

McLAUGHLIN MED'S HOCKEY LEAGUE
Rules and Regulations
2025- 2026

Team Selection and Trade Consideration

- The minimum age of 39 years old must be met by the end of the season
- Teams will be made up of 13 players (+ goalie). However, at the discretion of each team, each team can choose to have as many as 15 players. Refer to “Player Substitutes and Additions”
- 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.
- Through the course of the season, the Team Reps (And ONLY Team Reps) can arrange trades as they see fit. **Deadline for trades is the start of the playoffs.** Trades can be anything that both teams agree upon (e.g. 2 for 1; or A for B; etc).
- 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 players only recourse is to play for the team who he was drafted to or quit. Assuming he quits, if a player can be found to replace him, he will be reimbursed. Without a replacement, the league cannot reimburse the player who quits. 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 will only assist with “additions” to the team in the event a player is lost due to injury or circumstance; and when a team is looking to add to their numbers.**

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.
- Any new additions to a team must go through the Backup Player Listing. 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 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.

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 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:

These 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 2025-2026

Marty Currie

Shawn Wheatcroft

Todd Rideout