



CONSTITUTION

(last updated August 15, 2025)

THE CUMBERLAND RECREATIONAL HOCKEY LEAGUE (CRHL)

This organization will be called “The Cumberland Recreational Hockey League”, hereinafter referred to as the ‘CRHL’ or ‘league’.

1. CRHL Mission

To provide an excellent hockey experience for members by maintaining a membership of like-minded players seeking to enjoy a balance of competition, camaraderie and respect regardless of age, gender, race or sexual orientation.

2. Teams and Players

The CRHL consists of six teams, with each team having eleven skill-ranked full-time players, including ten skaters and one goalie.

New players will be invited to join the league with approval of the league executive committee on an as needed basis and must be at least 35 years of age, however, it is recognized that exceptions may be required in order to maintain a roster of full-time players. New players must be confirmed by the CRHL Executive Committee.

Priority will be given to individuals recommended by league members considering the following factors:

- Best fit in consideration of the CRHL mission and recommendations by full-time players
- Skill level required by the CRHL
- Previous commitment to the CRHL as a spare player

Spare players will be used to replace full-time and are required to meet the same criteria as full-time players. Spares will be approved and ranked by the Executive Committee on an ad hoc basis.

Full-time players may request to take a one-year sabbatical which must be approved by the CRHL executive committee. Requests to take a sabbatical (and return from sabbatical) must be made in writing to the league President prior to the league Annual General Meeting (AGM).

3. League Leadership

The League will be led by an elected Executive Committee whose mandate will include:

- Managing efficient operations of the league (schedule, referees, membership etc.)
- Maintaining effective financial oversight and stability
- Ensuring the mission and integrity of the league is maintained
- Establishing fair and consistent rules and regulations

Executive Committee members will be elected by players at the Annual General Meeting to serve for a term of one year. Positions include:

President (one elected position)

- will preside at all meetings of the CRHL
- will coordinate the annual draft
- will exercise the power and authority of the Executive in case of emergency
- will ensure that the affairs of the CRHL are conducted in the proper manner and every member of the executive is performing his duties as directed
- will act as a signing / co-signing officer for financial and contractual matters and will execute all payments
- will cast a vote to break ties when league executives vote on league decisions (trades/rules/discipline)
- will not manage or captain a team in order to remain impartial
- will be responsible for updating the league constitution by recommending changes to league executives for approval
- may delegate any authority to other Executive members
- will receive all funds payable to the CRHL and deposit in a chartered financial institution
- will keep proper books of account and financial reports and present them at the AGM
- will establish annual registration fees

Vice-President (one elected position)

- will assume the role of President and assume all related duties and responsibilities in the event of the President's absence or departure
- will act as a signing / co-signing officer for financial and contractual matters
- will be responsible for managing or being a captain of a team

Captains (five selected positions)

- will attend all league meetings
- will assume duties as decided by the Executive Committee
- will be responsible for managing or captaining of one team
- will have one vote on league decisions

Alternate Captains (one selected positions per team)

- will assist elected Captains on team day to day activities as needed
- will assist and participate in the suspension of players
- will assume responsibilities of a captain by invitation by the Executive in the event of a captain departure in season

Any league executive exhibiting behavior that is in conflict with the constitution or league rules and regulations may be removed by the Executive Committee at a league meeting. The league executive will vote on the matter and, the executive in question will not be permitted to vote, a majority is required for removal.

4. League Meetings

Official meetings of the league will be held as Ad-Hoc Executive Meetings and an Annual General Meeting (AGM). Meetings will serve as a forum for discussion and decision-making. All decisions made at league meetings will be appropriately documented and communicated.

Ad-Hoc Executive Committee Meetings

Ad-Hoc Meetings will be held by the Executive Committee regarding operational league matters on as needed basis with an agreed time and location established by the President and confirmed by the Executive Committee.

Quorum will consist of the President and/or Vice-President, plus three of the Directors.

Annual General Meeting (AGM)

The AGM of the CRHL will be held as soon as possible after completion of the season year at a time and location decided by the Executive Committee and communicated a minimum of two weeks in advance. The AGM's primary focus will be for elections of the Executive Committee however operational league matters may also be addressed. All full-time players are invited to attend and will have a vote on decisions made at the AGM, with the exception of the president.

Quorum will consist of all members present at the meeting.



CRHL RULES AND REGULATIONS

As outlined in the CRHL constitution, the Executive Committee is responsible to establish rules and regulations as follows:

- 1. Team Set-up and Annual Draft**
- 2. Rules of Play**
- 3. Use of Spare Players**
- 4. Referees and Officiating**
- 5. Playoff Format**
- 6. League Banquet and Awards**

1. Team Set-up and Annual Draft

An annual draft will take place a minimum of one week prior to the beginning of the season. The six elected Executive committee members will each draft a team.

Players who have confirmed participation in the league will be drafted.

Teams will be drafted based on a point-based system using established player ranking points. A cap is set by dividing the aggregate number of all player ranking points divided by the number of teams. Teams must draft four defensemen, six forwards and one goalie only. Teams may not draft in excess of the cap. Teams may trade players after drafting a full team at the draft only. No player shall be traded during the season without their consent and approval by the Exec committee.

Teams jerseys will be chosen by Executive Committee members' teams based on member length of service on the Executive Committee. If not applicable, length of service in the CRHL.

2. Rules of Play for Regular Season and Playoffs

The rules of play for the CRHL are the same as the CARHA Hockey Rule book, with the following exceptions:

<https://www.carhahockey.ca/UserFiles/File/Insurance%20Forms/CARHA/RuleBk%202020%20interactive.pdf>

a. Helmets

Must be worn and have a CSA approved face guard or visor.

b. Slap Shots

Any stick that is lifted higher than the knees and/or has a carry-through higher than the knee in order to shoot or pass the puck is considered a slap shot. When a slap shot is called by the referee, play will be immediately stopped and a faceoff held in the defensive zone of the team whose player committed the offense.

c. Goaltender's Crease

Players should in all situations avoid any deliberate action that could result in a dangerous play. Each player is responsible for their actions and as such should always play it safe and avoid skating or cutting into the crease or the goaltender.

Rule 66. Interference/Protection of the Goalkeeper:

A Minor penalty for interference with the goalkeeper shall be imposed on a player who, by means of their stick or their body, interferes with or impedes the movement of the goalkeeper, by actual physical contact. The penalty should be announced as "interference with the goalkeeper". If the puck should enter the net while such conditions prevail, the goal shall not be allowed. The ensuing face-off shall be taken in the neutral zone, at the face-off spot nearest the attacking zone of the offending team.

A Minor penalty shall be imposed on any attacking player, who makes deliberate contact with a goalkeeper whether in or out of the goal crease. At the discretion of the Referee, a Major penalty may be imposed. In the event that the goalkeeper has been pushed into the net with the puck after making a stop, the goal will be disallowed. If applicable, the appropriate penalties will be assessed.

If a player of the attacking team has been physically interfered with by the actions of any defending player so as to cause them to be in the goal crease, and the puck should enter the net while the player so interfered with is still in the goal crease, the goal shall be allowed.

Line Changes

Any changes in the last five minutes of play must be made "on the fly". Violations will be called by the referee and penalized by a minor penalty.

Regular Season

Line changes at a stoppage of play are permitted at any time except for the following:

- Last 5 minutes of the second period

Playoffs

Line changes at a stoppage of play are permitted at any time except for the following:

- Last 5 minutes of the second period
- As playoffs are stop time in the last 2 minutes of the second period (if the goal differential is 2 or less), line changes are permitted at clock stoppage in the last 2 minutes.

d. Penalties

Minor penalties will be three minutes in length. Should a penalty be assessed during the last three minutes of the game, the referee is not required to put the penalty time on the time clock.

Major penalties will be seven minutes in length (if playing straight time) or five minutes (if playing stop time). A player called for a major penalty shall be ejected from the game.

Any player receiving three penalties in one game will be ejected from the current game and assessed an automatic one game suspension. Double minor penalties will count at one penalty.

Any player called for high-sticking shall earn a double minor penalty.

As playoffs are stop time in the last two minutes of the game, any penalty called will result in the penalty being stop time.

e. Body Contact

A player must avoid contact with any other player if at all possible. A player having contact with another, and in the eyes of the referee could have been avoided, shall receive a minor penalty.

f. Intent to Injure/Reckless Play

Players must never play in a reckless manner, this is defined as playing in a way which may injure another player, this is not limited to aggressive play. Any behavior that is not a penalty but is dangerous to other players on the ice can be deemed as reckless play. Players must be in control of themselves at all times on the ice and will be held accountable for the consequences of their reckless play. This includes recklessly and/or repeated attempts of Driving to the Net. Any player driving or cutting to the net and who makes contact with a player or the goalie shall be awarded a penalty. If, in the opinion of the referee a player intentionally injures or attempts to injure another player, that player shall be assessed a game misconduct penalty and ejected from the game.

g. Unsportsmanlike Conduct, Discipline and Suspensions

Any player who exhibits inappropriate behavior towards another player and/or referee(s) such as but not limited to verbal abuse, slamming a door, slamming a stick, shall be assessed a minor penalty or ejected from the game at the referee's discretion depending on the severity of the incident.

As part of their refereeing duties, referees will also participate in the suspension of players. Suspensions may result when a player is ejected from a game under rules of play or is deemed by the referee to have conducted themselves in an unsportsmanlike manner. For on-ice infractions, the referees will call a match or game misconduct penalty which will result in the player being ejected from the game and given a minimum one-game suspension.

If the referee deems the incident to be worthy of further review by the league, he will recommend to captains of the teams involved in the incident that the matter be further addressed by the Discipline Committee (Alternate Captains). If further action is required the President will coordinate with the Alternate Captains and consult with any stakeholder deemed appropriate to assist in this process.

Discipline will be levied by a vote in a manner that seeks to both deter and serve as an appropriate consequence for the players involved. Factors taken into consideration when determining a suspension are the player's record of previous disciplinary action, if an injury occurred, the severity of the infraction and any other factor the Discipline Committee or referees deem relevant.

Any player who is suspended will receive an automatically 10-game probationary period to ensure adjustment and expectations of behavior to the standards of the league. The Discipline Committee will advise each player when this period is completed.

NOTE: Any player who repeatedly plays in a reckless manner, exhibits inappropriate behavior, has repeated suspensions and/or is not adjusting to the constitution of the league, may be expelled from the league pending review/vote from the executive committee.

3. Regular season Spare Players

All teams will draw from a centralized spares list with spares ranked by skill level. A full-time player may only be replaced by a spare player of equal or lower ranking. Should a player of equal ranking not be available, they should be replaced by a spare ranked at the same or lower level. As a courtesy in the regular season, Captains should always confirm their spares with the opposing Captain prior to the game.

The use of spares provides an important stream of revenue for the league. Therefore exceptions can be made in the regular season as long as captains communicate with each other and agree on the outcome.

New Spares

Spares joining the league will provide the league a self-assessment or if known to other players will have a temporary assessment provided based on information available. Rankings will be confirmed/adjusted by the Executive after five games if needed. New spares must be made available to all teams and the contact list maintain mutually by the executive committee.

Full-Time Players as Spares

Full-time players from other teams may be used as spares only in cases where all reasonable efforts to find a spare have been exhausted or a last-minute replacement/no-show situation arises.

Spares in Playoffs

When replacing players in playoffs, all the above regular season rules apply however Captains must confirm their spares with the opposing Captain with as much advance notice as possible. Spares must have played at least three (3) regular season games and have an approved rating by the executive committee.

Captains must fill their rosters for all games. If Captains are unable to find a spare or reach consensus, the league President will provide final approval. Note that Captains are not permitted to reject a spare for who fits the ranking criteria.

Special Note: Exceptions to Rule (only to be applied in extreme cases)

If all reasonable attempts to find a spare have been exhausted then both captains need to agree on a solution, if a consensus cannot be reached, the captain of the lower ranked playoff team will decide a suitable spare.

If both teams are missing a player ranked between 1-3, both captains, may agree to obtain a spare above the missing players rankings as long as both teams benefit equally.

Ex: one team is missing a 1 and another team is missing a 2, captains may agree to replace them with a 4 and 5.

4. Referees and Officiating

Referees are responsible for officiating and scorekeeping in all CHRL games consistent with the CARHA Hockey Rule and regulations of the league. Scorekeeping duties in the playoffs will be the responsibility of the CRHL Executive Committee.

5. Playoff Format

The league playoff format will be a double round-robin with each team playing ten 10 games followed by a series of three final games including a championship game and two consolation games.

Regular season Tie-Breaker

When teams are tied after the regular season, the tie breaker formula shall be as follows:

1. Most wins during the regular season;
2. Head-to-head record between tied teams in the regular season;
3. Goals-for minus goals-against difference during the regular season;
4. Least amount of regular season losses;
5. Coin Toss

Tie-Breaker after Round Robin Playoffs

When teams are tied after the round robin games, the tie breaker shall be based on the regular season standings.

Consolation Games (B and C Finals)

Teams finishing 3rd and 4th (B final) respectively and 5th and 6th (C final) respectively in the playoffs will play in consolation games prior to the League Championship game, with the C final being played first. The highest seeded team will be the Home team for each game.

If a game ends in a tie, a sudden death shootout will be held with a minimum of three shooters from each team.

Championship Game (A Final)

Teams finishing first and second respectively in the playoffs will play in the championship game.

Overtime in Championship Game: If the score is tied at the end of regulation time, the two teams will play a ten-minute sudden death overtime period follow by a sudden death shootout with a minimum of three shooters from each team.

Game format:

- All 3 games will play 3 periods stop time:
 - i. 1st period: 12 minutes
 - ii. 2nd period: 12 minutes
 - iii. 3rd period: 15 minutes

6. League Banquet and Awards

To recognize players and celebrate each season after the playoffs, the league will hold a banquet which league awards will be presented. The banquet will be open to all full-time players (and others as approved by the executive committee) and held at a community venue. The cost will be underwritten using funds collected by spare players

The following awards will be presented.

1. **Regular Season Winners:** Presented to the captain of the team with the greatest number of points in the regular season standings.
2. **C-Cup Trophy:** Presented to the winning team of the C cup (consolation round game).
3. **B-Cup Trophy:** Presented to the winning team of the B cup (consolation round game).
4. **Luc Lauziere Trophy:** Presented to the player who's play and character best exemplifies the mission of the league.
5. **Lionel Lafrance/Bill Campbell (Builder) Trophy:** Presented to the player whose work, commitment and contributions have enhanced the league.
6. **D'Arcy Bush Trophy:** Presented to the captain of the Championship game winning team.