

TGIF Hockey (8001685 Canada Ltd.)
(Referred to as TGIF)
CONSTITUTION

The TGIF is an Association whose main purpose is to promote, govern and improve organized recreational hockey within the territory under its control. Membership to the club will be available to all based on a first-come, first registered basis. The activities of TGIF shall be managed by 8001685 Canada Ltd. TGIF will be responsible for the marketing and administration of all aspects of the Adult Hockey Club, in its sole discretion. TGIF will be responsible for the appointment of Directors, Convenors, Time Keepers, Referees and other officials required in the administration of the club.

Convenors:

The Convenor is to be appointed by the Directors in charge of the Division. The Convenor shall be responsible to the Director and keep him informed of the activities within that Division and to ensure that the Constitution, By Laws, Rules, Regulations and Procedures are carried out in accordance with TGIF policy.

Directors:

The primary function of the Director is to see that the Constitution, By Laws, Rules, Regulations and Procedures are carried out in accordance with TGIF policy.

Timekeeper:

The timekeeper will be responsible for understanding the club constitution, and will have knowledge of the playing rules outlined in this constitution. He/she must also keep legible and correct game statistics. The timekeeper will also be responsible for having game equipment (i.e.: pucks, scoreboard, game sheet) available at the start of each game that he will be involved in.

Team Reps:

Every team playing in TGIF will have a team rep. The duties of the Team Rep include, but shall not be limited to:

1. Liaison between team players and the Club.
2. To bring any and all problems and disputes to the attention of the Convenor.
3. It is mandatory to be a member of the Team Rep Advisory Committee and attend meetings as required.
4. Shall adhere to and be aware of all TGIF Policies and procedures, and ensure that the team they represent complies as well.
5. Shall supply a player listing with numbers in numerical sequence prior to playing the first game of the season.
6. Shall attend a meeting called by the Director and Convenor(s) two (2) weeks prior to season start to receive all forms that require signatures by participating players. And, return to their Convenor, prior to the start of the season, the first game played.
7. Shall maintain team lists and insurance waivers with any additions and deletions as players come and go from their team (as required). And, inform or forward to their Convenor in writing.

Registration Fees:

Registration fees shall be determined by TGIF. Teams are responsible for payment of their registration fees in full by November 30th of that season; payment schedule to be outlined for team reps before the start of season via email. Failure to pay all registration fees, in full, by the require dates, may result in the expulsion of the team from TGIF and partial or forfeiture of any fees paid to that point.

Insurance:

The Adult Hockey Club will subscribe to Liability Insurance arranged and administered by TGIF. Participation is mandatory. All players will complete required documentation prior to participating in any on-ice activities. Failure to complete insurance documentation may result in suspension of the individual players, or the team, as a whole.

Hockey Rules:

Unless stated otherwise, the Adult Hockey Club shall abide by the rules of the Canadian Hockey Association (CHA) as amended by the By-Laws of the Adult Hockey Club.

By-Laws:

The By-Laws shall form a part of this Constitution, and may be amended, as required, from time to time to ensure the objectives of the Association are maintained.

TGIF Hockey By-Laws
REGULATIONS & PLAYING RULES

SECTION ONE
TEAMS

A. Each team entered must have a minimum number of ten (10) players signed on a player agreement forms and a maximum of seventeen (17) unless special permission is granted by the Club Executive to the contrary. Only 16 players plus a goaltender are allowed to dress for each game. A request must be submitted in writing indicating the reason for more or less than the required number of players required by this rule.

B. Each individual team must be provided with a player agreement form and completed by the team individual(s) and acknowledged by team rep after to the first league game.

C. There must be at least six (6) players on the ice to start a game. Any team taking to the ice with less than six (6) players and a goaltender prior to the start of the second period shall automatically forfeit the game by default. This shall allow any team sufficient time to produce the minimum due to inclement weather or for other reasons, etc. The score of any game requiring this action will go into the record as one to zero regardless of the score should the first period have been played. Any time remaining will be allowed to the skaters for practice only should the skaters present wish to take advantage of this situation accordingly or they may leave the ice surface.

Defaults - in the event of a necessary default the score being (1) to zero (0), the goals will not be credited to any player whatsoever. It will simply be a one (1) to zero (0) game for the purpose of the record only, as an unearned goal so as not to interfere with individual points and goals for and against for goaltenders. Defaults count as game played by both teams for player eligibility (Team Roster). Goaltender of winning team receives an unearned shut-out.

D. Should all participants wish to continue playing in this situation, they may do so. The assigned referees shall remain to officiate. The (1) to zero (0) score shall be entered into the record accordingly.

SECTION TWO
UNIFORMS

A. Each team shall wear a set of matching sweaters duly numbered in any form for identification. In the event of a conflict of colours, away teams must provide their own cover-ups duly numbered. Each player must have a regular sweater number. Each player participating in a game must have his/her regular number on the game sheet with his/her proper name adjoining. A player using a sweater with a number other than his/her regular number must have that sweater number listed on the game sheet as his/her alternate number with his/her regular sweater number. If the regular number, alternate number (if applicable) and proper name are not correctly entered on the game sheet points will not be credited to the player.

**SECTION THREE
ELIGIBILITY FOR SEASON AND PLAYOFFS**

A. Any player registered with a team must have participated in no less than 5 regular season games to take part in the playoff series. In the event a team is found using a player who has not participated in the minimum amount of games so required, the team involved shall forfeit the said game or games automatically and without protest whatsoever. Any player not meeting this requirement must supply this club with the appropriate documentation. Any exceptions to be approved by the Executive.

B. In the event that a team has been found using a totally ineligible player by falsehood, forgery of name, or for any reason whatsoever and this is proven by the disciplinary committee and/or the club executive, a complete investigation will be launched accordingly by the club Executive and team reps from the particular series and should evidence be uncovered by same that this situation has occurred prior to this particular game, then all points received by the team involved shall be automatically forfeited and awarded to the opposing team or teams. All goals and points earned by the guilty team shall be removed from the record accordingly. (See method of appeal in conforming section under Appeals and Protests.)

C. Any player can only play for one (1) team within a division. Should any player falsify or try to abuse this situation and if found doing so, his/her team shall automatically be suspended from any further competition and the series will be rewarded to the opposition accordingly. Honour and self-honesty should prevail with all participants should this situation exist.

D. A final team roster must be completed and confirmed with club Convenor after four (4) league games into the season.

**SECTION FOUR
EXECUTIVE, DISCIPLINARY COMMITTEE AND TEAM REPS - DUTIES OF:**

A. Each team shall appoint a team representative and an alternative representative should the designated team rep not be available as required for matters pertaining to the club. This representative shall be responsible to the club for the conduct of his/her team or certain individual members both on and off the ice, and either the rep or the alternative should be available to represent his team or a member thereof at a Disciplinary Committee meeting or other called by the club accordingly so that the matters at hand could be dealt with, when necessary.

B. A Disciplinary Committee shall consist of no less than three (3) team reps and a convenor, who will act as the chairman of the Disciplinary Committee. Therefore, a total quorum for a hearing will be three, and will hear all protests.

C. A team rep may call a meeting of the club at any given time should the situation warrant.

SECTION FIVE PENALTIES

All players must clearly bear in mind that our league is designated as non-contact.

A. Body Checking shall not be allowed. The general rule for the league is Non-Contact.

B. Any participant who deliberately or intentionally inflicts a body check on an opponent shall at the sole discretion of the referee receive a five (5) minute major penalty for body checking. Should such a penalty be assessed, the player must sit out the penalty in its entirety and his team shall play shorthanded for the entire five (5) minute term. The referee again at the sole discretion and/or after consulting the other referee on the ice, may term his body contact infraction as a deliberate attempt to injure and will eject the player involved immediately for the duration of that game and the match penalty rule then applies. Should this be the case the team involved must put a player who at the time of the infraction was on the ice into the penalty box to serve the five (5) minute penalty accordingly. Should the player involved not willingly leave the ice surface directly when asked to do so, then the basis of the referee's report may result in further suspension.

C. Off-Setting Penalty Rule - will apply if both players from opposing teams are penalized for their own infractions. The respective teams will then play with (6) players a side. If only one team receives a penalty then the regular power play advantage applies.

D. Minor Penalties - will be of the duration of a two (2) minute nature for the following:

1. Delay of Game
2. Holding
3. Hooking
4. Interference
5. Playing with a broken stick
6. Tripping
7. Too many players on the ice
8. Body Contact
9. Elbowing
10. Unsportsmanlike conduct
11. Use of foul language
12. High Sticking , Cross Checking, Slashing, Butt-ending & Spearing are an automatic 4 minute penalties.

** accidental major (at Referees discretion) see major penalties

** with intent to injure – suspension.

13. Roughing
14. Dangerous use of stick - suspension
15. A minor penalty will result in a slash from the waist to the ice.
A double minor will result in a slash from the waist to the shoulder.
A major penalty will result in a slash above the shoulders.

A player may still receive a major for a slash below the waist and a suspension for intent to injure.

16. A "slashing" penalty shall be assessed any player who swings his stick at an opponent (whether in or out of range) without actually striking him or when on the pretext of playing the puck, makes a "wild" swing at the puck with the object of intimidating his opponent. Any form of stick swinging or intent to injure or slash which creates an injury to the opponent will become an indefinite suspension.

18. Contacting the puck with a stick above the normal height of the shoulder is prohibited and when it occurs, play shall be stopped immediately and a minor penalty shall be assessed the offending player.

19. Icing the puck is completed the instant the puck crosses the goal line and the referee shall immediately blow his whistle "no-touch icing".

SECTION FIVE
PENALTIES (Continued)

E. Major Penalties - will be for the duration of a five (5) minute nature for any of the following:

**** ANY INFRACTION RESULTING IN AN INJURY MAY RESULT IN A MAJOR PENALTY

- Boarding
- Charging
- Cross-Checking
- Kneeing
- Violent Slashing- suspension
- High Sticking - contacting opponent above the normal height of his/her shoulders - suspension
- Violent Body Checking - suspension
- Dangerous use of stick: A player who intentionally or accidentally contacts or attempts contact an opposing player or opposing goalie while covering the puck in the crease at the referee's discretion.

Note... A goal keeper is not "fair game" just because he is outside the goal crease area. A penalty for interference or charging, minor shall be called when an opposing player makes unnecessary contact with a goal keeper. Likewise, referees shall be able to penalize goaltenders for tripping, slashing or spearing in the vicinity of the goal.

- A minor or major penalty shall be assessed any player who make deliberate physical contact with an opponent after the whistle.

F. Checking from behind - Checking from behind will be at the discretion of the referee, based on the degree of violence of impact. A minor or major or suspensions shall be assessed to any player who intentionally pushes, body checks or hits an opposing player from behind, anywhere on the ice. If a player is injured a major penalty plus suspension must be assessed. Where a player is high-sticked, cross-checked, body-checked, pushed, hit or propelled in any manner from behind into the boards or the goal net, in such a way that the player is unable to protect or defend himself, a match or suspension penalty shall be assessed and brought to the attention of the Convenor.

G. Abuse of Officials - The only players who may approach a referee and ask for an explanation of a call will be either the team captain and/or assistant. Both of these players must be identified by a "C" or "A" on their sweater. Any player or team official who make any contact, touches, holds or pushes a referee, or "off-ice official" before, during or after a game, shall be assessed a match penalty and shall receive an immediate indefinite suspension, and shall be reported to the convenor of the Disciplinary Committee by the referee. Any player or team official who strikes, trips or body checks a referee or "off- ice official" before, during or after a game, shall be reported to the Convenor of the Disciplinary Committee by the Referee. Such player, coach, manager, trainer or stick boy may be suspended for one year or more. Any player or team official who threatens or attempts to strike a referee, or any "off-ice official" before, during or after a game shall be assessed a match penalty and shall be reported to the Convenor of the Disciplinary Committee by the referee. A minor penalty shall be assessed to any player or team official who challenges or disputes the rulings of an official during a game or who displays "unsportsmanlike like conduct". If the person persists, he shall be assessed a misconduct penalty and any further disputes will result in a game misconduct penalty being assessed to the offending person. A referee is not required to assess a minor penalty under this rule before assessing the misconduct or game misconduct but may assess either of these penalties initially.

SECTION FIVE
PENALTIES (Continued)

H. Game Misconducts - received by a player in the last 10 minutes of the third period or overtime will be assessed an automatic one game suspension whether regular season or playoffs.

Any player, including the goaltender, who receives either three (3) minor penalties or any combination of penalties exceeding 8 minutes shall be ejected from the balance of the game immediately. If a goaltender is ejected from a game no time will be allowed for a substitution. If a player is ejected from two (2) separate games, he automatically is suspended for an additional game. Any player who has received a second major penalty in one (1) game, including the goaltenders, shall be ejected from the game and the game misconduct rule will apply. Any of the above can also result in a game misconduct at the sole discretion of the referee or by the manner he sees and calls the infraction.

I. Gross Misconduct - Any gross misconduct penalties which have been called by a referee on any player or team official will result in a minimum one game suspension.

J. Match Penalties - will be assessed for an infraction listed below; the offending team members shall proceed to the dressing room for the remainder of the game and his/her team will be assessed an automatic five (5) minute penalty which must be served by a player who was on the ice at the time of the infraction. Match penalties will carry an automatic three (3) game minimum suspension. Any player receiving his/her second match penalty of the season will be automatically suspended for the balance of that season and playoffs without financial compensation from TGIF. If the player is involved with any other of our teams within any of our divisions he/she will be automatically suspended from play in any of those divisions, at which time a disciplinary board will be held to decide if he/she will be allowed to play on any of the other teams. If the said player is not permitted to continue anywhere he/she is so done without any financial compensation from the club. Match penalties may be appealed, and players will not be permitted to take part in any further games until his/her case has been dealt with by the disciplinary committee. A match penalty shall be assessed any team member either on or off the ice surface who is guilty of infractions including:

1. Attempt to deliberately injure, slashing, body checking, etc.
2. Butt-ending
3. Kicking
4. Abuse of an official.
5. Spearing
6. Spitting
7. High Sticking. Intentionally contacting an opponent above the normal height of his shoulders with a high stick with intent to injure.
8. Any physical attack on any official (including referee, convenor or executive) shall result in a automatic suspension from the league with NO REFUND.
9. Biting
10. Dangerous use of stick.
11. Facemask rule

The above match penalties will now carry an automatic suspension as deemed by Club Officials.

Fighting - will result in an automatic game ejection. Fighting in the third period upon first fighting infraction will result in a one (1) game suspension. A second fighting penalty will result in an automatic three (3) game suspension and disciplinary review which may result in expulsion from TGIF without refund. A third fighting infraction in the season will result in automatic expulsion from TGIF without refund. Any player not leaving immediately when ejected, the player's team will be assessed an additional two (2) minute penalty for unsportsmanlike behaviour. All players (except the goaltender who must remain in his crease) when a fight breaks out, must return to their respective benches.

**SECTION FIVE
PENALTIES (Continued)**

Rules - Definitions

1. Off-Sides

Clearing the zone will be used. This means the attacking zone must be completely clear of attacking players before the off-side can be nullified with the puck still in the attacking zone. The ref will drop his arm once the team has completely cleared the zone.

**SECTION SIX
EJECTIONS**

A. Any spectator who is present for a game on the invitation of a team of individuals who deliberately abuses officials, uses excessive foul language, etc., at the referee's discretion, upon stopping the game may ask management on duty at the rink or executive member to remove from the area, this individual or individuals accordingly, it being the duty of the team involved to assist in this matter and then continue the game accordingly.

B. Any player ejected from a game or serving a suspension is not allowed in the player's bench or in the general area of the players bench. Failure to abide by this rule could result in additional disciplinary requirement by league Executive.

**SECTION SEVEN
GOALTENDERS**

A. Each team shall name a regular goaltender. Should the regular team goaltender not be able to play due to illness, injury or any reason whatsoever, a back-up may be used. Goaltenders are exempt from the 5 game rule.

B. All goaltenders must wear full facial and head protection. Throat protectors are at the option of the individual goaltender only.

C. If a goalie is removed from a game and no back-up is available from his team, the team will have the following options:

*** THE TEAM MAY PLAY WITHOUT A GOALIE FOR THE DURATION OF THE GAME AND USE A SIXTH SKATER or acquire a backup to play in his place.

**SECTION EIGHT
APPEALS AND PROTESTS - \$50 non refundable deposit**

A. Protests made regarding games or incidents in a particular game must be in writing, and such protests together with summary of any evidence to be submitted and a list of any witnesses to be called, shall be prepared in triplicate with one (1) copy to go to The club offices, one (1) copy to the opposing team, and one (1) copy to stay with the protesting team.

The following methods of procedure should be followed:

TIME: Protests in writing and supported by evidence should be in the hands of TGIF and the opposing team 48 hours of the advertised or scheduled time of the game or incident protested.

SECTION EIGHT
APPEALS AND PROTESTS - \$50 non refundable deposit (Continued)

THE PROTEST: The protest in writing shall indicate under what section and number set out in these rules and regulations of which the protest is being laid, and shall be signed by the team rep. Be sure evidence accompanies the protest to support your claim as previously indicated in section 8 of these rules and regulations.

DEFENCE: The team protested shall be allowed 48 hours, from the time of notice of protest, to file its defence together with their documentary evidence, if any, to be used at the hearing and a list of their witnesses, if any, to be called by the defence. Delivery shall be in the same manner as provided for the delivery of the protests.

THE HEARING: The hearing will be heard and decided upon by the disciplinary committee which shall consist of one convenor, one referee of the disciplinary committee and two team representatives not involved in the protest. The disciplinary committee shall devote all efforts to arrive at a decision regarding any protest prior to the next team or teams scheduled game.

REFEREE'S DECISION: A protest on a referee's decision will not be considered unless it concerns a question of interpretation of the rules and regulations set forth in these rulings, or of the rules of the game.

EXECUTIVE AND CONVENOR PARTICIPATION IN RULINGS

A. Any incident requiring disciplinary action involving Convenor's or Executive team, whether he/she is playing or coach, will automatically be handled by a neutral Convenor or Chairman of the Disciplinary Committee. No matter how large or small, the Convenor will step aside so there will never be a question of bias.

B. Any suspension or waiver of suspension will be made only by your club Convenor (except as outlined previously in "A"). A team going to another club official, whether executive or convenor, to have a ruling overturned will not be upheld. Any protest regarding a ruling may only be appealed in the prescribed format as set down in the Constitution.

SECTION NINE
EQUIPMENT

A. All players and goaltenders must wear regulation usual hockey equipment to protect their person to the best of their ability and C.S.A. approved where possible.

B. All helmets **MUST** be strapped securely under the chin with no more than two-finger width to insure that the helmet is on the head securely.

SECTION TEN
GAME DURATION AND TIME

A. This clause is restricted to time frame (and ice allocations) as defined by City contracts.

Example ... if an independent ice booking is slotted within our allocated time or at the end of our ice time(s), we will be forced into using running time on the clock.

B. Should the goal spread be five (5) or more, then the mercy rule will apply and no stop time will be allowed. If the spread reduces during the third period the stop time rule will once again take effect. The above will apply to the exhibition series, regular season and playoff games.

C. Should a fight occur during a game then the **CLOCK DOES NOT STOP**. The referee has the right to instruct the time keeper to run the clock for the duration.

**SECTION ELEVEN
PLAYOFFS (Six Team Format)**

Playoff will consist of 1 round of play with all teams. Also known as a round robin. The standings at the end of the round robin will determine a team's playoff position. In the event of a positional tie in standings after the round robin. Positioning will be determined by the following:

1. Team dues paid in full by last Friday in November
2. Wins in head to head games. Applies to two way ties only, 3 or more teams do not apply.
3. Goal differential or plus minus (+/-)
4. Goals for
5. Goals against
6. Fewest penalty minutes against
7. Coin toss

Playoffs will be a final format and will match first place vs. second place, third place vs. fourth place and fifth place vs. sixth place in the final game as determined by the round robin. Winner of the final first vs. second place game will be made league champion. Consolation final for third place & fifth place will be played.

In the event of a tie after regulation time of a semi final or final game overtime will be played as follows:

1. 5 minute run-time sudden-death overtime. If that does not result in a decision;
2. then a 3 minute run time 4 on 4 period will ensue (including goalies). If that not result in a decision;
3. then a three (3) player* shoot out will commence. If that not result in a decision;
4. then one (1) player* shoot-out will continue until a decision is determined.
 - shooters may not shoot twice until the team has gone through it's entire lineup. Goalies may not shoot.

**SECTION TWELVE
AMENDMENTS**

TGIF Executive have the unlimited right to amend, add to, or delete any portion of parts thereof all of the forgoing Regulations and Playing Rules. Should amendments or additions or deletions be made, the general body of the entire club must be advised by written amendment quoting the rule section, number and part thereof through the team reps or alternates. It is then clearly the responsibility of the team reps or alternates to advise their team members accordingly.