



Constitution
By-Laws
Rules & Regulations

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CONSTITUTION

ARTICLE I NAME

1. This organization shall be called the "Upper Ottawa Valley Minor Hockey League", hereinafter referred to as the "UOVMHL" or the "league".
2. The UOVMHL is an integral part of the Ottawa District Minor Hockey Association (ODMHA) District 5.

ARTICLE II OBJECTIVES

1. The objectives of the UOVMHL are to:
 - (a) provide a wholesome, organized hockey experience for all those participating in minor hockey at the Competitive and House league levels within the ODMHA District #5, including players and team officials; and
 - (b) ensure that its member Associations exercise a general supervision and direction over the playing interests of their respective membership, with emphasis on the enhancement of good character, citizenship and sportsmanship.

ARTICLE III EXECUTIVE

1. The presiding officer of the UOVMHL shall be the President.
2. The UOVMHL shall be governed by an Executive consisting of the Executive Officers (President, immediate Past-President, Vice-President (Competitive), Vice-President (House League) and Secretary/Treasurer) and one representative from each Association in good standing.
3. The Executive shall have control over the affairs of the League and shall deal with any matters pertaining to the good and welfare of the League and define rules.
4. Executive Officers, excluding the immediate Past-President who gains his office by succession, shall be elected annually.

ARTICLE IV MEMBERSHIP

1. Membership in the UOVMHL shall be open to all Minor Hockey Associations in ODMHA District #5.
2. Membership in the UOVMHL entails acceptance by such Minor Hockey Associations, and their members, of the final and binding authority of all the rulings and decisions of the Executive, and acceptance of the governing authority of the UOVMHL, subject to properly conducted protests and appeals.

ARTICLE V ANNUAL MEETING

1. There shall be an Annual Meeting held each year at the conclusion of the Hockey season, prior to June 1st.
2. The Executive Officers and each Association in good standing shall be entitled to one vote at the Annual Meeting. No proxy votes shall be recognized.
3. No Annual Meeting shall be constituted without a quorum of at least six (6) of its member Associations, who are in good standing, and at least two (2) incumbent UOVMHL Executive Officers, in attendance.

ARTICLE VI AMENDMENTS

1. The Constitution, By-laws and Rules & Regulations, may be amended only at the Annual Meeting of the UOVMHL or at the first League Meeting of each season held in September, and then only by a two-thirds majority vote of the members present and entitled to vote. The Executive or individual members shall not make a motion that would be in defiance of any or all sections of this Constitution, By-laws and Rules & Regulations.

ARTICLE VII MISCELLANEOUS

1. Throughout the Constitution, By-laws and Rules & Regulations, wherever the masculine gender is used, it shall be understood to include the feminine gender.
2. Throughout the Constitution, By-laws and Rules & Regulations, wherever the singular is used, it shall be understood to include the plural (and vice-versa), where the context so requires.
3. UOVMHL Logo, may only be used with the written consent of the Board of Directors

By-law 5

Election of Executive Officers

1. Elections for the positions of President, Vice-President (Competitive), Vice-President (House League) and Secretary/Treasurer shall be held at the Annual Meeting. If no Executive can be formed, then elections will be held in September of the new season. Each Association has a responsibility to assist in forming and Executive.
2. Elections may be conducted by the Secretary/Treasurer or an appointee to oversee the elections.
3. Should a vacancy occur in an Executive Officer position, the Executive may appoint a replacement for the duration of the season.

By-law 6

Duties and Powers of the Executive Officers

1. The President shall:
 - Generally perform the duties usual to the office of President
 - Call all meetings of the League and conduct League hearings
 - Preside at all Annual, Special and League meetings of the UOVMHL and only vote in the case of a tie
 - Oversee the preparation and finalize acceptance of League schedules
 - Be an authorized cheque signing officer.
2. The Past-President:
 - Be the source of guidance to the Executive on all matters relating to the past conduct of business of the UOVMHL
 - Be a full member of the Executive and shall enjoy full privileges in respect to motioning and voting.
3. The Vice-President (Competitive) shall:
 - In the absence of the President, or through his delegation, have all the powers and perform all the duties of the President, as they relate to the Competitive League.
 - Chair UOVMHL meetings in the absence of the President
 - Oversee and coordinate the activities of the Convenors of Competitive League
 - Assist in preparing the Competitive League schedules
 - Assist in any hearings pertaining to the Competitive League
 - Be an authorized cheque signing officer
4. The Vice-President (House League) shall:
 - In the absence of the President, or through his delegation, have all the powers and perform all the duties of the President, as they relate to the House League
 - Oversee and coordinate the activities of the Convenors of the House League
 - Assist in preparing the House League schedules
 - Assist in any hearings pertaining to the House League
 - Be an authorized cheque signing officer

By-Law 8

Convenors

1. The Executive shall appoint one Convenor for each division of the UOVMHL.
2. The Competitive League Convenors shall:
 - Be responsible to the Vice-President (Competitive)
 - Be responsible for the administration of their division in accordance with the provisions of this Constitution, By-laws, Rules & Regulations and any motions made at UOVMHL meetings
 - Maintain records of division standings and suspensions
 - Notify teams of any Competitive League games cancelled and record the cancellations
 - Prepare a report of standings and suspensions for each League meeting
 - Schedule all playoff games
 - Present a year-end report at the Annual Meeting, including as a minimum: the final regular season standings, playoff champions and records of any suspensions to be carried over to the ensuing hockey season
 - Note:** Scheduling of playoff games shall be done through the managers of the teams playing (Convenors to be informed immediately upon being scheduled)
3. The House League Convenors shall:
 - Be responsible to the Vice-President (House League)
 - Be responsible for the administration of their division in accordance with the provisions of this Constitution, By-laws, Rules & Regulations and any motions made at the UOVMBL meetings
 - Maintain records of division standings and suspensions
 - Notify teams of any House League games cancelled and record the cancellations
 - Prepare a report of standings and suspensions for each League meeting
 - Schedule all playoff games
 - Present a year-end report at the Annual Meeting, including as a minimum: the final regular season standings, Playoff Champions and records of any suspensions to be carried over to the ensuing hockey season.
 - Note:** Scheduling of playoff games shall be done through the managers of the teams playing (Convenors to be informed immediately upon being scheduled)
4. Convenors shall be reimbursed for long distance telephone charges for calls relating to their duties as Convenor.
5. Convenors shall be reimbursed reasonable travel costs, at a rate of \$.35 (35 cents) per kilometre for all travel incurred while representing the League at playoff championship games(s) to present plaques/medallions to the participating teams.

By-Law 9

Suspensions and Discipline

1. The ODMHA Code of Discipline shall be the governing rule in matters of discipline relating to the specific situations outlined in the CODE, specifically: fighting; certain misconduct penalties, all

RULES & REGULATIONS

(Competitive and House League)

General Rules

1. The CHA, ODHA and ODMHA regulations and ODMHA Code of Discipline shall be the rules by which this League operates in conjunction with the UOVMHL Constitution, By-laws and Rules & Regulations.
2. Any member of the League Executive may hold a position with any association or team in the event of a dispute involving the association or the team of which he is a member, he forfeits his right to sit on the Executive during the proceedings of the dispute.
3. Officials and team officials will conduct themselves properly to prevent disrespect to the League.
4. All team officials associated with the League are to receive and be cognizant of this Constitution, By-laws and Rules & Regulations of the UOVMHL.
5. Any team official who is aware of a situation that contravenes this Constitution or its By-laws and Rules & Regulations shall report the incident to his division convenor within a reasonable time. A team official who does not report an incident that would contravene this Constitution or its By-laws and Rules & Regulations shall be suspended until dealt with at a hearing.
6. Any team official who knowingly plays against ineligible players and/or who wilfully conceals the knowledge from the division convenor until it shall suit his convenience to use this knowledge, shall be considered equally guilty with the offending team officials and shall be suspended until dealt with at a hearing.
7. All teams participating in the UOVMHL must have ODMHA certified trainers. This is meant to include Initiation programs as well.
8. a) Officials - on ice, see ODMHA Handbook under rules and regulations #7.4
b) On ice officials are prohibited from refereeing games played by immediate family. In situations where this is unavoidable: an official may be permitted to work as a lineman only in the three man system. Should the need arise for such an official (referee) to be used, then the host association must obtain prior consent of the Convenor. Notification/consent to the other coach in advance must be sought/obtained.
c) All officials must be at least one division older than the players they are officiating.
9. All time keepers in all games **must** be a minimum of 16 years of age.
10. No registered team official, from either team involved, shall operate as official time or scorekeeper, without exception.
11. All host associations and/or teams will ensure that sufficient assistance is provided within the penalty box area so as not to cause safety issues with the opening and closing of penalty box gates. In addition, registered team officials should not have to enter the penalty box area from the player's bench to either open or close the gates.
12. Associations and/or teams may still continue to pursue volunteers from either team for staffing purposes providing compliance with #10
13. AP GOALIES: that at any time an AP Goalies is listed on the game sheet - Coaches will inform the Refs at the beginning of the game that there is an AP goalie that may or may not play. If the AP goalie does not go into the game – the Referee will initial – beside AP goalie – “not played”. It will be the Team official's responsibility to ensure that the referees initial this
14. **FIGHTING:**
1st fight issued to a player will result in 1 game suspension, 2nd fight will result in a minimum of 4 games suspensions, 3rd fight the player will be suspended until a District Hearing is held. .

League Schedules and Games

1. League games are to be played in the month they are scheduled or in an earlier month. The division convenor may permit a game to be played in a later month if both teams agree to a specific date/time and circumstances warrant the extension. Under no circumstances will permission be given if it will interfere with the other scheduled games in the division.
2. Coaches or managers are to advise the convenor of any changes of scheduled games or of any games not played so that they may be rescheduled. Failure to do so may result in a loss of 2 points and the head coach may be suspended until the game is played.
3. In the event of a tie between teams at the end of regular season play, the following method will be used to break the tie by the convenor (use in sequential order until tie is broken):
 - a) most wins over course of regular season, if still tied then
 - b) head to head between the two teams, if still tied then
 - c) Tie breaking Method (Total Goals for divided by (goals for + goals against))
 - d) Flip a coin - The convenor and 2 league executive members, with no conflict, must be in attendance to witness the coin toss.In the event of a tie between more than two teams,
 - 3.1 a) most wins over course of regular season, if still tied
 - 3.1 b) tie breaking method (Total goals for divided by (goals for + goals against), if still tied
 - 3.1 c) a random draw will be held by the convenor and 2 league executive members, with no conflict, to determine the placement of the teams.
4. For purposes of league standings (wins, losses, goals for and against).
5. The Competitive League will commence on Saturday October 15, 2011 and will finish no later than Monday, February 06, 2012. The House League will commence on Saturday October 22, 2011 and finish no later than Monday, February 06, 2012. No games played Tuesday, February 07, 2012.
6. All league games scheduled up to and including Dec 31, **must be played by December 31st**, failure to do so will result in loss of 2 points for the team failing to comply, and the Head Coach being suspended until these games are completed.
7. Each association must provide 3 more game ice times, (per team) as per league home game schedule when submitting the ice schedule at the beginning of the year. No weekday games to be played prior to 6 pm.
8. All associations provide a monthly calendar by division to the League Scheduler as per due date. This as well will include the play-offs calendar to be submitted by January's meeting.
9. The League will not permit forfeit of games.

Game Reports

1. ODMHA games reports must be used for all regular season and playoff games.
2. **Home team is responsible for submitting the game sheet to the convenor.**
If the game report is not post-marked by the end of the seventh calendar day following the completion of the game, the home team may lose 2 points from their teams' points. In addition, effective February 1st of each season the home team will also notify the appropriate Convenor of game results by phone within 48 hours.
As well, the home team is responsible for ensuring that the game number is on the game sheet, failure to do so may result in the home team may lose 1 point.
3. All game sheets from **ALL GAMES**, exhibition, league, tournaments must be postmarked to Convenors within 7 days of playing. You may fax a copy, but the original must follow by mail.
4. **All original game sheets from tournaments** hosted in UOVMHL District 5, must be submitted to the District Chairperson within 7 days. **Sign in sheets** must be included for each game. You must still provide a copy of the game sheet to your convenor.

5. Under NO circumstance can a game sheet be altered once the referee has signed off.
6. Ensure that **Game #, date and Registered team names** including the Team number (e.g. Pembroke Bantam # 2) are provided on all games sheets. If it is an exhibition game or tournament game, please clearly mark this at the top.

Cancellation of Games

1. Barring weather conditions, a team must notify the opposing team and the division convenor at least 72 hours before the game, if they are unable to play a scheduled game. Teams wishing to reschedule games must confirm the rescheduled dates with the opposing team official prior to the original schedule date and notify the convenor. Prior to rescheduling any game, the home team **MUST** provide the opposing team with 2 alternate ice times.
Failure to do so may result in if there is not a rescheduled game **and** the convenor is not notified, and the game is not played, the team responsible may lose 2 points and the coach suspended until the game is played.
 - a) visiting team cancelling - the cancelling visiting team, covering the cost of both on and off ice officials and ice time. The game will be rescheduled ASAP.
 - b) home team cancelling – the game will be reschedule at the visiting teams home arena, the original home team will pay for the cost of the game including on and off ice officials and ice in the visiting teams arena. The game sheet will still show the teams as home and away as per league schedule.
2. In the event Referees do not show up to the home game, the game will be rescheduled at the visiting teams home arena, the original home team will pay for the cost of the game including on and off ice officials and the ice in the visiting teams arena. The game sheet will still show the teams as home and away as per league schedule

Playoffs

1. The Competitive League and the House League will conduct playoffs for all divisions according to the following formats:
 - 4 Team Division (play-offs will begin at the start of the second round of play-offs)
Semi-finals: 1st vs. 4th and 2nd vs. 3rd
 - 5 Team Division
First round : 1st, 2nd and 3rd gets a bye, 4th vs. 5th 3rd
Semi-finals: 1st vs. winner of 4-5
2 remaining teams.
 - 6 Team Division
First round 1st vs. 6th, 2nd vs. 5th and 3rd vs. 4th
Semi-finals: Highest finishing team remaining at end of first round gets by to finals, two remaining teams playoff
 - 7 Team Division
Highest finishing team gets bye to second round.
2nd vs. 7th, 3rd vs. 6th and 4th vs. 5th in first round
Semi-final: Highest ranking team (bye team) playoff against lowest finishing team remaining and the two remaining teams playoff.
 - 8 Team Division
Quarter-finals: 1st vs. 8th, 2nd vs. 7th, 3rd vs. 6th, 4th vs. 5th
Semi-finals: Highest ranked team playing lowest ranked team and so on until all are matched.

Divisions of greater than 8 teams

Will be formatted by February 1st of the calendar year with the intent of including all teams.

2. All playoff rounds will be four point series.
3. The first game will be played in the home arena of the team finishing highest in the League standings during the regular season. The games will then alternate between home arenas.
4. If games one or two of a series are tied at the end of regulation time they shall remain tied (i.e. no overtime) and a third game shall be played.
5. If the third game being won by either team results in the total points being 3 points each then a fourth game shall be scheduled.
6. If the series is tied at two points prior to the start of the third game, the coach of the home team will advise the visiting coach whether or not overtime will be played.
7. Overtime must be played in the fourth game, if the score is tied at the end of regulation time.
8. Overtime in either the third or fourth game of a series will be sudden victory, conducted in a series of 5 minute stop time periods. The first period will be played with four skaters and all subsequent periods will be played with three skaters.
9. A goaltender shall be used in all overtime periods.
10. Penalties drawn during the overtime periods with three skaters will result in adding one player to each team (the penalized player goes to the penalty box and is replaced while the non-offending team adds a one player, giving them 4 skaters vs 3 for the duration of the penalty). The penalized player will return to the ice at the expiration of his penalty and at the next stoppage of play, the teams will reduce to the number of specified skaters for the period B three (3).
11. No team shall have fewer than three skaters on the ice at any time.
12. a) At the regular League meeting in February, all associations must provide the League with playoff ice times. It will be the responsibility of the team manager to schedule playoff games. In the event of conflict between team managers, the Convenor will rule.
b) The first game of every series MUST be played within the first 3 days. In a series of 10 days or less the higher place team must provide one date within the first 3 days, the second game within 3 days and the 3rd game within 3 days and in a series of more than 10 days one date in the first four days and one date in the last four days. The lower place team, in either case, is then expected to accommodate a game in the space provided between these dates. Should the higher place team not be able to provide such dates then game 1 will be hosted by the lower place team and games 2 and 3, if necessary, would revert to the higher place team..
13. a) All teams will qualify for play-offs with divisions being split accordingly.
b) Three round series will be played as follows.
1st round of Play-offs start Fri. February 10, 2012 - Fri. February 24, 2012
2nd round Sat. February 25, 2012 - Fri March 09, 2012
Suspended for March Break (March 10, 2012 - March 18, 2012)
3rd round Mon. March 19, 2012 – Fri. March 30, 2012
c) League play will be suspended during the March Break (Saturday March 10, 2012 until Sunday March 18, 2012). Teams may play during this period providing the League and both teams are in agreement. The extension of any series beyond the dates specified must be approved by the President.
14. Absolutely no exceptions for running beyond the dates scheduled for each series in play-offs - Follow rule # 12 to ensure that the games are played in a timely fashion.

Sportsmanship

1. Teams are to shake hands before the start of all League regular season and playoff games.

Transfers (see District Constitution Player Transfers)

1. There will be no exceptions allowed in the UOVMHL to the procedure required by the ODMHA for transfers. That is, the application of transfer form must be signed by the parents of the player and signed by the Presidents of both associations involved, who must signify that they agree or disagree with the transfer. No association President can refuse to sign or refuse to indicate whether they agree or disagree with the transfer.
2. If there is to be a hearing on a transfer matter, then that hearing must take place according to the procedure specified by the ODMHA. Such hearing must be held within the confines of District #5.
3. The convenor and/or the President have the authority to suspend any player and any other person with complicity in the matter if the address claimed when checked and verified is not proper.
4. A player who wishes a transfer must first go to the next nearest association or if that is difficult to ascertain then to an association who shares the same boundaries as the association of the residence. Where a player wishes to play for an association which is not bordering on the association where the player resides and both of those associations agree to the transfer, the transfer cannot be completed until agreement in writing of all the affected association Presidents is obtained.
5. All transfers should be completed by November's UOVMHL Meeting.
6. A administration fee (2010 - \$20.00) per player will be charged if the transfer is approved at the District Level (cheque payable to District 5)

Appendix A:

Rules Specific to House League

1. **Mercy Rule:**
In all divisions, if at any time during the game a team is ahead by seven (7) goals, the clock will be put on running time for the duration of the game. If the lead is reduced to less than seven goals, the clock will be put back on stop time.
2. **Team equalization:**
Equalization of two or more teams within an association must take place no later than December 1st.
3. **Referees:**
Each association will provide qualified referees for all games played.
4. **Comportment:**
The actions of players, both on and off the ice, are the responsibility of the coach.
5. **Player Participation:**
It is the intent of the House League that all player participants receive equal ice time. In the event of complaints on the above subject, the League is prepared to deal with violators.
6. **Suspensions:**
It is the responsibility of the coaches to see that suspensions are carried out.
7. **Select and Traveling Teams:**
The members of this League do not accept Select or Traveling teams at their home tournaments.
8. **Ejection from Game:**
After 3 personal penalties, a player or team official will automatically be ejected from the game. In the case of a double minor penalty Examples: Spearing, head butt, etc. as per Hockey Canada Rule book the double minor only counts as one penalty. The double minor must be the same infraction. This is not to be confused with for example: a minor for Tripping and Interference during the same stoppage of play to the same player, as this is 2 separate penalties. Additionally, a minor Head check penalty carrying a minor and a misconduct counts only as one personal penalty.
9. **Category Ages:**
Any player who, because of his age according to CHA rules, falls into a certain category may not play at a lower age category.
10. **Competitive Players:**
No Competitive player may play at the House League level.
11. **Players Returning from Competitive League:**
Competitive players may not return to the House League after January 10 of the current hockey year.
12. **Periods of Play:**
That period times for ALL house league hockey to be 3 periods of 10 minutes of stop time.
13. **Number of Games in Schedule:**
Novice House League games – number of games will be determined on a year to year basis by the League executive (up to 14 games).
The number of regular season games shall be 20 for all other teams.
14. **Shortened Game Times:**
Adjustments will be made to the length of the third period should there be insufficient ice time remaining to accommodate 10 minutes stop time. The time allotted for the third period will be posted on the clock and the home team will ensure that the visiting coach is advised accordingly.

Appendix B:

Rules Specific to the Competitive League

1. Competitive League schedules will consist of the following number of games:

4 team division	18 games
5 team division	20 games
6 team division	20 games
7 team division	24 games
8 team division	21 games
9 team division	24 games
10 team division	18 games

2. Game times will be as follows:
 - a) Three 12 minute stop time periods in all divisions.
 - b) A 2 minute warm up will be put on the clock after the zamboni leaves the ice. When the two minutes are over the game clock is to start.

3. Games are to be played in their allotted time. The minimum playing time to be allotted is one (1) hour for the Atom division and one and a quarter (1.25) hours for Pee Wee, Bantam Minor Midget and Major Midget.

4. In an effort to keep the games running on schedule, or even a little ahead of schedule, teams must be dressed and ready to play at least fifteen (15) minutes prior to the scheduled starting time, play will continue until the completion of the three 12 minute periods or until the originally scheduled completion time for the game, whichever comes first (i.e. if a Bantam game is scheduled to begin at 3:15 PM but actually starts at 3:00 PM, the game, if not completed, will continue until the three periods are completed or until 4:30 PM, whichever comes first)

5. Mercy Rule:

In all divisions, if at any time during the game a team is ahead by seven (7) goals, the clock will be put on running time for the duration of the game. If the lead is reduced to less than seven goals, the clock will be put back on stop time.