

MUSKOKA WOMEN'S HOCKEY LEAGUE (MWHL) RULES

STOP

If you are reading these rules because you have a complaint about something, stop and remember that playing hockey is **FOR FUN** and running this league is a **volunteer position**. If your issue involves the safety of our players, please don't hesitate to reach out.

1. The MWHL adheres to the Rules, Regulations and Policies as stipulated in the current CARHA Handbook. Go to <http://www.carhahockey.ca> for more information.
2. In order to maintain team balance and accommodate our growing league, we regretfully announce that we can no longer accommodate player requests as we have done in the past. To ensure fairness, teams will be formed through a random draw, taking into account players' skill levels. However, we will make an exception for players residing at the same address, who will be allowed to play on the same team. Please note that player requests, other than those residing at the same address as previously mentioned, are not guaranteed but may be considered. Our primary focus is on maintaining team balance and fairness.
3. Every attempt will be made to minimize player movement after the teams are assigned however, ONE balancing date will occur by November 30, and rosters will then be finalized. Players wishing to change teams should submit their written request to the MWHL executive by November 30.
4. Teams may pick up players as needed. Teams are encouraged to use common sense. Please do not exceed 10 skaters.
Competitive teams may pick up recreational or competitive players. Recreational teams are only allowed to pick up recreational players. Goalies are an exception to this rule.
5. All pick-up players MUST be recorded on the official game sheet.
6. Slap shots are permitted.
7. Recreational games will consist of 2, 10 min stop-time periods and 1, 12 min stop time period. Players will be required to switch ends after every period. Competitive games will consist of 2, 15 min stop time periods. Players will not be required to switch ends.
8. It will be mandatory for all players to be a good sport and to "shake hands" at the end of each game played, unless removed from the game due to injury or at the discretion of the officials. Failure to do so will result in a game suspension at the discretion of the MWHL executive.
9. All players must wear a CSA approved helmet with full face protection and the chin strap properly fastened under the chin.
10. The wearing of a BNQ throat protector is recommended but not mandatory.
11. It is at the discretion of the MWHL executive whether or not a player can safely move up from the recreational division to the competitive division due to ability and pace of play.
12. Any player who receives three minor penalties in one game will be expelled from the game. The player shall not carry any suspension unless the players actions are reported to the league by the referee(s) at which point the MWHL executives shall assess the infraction and deem if there is any further action required. If a player is assessed a GM from the referee, an investigation of the incident will ensue and a 3-5 game suspension will be issued. If a player receives a second GM, the player will be suspended for the remainder of the season.
MWHL has a zero tolerance for contact to the head, intent to injure and unsportsmanlike conduct.

REFUND POLICY:

All registration refunds are subject to an administration fee of \$50. Refunds are not guaranteed after November 15th. Refunds will be based on date of email notification to info@mwhl.ca and at the discretion of the MWHL Executive.

Note: No refunds will be permitted if jersey is not returned in good condition.

Discounts will NOT be considered for ice times missed due to hockey tournaments or other commitments.

Starting next year (2024-2025), our refund policy will undergo a revision to address issues arising from last-minute withdrawals after teams have been formed, which have made it challenging to maintain team equilibrium and accommodate waitlisted players effectively.

REGISTRATION FEE POLICIES:

Registration Fee Includes:

CARHA insurance

Administration fees

Ice Time

Referees

Use of MWHL Hockey Jersey

GOALIE AND REGULAR PLAYER REGISTRATION:

A person choosing to play Goalie and as a Regular Player must commit to being a goalie first and a player second.

The rules above may change at any time are at the discretion of the league executives.

