

RURAL AND EDMONTON MIDGET HOCKEY LEAGUE

OPERATING DIRECTIVES

100 – Refereeing

- a. The Referee Assignors for the LMHA will do assignment of on ice officials for League games.
- b. Referees will be paid as per the fee schedule defined by Hockey Alberta.

101 – Scheduling

- a. Scheduled league games have priority over exhibition and tournament games as provided by the Hockey Alberta Regulations.
- b. Back-to-back games against the same team are not to be scheduled unless necessary.
- c. Each member is required to bring to the Annual General Meeting a minimum number of game slots per team for scheduling as determined by the League.
- d. The Vice President Administration will have a draft schedule sent to each member and team by August 30th and the final schedule completed by the September League meeting.
- e. No games will be scheduled to begin after 9:00 p.m.

102 – Playing Rules

- a. The playing rules shall be in accordance with the Hockey Canada playing rules as set out in the most current *Referee's Case Book/Rule Combination* handbook.

103 – Tournament, Exhibition and Pre-Season Games

- a. Hockey Alberta is ultimately responsible for granting permission for pre-season, tournament and exhibition games and for the administration of discipline that is necessary arising out of those games.
- b. The Vice President of Discipline will correspond with Hockey Alberta as appropriate regarding REMHL suspensions.
- c. Teams must also obtain respective Hockey Alberta Zone approval for any exhibition and tournament games.

104 – Game Sheets

- a. Coaches are responsible for ensuring the game sheet information for their team is accurate and all applicable notations appear such as
 - i. Affiliate Players shall be identified as AP on the game sheet with a note that indicates the game number out of 10 allowed appearances of the affiliate.
 - ii. The absence of any player or team official shall be identified on the game sheet.

34 iii. Suspended Players and/or Team Officials shall be identified on the game
35 sheet as “Suspended” with a note that indicates the game number out of the total
36 suspension terms for that player or team official.

37 iv. Only the names and jersey numbers of players and names of team officials
38 as per the team’s HCR-generated team roster shall appear on the game sheet.

39 b. The Home team is responsible for faxing the **white copy** of the game sheet and any referee
40 reports to the Vice President of Discipline and the Vice President Administration within two
41 hours of the completion of the game.

42 c. The Home team shall complete the game sheet on the website within 24 hours. Non-
43 compliance may result in the suspension of the Head Coach.

44 105 – Team Failing to Present Itself

45 a. If a team fails to represent itself at the time and place appointed to play a game, the game
46 or series will be awarded to the opposing team with a score of 1-0 for statistical purposes
47 unless the failure was caused by an unavoidable accident or unforeseen situation.

48 b. The Manager, Coach or Official and/or players of the team that is responsible for a failure to
49 attend may be suspended for one year or more.

50 c. Any team failing to represent itself twice in one season, the Coach, Manager, and/or team
51 may be suspended for all League activities for up to 12 months.

52 106 – Protests

53 a. Protests and all **supporting evidence** must be submitted to the President, Vice President of
54 Discipline in duplicate signed by the Coach, Manager, and an Official of the LMHA within 48
55 hours of the completion of the game being protested. All documentation must be
56 accompanied by a money order in the amount of \$300 and delivered to the VP Discipline
57 within the 48 hour time frame. A copy of the protest must also be forwarded by email
58 within 48 hours of the protested game to the Manager and the Association of the team
59 protested against.

60 b. Upon receipt of the protest, the Vice President of Discipline will appoint a three-person
61 neutral committee in addition to the President.

62 c. All protests require that the Vice President of Discipline contact the individual submitting
63 the protest and the Manager of the team being protested against.

64 d. If the committee (whose decision shall be final) dismisses the protest, the sum deposited
65 with the protest will be forfeited to the League.

66 107 - Appeals

67 a. Appeals to Hockey Alberta must follow the Hockey Alberta appeal procedure after it has
68 followed REMHL protocol.

69 108 – Discipline Policy for League and Playoff Games

70 a. For all discipline, the Vice President of Discipline will rule within 48 hours of being notified of
71 an infraction.

- 72 b. The Home team must fax or email all referee reports to the Vice President of Discipline
73 within 2 hours of the completion of the game.
- 74 c. All automatic suspensions per the Hockey Alberta Regulations Minor Hockey Minimums shall
75 apply to all league games, including playoffs. Coaches are expected to know all such
76 automatic suspensions and ensure the offender does not play in the next game. Official
77 suspension notification is not required.
- 78 In addition to the Hockey Alberta Minimum Suspensions, the League has the option of
79 increasing the suspension. For these purposes, the Vice President of Discipline will appoint a
80 three (3) person neutral committee whenever necessary.
- 81 Players are not to cross the center ice red line during the pre-game warm-up or before the
82 start of any period. That is, they must stay on their side of the center ice. Suspensions may
83 be levied for violation.
- 84 d. As per Hockey Alberta Regulations, suspensions will be carried forward from any
85 Tournament, Playoff, or Provincial games.
- 86 e. At the end of the season, suspensions that were not fully served shall be reported to the
87 respective Hockey Alberta Zone Discipline person to be served in the following hockey
88 season.

89 The League expects Coaches and Team Management to be responsible for the discipline of their team and
90 actions of their fans. Where problems exist, appropriate action will be taken against the Coach in question if
91 deemed necessary. Additionally, Coaches are expected to exhibit model behavior at all times.

92 **NOTE: Hockey Alberta Minimum Suspensions are not appealable.**

93 109 – League Playoffs

- 94 a. All REMHL teams shall participate in the first round of the playoffs.
- 95 i. The team that finished in first place will play the team that placed last. The
96 team that finished second shall play the team that placed second to last.
97 The team that finished third shall play the team that placed third from last
98 and so on.
- 99 ii. In the event of an odd number for playoff matchups, the team that finishes
100 first shall have a bye in the first round of playoffs.
- 101 b. In the event that teams are tied in the standings at the end of league play
- 102 i. If teams are tied, the teams will be ranked with the team with the most
103 wins in total League play will rank higher.
- 104 ii. If teams are still tied, the team with the best win/loss/tie record in games
105 played against each other will rank higher.
- 106 iii. If still tied after i and ii, then the team with the best goal differential in
107 games played between each other will rank higher; then fewest goals
108 against; then most goals for; then fewest penalty minutes; all in games
109 between each other.

- 110 iv. If still tied after i, ii, and iii, then the team with the best differential in total
- 111 League play will rank higher (example, team has 123 goals for and 81 goals
- 112 against, their differential would be +42).
- 113 v. Final tiebreaker shall be a coin toss.
- 114 c. The team with the best standing in League play will always have venue.

115 110 – League Award Selection

- 116 a. The following awards will be awarded annually:
- 117 i. Top Goaltender
- 118 ii. Top Scorer.
- 119 b. Each winner will receive a keeper plaque from the League which is purchased by the League
- 120 and distributed by an official of the League or a League Sponsor.

121 111 – Player Movement

122 Player eligibility for teams will be as follows:

- 123 a. Only players who turn 15 years of age during the calendar year of the hockey season are
- 124 eligible as regular players on the team.
- 125 b. Affiliate players may be 15 years of age or younger during the calendar year of the hockey
- 126 season.
- 127 c. All teams must follow their respective Hockey Alberta Zone player movement policies.
- 128 Reference and acknowledge Hockey Alberta Player Movement Regulations.
- 129 d. Hockey Canada guidelines for tampering will be followed.
- 130 e. All teams must input their team roster on the League website a minimum of 24 hours prior
- 131 to their first League game.
- 132 f. All teams must provide a HCR-generated copy of the Team Roster to the Vice President of
- 133 Discipline prior to the first league game. Subsequent changes to a team’s roster must be
- 134 submitted to the Vice President of Discipline as they occur during the season.

135 112 – Risk Management

- 136 a. Any player injury resulting in a player injured seriously enough to require emergency
- 137 medical attention or to miss more than eight games must be reported to the Vice President
- 138 of Discipline for information and perhaps insurance purposes, in addition to any Hockey
- 139 Alberta notification required.
- 140 b. While playing any games in the REMHL all players are encouraged to wear mouth guards.

141 113 - Public Relations

- 142 a. All teams are encouraged to report weekly game results to their local media.

143 114 – Procedure for Rescheduling and Cancellation of Games

- 144 a. All rescheduling must be made prior to cancelling a game.

- 145 b. The President and VP Administration must receive in writing from both teams an email
146 confirming the rescheduled date, time, and location. Until received, the game will be
147 considered scheduled in accordance with the original League schedule. (Appendix 2)
- 148 c. All rescheduled games must be communicated to all teams by the League VP Administration
149 via the League website.

150 115 – Responsibilities at Home Games

- 151 a. The Home team for League games is responsible to coordinate all on-ice and off-ice officials.
- 152 b. The Home team must provide a Scorekeeper, a Timekeeper and two penalty box workers for
153 all games.
- 154 c. Charging at the gate is discouraged.
- 155 d. The Home team must fax or email the game sheet and any referee write-ups and associated
156 discipline information to the Vice President of Discipline and Vice President of
157 Administration within 2 hours of the completion of the game.
- 158 e. The Home team supplies 25 pucks to each team for pre-game warm up.
- 159 f. The Home team must provide a program or line up sheet for each Home game and include
160 all League sponsors.
- 161 g. The Home team must provide ice for a minimum of ten minute warm up before each game,
162 ice cleaning between each period, and ice for full three twenty stop periods.

163 116- General Admission

- 164 a. Travel permits are required by all teams (as per Hockey Alberta) for all out-of-province
165 tournaments and games.
- 166 b. No League monies shall be used to support any tournament.
- 167 c. Team and League member information will be collected at the Annual General Meeting and
168 Secretary will distribute this information to all teams by September 15th annually.

169 117 – Coaching Certification

170 Refer to Hockey Alberta Minor Regulations – <http://www.hockeyalberta.ca>

171 118 - All-Star Selection and Game

- 172 a. All- Star game hosts will be as follows:
- 173 i) 2012 - Sherwood Park
- 174 ii) 2013 - St. Albert
- 175 iii) 2014 - CAC
- 176 iv) 2015 - Parkland Athletic Club (PAC)
- 177 v) 2016 - South Side Athletic Club (SSAC)
- 178 vi) 2017 - Strathcona
- 179 vii) 2018 – Sherwood Park
- 180 viii) 2019 – St. Albert
- 181 ix) 2020 - CAC
- 182 x) 2021 – Parkland Athletic Club(PAC)

- 183 xi) 2022 – Southside Athletic Club(SSAC)
- 184 xii) 2023 - Strathcona
- 185 xiii) 2024 – Sherwood Park
- 186 xiv) 2025 – St. Albert
- 187 xv) 2026 - CAC
- 188 xvi) 2027 – Parkland Athletic Club (PAC)
- 189 xvii) 2028 – Southside Athletic Club (SSAC)
- 190 xviii) 2029 - Strathcona
- 191 xix) 2030 – Sherwood Park

192 b. All-Star Game Structure

- 193 i) Scheduled for a weekend date in January annually.
- 194 ii) Home All-Star team will be selected from nominated players from teams
- 195 ranked 1, 3, 5, 7, and 9 based on best winning percentage at December 18th
- 196 or as set by the league and Visitor All-Star team will be selected from
- 197 nominated players from teams ranked 2, 4, 6, 8 and 10 based on best
- 198 winning percentage at December 18th or as set by the league.
- 199 iii) The host team will provide All-Star coaching staff and managers for the first
- 200 team and the All-Star coaching staff and managers for the second team will
- 201 be formed from the team with the best winning percentage at December
- 202 18th(or as set by the league). If the host team happens to have the best
- 203 winning percentage at December 18 or as set by the league, then the
- 204 second best winning percentage will provide All-Star coaching staff and
- 205 managers for the second All-Star team.
- 206 iv) Each team must deliver their top two (2) forwards and top two (2)
- 207 defencemen by the Friday following the December league meeting.
- 208 v) The top 4 goaltenders will be selected by the League provided they have a
- 209 minimum of 450 minutes played before the December 18 after the coaches
- 210 have been selected. Each of the Home and Visitor All-Star teams will have
- 211 two goalies who have the best goals against average in their grouping
- 212 provided they have played the minimum 450 requisite minutes
- 213 vii) The REM15-AA League will contribute funds towards the costs of hosting
- 214 the All-Star game. Each host team will submit an All-Star Game budget and
- 215 request funding prior to the All-Star game.
- 216 viii) The host committee will arrange for team pictures, jerseys, socks, name
- 217 bars, team meal, coach gifts and player gifts.
- 218 ix) The host committee will arrange for Hockey Alberta to sanction the All-Star
- 219 game.

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223 **APPENDIX 1**

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REMHL FINANCES REVIEW

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230 I authorize a complete review of all financial records of the REMHL from

231 _____ to _____

232 Date Date

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234 Treasurer's Name _____

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236 I have completed a full investigation of the financial statements of the League and find them

237 In proper order.

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239 Auditing Person/s – Address and Phone Number

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APPENDIX 2

**RESCHEDULED GAME REPORT
GAME TO BE CHANGED**

Game No: _____

Date: _____ **Time:** _____

Home: _____ **Arena:** _____

Visitors: _____

Home Authorization: _____

Visitors' Authorization: _____

**GAME TO BE CHANGED TO:
ALL GAMES TO BE CHANGED & PLAYED PRIOR TO THE DATE OF GAME**

Game No: _____

Date: _____ **Time:** _____

Home: _____ **Arena:** _____

Visitors: _____

Home Authorization: _____

Visitors' Authorization: _____

LEAGUE VP ADMINISTRATION or PRESIDENT APPROVAL _____

Distribution after signing: President, VP Administration, VP Discipline, Team #1, Team #2

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285 **APPENDIX 3**

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REMHL BULLYING POLICY

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291 The REMHL is committed to help reduce and prevent the bullying of participants (players, coaches,
292 referees, parents and fans).

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294 Written, verbal, physical and cyber bullying is defined as harmful actions that are communicated via
295 written, spoken or electronic media (the internet, interactive and digital technologies, mobile phones)
296 and are intended to embarrass, humiliate, threaten, harm, or slander another REMHL participant(s).
297 This includes individual players, coaching staff, game officials and teams. They are referred below as
298 'targets'.

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300 Some examples of the bullying policy are:

- 301 • Continually criticizing the target's abilities.
- 302 • Blaming the target of the bullying for mistakes.
- 303 • Repeated insults or put downs of the target.
- 304 • Denying or discounting the target's accomplishments.
- 305 • Threats of and actual physical violence toward the target.

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307 Written, verbal, physical and or cyber bullying in the REMHL will be dealt with as per the following
308 (includes players, coaches, parents, and fans):

- 309 • Information will be gathered by the League Vice President Discipline from sources
310 pertaining to the incident and form a three person panel to review the case and make
311 recommendations for disciplinary action.
 - 312 i. 1st offence under the policy is a 3-game suspension.
 - 313 ii. 2nd offence is an Indefinite Suspension. The Offender will remain under
314 suspension while the case is investigated and dealt with by the REMHL.

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316 Note: Some types of cyber-bullying may fall within the Criminal Code of Canada. Should there be a
317 need for law enforcement involvement, all information will be passed to the local authorities.

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APPENDIX 4

REMHL HARASSMENT POLICY

The REMHL does not tolerate players or team officials engaging in verbal taunts, insults, and intimidation towards other participants based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language).

If the incident occurs under Hockey Canada playing rules in League or Playoff games, an Indefinite Suspension shall be issued to the Offender and referred to Hockey Alberta for terms of suspension to be determined. The League may add to the terms of the Hockey Alberta suspension following review by a three person panel chaired by the League VP Discipline..

If the incident occurs outside of League or Playoff games in off-ice verbal, written, physical, or by any electronic means, an Indefinite Suspension shall be issued to the Offender by the League following review by a three person panel chaired by the League VP Discipline.

The REMHL does not accept or condone that harassment in any form is part of the game of hockey.

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APPENDIX 5

REMHL JERSEY REVERSAL POLICY

Please accept this notice as a formal reminder of the **JERSEY REVERSAL POLICY** used by the Rural and Edmonton Hockey League.

Each team must have at least two sets of uniforms; one white and one dark. The white set is to be used for all Home games prior to January 1st of each year. From January 1st until the completion of the regular season, the dark uniforms will be used by the Home team.

In post season play (playoffs) teams will return to the original uniform; that being the white uniforms for all Home games and dark uniforms for Away games.

The **rational** for this is that people that only watch Home games (parents excluded) only see the one color. Now the other color comes into play, plus any advertising that the uniforms have on them.

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371 **APPENDIX 6**

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REMHL OPERATIONS

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- 375 1. Penalty boxes should have an adequate number of people to man all stations such as penalty
376 doors.
- 377 2. Any or all players who have been ejected from the game should be escorted to the dressing room
378 by a team representative to prevent any further altercations between players, who may have had
379 a fight or any other heated exchanges.
- 380 3. Suspended Players or Team Officials are not permitted in the dressing room before, during, or
381 after the game until their suspension is completed. They may not be within 50 feet of the Players
382 benches during the game. Once the suspension is complete, they may enter the dressing room
383 after the game.
- 384 4. In event of DAMAGE TO THE ARENA before, during, or after the game, the Coach is responsible
385 for the team. If the individual player or players causing the damage can be identified, they will be
386 dealt with by the League's VP Discipline. If the cannot be identified, the Coach will be dealt with,
387 damages and suspension could occur.
- 388 5. Game sheets are to be PRINTED and must include first and last names; starting Goalie first
389 followed by the rest of the team; low uniform numbers to high numbers. Stickers can be used,
390 but should not identify anyone who is not on the team's official HCR roster. Players and/or team
391 official(s) serving a suspension must be listed and marked "Susp". Be sure to enter the proper
392 game number. The Game sheet should be signed by the Coach.
- 393 6. Hockey Alberta Official Team Rosters must be sent to the League VP Discipline prior to the first
394 League game. Subsequent changes to the Official Team Roster should be sent to the League VP
395 Discipline.
- 396 7. Anyone appearing on the game sheet who is not properly registered and on the team's Official
397 Team roster may cause a suspension to the Coach.
- 398 8. Before an affiliate can appear on a team's game sheet, said affiliate must be properly registered
399 and on the Team's Official Team Roster. An affiliate shall be marked "AP" on the game sheet.
- 400 9. Home Team – All game sheets MUST be faxed within 2 Hours of the completion of the game plus
401 the score should be entered into the website.
- 402 10. All game documents must be in PDF format. No jpegs please. Please ensure legibility of
403 documents.

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405 **APPENDIX 7**

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408 **PLAYOFF OVERTIME RULES**

409 **Time Out**

410 **9.1(k)** Each team shall be permitted to take one time out of thirty seconds during the
411 course of regular play time or overtime (see Hockey Canada Rule 10.17(f))

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413 **Series non-deciding game(s):**

414 Non-clinching or non-elimination game (any game whereby neither team can win the series):

415 o 5 minutes overtime followed by

416 o Shootout - 3 shooters per side,

417 o If still tied, then two new shooters, one from each side, until sudden victory

418 o Once a team has gone through all available shooters in their lineup, then shooters used
419 previously may be used again

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421 **Series deciding game(s):**

422 Clinching or elimination game (any game whereby a team can win the series):

423 • **Hockey Alberta Overtime Rule 9.2(f) shall apply as per HC Playing Rule 10.16**

424 **Hockey Canada Official Playing Rule 10.16 — Tied Game**

425 a) If at the end of the three regulation twenty-minute periods the score is tied,
426 the following shall take place.

427 1) if the Referee feels it is necessary, he may order the ice to be
428 resurfaced at the end of the three regulation periods. If the ice is not
429 resurfaced, the teams will not change ends

430 2) the puck shall be faced-off at centre ice and the play shall continue
431 with a ten minute sudden victory overtime period.

432 3) if the score is still tied after the sudden victory ten minute overtime
433 period, the teams would take a normal between period break and
434 return to play 20 minute sudden victory periods The teams will now
435 change ends.

436 b) Any overtime period shall be considered part of the game and all unexpired
437 penalties still remain in force.

438 c) If either team declines to play in the necessary overtime period or periods,
439 the game shall be declared a loss for that team.

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442 **APPENDIX 8**

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PENALTY ABBREVIATIONS

446	Aggressor	AGR
447	Bench Minor	BENCH
448	Boarding	BOARD
449	Butt-ending	BUTT
450	Cross-Checking	CCK
451	Checking From Behind	CFB
452	Charging	CHARGE
453	Delay of Game	DELAY
454	Elbowing	ELBOW
455	Fighting	FIGHT
456	Game Ejection	EJECT
457	(Three stick infractions;	
458	Zero penalty minutes)	
459	Game Misconduct	GMISC
460	Gross Misconduct	GROSS
461	Head Contact	HEAD
462	High Stick	HISTK
463	Holding Stick	HLDSTK
464	Holding	HOLD
465	Hooking	HOOK
466	Illegal Equipment	ILLEGAL
467	(Broken stick/neck guards)	
468	Instigator	INSTIG
469	Interference	INT
470	Kneeing	KNEE
471	Match Penalty	MATCH
472	Misconduct	MISC
473	Penalty Shot	PSHOT
474	Roughing After Whistle	RAW
475	Slashing	SLACK
476	Spearing	SPEAR
477	Too Many Men	TMM
478	Tripping	TRIP
479	Unsportsmanlike	USC
480	Conduct	
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482 [Game Incident Report Form](#)