

YK REC HOCKEY LEAGUE POLICIES AND PROCEDURES: Updated Nov 2024

The following are the Yellowknife Rec Hockey League Policy and Procedures.

For detailed suspensions listing, please see the Yellowknife Rec League Minimum Suspensions. (The Minimum Suspensions are based on Hockey Canada's Senior Minimum Suspensions guidelines: <https://cdn.hockeycanada.ca/hockey-canada/Corporate/About/Downloads/senior-minimum-suspensions-e.pdf>.)

The league will consider further discipline if recommendations are forwarded to the Disciplinary Committee.

All Hockey Canada (HC) rules will apply if not stated otherwise.

NEW: Updated 2024-25 items highlighted in yellow.

1) BODY CHECKING:

Rubbing out a player along the boards is permitted as long as the puck is being played. A deliberate open ice hit or a hit along the boards, regardless of whether or not the puck is being played, shall result in a Minor Penalty being assessed, or, per HC guidelines, at discretion of referee based on degree of violence of the impact or injury, a Major penalty and Game Misconduct penalty being assessed.

2) FIGHTING:

A Major Penalty plus a Game Misconduct Penalty shall be assessed to any player who fights. (See HC rules for definition of fighting.) Per HC guidelines, referees are provided very wide latitude in penalties that may be imposed under this rule.

In addition, players who fight will receive the following suspensions:

- 1st Incident Five (5) games
- 2nd Incident Eight (8) games
- 3rd Incident Ejected from the League for the remainder of the season

Note: Suspensions are increased if Fighting occurs in last ten minutes of regulation. (See Yellowknife Rec League Minimum Suspensions document)

If a player leaves the bench for the purpose of fighting, or leaves the penalty box before time expires on their penalty for the purpose of fighting, there is a 15 game suspension.

3) THIRD (3rd) MINOR PENALTY IN ONE GAME TO THE SAME PLAYER:

The player is subsequently ejected for the remainder of the game.

Note: A Double Minor counts as one penalty in this ruling.

If the third (3rd) Minor Penalty is called within the last ten (10) minutes of the game, the player will be suspended for the following game.

4) MAJOR PENALTY:

Any player who receives a Major Penalty (other than fighting) will receive a suspension according to the infraction and the time of game the infraction occurred.

Also, for repeat offenders, the following is applicable:

- 1st Incident – No additional games
- 2nd Incident – Three (3) games (or 4 games if incident occurred in the last 10 minutes)
- 3rd Incident - Six (6) games (or 7 games if incident occurred in the last 10 minutes)
- 4th Incident – Indefinite suspension, will be reviewed by the Disciplinary Committee

5) GROSS MISCONDUCT PENALTY:

Any player who is assessed a Gross Misconduct Penalty will be suspended as follows:

- 1st Incident - Four (4) games (or 5 games if incident occurred in last 10 minutes of game)
- 2nd Incident - Indefinite suspension, will be reviewed by the Disciplinary Committee

A gross misconduct for discrimination carries an indefinite suspension, with a minimum of five (5) games.

6) MATCH PENALTY:

- 1st Incident - Seven (7) games minimum, automatic ejection from the game and Reviewed by the Disciplinary Committee
- 2nd Incident - Ten (10) games minimum, automatic ejection from the game and Suspended as levied by the Discipline Committee.
- 3rd Incident - Indefinite suspension, will be reviewed by the Disciplinary Committee

7) PLAYING WHILE UNDER SUSPENSION:

Any player that knowingly plays while under suspension shall receive the following:

- He/she shall serve the remainder of the original suspension;
- An additional seven (7) game suspension for the first incident;

Any other incidents will go to the Disciplinary Committee for their recommendations; If a team plays with a player while under suspension they forfeit the game.

8) CROSS-CHECKING:

A Minor or Major or Match Penalty, at the referees discretion, shall be assessed to any player who cross-checks and opponent;

A Major or Match penalty shall be assessed to any player who cross-checks a goaltender while they are in the crease.

9) MISCONDUCT:

Any player assessed a 10-minute Misconduct Penalty during the last ten (10) minutes

of a game will be suspended for the following game.

10) ABUSE OF OFFICIAL GAME MISCONDUCT ACCUMULATION:

Any player who is assessed a Game Misconduct Penalty for abuse of an official will be suspended as follows:

- First Incident - Remainder of the game and the next three (3) games, or (4) four if in last ten minutes of game;
- Second Incident - Remainder of the game and the next six (6) games or (7) games if in last ten minutes of game, plus team is fined \$250;
- Third Incident - Remainder of the game and Indefinite suspension, will be reviewed by the Disciplinary Committee, and team is fined \$500

(An incident is deemed to only occur in one game in one call. A player cannot be assessed more than one abuse of the official in more than one incident for the purpose of this rule)

11) TRACKING AND POSTING OF SUSPENSIONS:

All major penalties, match penalties and game misconducts will be forwarded to the Discipline Head the morning after the game in question by the official.

Teams will be notified immediately if further action (ie: suspension or a hearing) is required.

All suspensions will be posted on the website for all to see and will be clearly defined.

12) DISCIPLINARY COMMITTEE:

Each team will submit two names (can be the Team reps) to sit on the disciplinary Committee. In the event a Disciplinary Hearing is required, the Disciplinary Head will contact players on the list and set up meetings as required.

A copy of the Discipline Guidelines and procedures will be issued to the committee and players involved and the Committee will proceed with the hearing. The results will be forwarded to the President immediately so the team (player) can be notified immediately. Best efforts will be made to ensure there are no conflicts of interest.

13) DISCIPLINE APPEAL:

The suspended player shall be notified they have the right to appeal a Discipline Committee's decision for any additional games for a match penalty or repeat offender.

There are no appeals of referee rulings.

14) STOP TIME:

The last three minutes of all games will be stop time if:

- Goal differential of two (2) or less, providing there are timekeepers available

15) SHOOTOUTS:

If the game is tied after three periods, the winner will be decided by sudden-death shootout. The home team will determine if they would like to shoot first,

Note: If a player is serving a penalty with time remaining at the end of the third period, they are ineligible for the shootout.

16) GAME SHEETS:

All team players and officials on the bench must be properly identified on the game sheet prior to the start of the game. If a team lists a player not registered with the league, the team is fined \$250.

The following rules also apply:

- Any member of the YK Rec League who is asked to leave the game as a timekeeper will have their timekeeping efforts stricken and the team will be fined (See Rule 28 Fines).
- Members who do not sign the sheet will not be credited with timekeeping and the team will be fined.

17) PLAYOFFS

To be eligible to play for a team in the playoffs, a player:

- Must be on that team's roster; and
- Must have played at least five (5) games for that team during the regular season.

18) CAPTAINS:

All teams need to appoint a Captain, or at least one Alternate Captain. The Captain will be identified with a 'C' and up to three Alternates with an 'A' on their jersey. These players have communication privileges with the referees, but this privilege is not granted if this player receives a penalty.

19) DRESSING ROOMS:

The Policy of City of Yellowknife with regard to alcohol and drugs and smoking in the dressing room will be adhered to. All teams are expected to police themselves in order to comply with City regulations. These rules are posted in each dressing room. All dressing room rules apply to the entire facility.

There will be a sign-in and sign-out sheet for the dressing rooms. Both a Maintainer and a member of the team using the change room have to sign in and out in order for the team to get the key to the room

The Rec League will have 45 minutes in the dressing rooms (up from 30 minutes) with a warning call at 35 minutes. Tournament dressing room time remains at 30 minutes. When asked to leave the dressing room by rink attendants, please do so or your team may be subject to a fine as set by the Executive as outlined in these by laws.

Any trash, cans etc left behind by the team will be the responsibility of that team and may require disciplinary action as set out by the rules of the facility and the appropriate

fine as set out in these by laws.

Each team is responsible for the action of its members. The entire League's time will be suspended or cancelled should the City's regulations be disregarded.

At the discretion of the City, any teams disregarding these regulations will be expelled from the League with no refund of registration fees. Each Offence as reported by the City will be fined as the following:

- 1st Offense: \$250.00 Fine
- 2nd Offence: \$500.00 Fine and removal from the schedule for 1 month
- 3rd Offence: Removal from the League and Disciplinary hearing to determine eligibility into the league the following season(s).

20) EQUIPMENT BAGS:

Players will keep equipment bags clear of the curbs and walkways upstairs and down while not in the dressing rooms.

21) MEMBERSHIP PARTICIPATION

All teams are expected to send at least one representative to each meeting and the AGM. Failure to attend the meeting will result in a fine.

All League Policies and Procedures will apply to membership for teams and individuals.

22) ON-ICE OFFICIALS

All on-ice officials will be scheduled and paid through YK Rec League agreement with NWT Referees' Association.

23) REGISTRATION:

Season Registration: All teams must submit their rosters for registration at the date set by the Executive at the September Meeting (note: name, address, phone number, and birth date must be included for every player). Teams will also identify team contacts.

Teams will not be eligible to play until they have submitted a valid roster.

Players may be added as required until December 25 of each year. No additions will be accepted after that date (unless under emergency circumstances, see Rule 24.)

Unregistered Players: All players must be registered prior to playing for insurance purposes. Any team found to be utilizing an unregistered player will be fined \$250.

Transferring to Another Team: A player can only be registered to play for one team. If a player would like to transfer to another team, the player must notify the Registrar. The deadline for transferring to another team is November 15 of the current season. A player can change teams once per season.

Playing for More Than One Team: A player can only be registered to play for one team. If a player would like to transfer to another team, the player must notify the Registrar. The

deadline for transferring to another team is November 15 of the current season. A player can change teams once per season.

Picking up Players When Short: Picking up players from other teams is allowed so that when short, a team may have up to 10 skaters for a game. If a team picks up players and has more than 10 skaters for a game, they will be given the loss for the game. This rule also has the following restrictions:

- Skaters registered in A Division are not eligible to play in B Division. If this happens, the team picking up the A player will automatically forfeit and it will be a \$250 fine to the team.
 - Special considerations are taken into account for goalies when no other B Division goalies are available. Goalies must be registered with the league as per rule 23.2.
- Skaters registered in B Division can be picked up by individual teams in A Division a maximum of 5 times. If a B Division skater is picked up by an A Division team 6 times, that player will be automatically added to the A Division team's roster, removed from the B Division roster, and will no longer be eligible to play in B Division.
- If picking up players, teams are to notify the opposing team by email, with a copy to at least one member of the executive. If a team does not do this, they will be issued a warning the first time. If they do it a second time, they will be issued a \$50 fine for each subsequent instance.

24) EMERGENCY ROSTER ADDITIONS

If it is determined that a team is struggling to ice a team and requires roster additions following December 25 in order to avoid defaulting games, an exception may be made.

25) LEAGUE BY-LAWS AND CONSTITUTION:

The Executive will provide a copy of the Policy and Procedures at the start of each season to the team reps with any changes made during the August/September AGM.

26) FINES:

Where fines are not defined within this document, they are to be set out by the League Executive. Fines will be set and distributed at the September meeting for the upcoming year.

Penalty Fee For The YK Rec Hockey League

Missing a Rec League Meeting \$50.00

Missing the Annual General Meeting \$100.00

Missing a Timekeeping Assignment \$250.00/game

Playing an unregistered player: \$250.00

Appealing a Disciplinary Decision \$100.00

Team Defaulting a Game within 3 days of scheduled game:

First Offence: \$325.00

Second Offence: \$500.00

Third Offence: League Suspension and Review

Dressing Room Offense

1st Offense \$250.00

2nd Offense \$500.00 and removal from schedule for 1 month non refundable of and league fees

3rd Offense Removal from the existing league including tournament and the following season. (All players registered will be unable to play the following season