of the season. The third installment must be paid by the end of May.

Teams must make payments on or before the payment dates outlined. Failure to do so will result in a team losing their spot in the TBAHL.

Teams will pay (in addition to any bank charge payable) an administration fee of \$75.00 for any cheques that bounce.

Facility & Dressing Rooms

Teams may be subject to a fine if they do not follow the dressing room guidelines and timelines. Additional clean-up, damages beyond the normal wear and tear, and/or excessive time in the dressing room will be billed directly to the individual team.

Smoking & Consumption of Alcohol

The TBAHL operates under a **zero tolerance** method when it comes to smoking and the consumption of alcohol in the dressing rooms. Failure to comply by these rules could lead to the team being removed from the TBAHL for the remainder of the season.

First Aid Supplies

The Thunder Bay Tournament Centre provides first aid supplies but it is highly recommended that teams supply their own first aid kit as a primary resource in the event of injury.

Game Cancellations or Delays

TBAHL officials may stop, cancel or delay the game in the event of poor ice conditions or other concerns related to player safety. Should both team representatives agree that the safety of their players is in danger, they too have the right to stop or cancel the game. Rescheduling games will be at the discretion of the TBAHL.

Lineups & Statistical Corrections

It is the responsibility of the team representative to ensure that player numbers are entered correctly on the game sheet, and that only players who are present are accounted for. If a player arrives after the start of the game, it is the team's responsibility to identify the player to the timekeeper to ensure they are registered for that game.

Requests to correct statistical data on the game sheet must be submitted by the team representative either during the game or after once they have received approval from the referees.

Protective Equipment

All protective equipment except gloves, head gear or goalkeepers' leg pads, must be worn entirely under the uniform. Leather elbow patches on the outside of the sweater and palmless gloves are prohibited. After one warning by the Referee, a Minor penalty shall be imposed on the offending for violation of this rule

Players must wear full equipment including a CSA certified helmet. Goalies shall be required to wear a CSA approved hockey helmet. It is recommended that all goalkeepers wear a throat protector and a CSA approved facial protector. It is recommended that players wear either a visor or cage as well as a mouthguard. Note: Players should be aware that there are insurance restrictions for players not wearing full facial protections. For more information, please consult the CARHA Hockey Rule Book.

Should the helmet of a player come off while play is in progress, such player may replace the helmet properly fastened and continue in the play or proceed to the player's bench for substitution. If such player participates in the play in any manner without his helmet, play shall

be stopped immediately and the player assessed a Minor penalty. The penalty shall be assessed for participation in the play without the proper protective equipment.

Team Jerseys

Teams must have at least one full set of matching jerseys with different numbers for all players participating in the game. We highly recommend that each team has two sets of jerseys, one light set and one dark set.

All players must have a number on their jersey. Blank jerseys will only be acceptable for one player and the goalie.

Minimum Number of Players

A team must have the minimum amount of players to start a game. This is the six players listed in Rule 15 a).

Player Eligibility & Roster Limitations

Players must be at least 19 years of age in order to participate in the TBAHL. In the 35+ Division, players must be at least 35 years of age in order to participate.

Teams must have no more than eighteen (18) skaters and two (2) goalies on the roster.

Players and goalies may not register for more than one team in the TBAHL. However, if a team is short and requires a goalie, other TBAHL goalies are able to substitute for that team. If the team that is short does not have six full-time roster players, it may result in a forfeit (game will still be played).

For a player to be eligible to participate during the playoffs, a player must have played a minimum of three (3) regular season games with the team they wish to play for in the playoffs. For a goalie, they must have played in a minimum of two (2) regular season games to be eligible to play in the playoffs. In the event that a team's full-time goalie has a legitimate reason for not being able to play a playoff game, a team may be allowed to use a spare goalie that is of a similar caliber after approval from the TBAHL.

The TBAHL reserves the right to refuse any player entrance into the league.

The TBAHL reserves the right to remove any player from the league.

The TBAHL reserves the right to default a game if a team brings out a spare that is of an unreasonably and noticeably higher skill level than the league standard.

The TBAHL reserves the right to default a game if a team brings out an ineligible spare for a playoff game.

Players who have signed a professional contract are not eligible to play in the same hockey season (Rule 16. B).

Fans & Coaches

The team representative is responsible for the conduct of the team's fans and coaches. Should the conduct of the fans or the coaches be deemed inappropriate, the on or off-ice officials may tell the team representative to ask them to leave the arena. Unsportsmanlike penalties and suspensions will be assessed in the event that the inappropriate conduct should continue.

On-Ice Game Officials

Game officials shall be on the ice as soon as the Zamboni is off and shall remain on the ice until both teams have left the ice surface.

Game Timing

The game clock will start at the 26:00 minute mark when the Zamboni is off the ice and the rink doors are closed.

Warm-Up: 2.5 minutes – whistle is blown at 23:30 minute mark

1st Period: 23 minutes run time

2nd Period: 23 minutes run time – will start as soon as 1st period ends

Games that end in a tie will remain a tie unless it is the final game of the playoffs. If this occurs, each team will choose three shooters to shoot. If still tied after the three shooters, teams must choose new shooters until everyone on the roster has taken a shot. Once everyone has taken one shot, players are allowed to shoot again.

The referee has the discretion to stop the clock due to injury, ice problems, rule explanations, etc.

Game time will stop during a penalty shot and will resume after the shot has been taken.

Stop time will take effect during the last minute of the second period when the score differential is one goal or less.

Teams will **not** switch ends between periods. A team will defend the end that is closest to their team bench for the entire game.

Icing the Puck & Two Line Passes

The icing marker will be the defensive zone blue line, not the red line.

Icing will be called even if the puck travels through the goal crease.

Two-line passes are **legal**.

Time-outs

There are no time-outs allowed in any games.

Part 2.

Penalty Recording Procedure

Minor - 3 Minutes, Double Minor - 6 Minutes

Major - 7 Minutes

Misconduct - 12 Minutes (= 3 Penalties)

Game Misconduct - Immediate Ejections (=3 Penalties)

Game Ejection - Immediate Ejection (=1 Penalty)

Gross Misconduct - Immediate Ejection (=5 Penalties)

Match - 7 Minutes + Immediate Ejection

****A player who receives three (3) penalties in one game will be penalized with a Game Misconduct. This may carry a suspension depending on the number of occurrences.**

Game Ejection

Instead of penalizing a team, referees have the option to issue game ejections for players who are causing a disturbance. This may carry a suspension depending on the reasoning but does not automatically result in a suspension.

Fighting

Fighting, Rule 59 (a) - A Match penalty shall be assessed to any player who is identified by the referee as the instigator or aggressor in a fight. The opposing player may then be assessed a Match penalty if he fights back or continues the altercation, a Minor penalty for roughing, or no penalty at all, depending on the circumstances.

(Note 1): If two players throw the first punch simultaneously, then both players will receive Match penalties.

Slap Shots

Slap shots will be permitted in the 19+ Division.

Slap shots (Rule 79, a) will not be permitted in the 35+ Division. Any player who uses a "slap shot" during the game shall be assessed a Minor penalty. If an injury to an opponent results, a Major penalty shall be assessed.

***Note:** The use of a "snap shot" has been authorized by the CARHA Hockey Rules Committee. The "snap shot" is to bring the stick back behind the puck a maximum of fifteen inches either on or off the ice and to shoot the puck in wrist shot fashion.

A player who uses the action of a Fake Slap Shot for the purpose of intimidating an opposing player and/or opposing goalkeeper shall be assessed a Minor penalty (Rule 79, b).

High Sticking

High Sticking Rule 62 (a) - A Minor penalty shall be assessed to any player who checks an opponent or intimidates an opponent while carrying their stick above the shoulder height of their opponent.

A major penalty or a match penalty at the Referees discretion shall be assessed to a player who intentionally contacts a player with a high stick.

Any accidental contact to the head with a high stick shall result in a double minor penalty. Accidental contact with a high stick to anywhere else on the body shall result in a minor penalty.

If a player contacts the puck with a high stick, the whistle will blow immediately and the faceoff will be moved to the offending team's end.

Body Checking

A Minor or Major penalty, at the discretion of the Referee, based upon the intent and the violence of the impact with the opposing player, shall be assessed to any player who intentionally bodies, pushes, shoves, stands in front of an opponent for the purpose of making contact, and/or does not avert body contact with an opponent. When injury results from intentional body contact a Major penalty shall be assessed.

- Rule 49 (b) - In the event that a player, by committing an infraction of the rules, causes an opponent to collide with the boards, the Minor penalty normally assessed under the rules will be waived and a Double Minor penalty shall be assessed. The Major and/or Match penalty applicable to the rule, will be assessed in the normal manner.

(Note): The Double Minor penalty assessed under this rule shall count as two (2) penalties in the application of the three. Penalty Rule (Rule 28 (f)).

- Rule 49 (c) - Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

Head Contact

Rule 50. Head Contact

If a stick is used on contact this infraction falls under Rule 62 – High Sticks

(a) A Minor penalty shall be assessed to any player who accidentally contacts an opponent in the head, face or neck with any part of the player's body or equipment other than a stick.

(b) A Double Minor penalty or a Major penalty and a Game Misconduct penalty, at the discretion of the Referee and based on the degree of violence of impact, shall be assessed to any player who intentionally contacts an opponent in the head, face or neck with any part of the player's body or equipment other than a stick.

(c) A Match penalty shall be assessed to any player who deliberately attempts to injure or deliberately injures an opponent under this rule.

Suspensions Overview

TBAHL players may be suspended for any injurious, dangerous or objectionable on/off-ice offenses. This includes infractions that have gone unnoticed by officials, were not called, or were only penalized as a minor penalty at the time of the infraction.

Any altercation in the hallway before or after a game may result in a suspension. This includes verbal abuse.

If a spare player/goalie is issued a suspension, the TBAHL reserves the right to make the Team Representative responsible for their actions meaning that the Team Representative may have to serve the suspension.

Players that are suspended in any other CARHA Hockey leagues are not permitted to participate in the TBAHL until their previous suspensions have expired. If a suspended player is caught playing in the TBAHL, it will result in the forfeit of a game for the player's team as well as possible eviction from the league.

All suspensions will be handled by CARHA Hockey.

Part 3.

League Operating Practices

Each team is guaranteed 19 games including playoffs.

The TBAHL will operate under a round robin playoff format and then an “A” final and a “B” final for each respective division.

Tie-Breakers

At the end of the round-robin playoff format, if two or more teams are tied in points, the following tie-breaker format will be used:

- i) Most Wins
- ii) Goal Differential (Goals For minus Goals Against)
- iii) Fewest Penalties
- iv) Goals Against
- v) Coin Toss

Emergency Rule Changes

The TBAHL reserves the right to make any emergency rule changes and/or alterations to the above rules. Rule changes will be posted on the league website (isa.carhahockey.ca/tbahl) and will be emailed to team representatives before the change is enacted.

The TBAHL has been created to provide a fun, non-contact hockey league at the recreational level. Any teams or individuals that go against the league’s rules and objectives may be asked to leave the league without refund of fees paid.

Thunder Bay Adult Hockey League (TBAHL)

Team Rep Agreement Form

CARHA HOCKEY

I, _____ Team Representative for
_____ hereby agree to the rules and regulations that were
presented to me in the League Constitution. I understand that the Thunder Bay Adult Hockey
League has the right to remove me and/or my team from the league at any point if my actions
are deemed inappropriate or disrespectful.

I also understand that as a member of the TBAHL, I am required to treat all on/off-ice officials,
competitors and teammates with respect, failure to do so may result in suspension/expulsion
from the league.

Name: _____

Signature: _____

Date: _____