



Rexdale Women's Hockey League Constitution and By-Laws

As of February 4, 2017



Rexdale Women’s Hockey League

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ARTICLE 1

- The name of the Association is the Rexdale Women's Hockey League, hereafter referred to as the Association.
- The Association is registered with the Ontario Women's Hockey Association as "Senior Recreational Houseleague". Players, who play for more than one team in a season, should advise the Executive in order that they can be registered properly. That is, insurance is only paid once if a Proof of Insurance Form is supplied.
- Any player, who is registering with a team in a category of Senior A or higher, will not be allowed to play or register with the Association.

ARTICLE 2

The objectives of the Association are:

- To encourage and support women's recreational hockey and the spirit of sportsmanship and fair play.
- To provide an environment in which women can learn the fundamentals of hockey and improve their skill level.

ARTICLE 3

There shall be two types of membership in the Association:

Regular membership in the Association is open to all players who:

1. Pay such fees as are set by the Executive.
2. Are at least nineteen years of age at the start of the season.
3. Have agreed to abide by and comply with the Constitution and By-Laws of the Association.
4. Have signed the Player Contract and Liability waiver.

Coaching membership in the Association is open to the Coach and a maximum of two staff per team



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ARTICLE 4

1. EXECUTIVE

- The Executive shall consist of the President, Vice-President, Secretary, Treasurer and Assistant Treasurer.
- The Executive shall be responsible for the Business and Administration of the Association.
- All lists compiled by the Executive are the sole property of the Association, and may not be used for any purpose except the Association business.
- The signing officers of the Association shall be any two members of the Executive, one of who must be the Treasurer or Assistant Treasurer.
- The Executive shall have the power to appoint such committees, as it considers necessary to assist in the carrying out of its responsibilities.
- The members of the Executive and members of the Executive committees shall not be subject to any personal legal liability for any actions taken by them in their capacity as Executive or committee members.

A) SPECIFIC DUTIES OF EXECUTIVES

The members of the Executive shall have the specific responsibilities outlined below and any other duties as assigned.

President

The President shall:

- a. Be a signing officer of the Association.
- b. Call meetings of the Executive from time to time in accordance with the Constitution.
- c. Normally preside at all meetings of the Executive and while presiding shall only vote in the event of a tie.
- d. Exercise the powers of the Executive in case of Emergency.
- e. Represent the Association in all dealings with the Ontario Women's Hockey Association.
- f. Chair the Disciplinary Committee.



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Vice-President

The Vice President shall:

- a. Be a signing officer of the Association.
- b. Be a voting position on the Executive.
- c. In the absence of the President, or in the event of her inability to act, have and exercise all the powers of the President (as set out above).

Secretary

The Secretary shall:

- a. Be a signing officer of the Association.
- b. Be a voting position on the Executive.
- c. Take minutes of all meetings and deliver copies to each Executive member, no later than two weeks after such meeting.
- d. Handle all league correspondence.
- e. Maintain and distribute at each game, Team and Individual weekly standings for the season.

Treasurer

The Treasurer shall:

- a. Be a signing officer of the Association.
- b. Be a voting position on the Executive.
- c. Keep and record all money received and disbursed, and shall deposit all money in the bank, and shall ensure all disbursements are paid in full.
- d. Present at the Annual Meeting and any General Meeting of the Association, a report and financial statement.

Assistant Treasurer

The Assistant Treasurer shall:

- a. Be a signing officer of the Association.
- b. Be a voting position on the Executive.



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- c. In the absence of the Treasurer, or in the event of her inability to act, have and exercise all the powers of the Treasurer (as set out above).

B) TERMS OF OFFICE

The members of the Executive are elected for a two-year term. However, the Executive must call an election if requested by at least three members of the Executive committee or, upon receipt of a petition, at least fifteen days prior to the Annual General Meeting, signed by one-third of the regular members of the Association. The election may be called for one or any number of the Executive positions. Resignations from the Executive, except for medical reasons, must be submitted in writing to the President or Vice-President.

C) MEETINGS

The President of the Association shall call a minimum of two Executive meetings each year. The President shall call an Executive meeting either on her own authority, or at the written request of 3 Executive members. If a written request for an Executive meeting has been received, the President must call an Executive committee meeting to take place within 10 days of receiving such notice.

2. STANDING COMMITTEES

The standing committee of the Association shall be the Disciplinary Committee and the Coaches Committee.

Disciplinary Committee

- The Disciplinary Committee shall conduct itself with fairness and impartiality and shall provide a full opportunity for all parties to be heard.
- The Disciplinary Committee shall be chaired by the President of the Association and shall consist of the following members:
 1. The Executive members.
 2. One representative (player or coach) chosen by each team at the beginning of the season.
- If any member of the Disciplinary Committee is directly involved in a dispute being heard by the Committee, a conflict of interest occurs. In this event, a member of the Association selected by the Executive shall replace the member of the Disciplinary Committee.



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- The Disciplinary Committee shall have the authority to, suspend from games or expel, members of the league, without financial reimbursement, as circumstances warrant.
- The Ontario Women's Hockey League Appeal Tribunal, in accordance with their Rules and Regulations surrounding appeals, can hear appeals of the decisions of the Disciplinary Committee.

Coaches Committee

- The coaches of the league are ex officio members of the Coaches Committee.
- The members of the Coaches Committee have the authority to:
 1. Sit on the Disciplinary Committee if chosen by their team.
 2. Refuse to allow a player to play in a game if they have reason to believe that player to be impaired.

ARTICLE 5

1. ANNUAL GENERAL MEETINGS AND GENERAL MEETINGS

Annual General Meetings and General Meetings of the Association shall occur on game nights, at the arena, and shall begin 1/2 hour after the final game.

A) ANNUAL GENERAL MEETINGS

- The Annual General Meeting of the Association shall take place in February or March of each season. Members of the Association are to be notified of the meeting at the two games preceding the Annual General Meeting.
- The quorum for the Annual General Meeting shall be 10 people.
- The Annual General Meeting shall include the election of officers (if the term is completed) and a report from the Treasurer.

B) ELECTION OF OFFICERS

Elections will take place as outlined below:

- Any Regular Member of the Association may run for election as an Officer of the Association.
- Written nominations for the RWHL Executive positions must be submitted a minimum of 5 days prior to the AGM in a voting season.



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- Nominated individuals may address the Annual General Meeting for a maximum of two minutes each.
- Secret ballots will be distributed and collected the night of the elections.

C) GENERAL MEETINGS

- The Executive may call a General Meeting of the Association at any time.
- The Executive must call a General Meeting of the Association upon receipt of a petition signed by at least 25 Regular Members of the Association at any time throughout the playing season. This General Meeting must be called for a date no later than 30 days from receipt of the petition.
- Notice for a General Meeting of the Association shall be provided at the game prior to the meeting.

D) CONSTITUTION AND BY-LAW AMENDMENTS

- The Constitution of By-Laws can be amended at any Annual or General Meeting of the Association by a 2/3 vote of members present.
- Amendments of the Constitution or By-Laws must be submitted in written form, and will be accepted up until December 31st of the current season. Copies of proposed amendments should be available for the members of the Association to inspect at the game prior to the Annual or General Meeting.
- Where a conflict occurs between the terms of this Constitution and the Ontario Women's Hockey Association (OWHA) Constitution, the terms of the OWHA Constitution take precedence over the terms of this Constitution.



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By-Laws of the Rexdale Women's Hockey League as of March 2011

A) FEES, REFUNDS, NEW PLAYERS

1. The Executive will set annual playing and insurance fees yearly.
2. No new players will be added to the teams after the end of December unless needed and on the waiting list.
3. The fee for replacement sweaters is \$35.00.
4. Any money owing to the Association from previous years will be added to the players' current fees.
5. A player may petition for alternate payment arrangements in the rare case of an unexpected financial emergency.
6. Refunds will be given, at the discretion of the Executive, before the end of December.
7. Players, who have not met payment deadlines, will not play!
8. The Association reserves the right to reject any application.

B) COMMUNICATION

1. A player should notify her coach and/or the Executive if she will be absent. If your address or telephone number changes, please notify the Executive in order to update the files.
2. Teams should pick a Captain, two Assistant Captains, and a Disciplinary Committee representative, before the second game in November. The Captain and Assistant Captains are the only players permitted to discuss disputes with the Referees during a game.

C) TEAMS

1. The Executive will draw up teams so that they are evenly matched. This is done by rating the players as A, B, C, or D, and drawing at random. Each team will begin the season with one Executive member. The Executive must make every effort to balance the teams after the third and sixth games, if necessary.
2. All players must get equal ice time, except on occasion in the last three minutes of the game and in overtime during playoffs. Coaches should ensure that every player registered on the team is listed on the game sheet.



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3. A late player may join the game if she is fully dressed and has reported to the timekeeper by the start of the third period.
4. The timekeeper will be responsible for writing "absent" by a player's name if they have not shown up by the start of the third period.

D) PLAYERS HEALTH AND IMPAIRMENT.

1. All players participate at their own risk. The Association and/or its Executive will not be held responsible for injury to any player, coach, official, or spectator.
2. For insurance reasons, the Executive will not knowingly allow any player to participate while impaired through illness, medication, illegal drugs, or alcohol.
3. In the event of pregnancy or illness, a doctor's note giving permission to play shall be provided to the Executive. Such note is to release the Executive and Members of the Association from all liability in case of injury to the player.
4. For the safety of everyone, anyone who suspects that a player is unfit to participate in a game for whatever reason should inform the Coach and/or a Member of the Executive. The Coach has the initial authority to allow or deny the player the right to play. The Coach must notify the Executive, and can be over-ruled by the Executive Members present. An attempted refusal to obey this suspension may result in further penalties.

E) EQUIPMENT

1. BNQ certified neck guards, and CSA approved helmets with full face mask are mandatory.

F) GOALIES

1. If possible, a fifth goalie will be registered by the Rexdale Women's Hockey League to fill in for a goalie, in the event of injury, or if one will be absent for a regular season or playoff game. The registration fee for this goalie will be equal to that of the fee for O.W.H.A. costs.
2. In the event that two teams that are playing each other require use of the 5th goalie for a regular season or playoff game, precedence will be given to the team who contacts the 5th goalie first. The other team will be allowed to borrow a goalie from another team.
3. In the event that a fifth goalie is not available for registration, teams will be allowed to borrow goalies from another team within the league.

G) GAMES

1. Games will consist of three twelve-minute periods of stop time. If time does not permit, then the last period will be ten minutes stop time. Regular season will have no overtime and no time outs. One time out will be allowed in playoffs.



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H) PENALTIES

- All players are to display sportsmanship. Abusive language and swearing will result in penalties. The Disciplinary Committee may expel any player, without financial reimbursement, who is unable to abide by the spirit of the league.
- Minor Penalties are two minutes stop time. Any player who receives three penalties in one game will be ejected.
- Major Penalties are five minutes stop time. Any player who receives a major penalty automatically receives a game misconduct (she must leave the game) and she will be suspended for the next games. If the major penalty takes place in the third period, she will be suspended for the next two games. Any player, who receives a major penalty for fighting, will receive an additional four game suspension.
- Misconduct Penalties are ten minutes stop time. The second misconduct penalty in a game results in a game misconduct (ejection from the game) and a two game suspension.
- Game Misconduct Penalties result in ejection from the game. If the game misconduct occurs in the last ten minutes of the game, the player shall receive a one game suspension.
- Gross Misconduct and Match Penalties result in ejection from the game and usually a suspension of at least two games. For example: match penalties issued for spearing, stick swinging, and kicking; each have a four game suspension.

Note: The examples of suspensions given above are all according to Hockey Canada and OWHA guidelines and are minimum suspensions. Fighting will be dealt with severely.

- If a member of the Association breaches the players or coaches contract, or accumulates the following:
 1. 15 penalty minutes made up of either minor or major penalties **OR**
 2. A gross misconduct or 2 misconduct penalties of any other type, then, that individual will be placed on probation for the remainder of the season.
- If, while on probation, a further breach of the players contract occurs, or the individual accumulates:
 1. 10 penalty minutes made up of either minor or major penalties **OR**



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2. A misconduct penalty of any type, then the individual will appear before the Disciplinary Committee of the Association that will take further action.

I) PLAYOFFS

1. If two teams are tied at the end of the regular season, the winner will be determined by the following format:

- The team with the most overall wins
- The team with the least overall losses
- The team with the least penalty minutes
- The team with the best overall plus/minus ratio
- The team with the best record against the other team
- The team with the best plus/minus ratio against the other team
- A flip of the coin

2. Semi-Finals

- a. The Semi-Finals as well as the Consolation and Championship Finals will be one game only. For the Semi-Finals 1st place will play 4th place and 2nd place will play 3rd place. The winning teams will advance to the Championship Finals and the losing teams will play in the Consolation Finals.
- b. The higher placing teams in the regular season will be Home team for all play-off games.
- c. Teams will be allowed one time out per game in the playoffs.
- d. If any playoff game ends in a tie, overtime will follow.
 - (i) The teams will first play a five-minute stop time sudden death period 4 vs. 4. If still tied, teams will play a second five-minute stop time sudden death period 3 vs. 3.
 - (ii) If teams are still tied, there will be a 3-player shoot-out with teams shooting at the same time. If still tied, a sudden death shoot-out will occur.
 - (iii) Any penalties incurred during regular play will be carried over into overtime.
 - (iv) Any player that has a penalty that is not completely served at the end of overtime will not be eligible for the shoot-out.



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