
RULES and REGULATIONS – 2016/2017 SEASON

GMSHL Vision Statement: To be the best employee based hockey league in which colleagues can safely participate in spirited, fun, competition at a low cost.

GMSHL Mission Statement: To accomplish our vision, the league will continually strive to:

- Effectively and efficiently communicate league results, standings, statistics and events to all stakeholders.
- To enforce league rules for the integrity, fairness and safety of all players, managers and coaches.
- Add value and enhance the relationship with our business partners.
- Make informed, sound business decision that will enhance the league and preserve the proud heritage.

GOVERNING BODY:

Will be responsible for setting schedules, assigning players, discipline and player acceptability. The Governing Body is comprised of 3 league board members and each team will be accorded one vote.

PLAYER ELIGIBILITY:

1. Players playing O.H.A. hockey are ineligible.
2. GM Salaried Employees, HP, Minacs, and other select business partners are eligible. The GMSHL will also accept applications from players that have previously played in the league but no longer work for one of the above employers. In addition, the league is going to accept applications from players outside the above listed employers. Each application for a player outside of the above employers must be submitted with a current player as a reference. It is the current player's responsibility to ensure that new players will embrace the spirit of the GMSHL and its rules. Roster spots will be filled on as required basis and an application from a previous player or new player does not guarantee that a player will play. First priority will be given to active players that work for GM, HP and Minacs. All Entries must be in by September 16, 2016 to enable the Committee to pick the teams. After this date you will be notified when vacancies occur.
3. The coach through his Captain or Assistant will inform the scorekeeper of players who are not present so they may be taken from the roster.
4. If a team loses a player for the season through injury or other reasons, an appeal may be made to the league Board of Directors and Talent Coordinator for a replacement player of equal caliber.
5. All players will pay a fee of **\$340** to cover league expenses. Full payment must be made by October 3rd with a \$40 deposit due with the application. (\$40 deposit, \$300 first night) **NO REFUNDS.**

The GMSHL reserves the right to restrict entry of any player to the league at the discretion of the GMSHL Executive.

RECORDS:

The League will maintain team and individual records from the game

sheets for the issuing of e-mails and web page updates.

DISCIPLINE: (Major Penalties)

Fighting, excessive use of profane language, stick swinging, spearing and other deliberate attempts to injure will result in:

1.
 - (a) The offender will be automatically suspended from the game.
 - (b) The offender will be automatically suspended from playing in the next game.
 - (c) The offending player can or may be called before the league Board of Directors to explain his actions.

2. Any player with **THREE PENALTIES** in a game will be:
 - (a) Ejected from the game. (Excluding goalies)
 - (b) Suspended from the following league game if one of the three penalties is a major.

TEAM OFFICIALS:

Each team will elect one Captain and two Assistant Captains. Only these players will have the opportunity to discuss any officiating decisions with the referees. These players must have proper identification on their sweaters.

GAME RULES:

1. Teams will stay in dressing rooms until buzzer sounds denoting that the ice is ready.

2. No player is allowed on the ice surface until the net is in place and the doors are closed at the south end of the arena. At the completion of the game, all players must leave the ice surface and not skate around and talk on the ice.

3. Players must wear an approved helmet equipped with facemask or visor. This helmet must be properly fastened while on the playing surface (even during warm-ups). Helmets lost during play must be put on immediately or the player must proceed to bench immediately. Goaltenders must wear approved helmets and facemasks must be properly fastened.

4. In the absence of a goalie the game will be defaulted at a score of 3-0. Absence is defined as a properly dressed goalie not available for play at the sound of the buzzer ending the first period.

5. The team bench and exit to dressing rooms will be restricted to only Coach, Manager and Players on your team. There will be no exceptions to this rule.

6. Abusive language on the bench and also on the playing surface must be discouraged at all times. We want players to participate in an exuberant and sportsmanlike manner and we have spectators at these games.

7. Players who are ejected from the game will proceed directly and immediately to their dressing rooms.

8. Suspended players will not be allowed on player's bench or in the immediate vicinity of the player's benches.

9. Players receiving penalties will proceed directly to the Penalty Box regardless of playing time. All minor penalties will be two (2) minutes in stop time play format.

10. If the penalty imposed and the time remaining will not permit the player to return to the game, the player may go to the dressing room if he wishes. However, the player must be replaced by another player from the team in the penalty box.

11. The GMSHL will play 3 stop time periods of play at 12 – 10 – 10 minutes. The GMSHL will operate with a quick face-off format to speed play. Players must make changes in 20 seconds from the stoppage of play. Each team can call one timeout per game for a maximum of 30 seconds. No timeouts will be allowed in overtime play.
12. In the event of tie, a 5 minute straight time overtime will be played with 4 players per side.
13. C.A.H.A. Rules will govern League play (with the exception of our own league rules).
14. Players not wearing team sweater and socks will be ineligible for play.
(Goalies will be exempt)

PENALTIES for failure to comply with this rule will result in Forfeiture of game. Ineligible Player(s) will lose all points accumulated in that game. Suspensions to be determined.
15. For all coincidental minor penalties, teams will play at full strength.
16. Clearing the zone rule replaces delayed offside.
17. Contact of the puck above normal height of shoulder with stick will result in a whistle if the team high sticking the puck touches the puck first. No penalty will be imposed.
18. **ICING THE PUCK:** Player must cross their own blueline to eliminate icing when shooting puck into opponent's end.
19. The GMSHL plays with the centre ice "removed" from play, thus allowing 2 line passes.
20. 2/2 Shift players will be matched with a "buddy" from the opposite shift where possible. Each player will be assigned a shirt but only one player can play per game. During playoffs, it will be up to the coach and two players to determine who will dress for the game.
21. Shift players without a "buddy" that pay the half rate league fee of \$170.00 will be able to play a maximum of 11 regular season games and three playoff games.

PLAYOFFS:

1. In the event of a tie for any team standing position, the following will apply in the order listed below: -
 - (a) Won - lost record for the games that the two teams played against each other.
 - (b) If (a) is a tie then goals for, between the two teams tied for the games they played against each other.
 - (c) If (a) and (b) still results in a deadlock, then total goals for and then total goals against shall decide the positioning.
 - (d) If (a), (b), and (c) still tied, then team with fewer penalties minutes on the season.
 - (e) Coin toss.
2. **PLAYOFF SCHEDULE:** All teams will be eligible.

3. **PLAYOFFS:** **Game 1: 1st** Vs 8th. **Game 2:** 2nd. Vs 7th. **Game 3:** 3rd. Vs 6th
Game 4: 4th. Vs 5th.
4. **SEMI-FINALS:** Teams seeded as per points in final league standings.
These will be a one game knockout.
5. Winners of semi-finals will play one game for Championship.
6. Games tied at the end of regulation time will play 10-minute sudden death overtime periods until a winner is declared. (Goalies will change ends after each overtime period.)

These rules and regulations are effective the 1st day of October 2012 and are made with the full approval of the Coaches, Managers and the league Board of Directors.

COMPLAINT PROCEDURE: All complaints must be placed through team coaches who in turn will contact the league Board of Directors within 24 hours of conclusion of the game. The decision of the Board Members will be final and binding.