

***WAVE HOCKEY***  
**ORIGINAL  
SIX**

**CONSTITUTION  
AND  
BY-LAWS  
2015-2016**

AMMENDED 9/15/2015



## Wave Hockey Original Six – Premium Development House League

### 1. PROGRAM TITLE

The program shall be known as the **Original Six – Premium Development House League**.

### 2. OBJECTIVES

The objectives of the program shall be:

1) To provide, promote and supervise a developmentally focused ice hockey program to the youth of Burlington and surrounding area.

*1.a)* To exemplify, teach and encourage personal integrity, respect for others, fair play, good sportsmanship and good citizenship.

*1.b)* To encourage high standards of personal discipline in areas of moral conduct, physical fitness, emotional self control, team play and family harmony.

*1.c)* To teach every aspect of the hockey program including mental preparation, practice, games, personal skill development and hockey theory.

*1.d)* To instill an element of fun in the game of hockey and ensure that every experience is positive and constructive.

### 3. COACHES AND COACHING DEVELOPMENT

1) All coaches in this program will require a certificate of Police clearance which submission will be required to WAVE Hockey by October 15.

2) The program will create and maintain a coach development clinic by providing opportunities for all coaches to complete WAVE Hockey certified coaches clinics.

3) The Program administrators will encourage ALL coaches to advance their formal coaching training.

4) Job Description For Head Coach

*4.a)* Serve as the official spokesperson on behalf of the team

*4.b)* Delegate responsibilities to the assistant coach and manager



- 4.c) Plan on and off ice activities in consultation with the assistant coaches
- 4.d) Plan, implement and control pre-game preparation and communication with the team
- 4.e) Design the practice plans in consultation with the assistant coaches
- 4.f) Coach the team in all games and practices
- 4.g) Establish rules for the team and oversee the supervision of the players

#### 5) Job Description For The Assistant Coach

- 5.a) Assist with planning, organizing and conducting practices
- 5.b) Assist with pre-game preparation
- 5.c) Assist with the operation of the team during the games
- 5.d) Assist with the supervision of players on and off the ice
- 5.e) Assist with the preparation of a game plan
- 5.f) Report to the head coach

### 4. COACHING REQUIREMENTS

- 1) Each team will have one head coach who is certified to coach based upon WAVE Hockey minimum coaching standards. WAVE Hockey recommends that all head coaches have some type of coach certification, which could include OMHA, Alliance Hockey and/or any Hockey Canada branch certification.
- 2) Each team will have 1 assistant coach who is encouraged to be WAVE Hockey certified, but this is not mandatory.
- 3) Other parent volunteers or additional coaching assistants may be utilized at the discretion of the head coach but these persons will not be official members of the team roster.
- 4) All coach volunteers and any other on-ice helpers will wear a helmet at ALL times and this must be rigorously enforced.

### 5. TEAM SELECTIONS AND TRANSFERS

- 1) Each team will have a roster selected each year from a list of available players. Prior to this selection, players will be requested to participate in an evaluation session in order for the league to assess each players' skills



and assign each player a skill level ranging from A to C, with A being the strongest and C being the weakest.

- 2) Team rosters will not be maintained from year to year however in order to ensure fun and friendship is maximized, the program administrators will allow requests to play with friends as long as the integrity of the program and the parity of the division is not jeopardized.
- 3) All teams within a division will be balanced as equally as possible for average age, number of players, and skill level. It is possible that age levels will be combined, at which time skill level will be the guiding factor in deciding what level players will play at.
- 4) Players may be transferred at the discretion of the division convenor and league officials anytime during the season. This is a difficult thing to do but must be done to ensure the integrity of the league. Coaches are asked to support all player movement and assist in making appropriate phone calls.
- 5) Special requests for player transfers subsequent to the start of the season will be considered however will only be honoured under very special circumstances, at which time the player is to be assigned to a specific team.
- 6) The child (if any) of the head coach and one assistant coach will automatically be assigned to the team. All other players will be assigned at random to complete the team rosters after the consideration has been given to player requests.

## **6. LEAGUE CAPTURE AREA, PLAYER RESTRICTIONS**

- 1) The program will accept applications from players living inside and outside of Burlington. Generally, applications will be accepted at a first come, first serve basis.
- 2) Priority will be given to players who were registered in the league in the prior year, while new applicants will fill the openings when team rosters are created before the start of the season.
- 2) Registration numbers can be restricted at the discretion of the league director and officials, as this program is not required to accept an unlimited number of applications.



## **7. EXECUTIVE BODY**

1) This league will be administered by a group of people that include, but are not limited to, the following:

- 1.a) The Director*
- 1.b) The Rules and Discipline Committee*
- 1.c) The Division Convenors*
- 1.d) Other members at the discretion of the Director*

## **8. CONVENORS**

1) This league will have a convenor appointed for each division

## **10. REFEREES**

1) All referees will be WAVE Hockey certified referees and must attend all necessary certification clinics to maintain current certification status.

## **11. DISCIPLINARY ACTION**

1) Referees will be guided by rules as outlined by Hockey Canada. If there is a discrepancy between Hockey Canada rules and league rules, then league rules will overrule.

2) The league will have a Disciplinary Committee to adjudicate all match penalties and all other disciplinary matters for players and coaches formally brought to the league Executive.

3) Disciplinary Committee shall be comprised of the following members:

- 3.a) Director*
- 3.b) Convenors*
- 3.c) Referee-in-Chief*
- 3.d) Other persons as appointed by the Director*

4) All decisions made by the Disciplinary Committee are final, and there will be NO appeals of these decisions allowed.

## **12. DISPUTE RESOLUTION**

1) If any dispute arises that cannot be resolved by other means, than the Director will appoint a group from the Executive that will resolve these disputes.



### 13. RULES

1) The Original Six PDHL is an independent hockey league and is not governed by the O.M.H.A. or Hockey Canada. We are not bound by their rules or regulations, however we do follow the rules of the game as laid out in Hockey Canada's rules of the game.

2) League rules that override Hockey Canada rules of the Game are as follows:

2.a) Tyke Division – 14 minute periods (run time) with a two-minute buzzer for line changes, will be strongly enforced. Each coach at this level must identify the team's 5 A, B, and C level players and make equal lines accordingly. Coaches are required to coordinate their line changes so that "A" lines face each other, "B" lines face each other, and so on throughout the game. Under circumstances that do not allow for this, the coaches must ensure equal ice time for all players.

2.b) Tyke Division – The goal of our Tyke Division is to ensure a constant flow of the game. "As much skating as possible" to aid in hockey development. Thus in the case of:

I) A goal being scored

II) An offside call

III) A goaltender freezes the puck

The team in the offensive zone is required to skate back to, or beyond the centre ice (red) line. This team may not cross the centre ice (red) line until the puck carrier of the defensive zone team crossed their own blue line.

Coaches – are responsible to reinforce this rule to all players, and to educate them on this league rule.

Referees – are to each assist one team by "Ref #1" encouraging one team back to the centre ice line while "Ref #2" assists the other team in picking up the puck and crossing the blue line.

### 14. START OF THE GAME

1) It is imperative that all games start on time. All coaches are encouraged to have their players at the game no later than 30 minutes before the scheduled start of the game. Coaches should ensure referees are present and ready to go. A two-minute warm up is permitted at the start of each game. Referees are instructed to start the game on time, and any delays by either team could result in a delay of game penalty for that team.



## 15. GAMES

- 1) All Tyke level regular season games will be timed as follows:

First Period	14 Minutes Run Time
Second Period	14 Minutes Run Time
Third Period	14 Minutes Run Time

  - The buzzer will sound at two-minute intervals to allow for line changes.
  
- 2) All Novice-Bantam regular season games will be timed as follows:

First Period	10 Minutes Stop Time
Second Period	10 Minutes Stop Time
Third Period	12 Minutes Stop Time
  
- 3) All games will be completed, thus no curfew.
  
- 4) No Time-outs will be permitted by any team during the course of the game.

## 16. DOUBLE SHIFTING / OVERUSE OF A PLAYER

- 1) No player may play two consecutive shifts in any game unless there are less than 10 skaters on the bench. If a full compliment of players is not available for a game, it is the coach's responsibilities to ensure all players receive equal ice time.
- 2) Any team, coach and/or player involved in extended lengths of ice time:
  - either by being double-shifted and/or
  - being involved in player shifts in excess of 2+min

may be subject to a 2 minute bench minor. Any team, coach and/or player in breach will be warned once by an official. If a team, coach and/or player is deemed in breach a 2<sup>nd</sup> time -- the team will be assessed a 2 minute Bench Minor. The 2 minute Bench Minor will be served by the player in breach. This penalty will not count towards the Original Six (three) penalty rule, as the player is not being assessed the penalty the team is being assessed and the player is just responsible to serve the penalty.

Note\*\*\*This Original Six By-Law amendment is enforceable at any time in the game. Referees are to use judgment, when assessing this penalty. For example, if a team is trapped in their defensive zone for a great period of time – coaches/players should not be expected to change in the defensive zone.



## 17. GROUNDS FOR SUSPENSION

- 1) Any coach who does not follow the guidelines regarding equal ice time is subject to discipline by the league Executive.
- 2) Any coach or team official who is assessed a game misconduct penalty will receive an automatic 1 game suspension and a hearing with league executives to determine if any additional action may be required.
- 3) Any player who receives a game misconduct penalty or is ejected from a game for any rule violation will be required to attend a hearing with league executives to determine if additional discipline may be required.
- 4) Any player who is assessed a major penalty for fighting will receive an automatic 1 game suspension. If that player is assessed a second fighting major at any point in the season, he/she will be suspended for the remainder of the season with no refund.

## 18. ORIGINAL SIX PDHL AMMENDMENTS – 09/10/2012

- 1) Verbal Abuse (Bullying) – Official/Coach/Player  
If a player is caught by a Wave Hockey official (referee, or timekeeper) being abusive towards a referee/coach, or fellow player, deemed to be beyond the spirit of minor hockey (including swearing at an official/coach/player, or simply bullying another player) the offending player will be assessed an immediate 10 minute misconduct. If a subsequent infraction occurs at any point during the season, the offending player will receive an automatic 3-game suspension and will be required to meet with Wave hockey disciplinary committee before being reinstated.
- 2) Goaltender Protection  
There will be zero-tolerance for any form of goaltender interference and/or contact, either during play or after a stoppage in play.  
Coaches – Please educate all players that no contact will be permitted with goalies. Goaltenders play a vulnerable position and must be protected/respected at all times.  
Referees – are instructed to whistle play down promptly when goaltenders have covered the puck, and ensure they have a presence around the net to discourage any extracurricular play after the stoppage.



3) 3-Goal Rule

1) Each player is only allowed to score a maximum of three goals per game with 2 exceptions:

a) If the game is tied, a player who has already scored three goals may score the next goal to put his team in the lead. That player would then be prohibited from scoring any more goals until the opposing team scores again to tie it up.

b) If the team of the player who has scored three goals is losing, that player may score as many goals as needed until that player's team is in the lead. That player would then be prohibited from scoring any more goals.

c) In the event a player scores a fourth goal which is disallowed because of the three goal rule, there is no penalty to the player and the face-off is to be held in the offending team's zone.

**19. ORIGINAL SIX PDHL AMMENDMENTS – 09/15/2015 – Adoption of all ORHL Rules and Regulations**

**BODY CHECKING RULE: (PLEASE READ CAREFULLY)**

The calling of the body checking penalty and severity of that call will be left to the discretion of the referees. Checking penalties can range from 2 minutes, 4 minutes, or 5 minutes.

**See below for general description of how penalties will be called.**

- If a player checks another player by dropping his shoulder and stepping into the opponent and does not cause this player to fall to the ice is a checking penalty.
- If a player checks another player by dropping his shoulder and checks the opponent **aggressively** into the boards deliberately, that player will receive a more severe penalty.
- If a player deliberately checks an opponent in an open ice situation **aggressively** and causes the player to fall to the ice, that player will receive a more severe penalty.
- If a player deliberately checks an opponent and causes a significant injury, that player will receive a more severe penalty, which might include multiple games suspension and possible meeting with League Officials.
- **Any 5 minute penalty assessed requires immediate removal from that game and possible 1 game suspension. (League management will review based on referee and coach's feedback). If a major penalty (5 or 10 minutes) occurs in the last 10 minutes of the game, that player will receive an automatic one**



**game suspension in addition to any suspension that might occur as a result of the penalty.**

- Referees must report any major penalty to Referee in Chief immediately following the game. RIC will recommend suspension length to league management.

### **BLUE LINE ICING**

- We will have Blue Line Icing which means any puck shot down the ice after the reaching the blueline will not be icing.
- Less whistles both from less icing plays and by making changes easier for teams without needing to ice the puck.
- Referees can be more accurate with off-side calls as they do not need to concern themselves with the Red Line for potential icing.
- This new rule is similar to the change made by the NHL when they eliminated the two line offside pass coming out of the strike. Eliminating the red line from all calls makes sense to the flow of the game and the easing of the referee's job, making for a better opportunity to see more calls during the game.

### **SHOT HITTING GOALIE MASK**

- If a shot hits a Goalie in the mask the play will be immediately blown down and the play will be dead.
- We are doing this to provide safety to our Goalies and to make the call simple for the ref's and to provide coaches and parents a clear understanding of the call.
- Discussion has brought up the point of a puck hitting a Goalie Mask and the puck going directly in the net. Some coaches have asked for this to be called a goal because Goalie safety is not at risk.
- While considering this we feel that any time a Goalie is hit in the mask potential injury is a possibility. The Goalies instincts are to move towards a puck even if it is in the net because they often don't know that it has gone in the net. Any movement by a Goalie that could be made with a mask ajar or off completely exposes the Goalie to injury. If the Goalie knows that as soon as his mask is hit the play is dead they will not make any additional moves providing safety.
- We are going to start the season with this rule and reevaluate if we feel it is not working.

### **HIGH STICKING THE PUCK**

- **If a DEFENSIVE player high sticks a puck:**
  - In the defensive zone the faceoff will go to the closest spot in the defensive zone.
- **If an OFFENSIVE player high sticks a puck:**

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- In the offensive zone the faceoff will go to the blueline spot in the offensive team's neutral zone.
- **In the NEUTRAL zone:**
  - The faceoff will go to the nearest spot of that offending teams end

## PENALTY TIME SERVED

- In our efforts to make the game of hockey safer we are going to discourage penalties by making certain that the player who takes a 4 minute penalty serves the complete time for the penalty.
- This means that if a team is scored on shorthanded, the team will return to full-strength however the player will stay in the box until the end of the penalty time and returns to the ice at the first whistle after the time is complete.
- The motivation of this rule again is to make players aware that inappropriate actions in a game that might lead to injury will not be tolerated in the ORHL. The only method of getting this point across is to make players serve the full penalty they have been assessed.
- If a player is released from the penalty box in 20 seconds of a 4 minute penalty because of a PP goal he is more likely to repeat his actions at some point in the game.

### **EXAMPLE:**

These are scenarios that can happen.

4 minute penalty called at 5:37 minutes of first period – player gets out of the box at 1:37 no matter what happens with Power Play (PP) goals.

- no PP goals player returns to ice after 4 minutes
- PP goal in first 2 minutes, reduce penalty clock to 2:00
- No further power goals a player from the bench returns to the ice at the end of the 2 minutes.
- PP Goal in second 2:00 a player returns to ice from the bench penalty and penalty clock reduced to zero

Player with the 4 minute penalty returns to the ice on the first whistle after 1:37 is left in the period.

## PENALTIES AND SUSPENSIONS

### Minor Penalties

- Any player who receives 3 minor penalties in a game will be ejected for the remainder of that game only. A 4-minute body-checking penalty is considered 1 penalty, unless it is a second 4 minute penalty that game.
  - **Example:** 3 minor penalties can be obtained in three ways → 2+2+2, 4+4, 4+2+2



### **PARENTS AND OTHER SPECTATORS**

- No parent or spectator in the stands may shout instructions to their child on the ice.
- No coaching from the stands. Every team has a bench coach and they will instruct the players as they see fit.
- No parent or spectator is permitted to shout obscenities or make disparaging remarks about the referee's.
- Any parent or spectator who is breaking this rule or a rule from the Code of Conduct may be asked to leave the arena by the referee, a convenor or league official.
- Any parent or spectator who verbally abuses a convenor or league official will be subject to a mandatory hearing with league officials.
- They may face suspension or expulsion from the arena.

### **20. TEAM JERSEYS/SOCKS AND EQUIPMENT**

- 1) The Original Six PDHL provides a team jersey and one pair of socks for every player. These items are property of the Original Six PDHL until the end of the season at which time the player may keep them. Coaches are requested to inform players and parents that game jerseys should be kept for games. If a player loses his/her jersey during the season, he/she will be required to pay for a replacement jersey.
- 2) All players are to provide their own equipment. Full equipment is required at all times, including a neck guard. Mouth guards are suggested, but not mandatory.

### **21. WEATHER**

- 1) No game or practise will be cancelled due to inclement weather unless you hear from the Original Six PDHL Director or a league official.

### **22. LOCATION OF HEAD OFFICE**

- 1) Mailing Address for the league is 1179 Northside Road, Burlington, Ontario L7M 1H5



## 23. WEBSITE

- 1) Information on the Original Six PDHL can be found at [www.originalsixhockey.ca](http://www.originalsixhockey.ca). It is our intention to keep this website up-to-date with all pertinent information. Schedules, standings, and scoring will be posted on the website.

## APPENDIX A

### **ORIGINAL SIX - PREMIUM DEVELOPMENT HOUSE LEAGUE COACH'S CODE OF CONDUCT**

This Code of Conduct is intended to promote fair play and respect for all participants within the Original Six PDHL. All coaches must sign this pledge before being allowed to take control of their team and must continue to observe the principles of the Code of Conduct.

#### **CODE OF CONDUCT FOR COACHES**

1. I will recognize and respect that players and families have other interests and obligations and may not be able to attend every game and practice.
2. I will teach my players to play fair and to respect the rules, officials, opponents and teammates.
3. I will ensure all players receive equal instruction, ice time, discipline, and support.
4. I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that equipment and facilities are safe and match the player's ages and ability.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
7. I will obtain proper training and continue to upgrade my coaching skills.



I agree to abide by the principles of the FAIR PLAY CODE as set by the Original Six PDHL.

I agree to abide by the rules, regulations and decisions as set by the Original Six PDHL.

I understand that failure to abide by the above-mentioned rules and regulations may result in suspension or dismissal.

PRINT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_