

McLAUGHLIN MED'S HOCKEY LEAGUE

Rules and Regulations

2024- 2025 v1

Team Selection and Trade Consideration

- The minimum age to play is 40; however, this is at the discretion of the Executive. Depending on the skill level of the player, exceptions can be made.
- Teams will be made up of 14 players (+ goalie). However, at the discretion of each team, a 15th player can be added ONLY if the team players in question agree. Approval by the Executive is required.
- Players will be rated prior to the start of the season; Six Team Reps will be chosen, and each Team Rep will be responsible for drafting their team. The Executive will assist in this process during Draft Day.
- During the draft, no more than One Player per Team can be protected (generally set aside for new players to the League); any additional players to whom a Captain wishes to protect can only be done after the draft (on draft day) through trades.
- Through the course of the season, the Team Reps can arrange trades as they see fit, however the deadline for trades is January 1st, 2025. No new trades or additions will be accepted after that date.
- As this is a draft league, it will be the responsibility of the Team Reps to resolve Team issues. Example: Someone wishes to be traded to another team. It is the responsibility of the player's Team Rep to see if a trade can be had. If a trade cannot be had, the player's only recourse is to play for the team who he was drafted to or quit. Assuming he quits, he will be reimbursed based on the number of games left. NOTE: No player can be forced off the team and every effort will be made to accommodate a trade request. At the request of the Team Rep, the Executive can mediate in hopes of coming to a fair resolution.
- Prior to Playoffs, the Executive can request a meeting to bring the Team Reps together to gauge the parity between teams and discuss trades. Ultimately, the trade decision is that of the Team Reps.

Player Substitutes & Minimum number of Players

- NO Player Substitutes are allowed. If a team is short players on any given day, no NEW Unregistered Player can be invited to play. However, a Registered Player from an opposing team can be invited to play – BUT it will result in a forfeit for that team.
- The minimum number of players to have a Scheduled Game (Regular Season or Playoff) is Six Players AND a Goalie. If at the start of the game a team falls short of the minimum, then the game is forfeited to the other team. The score will be listed as (1-0) to the opposing team, and NO stats will be taken from the game.
- Substitute Goalies are often required to fill in. As it is problematic finding substitute goalies that meet our minimum age (40), this requirement is waived. Goalies who require a substitute to fill in, shall go through the Executive to arrange. Teams cannot appoint their own substitute goalie.
- On short notice, a listed goalie from another team can sub in to play. This does not result in forfeiture of the game.

Season Schedule and Playoffs

The season will consist of:

- 15 Regular Season Games
- 10 Playoff Games (Double Round Robin)
- And A Champions Day (5th vs 6th; 4th vs 3rd; 2nd vs 1st)

Penalties

Two-minute minors:

- Tripping; Roughing; Elbowing; Slashing; Body Checks; Cross Checking.
- Unsportsmanlike Conduct; Interference; Delay of Game; Hooking; Holding.
- High Sticking; and Contact with Puck above shoulders.

Five-minute Majors & Misconducts:

- Boarding; Charging; Checking from Behind; High Stick causing injury; Intent to Injure.
- Profane language or gestures; abuse of an official
- Fighting; Spearing; Butt Ending; Kneeing; Headbutting
- At the referee's discretion, these penalties can result in ejection from the game and or following game.

Any player ejected from the game must do so immediately and return to his dressing room. There will be no tolerance for anyone who wishes to continue their behavior off the ice.

All Majors, Misconducts and Match Penalties will be reviewed by the Disciplinary Committee with the possibility of further action taken, including possible expulsion from the league.

Disciplinary Committee

Made up of the Team Rep from each Team and the Executive Committee. Exception: the offending players Team Rep is required to attend but must abstain from any resolution due to possible conflict of interest.

The Disciplinary Committee has the power to impose additional penalties, which could include suspension and or expulsion.

Additional Suspended Games due to Penalty Minutes

This rule is in place to help curb rough play to the point of possible injury and subject to review by Disciplinary Committee.

Regular Season

- 3 minor penalties or 6 minutes in one game – suspended from current game.
- A total of 24 minutes in penalties during the regular season – suspended from next game. Suspension can carry over into the playoffs.
- A total of 36 minutes in penalties during the regular season – suspended for the next three

games. Suspension can carry over into the playoffs.

Playoffs

- 3 minor penalties or 6 minutes in one game – suspended from current game.
- A total of 18 minutes in penalties during the playoffs – suspended from next game.
- A total of 24 minutes in penalties during the playoffs – suspended for 3 games.

Determination of Team placement after Playoffs – in the event of a tie

Rule #1: The first Tie Breaker is Head-to-Head. What was their win loss record against each other during the playoffs.

Rule #2: The second Tie Breaker is the Difference in Goals for vs Against.

Rule #3: Fewest Goals Against.

Rule #4: Fewest Penalty minutes during the playoffs.

Other considerations:

These rules are in place in hopes of ensuring fair play for all within the McLaughlin Meds Hockey League. Every effort has been made to ensure that all within the league are given an equal opportunity to compete and to enjoy their hockey season.

You have an outstanding league, which offers you the opportunity to play with some outstanding people. We understand that everyone's level of competitiveness is not equal. But ensure your level of competitiveness doesn't spill over, resulting in injury to others.

Play safe!

Enjoy your Hockey Season!

The Executive of the McLaughlin Meds Hockey League 2024-2025

Marty Currie

Frank Medeiros

Todd Rideout