

October 2022



CFB Halifax Hockey League

CONSTITUTION

CFB HALIFAX HOCKEY LEAGUE
CONSTITUTION AND GOVERNING REGULATIONS 2022/2023

GENERAL

- References:
- A. CFAO 50-1
 - B. CFAO 50-3
 - C. CFAO 50-20
 - D. CF National Sports Rule Book

1. The name of the league shall be:

CFB Halifax Hockey League

OBJECTIVES

2. The objectives of the league are:
- a. To promote maximum participation in ice hockey competition and physical fitness in accordance with Ref A and B and C; and
 - b. To foster esprit de corps among members.
 - c. To provide a fun, safe, and organized ice hockey program for adults encouraging physical, mental, and social wellness

MEMBERSHIP

3. At its annual pre-season meeting, the League will designate participating teams and consider applications from other teams.
4. Participating teams will be required to meet the following team ratio requirements;
- a. Minimum 50% Military (Retired Military included),
 - b. Maximum 20% Civilian ,
 - c. Maximum 30% DND Civilian.
5. Team rosters must be confirmed before game 1 of the given season. Rosters must clearly identify military, retired military, DND civilian, and civilian.
6. Participating teams are responsible for full team fee, regardless of the per player breakdown the team uses. Team fees will be determined on a yearly basis to cover program costs.

The league shall be composed of teams, which agree to abide by and comply with the constitution and by-laws of the league.

LEAGUE STRUCTURE

7. The CFB Halifax Hockey League will consist of 24 participating teams, representing three Divisions;
- a. Competitive Division – 6 Teams.
 - b. Intermediate Division – 6 Teams.
 - c. Recreation Division – 6 Teams.
 - d. Open Division – 6 Teams.

Division break downs may be revised and/or altered based on registration and league discretion.

8. All divisions will complete a 20 week regular season.
9. Individuals are only permitted to play on one team.
10. Single Players: Individuals looking to play, who are not already with a team, may choose to have their contact information sent to league captains to potentially to be added to an existing roster.

JURY OF APPEAL

11. The CFB Halifax Hockey League Jury of Appeal shall be composed of the following members:

Voting Members

- a. Fitness, Sports, & Recreation Manager
 - b. Community Recreation Coordinator
 - c. Fitness & Sports Coordinator
12. The Jury of appeal shall convene as required to adjudicate League disciplinary matters that fall outside the suspension grid.

When considered necessary, the coach (or team representative) of the individual(s) involved, may be called upon to provide additional information. They will not be in attendance during the rendering of a decision.

APPEAL PROCESS

13. Teams may file an official appeal to the CFB Halifax Hockey League Jury of Appeal, and must adhere by the following method and procedures:
 - a. Team must state they are making an official appeal, and it must be brought forward by the team representative to the CFBHHL Jury of Appeal.
 - b. An official appeal must be submitted to the Jury of appeal within 2 business days of the game in which the incident that the appeal concerns occurred.
 - c. The Jury of Appeal will review the appeal, come to a decision, and will update the team representative who submitted the appeal with the final decision.

ELIGIBILITY OF PLAYERS

14. The following rules govern the eligibility of players and composition of teams:
 - a. Each roster may consist of a minimum 50% military, a maximum 30% DND, and a maximum of 20% civilians. However we will leave the military eligibility to exceed 10+ persons
 - b. Jerseys with numbers are to be worn, no exception.
 - c. Each team will consist of a maximum roster of 35 players; however, a team may only dress a maximum of 20 players including goaltenders;
 - d. Teams may delete and add players from their rosters as a result of posting and injuries. Any team unable to fill their roster due to posting, injuries, etc. may pick up players with approval from PSP league officials. Final rosters MUST be finalized and submitted prior to playoffs.

SCHEDULES AND POSTPONEMENTS

15. PSP will draw up the schedule. There will be a maximum of twenty-four teams that will play one complete round robin. The league will then be divided into appropriate divisions, which may be revised and/or altered at the discretion of league officials.
16. There will be make up games if there is a facility failure or inclement weather at the discretion of the League Executive, and if circumstances permit.
17. The scoring scheme is as follows: Win = 2 points, Tie = 1 point, Loss = 0 points, and Default = 0 points. A team's eligibility will be reviewed after three (3) defaults. A defaulted game will result in a loss for the defaulting team and a win for the non-offending team. The score of such a game will be assessed at 5-0. The score sheet will read (5-0 default).
18. Ties in regular season will not stand. A winner will be determined by way of a 3 shooter shootout, if which there is no outcome, will continue to a sudden death shoot out. Ties in playoffs will be in accordance with CHA rules. (20-Minute sudden victory till a winner is declared).
19. Any team defaulting 3 games will be immediately removed from the league without refund of League Fees and will be suspended from the league for the following Hockey Season.

PLAYING RULES AND BY-LAWS

20. The league will operate under the CHA and League by-laws. Where a conflict exists between the two, the League by-laws will take precedence.
21. A minimum of six (6) players is required to start a game. All players must be on the game sheet at the start of the game and present on the ice prior to starting the second period. The timekeeper is to ensure that players listed on the game sheet but not present for the second period are scratched off. A team not capable of icing a team after a ten (10) minute grace will default the game.
22. Teams must use the goaltenders listed on the team eligibility list. However, on occasion when they are not available, a substitute goaltender from within the league may be used. The name of the goalie must be on the acquiring team's game sheet prior to that goaltender playing the game.
23. Body checking is prohibited.
24. Slap shots are permitted.
25. All military members playing in the League must wear CSA approved helmets with full facial visors or cages, a neck guard and full protective equipment.
 - a. Retired military members, although counted as part of the 50% military ratio, are not required to wear CSA approved helmets with full facial visors or cages, and full protective equipment.
26. If it is the officials opinion that violence and lack of respect for playing with the rules is the obvious goal of the playing teams, the referee is empowered to call the game and score stands as is.
27. For a third minor penalty in the same game, the players will be ejected for the remainder of the game and a member of the offending team must serve the two (2) minute penalty.
28. Suspension – Minor vs. Major
 - i) Any player suspended for a determined number of games within the CFB Halifax Hockey League will be not be eligible to play in any other league games (ie: Suspended A Division players cannot play in a B division game). PSP

reserves the right to suspend players from the CAF Sports Program for a determined amount of time if the offense is deemed severe enough to warrant it.

- ii) All major suspensions will be considered for further long term suspensions depending on the severity and nature (ie: abuse of officials) of the offense.

29. Penalties and suspensions will follow the National CAF Sports Rules including but not limited to;

The following minimum suspensions will be applied, when the following infractions occur;

- a. When a Match Penalty is assessed:
 - i. Butt End – 2 games;
 - ii. Check From Behind – 2 games;
 - iii. Deliberate Attempt to Injure – Indefinite suspension;
 - iv. Deliberate Injury – Indefinite suspension;
 - v. Grabbing Face Mask – 2 games;
 - vi. Hair Pulling – 2 games;
 - vii. Head Butting – 2 games;
 - viii. Deliberate Attempt to Injure, or Deliberate Injury of an Official – Indefinite suspension;
 - ix. Sparring – 2 games;
 - x. Spitting – 2 games;
 - xi. Kicking – 2 games;
 - xii. Checking to Head/Head Contact – 2 games.
- b. Gross Misconduct – 1 game;
- c. Game Misconduct – Verbal abuse of an official (Rule 9.2) – 1 game;
- d. Checking from behind (when a major penalty and game misconduct is assessed) – 1 game.
- e. Fighting:
 - i. Any player assessed a game misconduct for fighting – 1 game;
 - ii. Third and subsequent player into a fight – 1 game;
 - iii. Any player receiving a second fighting major penalty during the same stoppage of play – 2 games;
 - iv. Any player identified as the first to leave the player's bench during a fight – 3 games;
 - v. Any player identified as the first to leave the penalty bench during a fight – 3 games;
 - vi. Instigator/Aggressor:
 - 1. First offence – game misconduct – 1 game (current game + 1);
 - 2. Second offence – 2 games; and
 - 3. Third offence – 3 games.

ELIGIBILITY FOR PLAYOFFS

- 30. DND and civilian players must play a minimum of six (6) scheduled league games prior to the first playoff game, unless otherwise authorized by the league (ie: sickness, courses, etc.).
- 31. CAF members have a 3 game played requirement. This is put in place to accommodate unit tasking, operations and deployments.

PLAYOFFS

32. Format and schedule of playoffs will be discussed and adopted on a yearly basis.

TIMING SYSTEM

33. All games will consist of two (2) twenty-minute periods stop time, if time allows. If there is a difference of five (5) goals or more with five (5) minutes remaining, those last five (5) minutes will become straight time. Once the difference is less than five (5) goals, it will remain straight time.

FINANCES

34. The league entrance fees will be reviewed each year. Payment for league fees must be made prior to the start of the first game. Fees are payable to CFB Halifax Hockey League.

AMENDMENTS

35. Proposed changes to the constitution may be made by a team representation at the end of each year, for consideration by PSP.

**Referees are instructed to eject any player who displays poor sportsmanship.
Players are not to take the law into their own hands.**

Team Reps have been advised to eject their own player to keep the CFB Halifax Hockey League a fun place to play.

I hereby attest, as a team official/captain, I have read and understood the above CFB Halifax Hockey League Constitution on behalf of my team,

X

Team Captain Signature

X

Date