

Zone IV High School Hockey League Constitution (revised September 2017)

Article 1 Name

This organization shall be known as the Zone 1V High School Hockey League, sanctioned by the MHSAA.

Article 2 Membership

i) The Zone 1V High School Hockey League shall be open to membership from any high school in the Zone 1V area provided their entrance is sanctioned by their school administration and School Board. Membership may be acquired by the submission in writing of an application to the Executive prior to the Spring Annual Meeting. Schools outside of Zone 1V boundaries are eligible to enter upon acceptance by 2/3 of present hockey League members. These teams will be responsible for Zone IV fees and league fees. Performance bond assessments will continue to be made to their specific zone. All co-op school applications must be approved by MHSAA. No school can be added to the co-op without MHSAA approval.

ii) Teams are expected to have a school representative at all league meetings. All teams intending to compete in Zone IV for the given year must be in attendance to declare this intention. A school may only be absent if permission is granted by the league president due to exceptional circumstances. Failure to attend will mean that a team is fined \$200 and their membership in the league is suspended until that fine is paid.

Article 3 Philosophy

The major philosophy behind the Zone IV High School Hockey League is to provide a well-organized league with an opportunity to play hockey at the high school level where players and team personnel may compete in a spirit of good sportsmanship and fair play while enjoying “the other half of education.” All aspects of the League’s activity must be under the direct supervision and responsibility of the participating schools.

Article 4 League Executive

The League Executive shall be elected at the Spring Annual Meeting. Volunteers for any position may be accepted with the consent of the majority of the voting delegates.

The executive shall consist of a President, Commissioner, Secretary-Treasurer and Statistician.

Rotation

Morden 2011/12 to 2012/13 to 2013/14

GVC

CNMPM 2014/15 to 2015/16

NDSW 2016/17 to 2017/18

NPC 2018/19 to 2019/20

Morris 2020/21 to 2021/22

Carman 2022/23 to 2023/24

Miller 2024/25 to 2025/26

PCI 2026/27 to 2027/28

GVC 2028/29 to 2031/32

CNMPM 2032/33 to 2033/34

Article 5 Duties of the League Executive

5.01 President

- i)** The President shall preside at all League, Executive and special meetings and perform the duties usual to the office.
- ii)** The president should exercise the powers of the Executive in case of emergency, when it is impossible for him to obtain a ruling from the Executive or the Discipline & Appeals Committee.
- iii)** The president sits on all Committees as an Ex Officio voting member.
- iv)** The President can suspend a member school, teams, players, or coaches subject to ratification at the next meeting of the Executive.
- v)** The president will only vote in order to break a tie in regular League meetings.
- vi)** The President shall organize and preside over any appeals.

- vii) The President shall be one of the three (3) League signing officers.
- viii) The President shall present the league banner and trophy at the final Zone 4 playoff game.
- ix) The President shall be in attendance at game two of the final series to present the league awards.
- x) The President shall be in attendance at the Zone 4 all-star game and shall provide a welcome to all in attendance on behalf of Zone IV Hockey and present the all-star game MVP award if the host committee would like.
- xi) The President shall oversee the league award selection process.

- xii) The President shall input the Zone 4 League schedule onto the MHSAA website as well as the playoff schedule

5.02 Commissioner

- i) The Commissioner, in the absence of the President or in the event of his/her inability to act, shall have and exercise all the powers of the President.
- ii) The Commissioner's primary function will be to see that the Rules, Regulations, and Procedures of the Zone IV High School Hockey league are carried out in accordance with the Constitution.
- iii) The commissioner will be responsible for team registration and player registration, regular season and playoff scheduling, and compilation of results. These duties may be delegated as required.
- iv) The Commissioner is the first contact with regard to discipline and appeals. The recording and enforcing of suspensions will be in accordance with the Constitution and CHA rules.
- v) The commissioner shall notify the President, School Principal(s), and the Coach(s) involved of any disciplinary action(s) taken against a particular player(s) or team(s).
- vi) The Commissioner will validate players under suspension by other Leagues or organizations.

5.03 Secretary-Treasurer

- i) The Secretary-Treasurer shall keep accurate minutes of the Zone 1V High School Hockey League Executive and General meetings and distribute them appropriately.
- ii) The Secretary-Treasurer will prepare a financial statement to be presented at the League meetings.
- iii) The Secretary-Treasurer may recommend to the League Executive that a team be fined \$50 if fees are not paid prior to the start of the first League game.
- iv) The Secretary-Treasurer shall handle all League financial situations and be one of the three (3) League signing officers.

v) The Secretary-Treasurer shall arrange for a photographer to take photographs at game two of the league final as well as the game in which the championship banner is presented.

vi) The Secretary-Treasurer shall oversee a schedule committee whose purpose is to produce a hard copy league schedule that can be distributed throughout the Zone.

5.04 Statistician

i) The Statistician shall compile individual statistics, team statistics, and game summaries for the League and will post the statistics in a timely manner on the league website.

ii) The Statistician shall be one of the three (3) League signing officers.

iii) The Statistician shall be given a \$100 honorarium by the league at the conclusion of the season.

Article 6 Discipline & Appeals Committee

6.01 The Discipline & Appeals Committee shall consist of the President, Commissioner, Statistician, Referee-in-Chief, and a knowledgeable, neutral individual appointed by the President.

6.02 All appeals regarding matters which are not specifically provided elsewhere in the Constitution such as: eligibility, registration, releases and/or transfer of players, etc., shall be made in writing and submitted to the President for review by the Discipline & Appeals Committee.

6.03 All appeals regarding suspensions shall be made in writing to the Commissioner within forty-eight (48) hours of the incident under consideration.

6.04 Under exceptional circumstances a verbal appeal may be allowed by the Commissioner.

6.05 All expenditures relating to an appeal will become the sole responsibility of the appealing party.

6.06 All appeals are assessed a one hundred (\$100) fee payable to the League. The League will refund half the fee if the appeal is successful.

6.07 Appeals can only be submitted by coaching/management staff and must be endorsed by the Member Schools Administration.

6.08 Teams in violation of the League Constitution are subject to discipline by the Discipline & Appeals committee.

6.09 The Executive reserves the right to discipline member teams for actions or comments that may be deemed as damaging to the league. Said discipline may include, but is not limited to suspension from the league.

6.10 Code of Conduct

Any team raising concerns about the conduct of other teams with regard to games, fans, players, coaches, etc..., parents and/or coaches should copy any communication with the league executive to the team involved.

6.11 The appeal form will be used. A conference call is available for the team to request in an appeal process. The appeals committee will set the date and time of the conference call. The player will be included in this.

6.12 Allow team appointed video review for supplementary discipline if available.

Article 7 Voting

7.01 Each Member School shall have one vote. In case of a tie, the President casts the deciding vote.

7.02 The voting majority shall be a simple majority of the votes cast at the meeting. Exception: new League membership requires a 2/3 majority vote.

7.03 A quorum constitutes 50% plus one of all voting members.

Article 8 Eligibility

The Zone IV High School Hockey league being compatible with the aims of MHSAA will follow the eligibility rules of the Association.

8.01 Any school in Zone IV is eligible to compete. All Co-op School applications must be approved by the League and forwarded to MHSAA for ratification as per MHSAA regulations (three (3) year co-op).

8.02 Schools in surrounding area may apply to join the Zone IV High School Hockey League, subject to Article 2, the payment of Zone fees, the payment of League fees and their willingness to honor this Constitution. All new teams will be placed on a one-year probationary status, to be reviewed at the Spring Annual Meeting. The League may grant Membership, extend the probationary period, or remove the team from the League

8.03 Any high school student as defined eligible according to MHSAA is eligible for high school hockey, provided he is not on the main roster of an "AAA" Midget, Junior, Intermediate or Senior team. "AAA" Midget, Junior, Intermediate or Senior teams may call up high school players for a maximum of five (5) games before January 10th and a maximum of five (5) games after January 10th.

8.04 Any student who becomes eligible for graduation at the end of a semester is no longer eligible to compete in the League if he does not continue as a bona fide student during the next semester.

8.05 Rosters must be submitted to the League prior to the commencement of the

regular season. Additions and deletions may be made up until the MHSAA deadline date (generally the last Friday in November). All teams will submit an official team roster of not more than 25 players (including AP's) to the League and MHSAA. Additions, deletions or any other changes will be allowed as per MHSAA guidelines. Maximum number of players to be dressed for a game is 19.

8.06 Team rosters should include name, age as of August 31st, date of birth, current grade level and hockey sweater number as per MHSAA Athletic Eligibility form.

8.07 All coaches, managers and trainers must be registered and certified as per MHSAA and Hockey Manitoba regulations.

8.08 All teams must register with Hockey Manitoba.

8.09 For the 2017-18 year it was passed that Zone 4 will be operating in accordance with MHSAA in regards to AP players, ie. Grade 9 players can AP unlimited number of games but are only to be used in case of injury, illness, or suspension to registered players. AP players are to be used on a one to one basis.

Article 9 Scheduling

9.01 Teams shall declare the ice times they have available at the September league meeting.

9.02 A schedule shall be made available to each school at the September meeting or shortly thereafter.

9.03 Any rescheduling must be made by the Commissioner, or designate, in co-operation with the teams concerned.

Article 10 League Games

10.01 Length of Games

i) The latest start times the League will allow is 7:30 p.m on school nights. League games not on school nights must start no later than 8:00 p.m.

ii) All games are three 20 minute stop time periods.

iii) There will be a 4 on 4 five minute overtime period during regular season play. Penalties will carry over into OT and the shootout.

iv) If the game is still tied after the 4 on 4 overtime period has elapsed, a 3 player shootout will take place. Everyone on the game sheet excluding

a) injured players who left the ice,

b) players serving penalties, and

c) goalies

must shoot before they shoot again until a winner is determined.

v) When one team is ahead by seven goals at the beginning or at any time during the third period the balance of the game shall be straight running time.

10.02 Number of Games

- i) The school hockey team will play no more than a total of forty two (42) games excluding playoffs.
- ii) Each tournament that a school hockey team enters shall count as a maximum of three (3) games.
- iii) Teams must submit their intent to play a tournament in writing, be it pre-season or otherwise, to the league Statistician and Commissioner at least 48 hours before the commencement of said tournament.
- iv) For the 2013/14 season we will run a one division format with 21 regular season games.
- v) For the 2016-17 season with 9 teams we will run a one division format with 24 regular season games

10.03 Time-Out

- i) A team may be granted one thirty (30) second time-out at any time during the game or any subsequent overtime.
- ii) A spare goalie may have one 30-second warm-up prior to the face-off. One warm-up per game. Warm-up time begins when 1st puck is shot.
- iii) A change is permitted when any time-out is called.

10.04 Red Line

The red line will be removed to allow passing from your own goal line to the opposition's blue line. The red line is only used for icings.

10.05 Postponement

The Zone 4 Hockey League will make every reasonable effort to avoid cancellations or game date changes for any reason other than inclement weather. Any teams involved in requesting a game change for reasons other than inclement weather must submit a request for approval from the Commissioner before any changes to the schedule are permitted. The League does recognize that unforeseen circumstances do arise and the opportunity to reschedule games will be afforded if both teams and the league Commissioner are in agreement. Any team requesting a game change, (for a reason other than inclement weather) will incur all costs associated with the proposed change to the opposing team. In case of inclement weather, the visiting team will contact the Commissioner and home team and the two teams involved will agree on a rescheduled date with the home team notifying the Commissioner and President of the

rescheduled date. The home team will contact the League Statistician, referees and media and inform them of the change.

10.06 Team Withdrawal

Teams will be fined their performance bond for each offense as well as referral to the Discipline & Appeals Committee for possible further disciplinary action.

10.07 Warm-up

The home team will supply sufficient pucks for warm-up.

10.08 Supervision of Games

i) The home team is responsible for the conduct of its fans. It is a League policy that the visiting team's fans occupy the seats on the visitor's side (end) and the home team fans occupy the seats on the home team's side (end) of the ice.

ii) Any team which does not have an on-staff teacher-coach must have a supervising teacher present in the immediate proximity of the player's bench.

iii) All host teams must provide adequate, identifiable staff supervision.

iv) All host teams must post a sign identifying home and visiting team sections.

v) Post-Game Off-Ice Conduct

Any team member involved in a pre-game or post-game off-ice altercation, including damage to arena property or incidents involving opposing team members, team supporters, or officials shall be suspended indefinitely until Zone IV discipline committee renders a decision. League officials and school staff/supervisors shall be considered as off-ice officials for the purpose of reporting infractions.

vi) Teams will shake hands at the end of every game in regular season and play-offs.

vii) Teams will line up on the blue line and shake hands at the end of the final game series.

viii) The supervising teacher should introduce themselves to the visiting manager or coach prior to the game.

10.09 All-Star Game

Current rotation of hosts

Miller-2013/14

NDSW-2014/15

GVC-2015/16

NPC-2016/17

Morris-2017/18

Morden-2018/19
PCI-2019/20
Carman-2020/21
CNMPM-2021/22
Miller-2022/23

Any new teams will be placed 3rd in rotation the year they join the league.

Suggested format--[Skills Competition](#), Game, and Banquet. Click on the Skill Competition link to the left for typical skills competition set-up. (Fastest Skater, Hardest Shot, Accuracy Shooting, Showdown/Top Goaltender, and Team Relay)

The format for 9 teams:

1st-3rd - 3F 2D 4th-6th - 2F 1D 7th-9th 1F 1D Goalies are voted on

Teams are 1,4,6,7,9 vs 2,3,5,8

Article 11 Playoff Format

11.01 The play-off structure shall be decided at the Fall League meeting.

For the 2011/12 season playoff rankings will reseed after the 1st round of 1st vs. 8th, 2nd vs. 7th, 3rd vs. 6th, and 4th vs. 5th.

11.02 In the event of a tie in the final League standings, placement of the teams involved will be determined by using the following steps until a standing is established.

i) The number of regulation wins

ii) Regulation and OT wins

iii) The most points accumulated in the games between the teams involved will be the next deciding factor.

iv) If teams are still tied, the team with the fewest number of losses including overtime losses will be placed higher.

v) Goal differential between tied teams in games involving tied teams will be used to place the teams.

vi) Coin-toss. The coin toss will be held in the league office. The president and commissioner will be present and the president will toss the coin. The two teams directly affected by the coin toss will have the right to have a team official present to witness the coin toss. Heads or tails will be determined using the teams' nicknames.

The nickname first in an ascending alphabetic listing will be given the heads designation and the other will be given the tails designation. For example if the Aces and the Cougars were involved the Aces would be heads and the Cougars would be tails for the purposes of the coin toss.

11.03 If overtime occurs in a playoff game, one ten (10) minute stop time sudden victory period shall prevail. If still tied, teams change ends and play a twenty (20) minute sudden death period with twenty (20) minute periods following until a winner is declared. Ice cleaning shall be at discretion of the referees.

11.04 The Zone IV High School Hockey League final will be scheduled to permit the League representatives to proceed to the Provincial Championships.

11.05 Each play-off series shall be a best-of-three and will be scheduled in one (1) week period Monday-Sunday by backing up from the MHSAA Provincial Championship date.

Article 12 Officials

12.01 The Referee-in-Chief shall be invited to the annual Zone IV hockey meeting.

12.02 The Referee-in-Chief, coaches, and/or Commissioner will meet with the Zone IV officials for annual discussion, revision, and update of Zone IV hockey rules.

12.03 The Zone IV High School Hockey League will use a three-man system and these referees shall be appointed by the Referee-in-Chief. Referees are responsible for completing the score sheets properly. The Referee shall report all incidents resulting in a major/match/gross misconduct penalty directly to Commissioner.

12.04 The Referee-in-Chief/Local Assigners will ensure neutral officials are assigned for all Zone IV playoff games, with notification given to teams of any appointment changes before the start of the game. Wherever reasonable, this notification will be provided by the Referee- in-Chief or the local assigner.

12.05 Officials shall be present to watch warm-ups for all games.

12.06 An Honorarium for referee assigners and referee in chief is \$100 for services to the league.

12.07 For the 2017-18 season it was passed that the last 2 rounds of playoffs will be a 4 man system.

Article 13 Game Sheets/Team Websites

13.01 All game sheets of all games, be they League, playoff, tournament or exhibition, are to be faxed into the league statistician and league commissioner at the conclusion of any game played by member teams of the Zone IV High School Hockey League.

13.02 For League games (regular season and playoffs), the home team is responsible for sending in the completed game sheet and contacting press and radio after each game. The home team is also responsible for ensuring that accurate goaltender stats, including minutes played, and shots against, are correctly recorded on the game sheet.

13.03 Game sheets of all games – League, playoff, tournament or exhibition - must be scanned and emailed into the League Statistician and League Commissioner no later than 12:00 p.m. of the following school day. The original (white) copy must be mailed to the league statistician within one week of the game's completion. Failure to do so will result in a fine of \$50 to be paid before the offending team's next League game.

13.04 Players starting the game must be circled on the game sheet.

13.05 Game officials and names should be printed clearly on the game sheets. The home team should ensure that this happens.

13.06 Game Summaries

Game summaries are to be typed out and e-mailed to the commissioner, statistician, away team, and the media (most notably CKMW). The game summary should include all goals with name of goal scorer and players assisting. Goaltender stats should be briefly summarized. A penalty summary should also be included giving total PIM and the number of minors, double minors, majors, match, and misconducts. Players names not to be included in the penalty summary. Game summaries should be typed out shortly after the game is over and e-mailed that same day, otherwise media coverage will not happen. Click the following link to see a [game summary example](#).

13.07 The scores on team websites should be updated within 24 hours of the completion of the game.

13.08 It is the home team's responsibility to ensure that all statistical duties are performed completely and correctly in a timely manner

Article 14 Awards

14.01 The Zone Championship team shall receive a traveling trophy and a permanent pennant. This trophy has been named Frank L. McKinnon Cup. Plaques are to be purchased and awarded for individual player awards. (Most Sportsmanlike, Leading Scorer, Top Goaltender, Play-off MVP). Existing individual awards will be presented annually.

i) All-Star Game MVP

The selection and presentation of the All-Star Game MVP award will be left up to the host committee. The league president and commissioner will be attendance and if the host committee desires they may present the award for the game MVP.

ii) Heavy Metal Designs MVP Award - by ballot

Process:

Each Zone IV team will be required to submit the name of their team MVP with a brief bio on the attributes of the player they have nominated as their MVP. This is to be submitted to the league one full week before the regular season ends. The list of nominees and bios will be compiled by the president and emailed out on the evening of the last game of the regular season. The list of nominees will also be posted on the league website at this time. A vote will be conducted based on this list. Each team will be required to vote. Each team will submit a ranked list of 3 players from the list provided by the league. The player ranked 1st will receive 3 points, the player ranked 2nd will receive 2 points, and the player ranked 3rd will receive 1 point. Votes will be tabulated by the president and the results will be released one week after the regular season ends. In the case of a tie, the award will be shared.

Award: Heavy Metal Designs ring for player; League trophy for one year

The league president will contact Heavy Metal Designs with the name of the Zone IV MVP and make arrangements for getting the player the ring.

iii) Top Scorer Award

Is awarded to the player with the most accumulated points in the season.

Process:

League statistician will confirm the winner of this award to the president.

Award: League Trophy for one year; Keeper plaque/trophy for player

iv) Top Goaltender Award

Process:

Each Zone IV team will be required to submit the name of their top goaltender with a brief bio on the attributes of the player they have nominated as their top goaltender.

This is to be submitted to the league one full week before the regular season ends. The list of nominees and bios will be compiled by the president and emailed out on the evening of the last game of the regular season. The list of nominees will also be posted on the league website at this time. A vote will be conducted based on this list. Each team will be required to vote. Each team will submit a ranked list of 3 players from the list provided by the league. The player ranked 1st will receive 3 points, the player ranked 2nd will receive 2 points, and the player ranked 3rd will receive 1 point. Votes will be tabulated by the president and the results will be released one week after the regular season ends. In the case of a tie, the President of the league would cast the deciding vote.

Award: Trophy for one year; Keeper plaque/trophy for player

v) Top Defensive Team

Process:

League statistician will confirm the winner of this award to the president.

Award: Plaque for one year; Keeper trophy for the team

vi) Charlie Maykut Fair Play Award

This award is donated to the team with the fewest total penalty minutes in a season.

Process: League statistician will confirm the winner of this award to the president.

Award: League plaque for one year; Keeper trophy for the team

vii) Lloyd C. Orchard Most Sportsmanlike Player Award

This award is based on a combination of both skills and sportsmanship.

Process:

Each Zone IV team will be required to submit the name of their most sportsmanlike player with a brief bio on the attributes of the player they have nominated as their most sportsmanlike player. This is to be submitted to the league one full week before the regular season ends. The list of nominees and bios will be compiled by the president and emailed out on the evening of the last game of the regular season. The list of nominees will also be posted on the league website at this time. A vote will be conducted based on this list. Each team will be required to vote. Each team will submit a ranked list of 3 players from the list provided by the league. The player ranked 1st will receive 3 points, the player ranked 2nd will receive 2 points, and the player ranked 3rd will receive 1 point. Votes will be tabulated by the president and the results will be released one week after the regular season ends. In the case of a tie, the President of the league would cast the deciding vote.

Award: Trophy for one year; Keeper plaque/trophy for player

viii) Lew Mueller Defenseman of the Year Award

Process:

Each Zone IV team will be required to submit the name of their top defenseman with a brief bio on the attributes of the player they have nominated as their top

defenseman. This is to be submitted to the league one full week before the regular season ends. The list of nominees and bios will be compiled by the president and emailed out on the evening of the last game of the regular season. The list of nominees will also be posted on the league website at this time. A vote will be conducted based on this list. Each team will be required to vote. Each team will submit a ranked list of 3 players from the list provided by the league. The player ranked 1st will receive 3 points, the player ranked 2nd will receive 2 points, and the player ranked 3rd will receive 1 point. Votes will be tabulated by the president and the results will be released one week after the regular season ends. In the case of a tie, the President of the league would cast the deciding vote.

Award: Trophy for one year; Keeper plaque/trophy for player

ix) Play-off Most Valuable Player Award

Process:

The playoff MVP will be chosen from one of the two teams in the final series. The president and commissioner will consult with both team's manager and or coaches sometime during game 2 of the final series. Each team will be asked to nominate their MVP. The president and commissioner in consultation will choose the playoff MVP. The president and commissioner may or may not consult with other league officials when arriving at their final decision.

x) Official of the Year Award

Process:

With one week remaining in the Zone IV season, the teams will each submit their ballot for Official of the year.

The ballot will list the top three candidates in order of selection with 1st place votes receiving 3 pts, 2nd place votes receiving 2 pts and 3rd place votes receiving 1 pt. Highest point total is selected as Official of the Year for Zone IV Hockey.

In case of a tie, the ballot will be shortened to the tied candidates and a direct vote will take place with each team receiving one vote.

Winner's name will be publicized for the tremendous work they have done for Zone IV hockey all season long.

xi) Coach of the Year Award

Process:

Each team will submit a ballot for Coach of the Year honors at the same time as the MVP, Goaltender and Most Sportsmanlike awards are voted on.

Each ballot will list the top three candidates in order of selection with 1st place votes receiving 3 pts, 2nd place votes receiving 2 pts and 3rd place votes receiving 1 pt. Highest point total is selected as Coach of the Year for Zone IV Hockey.

In case of a tie, the ballot will be shortened to the tied candidates and a direct vote will take place. Teams of the tied candidates will not vote in the tie-break round.

14.02 It will be the responsibility of the league president to inform the coach/manager of the players or teams winning Zone IV awards before award winners are released to the general public. At this time the president will invite the award winners to accept their awards at game 2 of the league final series.

14.03 The league president and commissioner will be in attendance for the league all-star game, game 2 of the final series to present league awards, and to present the league championship trophy and banner in either game 2 or game 3 of the final series.

Article 15 Dues

15.01 A membership fee meeting to help cover operating expenses of the League shall be set annually by the Executive. All fees must be submitted by October 1st.

Article 16 Rules

CHA regulations shall be enhanced with the following Zone IV regulations. All penalties apply to players and team officials on the players' bench during the game. All suspensions shall be served immediately and in consecutive games. They will also carry over from one year to the next. The onus is on the coach and manager to make sure that these suspensions are fulfilled. If in doubt, contact the Commissioner. Exception to a suspension having to be served immediately and in consecutive games may be granted if the suspension affects participation in the all-star game. The coach and manager can request the suspension be served during a league game, therefore permitting the player to participate in the all-star game. The discipline appeal committee will consult coaches of teams involved in the suspension game before a decision is made.

16.01 Fighting

Fighting Rule: To be defined as a player(s) having thrown one punch or punches in an attempt to create a fight or means or retaliation. The referee must discriminate between a pushing incident and an actual fighting incident. If a fight does occur the referee should penalize the players in the following manner:

i) First Offense

a) Both players will receive a five (5) minute major, a game misconduct and an additional three (3) game suspension. (Four (4) game suspension if the penalty occurs in the last ten (10) minutes of regulation time.)

b) A player who is identified by the referee as being the instigator of the fight shall be assessed an additional two (2) minute penalty.

ii) Second Offense

a) Any player (s) involved in a second fight will receive a five (5) minute major, a game misconduct, plus an indefinite suspension from further League and playoff games until dealt with by the League's Discipline & Appeals Committee.

b) A player who is identified by the referee as being the instigator of the fight shall be assessed an additional two (2) minute penalty.

iii) Third Offense

a) Any player(s) involved in a third fight will receive a five (5) minute major, a game misconduct, a season suspension plus an indefinite suspension.

b) A player who is identified by the referee as being the instigator of the fight shall be assessed as additional two (2) minute penalty.

16.02 Match Penalties

A match penalty is an infraction involving kicking, deliberate attempt to injure, spearing, butt-ending, spitting, head-butting, hair-pulling, pulling/grabbing facemask, slewfooting. Minimum suspensions are:

i) First Offense

Player is assessed a five (5) minute major, a game misconduct and an automatic minimum three (3) game suspension. (Four (4) if the penalty occurs in the last ten (10) minutes of regulation time.)

ii) Second Offense

Player is assessed a five (5) minute major, a game misconduct and an indefinite suspension.

iii) Third Offense

Player is assessed a five (5) minute major, a game misconduct and a season suspension plus an indefinite suspension.

16.03 Major Penalties

All majors become game misconducts with the five (5) minute penalty served by any player.

i) First Offense

Player is assessed a five (5) minute major, a game misconduct and will automatically be suspended for the next regularly scheduled game – original game plus one (1). (Two (2) if the penalty occurs in the last ten (10) minutes of regulation time.)

ii) Second Offense

Player is assessed a five minute major, a game misconduct and will automatically

receive an additional three (3) game – original game plus three (3). (Four (4) if the penalty occurs in the last ten (10) minutes of regulation time.)

iii) Third Offense

Player is assessed a five (5) minute major, a game misconduct and receives an indefinite suspension.

16.04 Gross Misconduct

Gross Misconduct penalties shall be assessed where a player conducts himself in such a manner as to make a travesty of the game.

i) First Offense

Player is ejected from the game plus a three (3) game suspension. (Four (4) if the penalty occurs in the last ten (10) minutes of regulation time.)

ii) Second Offense

Player is ejected from the game plus an indefinite suspension.

iii) Third Offense

Player is ejected from the game plus a season suspension and an indefinite suspension.

16.05 Misconducts

A misconduct penalty is an infraction committed by an individual for unsportsmanlike behavior toward referee(s), fans or opposing players and team officials.

i) First Offense

Player serves ten (10) minutes. Players receiving a misconduct, which cannot be served in its entirety in that game, will automatically be suspended for the next regular scheduled game.

ii) Second Offense

Player serves ten (10) minutes. Players receiving a misconduct, which cannot be served in its entirety in that game will automatically be suspended for the next regular scheduled game.

iii) Third Offense

Player serves ten (10) minutes and an additional three game suspension. Players receiving a third misconduct, which cannot be served in its entirety in that game, will automatically be suspended for one (1) additional game.

iv) Fourth Misconduct

Player serves ten (10) minutes and an additional three game suspension. Players receiving a fourth misconduct, which cannot be served in its entirety in that game, will automatically be suspended for one (1) additional game.

v) Fifth Misconduct

Player serves ten (10) minutes and an indefinite suspension.

16.06 Hitting From Behind

When a minor penalty is assessed, the player is assessed an automatic game misconduct and is removed for the remainder of the game. If a major penalty is assessed due to injury or based on the degree of violence or impact, the player is assessed an automatic game misconduct and is removed for the remainder of the game, and additionally a three (3) game suspension will also be assessed.

i) First Offense

No suspension. If this penalty occurs in the last ten (10) minutes of regulation time, the player is suspended for the next game as well.

ii) Second Offense

No suspension. If this penalty occurs in the last ten (10) minutes of regulation time, the player is suspended for the next game as well.

iii) Third Offense

Player is suspended for one (1) game (two (2) if the penalty occurs in the last ten (10) minutes of regulation time.)

iv) Fourth Offense

Player is suspended for three (3) games (four (4) if the penalty occurs in the last ten (10) minutes of regulation time).

v) Fifth Offense

Player receives an indefinite suspension.

16.06.02 Slewfoot (Double Minor)

When a double minor penalty is assessed, the player is assessed an automatic game misconduct and is removed for the remainder of the game. If a match penalty is assessed due to injury or based on the degree of violence or impact, the player is assessed an automatic game misconduct and is removed for the remainder of the game, and additionally a three (3) game suspension will also be assessed.

i) First Offense

No suspension. If this penalty occurs in the last ten (10) minutes of regulation time, the player is suspended for the next game as well.

ii) Second Offense

No suspension. If this penalty occurs in the last ten (10) minutes of regulation time, the player is suspended for the next game as well.

iii) Third Offense

Player is suspended for one (1) game (two (2) if the penalty occurs in the last ten (10) minutes of regulation time.)

iv) Fourth Offense

Player is suspended for three (3) games (four (4) if the penalty occurs in the last ten (10) minutes of regulation time).

v) Fifth Offence

Player receives an indefinite suspension.

16.07 High Hit (Checking to the Head)

For accumulating high hit penalties for purposes of suspension the league will use the 4 minute intentional high hit as opposed to the 2 minute accidental high hit penalty.

i) First Offense

No suspension.

ii) Second Offense

No suspension.

iii) Third Offense

No suspension.

iv) Fourth Offense

Player is suspended for one (1) game.

v) Fifth Offense

No penalty.

vi) Sixth Offense

Player is suspended for two (2) games.

vii) Seventh Offense

Player is suspended indefinitely pending review by discipline committee.

16.08 Excessive Penalties

Four minor penalties or 3 stick penalties is not a misconduct; a game ejection only (penalty time may be served by any player).

Article 17 The Constitution

17.01 Changes to the constitution will be made at the Fall and Spring meeting only.

17.02 Changes to the constitution must get a 2/3 majority vote in order for change to be made.

17.03 Prior to any changes in executive the constitution will be reviewed and amended.