



NORAD HOCKEY LEAGUE CONSTITUTION

1. The purpose of the NORAD Hockey League (NORHL) is to provide a fun, competitive, non-contact league for the enjoyment, recreation, and physical fitness of the hockey players in the Colorado Springs area.
2. The NORHL Executive Committee will govern the league. The NORAD Hockey League Constitution can be adjusted and ratified by the Executive Committee to ensure its currency and relevance.
3. League play will be in accordance with the rules and policies endorsed by the USA Hockey Rulebook unless otherwise stated in this constitution.
4. Individual statistics as well as team standings during the regular season and post season will be kept by the NORHL for fun and to ensure the league keeps competitive balance each year.
5. The league will be comprised of eight teams, each with a roster of 15 skaters and one goalie.
6. Each team will select a Captain to help the Sponsor with team decisions and communication. Each team will also select an Assistant Captain from their roster to act in the captain's absence. The team captains, sponsors, and the Executive Committee will participate in a player draft approximately one week prior to the commencement of league play. The team captain and sponsor must be on the protected player list as outlined in Appendix A. The Executive Committee will prepare the Player Draft List.
7. All players must be a minimum of 21 years old at the start of the season. Exceptions to player eligibility may be considered by the Executive Committee on a case-by-case basis. Due to the lack of Canadian Military involvement in recent years, there will no longer be a priority system to dictate league members. Fees for the NORHL will be determined on a yearly basis depending on the rising cost of ice time and general cost of operation.

Note: Failure to pay league fees by the second game of the season could result in the NORHL removing the player from the roster and replacing that player with another player from the "Free Agent List". Players unable to attend either of the first two games are responsible to make payment arrangements with their Team Captain.
8. The Executive Committee retains the authority to place players on the team rosters. Factors such as whether a player participated in the previous season(s) and contributions made to the league will be used as criteria for determining eligibility.

9. Players not drafted in the NORHL due to roster size limitations, will be placed on the “Free Agent List” maintained by the Executive Committee. The “Free Agent List” will always be active, meaning players can be added at any time during the season. Players from the “Free Agent List” will be allowed to play in 10 games as a substitute. Once those 10 games are played the player will need to join a team permanently to continue play in the NORHL. Players can be replaced on their teams due to lack of attendance, lack of payment, or injury. Replacement players will need to be matched as close as possible to the skill level of the player they are replacing, while also keeping the team under the salary cap. The Executive Committee must approve all roster moves.

10. Players are responsible for:

- a) Payment of the NORHL entry fee, this fee must be paid (at least partially) prior to participation in league games.
- b) Playing the game in a sportsmanlike manner.
- c) Wearing the jerseys issued by the NORHL.
- d) Wearing protective equipment; shoulders pads and full face masks are optional.
- e) Unless approved by the League Executives: a player drafted as a skater cannot play as a goalie during the playoffs.
- f) A rostered skater is not allowed to play for another team (doing so will result in a forfeit).
- g) If a team needs a substitute goalie, they are required to ask EVERY goalie on the sub list. If no goalie is available, the team may then ask another NORHL team’s goalie.

11. The NORHL is defined as a nonprofit organization and the league will operate according to the budget as established and managed by the Treasurer and approved by the Commissioner.

12. The entry fee for the season will be determined prior to the commencement of league play. The fee will be used to offset the costs associated with the operation of the league, including officials, ice times, and social events.

13. The Executive Committee will handle refunds on an individual basis. As a general rule, refunds will only be made due to a season ending injury. The player will receive a partial refund based on the percentage of games the member has completed vs. games remaining.

14. The NORHL is a USA Hockey sanctioned league. This means all players are required to have active USA Hockey numbers which will provide players with USA Hockey’s insurance.

15. To become a NORHL Sponsor, companies/sponsors will contribute to the league by providing their companies crest (or a different approved logo) for the jerseys and pay a predetermined sponsorship amount in an effort to cover costs for the league to operate. All Sponsors must be approved by the NORHL Executive Committee.

16. As a Sponsor, the Sponsor is entitled to play on the team they are sponsoring. Should the Sponsor not wish to play, the Sponsor is authorized to delegate his/her position to one representative playing in the league. Sponsor fees do not cover/constitute player fees.

17. The Executive Committee will consist of a Commissioner, Assistant Commissioner, Web Master, and Treasurer.

19. The NORHL Executive Committee members will perform the following duties and functions:

a) The Commissioner: (1) Shall be the Chief Executive Officer of the NORHL; (2) Shall approve a budget detailing league expenses and revenues; (3) Shall preside at all meetings of the Executive Committee; (4) Shall be familiar with NORHL rules and regulations; (5) Shall pre-arrange access to the USAFA installation for all players (if the league returns to USAFA); and (6) Serves as the NORHL representative in all matters.

b) The Assistant Commissioner: (1) Shall be a part of the Executive Committee; (2) Shall be responsible for maintaining a phone and address list of league members; (3) Shall assist the Commissioner with all league matters; and (4) In the absence of the Commissioner, perform all duties of the Commissioner.

c) The Web Master: (1) Shall be a part of the Executive Committee; (2) Shall be responsible for keeping the website updated with all news and statistics that pertain to the NORHL; (3) Shall be responsible for putting together the schedule for the NORHL making sure all teams have an equal number of each game time and timekeeper responsibilities; and (4) Shall be responsible for maintaining/updating all social media.

d) The Treasurer: (1) Shall be a part of the Executive Committee; (2) Shall maintain all NORHL financial accounts; (3) Shall be responsible for collecting all player and sponsor funds; (4) Shall prepare the league budget; and (5) Is responsible to coordinate NORHL parties.

e) Referee in Chief: (1) Shall schedule and track all referees; (2) Shall recommend on-ice rule changes to the Executive Committee as well as disciplinary measures for player misconduct or incidents; (3) Shall act as the league representative between the league and the referees; (4) Shall submit any on-ice incidents to the Executive Committee; (5) Shall record any misconduct, match penalties or suspensions throughout the season; and (6) Is responsible for coordinating the pay for the referees with the Treasurer.

f) Team Captains: (1) Shall enforce the "NO-PAY NO PLAY" policy of the league; (2) Shall participate in the formation of teams; (3) Shall help select an assistant captain from their team roster; (4) Shall obtain all current/up-to-date USA Hockey numbers for their team; and (4) Shall reinforce sportsmanship and rules within their team.

20. League meetings will be held as required throughout the season. Unless decided otherwise, the league will be expected to hold a pre-draft meeting, the NORHL Draft, and a final league wrap-up meeting. The Executive Committee shall manage all league affairs.

21. Any changes to the NORHL Constitution and bylaws may be made by the Executive Committee with approval of over 50% of the committee. Members of the Executive Committee, as well as Sponsors, may submit recommended changes, in writing, any time during the season. The Executive Committee will be obligated to act upon the suggestion at either the pre-draft meeting or league wrap-up meeting.

22. In the event a player's actions result in a game misconduct, or other such action that may result in a suspension from the league, the Executive Committee will review the player's conduct and determine if a supplemental suspension is required.

NORAD HOCKEY LEAGUE SUPPLEMENTARY PLAYING RULES

1. The operation of the NORHL will be governed by the Official Hockey Rules of USA Hockey. Since this is a recreational league to promote fun and physical fitness, there will be NO DELIBERATE BODY CONTACT permitted during any game played under the jurisdiction of the NORHL.

2. The following addendum will be enforced as applied to the USA Hockey Rules of Hockey:

a) **Misconduct Penalties:** A misconduct penalty, if assessed by the referee in accordance with the official rules, will be a 10-minute penalty served by the offending player. Only the offending player will be penalized, the team will not play shorthanded due to a misconduct penalty. The second assessment of a misconduct penalty in the same game will result in a game misconduct penalty and the player will leave the game. Any player receiving five misconduct penalties during the season will be suspended and the player's conduct will be reviewed by the Executive Committee. If the player is reinstated, any subsequent misconduct penalties will result in expulsion from the NORHL. The referee will inform the Executive Committee and the Referee in Chief on the next business day following any Misconduct Penalties.

b) **Game Ejection/Game Misconduct/Gross Misconduct Penalties:** Any player who is assessed a game ejection/game misconduct/gross misconduct penalty will automatically receive an additional game suspension from his team's next scheduled game. Should a player receive a total of three penalties under this rule during the season, said player will be suspended from further play in the league for the duration of the season. The referee will inform the Executive Committee and the Referee in Chief on the next business day following any game ejection/game misconduct/gross misconduct penalties.

c) **Match Penalties:** Any player who is assessed a match penalty will automatically be suspended for his team's next three games. The Executive Committee will review the player's conduct to determine if the individual should be prohibited from further play in the league. The referee will inform the Executive Committee and the Referee in Chief on the next business day following any match penalties.

d) **Removal from game for Unsportsmanlike Conduct:** The referees may remove a player from the game if that player is conducting themselves in an unsportsmanlike manner which is contrary to the goal of the league. Examples of this are overly aggressive play, poor attitude, or temper. The purpose of this ruling is to allow the referees to remove the player in order to control the game, yet not penalize the player further as they only require a "cool off" period. A note should be made to the Referee in Chief for tracking purposes in the case that an individual has multiple offenses. The Team Captain will be warned that the individual's inappropriate play must stop. This rule is only to be used in the case when other penalties may not cover the play or if the penalty is a minor penalty, but potential for escalation by the player later in the game is strongly evident. Any penalties that would fall under the misconduct, game misconduct, match

or major penalties shall not fall under this rule, as these require further discussion and decision by the Executive Committee.

f) Slap Shot: Full slap-shots and fake slap-shots are not allowed. A slap shot is defined as having the backswing above the waist as estimated by the referee. A player guilty of using a slap shot, or a fake slap shot, will cause a stoppage of play and the ensuing faceoff will be in either face off spot in their team's defensive zone. If a player uses a slap shot for the purpose of "Delay of Game", then, at the discretion of the referee, a "Delay of Game" penalty may be applied. Should an injury to an opponent or official result from being struck by the puck as a result of a slap shot, the referee may, at their discretion, assess a major penalty or a match penalty. A second offence by the same player is a minor penalty. Continued non-compliance will result in a game ejection. Half slap shots are allowed in the NORHL, as long as the stick does not come over the waist of the shooting player.

g. Discussions with the Referee: To prevent confusion on the ice and verbal abuse from the bench, only the team captain or assistant captain are authorized to discuss referees' decisions with the referees. In a case of verbal abuse from the players on ice/bench, the referee will either issue a warning or, if warranted, the appropriate penalty to the offending player(s). After the first warning, the referee will administer a minor penalty to the player or any players on the ice to be served by the guilty party (if the bench is issued the penalty, the Sponsor or Captain is responsible to serve the penalty).

3. Game Play:

a) All games will be a maximum duration not to exceed 70 minutes (3-minute warm-up, three 20-minute periods) running time. Teams will switch side after each period. A 1-minute rest between periods will be permitted when the ice is not being resurfaced.

b) All games will be preceded by a 3-minute warm-up.

c) The ice will be resurfaced prior to the start of each game.

d) A minimum of five skaters, not including the goalie, are required to start a game. The game shall be forfeit if a team does not have enough skaters by the time the game is ready to start or if illegal subs are used. After forfeiting the game, the two teams will still play the game, stats will be kept, but the game will be recorded as a forfeit regardless of score. The referees will still call the game and any penalties that would result in further disciplinary action in a regulation game will still be considered by the Executive Committee.

e) Penalty times will be served as follows:

(1) Minor Penalty – 3 minutes (running time from drop of puck)

(2) Major Penalty – 5 minutes (running time from drop of puck)

(3) Misconduct Penalty – 10 minutes (running time from drop of puck)

f) The referee will stop the clock when an injury occurs, and the injured player is unable to leave the playing surface without assistance.

g) Each team is allowed one thirty second time-out per game.

h) Tied games will end in a tie. There will be no tiebreakers during the regular season.

4. Playoffs:

a) The NORHL will remove the current end of season round-robin and playoff format and replace it with an eight-team double elimination tournament.

b) All eight teams will make the post season tournament.

c) The regular season standings will be used to seed the teams for the post season tournament.

5. The officials have been directed to enforce the rules to the fullest. With the cooperation of the players and officials we will witness some good hockey and genuine sportsmanship.

APPENDIX A - DRAFT PROCEDURES

1. Before the beginning of each season a player draft will be held to assign players to one of the eight NORHL teams.

2. The draft order for the following season will be based on when a team is eliminated from the double elimination tournament combined with the regular season standings. The two teams eliminated the second weekend of the tournament will have positions 1 and 2. The two teams eliminated the third week of the tournament will have positions 3 and 4. The two teams eliminated the fourth week of the tournament will have positions 5 and 6. Position 7 will be the league runner-up and position 8 will be the league champion.

3. At the league wrap-up meeting, the Executive Committee, Captains, and Sponsors will evaluate the current player ratings and make any necessary changes for the upcoming season. Players are allowed to be increased or lowered by only one point per season.

4. Eight players will have a rating of 6 and each team will be required to carry one player rated 6. If there are players who are rated 6 that will not return the following season, current players will take their 6 rating. The NORHL will use the previous season's goal scoring leaders to assign any new 6s. If a team has more than one 6 after a rating increase, then one of those players must be released.

5. The NORHL will have a salary cap. Each player's salary cap number will be the equivalent of their rating. The salary cap currently (2022) sits at 61 (one 6, three 5s, five 4s, five 3s, and two 2s with a bonus point) for each team.

6. In the offseason, each team will be required to make five roster moves (trade, release, or retire). This means that each team will be allowed to protect 11 players. Protected player lists shall be given to the Executive Committee at least one week prior to the draft.

Note: Team captains and sponsors will count toward their team's protection lists.

7. The Draft will be conducted and monitored by the NORHL Commissioner and Assistant Commissioner who will have a list of all the players eligible to be drafted. Team Sponsors/Captains will make the selections for their teams.

8. Each round will be reserved for certain ratings (round 1 will be reserved for 6s, rounds 2-4 will be reserved for 5s, rounds 5-9 will be reserved for 4s, rounds 10-14 will be reserved for 3s, and rounds 15-16 will be reserved for 2 and 1s). Any protected player will fill the first available reserved spot. A player can be drafted before their “reserved rounds”. If a player is still available after their “reserved rounds” they may be drafted one additional round later. Goalies will not have their own draft round. Every effort will be made to incorporate the highest caliber goaltenders within the NORHL. That combined with only eight teams means not all goalies registered will be drafted.

9. Any skaters not drafted will go onto the “Free Agent List”. This list will be used to help fill teams that are short players for their weekly games. Any goalies not drafted will go onto the “NORHL Sub Goalie List”. This will be used to help fill goaltender needs when a team’s drafted goalie is not available.

SAMPLE END OF SEASON ROSTER CHANGES

Player	Rating	Change	Following Season Draft	
S. Downs (captain)	6	-	1 (6)	S. Downs (6)
B. Hogan	5	-	2 (5)	B. Hogan (5)
K. Huisman	5	Traded to AMOS	3 (5)	Traded player (5)
R. Rumbaut	5	Rating changed (6)	4 (5)	
B. Colby	4	-	5 (4)	B. Colby (4)
J. Judge	4	-	6 (4)	J. Judge (4)
Ke. Moore	4	-	7 (4)	Ke. Moore (4)
Ki. Moore	4	-	8 (4)	Ki. Moore (4)
J. Schmidt (G)	4	-	9 (4)	J. Schmidt (4)
H. Jordan (sponsor)	3	-	10 (3)	H. Jordan (3)
J. Thien	3	-	11 (3)	J. Thien (3)
J. Arachtingi	2	-	12 (3)	
G. Gillings	2	Released	13 (3)	
M. Gillings	2	Released	14 (3)	
J. Scheupbach	2	-	15 (2)	J. Arachtingi (2)
M. Pitcher	2	Retired	16 (2)	J. Scheupbach (2)
Salary Cap = 61	57	-	60	