



Inter-Locking House League

Rules, Regulations, and By Laws

Revision 3
October 2015



Table of Revisions

Revision Number	Revision Date	Revisions Summary
1	December 2013	Initial Revision
2	October 2014	Revision to Rule 4 introducing time limit on submitting a purported rule violation.
3	October 2015	Various revisions to address non-roster players, play-off hosts, game defaults, and season schedule.

The Directors of The Inter-Locking House League shall maintain revision control of this document. The document will not be distributed in hard copy format. The official version of this document shall be the version posted on the IHL website. The table above will track the various revisions and will be used to identify the actual revision of any printed copies.



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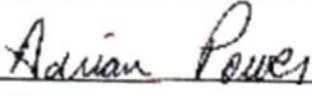

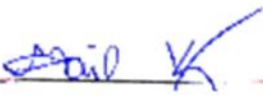

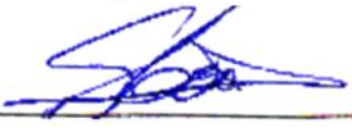


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Endorsements

The following representatives have received authority from their respective Associations to endorse the rules, regulations, and by-laws of the Inter-Locking House as demonstrated by the signatures hereunder. As such each member Association agrees to uphold and abide by the League Rules, Regulations, and By-Laws.

 _____	<u>2- Dec-13</u> Date
Adrian Power Avalon Celtics Minor Hockey Association	
 _____	<u>Dec 2, 2013</u> Date
Dwayne Yetman Bell Island Minor Hockey Association	
 _____	<u>Dec. 2/2013</u> Date
Gail King Conception Bay Regional Minor Hockey Association	
 _____	<u>Dec 2/2013</u> Date
Terry Putt Goulds Minor Hockey Association	
 _____	<u>Dec 2/13</u> Date
Steve Good Mount Pearl Minor Hockey Association	
 _____	<u>Dec 02, 13</u> Date
Greg Knight North East Minor Hockey Association	
 _____	<u>Dec 02/13</u> Date
Chris Aylward Southern Shore Minor Hockey Association	



Articles of Association

Article 1: League Name

This Association shall be known as the Inter-Locking Hockey League (hereby known as the “IHL” or the “League”), operating as a Minor Hockey League, based out of the Metropolitan St. John’s Area and deriving its authority from Hockey Newfoundland & Labrador (“HNL”).

Article 2: Objectives

The Objectives of the IHL are as follows:

1. *To deliver a safe and fun hockey environment for all members of its participant Associations through an inter-locking league of teams that have Roster Parity,*
2. *To foster and develop the skills of all members of the League,*
3. *To promote the concepts of Fair Play and Player Development within all League sanctioned events for all participating Associations and members,*
4. *To promote and enforce respect of all players, coaches, officials, parents, and League representatives.*

Article 3: Membership

Membership within the League shall consist of the Associations who have endorsed and approved the Rules, Regulations, and By-Laws of the Association as documented under the Endorsements section of this document. Associations wishing to join the League must do so as per the Guidelines of By-Law 12.

Article 4: Memorandum of Association

This Memorandum of Association (“the MOA”) shall conform to the Articles, By-Laws, and Regulations of HNL, HNL Minor Council and Hockey Canada. In the event any section of the MOA is in conflict with the Articles, By-Laws and Regulations of any of HNL, HNL Minor Council or Hockey Canada, the Directors are empowered to make such changes as are required so that this MOA complies with the Articles, By-Laws and Regulations of HNL, HNL Minor Council or Hockey Canada.

Article 5: Operating Committee

The League shall have an Operating Committee with **one voting representative** nominated from each member Association. A member Association may assign up to one (1) additional representative to attend Committee meetings for the purpose of managing the large number of participating teams. The representatives shall have the means and authority to provide necessary information to the Directors so as to allow the League to function per the rules and regulations of this MOA. However, each member Association will only be permitted **one** voting Member to the Operating Committee for all League matters.



Article 6: Amendments

All proposed amendments to this Memorandum of Association and Bylaws shall require a greater than 50% majority vote of the Operating Committee members in attendance at the meeting where the vote is taking place.

A minimum of 7 days Notice is required for a meeting where an amendment to the Memorandum of Association or Bylaws will be discussed and voted upon. The agenda for the meeting and the proposed amendment must be provided at least 3 days in advance of the meeting.

All proposed amendments to the Regulation and Playing Rules, or the Duties of the Committee, will require a greater than 50% majority vote of the Operating Committee members in attendance at the meeting where the vote is taking place.

Article 7: Departure of Members

At any time, a member Association may wish to depart or exit the League. Such departure shall be under the following stipulations:

1. Any fees and payments made to the League shall not be reimbursed unless it can be clearly done so without due harm to the League and its remaining member Associations,
2. Such reimbursement request is in writing and can be clearly defined as fees being derived from the departing Association,
3. Such reimbursement is approved by a majority vote of the remaining Operating Committee.

Article 8: Meetings and Communications

Regular meetings of the Operating Committee will be held as required. Meetings will be called by the Administrator, at the request of two or more **voting** members of the Operating Committee. Meetings of the Operating Committee will be chaired by the Administrator.

A meeting quorum will be 5 **voting** members of the Operating Committee, including the meeting chairperson and the League Administrator.

Matters discussed at meetings of the Operating Committee are sometimes confidential in nature. Further discussion of these confidential matters by Operating Committee members is restricted to subsequent discussion held at executive meetings of the member's home association. Executive members of the member's home association are also expected to respect the confidential nature of these matters.

Any member of the Operating Committee, who misses three consecutive meetings, without having an alternate representative in attendance, will be asked to remove themselves from the Operating Committee. The League Director, at the request of the Operating Committee, will seek a replacement representative from the sponsoring association.



The primary form of communication for the purposes of scheduling of games and events between the IHL and its participant teams shall be through the IHL website. To the greatest extent possible, the IHL website shall represent the most up to date revision of game schedules, results, and standings. It is the responsibility of the Operating Committee Association representatives to update game results as expeditiously as possible. Secondary means of communication (e.g. email) shall be employed where necessary to communicate emergency cancellations or revisions. Emergency conditions will be reserved primarily for cancellations due weather or facility upsets.

The primary means of all other communications between the League and the memberships (including players, coaches, and managers) shall be through the Association representative. It shall be the responsibility of the Association representative to bring forward matters concerning games, officials, schedules, game results, or decisions of the League. At no time will the Operating Committee communicate through alternative means other than this. The League will entertain discussions directly with the Executive of a member Association on a case-by-case basis.



By-Laws

By-Law 1: Operating Committee

The League shall have an Operating Committee comprised of one voting member from each participating Association.

By-Law 2: Voting

All members of the Operating Committee, with the exception of the League Administrator, will have one vote for all matters under consideration at meetings. When a vote is called, all members of the Operating Committee are required to vote, with the exception of the League Administrator, or a member who has declared a conflict of interest with respect to the matter at hand. It shall be the decision of the League Administrator to make a final decision on whether a conflict of interest exists.

There will be no abstentions during voting. Abstentions will be considered to be a vote against the motion. An abstention may be granted by the League Administrator for any member who is in a conflict of interest with respect to the matter voted upon. In the event of a tie, the League Administrator for the meeting will cast a final deciding vote.

In the event of a tied vote, the League Administrator shall provide the tie-breaking vote. To facilitate impartiality, the League Administrator shall assign their vote to the motion proposed in the form of a secret ballot prior to the Operating Committee vote. In the event of a tie, the League Administrator's vote shall be opened and declared the deciding vote. If a decision is reached without a tie, the League Administrator's vote shall be destroyed without opening.

By-Law 3: League Structure and Schedule

The League shall operate with the following divisions as assigned by Hockey Canada:

- Atom
- PeeWee
- Bantam
- Midget

By-Law 4: Balancing of Teams and Roster Parity

Prior to the start of each season, each member Association shall, by some demonstrable means, divide each division's players into teams of equal capacity and capability such that balanced teams with *Roster Parity* are submitted for play within the League. It shall be the prerogative of the member Associations to ensure balancing of teams (Roster Parity) occurs. If Roster Parity and balanced rosters are not apparent after one quarter of the season, the League shall request information from member associations regarding the distribution mechanism employed for



achieving of the Roster Parity By-Law.

By-Law 5: Absence of Selection Based Teams

Where Associations do not have a segregation system in place to select players to a Selection Based level of competitive (higher) play other than the Inter-Locking House League, such teams shall be brought forward to the Operating Committee for review prior to entry into the League for that season of play. For the purposes of ensuring Fair Play, the member Association in question must demonstrate to the Operating Committee that relegation of its players to the IHL will not result in an unbalanced format, and that promotion of such players to a league of Competitive or Selection based play is not justified. Such teams shall be considered *under review* by the League until such time as the League determines the objective of Fair Play and Roster Parity have been achieved.

By-Law 6: Participation of Competitive / Selection Based Players

Players who are actively participating in a Competitive or Selection Based team or League (such as the Don Johnson Hockey League) on a **full time** basis (were selected to that team at the beginning of a season) shall **not** be permitted to participate in the Inter-Locking House League. The exception to this shall be as follows:

1. Goaltenders who participate in a Competitive / Selection Based League may participate in the IHL as skating forwards or defensemen but not as goaltenders
2. Forwards/Defensemen who participate in a Competitive / Selection Based League may participate in the IHL as goaltenders.

By-Law 7: Publication of Rosters

Each team participating in the IHL shall maintain a publication of each team's roster on the home Association's website. Where an Association cannot post such publication on a publically accessible website, the Association shall submit it's roster(s) to the IHL Executive Committee which will in turn distribute the rosters to the remaining member Associations.

By-Law 8: Minimum Roster Size and Supplemental Players

Teams shall have a minimum roster size of eight (8) skaters (forwards and defensemen) and one (1) goaltender. Teams may employ supplemental players up to a maximum roster size of ten (10) skaters (forwards and defensemen). Midget teams travelling to Bell Island to participate in BIMHA events shall be permitted supplemental players up to a maximum roster size of twelve (12) players.

Use of Supplemental Players shall adhere to the following rules:

1. Teams may carry as many goaltenders on a regular roster basis as they desire (permanent members of a team). Teams may employ supplemental goaltenders (goaltenders not on the regular roster) up to a maximum of two (2) goaltenders per game in total. Where a supplemental goaltender is added to a roster, that goaltender shall not be



permitted to play more than one half of the game.

2. Teams may utilize supplemental players from the **same division, or one division lower** than their home division.
3. All supplemental players (including goaltenders) shall be of equivalent capability and skill level of the players they are replacing. **Associations will endeavor to ensure equal opportunity is provided to all members of its Association to fulfill a supplemental role, and avoid excessive use of a limited number of players for the supplemental role(s) when needed to ensure Fair Play and Roster Parity are achieved.**
4. All supplemental, non-roster players (players not associated with the full time or permanent roster of a team) must be on the team bench prior to the start of a game. Non-roster players shall not be permitted to enter a game to supplement a roster after the first period has started.

By-Law 9: Goaltender Deficiency

Where a member Association can demonstrate a deficiency in the goaltender position for a League team(s) for the duration of an *entire season*, various mechanisms shall be made available to fill the goaltender position. Standard methods shall include:

1. Sharing of member Association goaltenders amongst the member Association's teams within a Division. Under such method, all available goaltenders within the member Association shall be given equal opportunity to fill the roster position of the deficient team to the greatest extent possible to ensure Fair Play and Roster Parity are achieved.
2. Utilizing Association's goaltenders from an IHL or Non-Competitive (non Selection based) **one** division lower (Novice into Atom, Atom into PeeWee, PeeWee into Bantam, Bantam into Midget). Equal opportunity should be provided to all goaltenders the Association deems capable of competing at the higher division.
3. A member Association may retain the loan of a goaltender from another IHL Association so long as the (i) loaned goaltender is a participant in the IHL and not a Competitive or Selection based team (e.g. DJHL), and (ii) the goaltender is from the same division or one division lower.
4. If options above cannot be utilized to fill the goaltender roster position, an Association may draw upon goaltenders from one division higher on a temporary emergency basis. The goaltender shall only be drawn from an IHL or Non-Competitive (non Selection based) team. The Association IHL Representative shall be notified of such occurrences by their coaches.
5. A member Association team may request the IHL to permanently utilize a goaltender from **one** division higher for the duration of a season if the Association deems such goaltender shall not unduly affect (improve) the performance of the team relative to the IHL division in which they participate. The IHL Operating Committee shall consider such matter and take a vote to approve such request.



By-Law 10: Regular Season and Schedule

The League shall hold a Regular Season for each division. Each regular season shall nominally consist of eighteen (18) games. The number of games may vary based on yearly restrictions.

Where there are greater than twenty (20) teams in a division, it is not required that each team play all other teams. To the greatest extent practical, and where possible, all teams shall play each other an equal number of times during a regular season; but this shall not be mandated. Each team will be afforded, to the greatest extent possible, an equal number of home games and away games. The maximum differential between home and away games shall not be more than one (1) unless so approved by the Operating Committee Association representative for the team that is deficient in home games.

Each member Association shall provide ice time to host home games for each of its member teams on a **weekly** basis. It is the mandate of the League to operate on a weekend basis of play to the greatest extent possible. Each member Association shall provide one (1) hour of ice time for a home game for each team entered into the League, and have sufficient ice time to afford each team 50 percent (one half) of its games as home games throughout the regular season.

Home teams shall be responsible for providing timekeepers, officials, and scorers for the game. Member Associations shall be responsible for ensuring game officials and timekeepers are qualified as to credentials, age, size and relationship to players in the game being officiated.

Home teams shall be responsible for updating the League website with game results as expeditiously as possible at the conclusion of the games.

By-Law 11: Play-Offs

At the end of each Regular Season schedule, a Play-Off round shall be held involving all teams in each division. The Operating Committee shall, for each division, segregate the teams in appropriate Tiers for play-off purposes. Segregation shall be based on the ranking of the teams based on points achieved during the Regular Season schedule (that is, the final League Standings). **Where there is a tie amongst two or more teams, the following tie-breaking rules shall be employed to seed teams into their respective Tiers:**

- i) the first tie-breaker shall be Most Wins
- ii) the second tie-breaker shall be head-to-head competition
- iii) the last tie-breaker shall be a coin toss to determine seedings of teams

By-Law 12: Application of Associations

Other minor hockey associations wishing to enter association based teams in the League must file a letter of application with the League Operating Committee prior to August 15th of the year in which the team requests entry.

The letter of application is to include a list of available ice time and the division of entry for the team. Applications are for one season only. Applications will be considered by the Operating



Committee for entry into the League. Teams will be accepted with a two-thirds majority vote of the associations competing in the division in which entry is sought.

By-Law 13: Uniforms

Each member team shall have at minimum one (1) distinct jersey uniform that adheres to HNL and Hockey Canada requirements. Member Associations shall submit the primary color of team jerseys to the Operating Committee for posting on the League website.

For games during which both Home and Visiting teams have a common jersey color, it is the responsibility of the Home team to change uniforms to eliminate a conflict.

By-Law 14: League Website

The League will operate a publically accessible website where schedules, game results, and standings shall be maintained. The League website shall be considered the primary means of communicating aspects of the League operation to its member teams (players, parents, coaches).

By-Law 15: Schedule Modifications

All modifications of the IHL schedule, including cancellations, shall only be permitted and executed by the League Administrator. Individual Associations wishing to modify the schedule must do so by contacting their IHL representative who in turn will propose such modifications to the impacted team(s). Only when consent has been reached amongst the impacted teams to the satisfaction of the League Administrator shall the proposed modifications be implemented.



Rules

Objectives:

The objectives of the IHL rules are to stipulate additions, deviations, or clarifications from standard Hockey Newfoundland Labrador (HNL) rules and regulations for the purposes of play. Unless mentioned herein, HNL rules shall govern. It is the responsibility of the member Associations, it's Coaches, and it's Officials, to fully understand and adhere to the Rules of the League.

It is recommended that all players and parents be familiar with the Rules of the League.

Rule 1: Amendments to Playing Rules

A minimum of 7 days Notice is required for a meeting where an amendment to the Playing Rules will be discussed and voted upon. The agenda for the meeting and the proposed amendment must be provided at least 3 days in advance of the meeting.

All proposed amendments to the Playing Rules will require a greater than 50% majority vote of the Operating Committee members in attendance at the meeting where the vote is taking place.

Rule 2: League Play

The League will play both a regular season and a playoff in each division. The regular season shall consist of eighteen (18) games. Note the number of games may change slightly each season depending on specific circumstances for that particular season.

A playoff series, as described in Rule 11, will follow the regular season.

Rule 3: Game Duration

Games in the Atom, Peewee, Bantam and Midget divisions will be of 30 minutes duration with 3 periods of 10 minute stop time duration scheduled in a 50 minute time slot.

The referee may instruct the minor official to run the time clock in order to ensure the game will be concluded on schedule. However, there shall be no running of the clock for the last minute of the game. No additional time can to be added to the game clock at the conclusion of the game.

Rule 4: Violation of League Rules and By-Laws

An observed violation of the IHL Rules or By-Laws shall be reviewed by the Operating Committee once a written description of the violation is presented to the Operating Committee in writing (via email or meeting) by the member Association's IHL voting representative **within one week of the observed violation, or prior to the next game of the violating team, whichever occurs first.** The Operating Committee will review the statement of violation and determine what further action shall be taken. Such action may include, but not be limited to:

1. Dismissing the statement of violation if insufficient supporting evidence or documentation is available



2. Investigating with officials
3. Discussing with coaches present when violation occurred
4. Reviewing game sheet

Note there is no time limit or schedule under which the Operating Committee shall provide a ruling as sufficient time may be required to investigate the purported violation.

Rule 5: Suspensions

The onus shall be on **Coaches** to understand the IHL rules and guidelines.

Players and coaches in the League are subject to the HNL Suspension Guidelines as the basis for suspensions. Fights incurred during an IHL sanctioned game shall be managed as per the most recent edition of the Fighting Rules as per HNL Website. In addition to the HNL Suspension Guidelines, the League adds two (2) additional games for suspensions given for fighting infractions.

Any disciplinary matters (suspension, gross misconduct, match penalty) occurring during a game are to be reported immediately to the Associations IHL representatives by the game referee and/ or coach including a copy of the game sheet. The IHL representative will then report to the Operating Committee for action. The IHL Committee reserves the right to increase the length of any suspension delivered by HNL. The IHL chairman will contact the President of the penalized player association with their decision.

Serving suspensions that carry beyond the end of the playoffs will be addressed by the Operating Committee.

Any suspension received in the IHL shall be served during IHL games only. The IHL Committee reserves the right to suspend a coach who knowingly uses a suspended player.

The onus is on Coaches to ensure all rules of the IHL are adhered to, and that all players on the game sheet participating in the game are permitted to play and are not currently under suspension.

Any Coach who violates the Rules and By-Laws of the IHL regardless of intent or awareness shall be subject to the following penalties:

1. Two (2) game suspension for first offense. Under the suspension the subject Coach shall not be permitted to enter the dressing room or bench area of their team during IHL games in which the suspension is active.
2. A second offence shall be subject to a four (4) games suspension. Under the suspension the subject Coach shall not be permitted to enter the dressing room or bench area of their team during IHL games in which the suspension is active.
3. A third offense shall result in temporary suspension of the Coach until such time as the offense can be brought to the attention of the IHL Operating Committee for review. The Committee shall assess the nature of the offense and assess an appropriate course of action.



Rule 6: Penalties

Teams found to be in violation of By-Law 8 shall be subject to the following penalties:

1. The Coach shall be subject to suspension as per Rule 5 of the IHL Rules, and
2. The offending team shall be deducted two (2) points in the League standings **regardless of whether the offending team won or lost the game.** In the event the offending team won the game, the opposing team shall be awarded the victory and two (2) points in the standings.

Players receiving 3 minor penalties in a game shall be suspended for the remainder of that game.

Rule 7: Tie Games

Regular season games ending in a tie shall remain a tie and one (1) point shall be awarded each team in the standings. There shall be no tie-breaker applied for regular season games.

Non-elimination Play-off games ending in a tie shall remain a tie and one (1) point shall be awarded each team in the standings. There shall be no tie-breaker applied.

Elimination Play-off games shall have a tie-breaker applied if they end in a tie. Playoff games ending in a tie shall be subject to a tie-breaker as follows:

- 1) A five (5) minute sudden death overtime period shall be played.
- 2) If the teams are still tied at the end of the five (5) minute overtime period a shoot-out shall commence. The shoot-out shall be a three (3) man shootout with most goals scored determining the winner. Players who are in the penalty box at the end of the overtime shall not be permitted to participate the shoot-out.
- 3) If the teams are still tied at the end of the three (3) man shoot-out, the shoot-out shall continue on a shot-by-shot basis until a winning goal is scored. No member of a team shall be permitted to shoot twice until all skaters on the roster have shot.

Rule 8: Defaults

Minimum requirements for a sanctioned IHL game are as per By-Law 8 or the game will be recorded as a default with a score of 5 - 0 against the offending team.

The **minimum** number of players must be dressed and on the team bench before the start of the first period. Teams without the minimum number of players will forfeit two points to the opposing team. Defaulted games may be played to their conclusion if all required officials are present. All penalties and suspensions shall apply as if the minimum number of players participated. Regular roster players will be prohibited from entering a game after the start of the second period.

An individual team that defaults three (3) IHL regular season games in the same season shall be suspended from play and subject to a fine of \$500 to be paid by its Association to the IHL. The team shall be re-instated once the fine has been paid in full to the IHL.



Rule 9: Ice Time Allocation

The coaching staff of each IHL team shall ensure that its players receive, to the greatest extent possible, equal ice time allocation during an **individual game**. Power Plays and Penalty Kill events are **not** exempt from the equal ice time allocation principal (i.e. specialty PP and PK units shall not be employed).

Goaltenders shall play an equal allocation of ice time during each game.

Rule 10: Time Outs

Time Outs are not permitted during an IHL Regular season game. Teams are responsible for ensuring player changes are expedited after play stoppage, and at the end of periods. Officials may issue delay of game warnings if at any time teams are not ready for commencement of play as so determined by the game officials.

Rule 11: Schedules

Each team will play a schedule of approximately 20 games per season. There may be some variation depending upon the number of teams per division, and the overall duration of the hockey season. Team schedules shall be balanced to the greatest extent possible.

Establishing the League regular season and playoff schedule will be the responsibility of the League Administrator. The League schedule will be posted to the League website and maintained regularly.

The objective of the League regular season schedule is to minimize the number of schedule conflicts on a weekly basis. Each association will provide one (1) weekly game time slot for every association based team participating in the League.

Rule 12: Play Offs

IHL year-end Tournaments shall be hosted by participating associations following the end of the regular season. Tournaments shall be hosted by Associations with at least one team participating in that tournament. If no Association(s) with participating teams desires to host the tournament, the location of the tournament shall be at the discretion of the IHL Operating Committee. If more than one non-participating Association desires to host a tournament, a general vote shall be taken to determine the location of the tournament.

For the Play-off segment, each division shall be divided into Tiers for the purposes of managing the number of teams and games involved (i.e. Tier 1, Tier 2, Tier 3). All teams within the assigned Tier shall be invited by the Host Association to participate in the tournament.

The dates for these tournaments are dependent upon the availability of ice time at the host association. **All IHL teams shall be invited to the Play Off tournament.** The Tournament fee will be set by the IHL.



Rule 13: Play Off Seeding

Play Off seeding shall be determined by points gained during Regular season play. In the event of a tie in the Regular season standings between two or more teams, the IHL shall use By-Law 11 to seed teams for Playoff purposes.

Rule 16: Goal Differential

At any time during an IHL game that the goal differential is 5 or more, no further score will be added to the board. The standings shall show a difference of 5 goals maximum regardless of goals scored.

Rule 17: Standings

League standings for each division shall be posted on the League website. Points shall be awarded as follows:

Win	Two (2) Points
Tie	One (1) Point
Loss	Zero (0) Points

Teams shall be ranked in the standings in the order of maximum points to least points. **Final ranking of tied teams shall be via By-Law 11. No other tie breaking mechanism shall be employed.**