

2011 - 2012
NOON HOUR HOCKEY LEAGUE
(NHL)
BY-LAWS

SECTION TWO – LEAGUE SPECIFIC RULES OF PLAY AND GOVERNANCE

202.1 EQUIPMENT

- a. All players must wear a CSA approved helmet with a CSA Ear piece. The CSA approved helmet must have full-face mask and must be worn during all games as well as during practice and warm up.
- b. Goalies must wear CSA approved mask with throat protector and a BNQ approved neck guard.

202.2 DURATION OF GAME

- a. The duration of each game shall be of at least 50 minutes (straight time). This time shall be divided into at least two periods. The "hurry up 15 sec face off" will be used. A minimum break of two minutes shall be obligatory between periods.
- 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.
- c. In the event that a game score is close, within 3 goals, the last two minutes of regulation time will be stop time.

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 register with the Fit & Sports Flt.

202.5 TEAM SHORT OF PLAYERS

- a. If a team does not have the required number of players to complete its initial line-up, that is to say one goaltender and five skaters and if the team has at least four of its own players, it may pick up players from the other team if both teams agree. The game shall stand and points awarded accordingly. The officials shall award the game by decision if either one or both teams do not meet the above criteria.
- b. 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.
- c. 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.

202.6 PLAYING RULES

The 8 Wing/CFB Trenton Noon Hour Hockey league (NHL) shall play in accordance with Hockey Canada rules, with the following exceptions:

- a. No player may score more than four goals per game, score will not count.
- b. Body checking is not permitted at any time.
- c. A player receiving a misconduct penalty in the last 10 min of the game will be suspended for the following game.
- d. A player receiving a second misconduct penalty in the same game will be suspended from further League play until the League Executive investigates the incident. Such investigation will be completed in a timely fashion. All subsequent misconduct penalties are handled in the same manner.
- e. Any player or team official incurring a “ 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 and forwarded to the Wing Sports Disciplinary Committee (WSDC) for further action.
- f. Any player receiving a major and game misconduct during the same game will be suspended until the League Executive rules on his case.

- g. 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 investigated by the League Executive and forwarded to the WSDC to determine if further action is warranted.
- h. A write up for the following penalties Fighting, Misconduct, and Match must be received from the Game Official, and players involve within two working days of the infraction. Failure to do so means that you may not be represented at the League disciplinary committee or WSDC
- i. 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.

202.7 FIGHTING

- a. Fighting within the 8 Wing/CFB Trenton Noon Hour Hockey 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 hockey incidents will be investigated by the League Executive and forwarded to the Wing Sports Disciplinary Committee (WSDC) for further action.
- 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 Executive investigates the incident.

original signed
Cpl Willy Kaufman
President

Date

Sports Coord's Comments:

Recommended / ~~Not Recommended~~

original signed
Dan Cormier
Mil Sports Coord

Date

Fit & Sports Dir's Comments:

Approved / ~~Not Approved~~

original signed
Mr. Dave Rothermund
Fit & Sports Dir

Date