

McLAUGHLIN MED'S HOCKEY LEAGUE
Constitution & League Rules
2026- 2027

Constitution (Draft League, 6 Teams, 39+)

League Structure:

League Executive - Responsible for operations and administration. All decisions are made ONLY when there is 100% Consensus of the Executive.

- **League Convenor** – Oversees operations; deals with admin issues; rule enforcement and discipline. He/She is one of three members of the Executive who collectively makes decisions on behalf of the league in accordance to the League Rules.
- **Treasurer** – Manages finances; payments; and reporting. He/She is a member of the Executive and participates in all decisions made on behalf of the league in accordance to League Rules.
- **Advisor** – Provides independent guidance; He/She is a member of the Executive and participates in all decisions made on behalf of the league in accordance to League Rules.
- **Head Team Rep** – Liaison between Team Reps and Executive. He is expected to take on similar role of the other Team Reps, however he also is the first point of contact for ALL Team Reps in times when there feels the need for League consultation. He helps to manage their concerns and directs to the Executive when needs must.

Team Reps – These players are appointed by the League Executive. One representative per team. Their role as Representatives are:

- Team Reps - Captain their Team, and are expected to lead by example; Difuse any issues that may lead to frustration; and NOT spark or participate in issues that ignite frustration.
- They are expected to understand the rules in place AND ensure those in their room are made aware so there is no conflicts or frustration over decisions made by the Executive.
- They represent the league, NOT just their team. Any concerns they may have are to be directed to the Head Team Rep.
- They will be responsible for the distribution and collection of Jerseys (at years end).
- Ultimately responsible for choosing their team, however replacements will be at the discretion of the Executive.

Major Decisions (in the event any decision is not addressed within the rules)

- All decisions needed to be made should be addressed by the League Rules. IF a decision which needs to be made is not addressed in the League Rules, then All Executives and Team Reps will be assembled to discuss and vote on any such decision.

Draft & Player Allocation

- Teams formed through a pre-season Draft.
- Draft Rules (order, format, player ratings) to be shared to Team Reps prior to Draft Day for discussion and acceptance.
- Order of draft; selection of players and any re-alignment to be addressed by Draft Rules.
- Competitive balance is the priority. If players are lost (re: quit for one reason or another) the Executive will assign a player of equal or lesser Rating to replace such players.

Player Eligibility

- Players 39 and over (by end of season) are eligible to play.
- HOWEVER, there are circumstances where an exception can be made by accepting an underage player. In those circumstances, it is at the Executive's discretion. No underage player can be a natural A+ player; and any underage player will have their rating bumped (eg B to A) to offset the possible advantage an underage player brings.
- ONLY registered players can play. Team Reps cannot invite players to play on their team. Invitees can be added to our Prospect List, and can be assigned to a team where they may be best suited via the Executive when a spot becomes available.

Competitive Balance

- Where there appears to be an imbalance between teams, the Team Reps, through the guidance of the Head Team Rep, can discuss without the Executive's involvement, a remedy.
- All trades require consensus from the Team Reps. If there isn't 100% consensus, a vote would be necessary. Majority rules. All Team Reps must comply with the results of any such vote. If any vote results in a tie, the Executive will cast the deciding vote.
- If two teams arrange trades to their mutual agreement, but the other team Reps feels there is an imbalance they are within their rights to object and request a vote.
- Unless absolutely necessary, the League Executive will not be involved in trades.
- New additions (replacements) are the responsibility of the League Executives.

Game and Season Structure

- All teams qualify for Playoffs. If possible, the schedule to be available at time of draft.
- Playoff eligibility – Player must be paid up for the season. If during the playoffs a player is lost due to injury or other circumstance, the Executive (ONLY) can replace that player with a similar or lesser rated player. Replacement player would need to be paid in full before participating.

Representative Vote Required

As mentioned but must be repeated, a Team Rep can voice his opinion and with the Head Team Rep, request a meeting of all Team Reps to review and Vote on any issue they believe to be relevant, including but not limited to:

- Rule changes
- Disciplinary Rulings
- Fees or Financial change
- Team imbalance

Simple majority rules. All Team Reps must accept the decision of the majority. The Head Team Rep would be responsible to bring the matter to the Executive.

Financial Transparency

- Treasurer to provide at least one financial summary per season
- All league funds must be used for league purposes
- Any surplus/deficit must be disclosed

Guiding Principles

- Fairness over winning
- Respect over conflict
- Transparency over convenience
- Trust in the your fellow Executives and Team Reps that they are acting in the best interest of the MMHL.

League Rules

- The minimum age to play is 39 (by the end of the season); however, this is at the discretion of the Executive. Depending on the skill level of the player, exceptions can be made.
- Teams will be made up of 13 players (+ goalie). Hard Cap. No exceptions.
- Players will be rated prior to the start of the season; Six Team Reps will be chosen, and each Team Rep will be responsible for drafting their team. The Executive will assist in this process during Draft Day.

- No player can be protected. That practice only benefited the Team Reps, and not the team as a whole. However, First year Players are encouraged to be aligned with players who have introduced them. Consideration for those players can be made AFTER the draft.
- Through the course of the season, the Team Reps can arrange lateral trades (eg. A for A) as they see fit (but these changes must be accepted by the majority of Team Reps). The deadline for trades is the start of the playoffs. No new trades or additions will be accepted after that date (except through injury at the discretion of the Executives).
- As this is a draft league, it will be the responsibility of the Team Reps to resolve Team issues. Example: Someone wishes to be traded to another team. It is the responsibility of the player's Team Rep to see if a trade can be had. If a trade cannot be had, the player's only recourse is to play for the team who he was drafted to or quit. NOTE: No player can be forced off the team and every effort will be made to accommodate a trade request. At the request of the Team Rep, the Executive can mediate in hopes of coming to a fair resolution.
- The Executive will not be involved in gauging and rebalancing teams. The team that was chosen at the start of the season is the responsibility of your Team Rep. The Executive (and only the Executive) will be responsible for player replacements to the team in the event a player is lost due to injury or circumstance. No team can draft-in new players.

Player Substitutes & Additions

- The minimum number of players to have a Scheduled Game (Regular Season or Playoff) is Six Players AND a Goalie.
- NO game time Player Substitutes are allowed. If a team is short players on any given day, no players can be added for the purpose of fulfilling their minimum player requirement. The result will be a forfeited game. The score will be listed as (1-0) to the opposing team, and NO stats will be taken from the game.
- When a player quits for whatever reason, every effort will be made to replace that individual with a player of the same skill level. We refer to our Prospect List in hopes to find a replacement, but in the absence of a qualified replacement the league accepts invitees of equal or lesser rating to fill the absence (at the Executives Discretion). NOTE: No personal invites will guarantee a player will play (mid season) with whom invited him.
- Substitute Goalies are often required to fill in. As it is problematic finding substitute goalies that meet our minimum age (39), this requirement is waived. A Registered Goalie who requires a substitute to fill in for him, shall go through the Executive to arrange. All substitute goalies must come from our substitute goalie list.
- On short notice, an active goalie from another team can sub in to play. This does not result in forfeiture of the game.
- Once the playoffs begin, no new additions to the roster are allowed. EXCEPT when a player is forced to quit due to injury or circumstance. In that case, a new player from our prospect list of equal or lesser rating can be added (as long as they pay their registration – which is forwarded to the outgoing player).

When a player quits the league mid-season

There are a multitude of reasons why someone would have to quit the league mid-season. But for whatever reason, it is the league's policy to reimburse that player IF and only IF a player can be found to replace them. The league's budget cannot afford to redeem a player's registration as it has hard expenses that must be met regardless of the number of players who join the league. So, every effort will be made to replace the player who, for whatever reason, must step away from the league, however reimbursement will come from the funds collected from the new player who replaces him.

Season Schedule and Playoffs

The season will consist of:

- 15 Regular Season Games
- 10 Playoff Games (Double Round Robin)
- And A Champions Day (5th vs 6th; 4th vs 3rd; 2nd vs 1st)

Penalties

Two-minute minors:

- Tripping; Roughing; Elbowing; Slashing; Body Checks; Cross Checking.
- Unsportsmanlike Conduct; Interference; Delay of Game; Hooking; Holding.
- High Sticking
- NO penalty for making contact with puck above the shoulders; however the whistle will be blown, and a face off will be had in the defending zone of the player who was responsible for the stoppage in play.

Five-minute Majors & Misconducts:

- Boarding; Charging; Checking from Behind; High Stick causing injury; Intent to Injure.
- Profane language or gestures; abuse of an official
- Fighting; Sparring; Butt Ending; Kneeing; Headbutting
- At the referee's discretion, these penalties can result in ejection from the game and or following game.

Dropping the Gloves

This is a competitive league, but it will not tolerate fighting. Within the rules the referees can determine whether a fighting major has occurred and penalize a player for doing so. He will be immediately thrown out of the game, and after a disciplinary meeting by Executives and Team Reps find themselves barred from the league.

Any player ejected from the game must do so immediately and return to his dressing room. There will be no tolerance for anyone who wishes to continue their behavior off the ice.

All Majors, Misconducts and Match Penalties will be reviewed by the Disciplinary Committee with the possibility of further action taken, including possible expulsion from the league.

Disciplinary Committee

Made up of the Team Rep from each Team and the Executive Committee. Exception: the offending players Team Rep is required to attend but must abstain from any resolution vote due to possible conflict of interest.

The Disciplinary Committee has the power to impose additional penalties, which could include suspension and or expulsion.

Additional Suspended Games due to Penalty Minutes

This rule is in place to help curb rough play to the point of possible injury and subject to review by Disciplinary Committee.

Regular Season

- 3 minor penalties or 6 minutes in one game – immediately ejected from the game.
- A total of 24 minutes in penalties during the regular season – suspended for **one** game. Suspension can carry over into the playoffs.
- A total of 36 minutes in penalties during the regular season – suspended for the **one** additional game. Suspension can carry over into the playoffs.

Playoffs

- All players have a clean slate prior to playoffs.
- 3 minor penalties or 6 minutes in one game – immediately ejected from the game.
- A total of 18 minutes in penalties during the playoffs – suspended for **one** game.
- A total of 24 minutes in penalties during the playoffs – suspended for **one** additional game.

Determination of Team placement after Playoffs – in the event of a tie

Rule #1: The first Tie Breaker is Head-to-Head. What was their win/loss record against each other during the playoffs.

Rule #2: Total Wins and Losses during the Playoffs.

Rule #3: The second Tie Breaker is the Difference in Goals for vs Against (**Head to Head**)

Rule #4: Fewest Goals Against.

Rule #5: Fewest Penalty minutes during the playoffs.

Other considerations:

The Constitution and League Rules are in place in hopes of ensuring fair play for all within the McLaughlin Meds Hockey League. Every effort has been made to ensure that all within the league are given an equal opportunity to compete and to enjoy their hockey season.

You have an outstanding league, which offers you the opportunity to play with some outstanding people. We understand that everyone's level of competitiveness is not equal. But ensure your level of competitiveness doesn't spill over, resulting in injury to others.

Play safe!

Enjoy your Hockey Season!

The Executive of the McLaughlin Meds Hockey League 2026-27.

Marty Currie

Shawn Wheatcroft

Todd Rideout