



# League Constitution

Revised May 2023 AGM

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**PLAYING RULES AND REGULATIONS IS A SEPARATE DOCUMENT  
FROM THE CONSTITUTION**

# Articles

## 1. Name of the League

- Northern Ontario “AAA” Hockey League (NOHL)

## 2. Purpose

- a. To introduce regular inter-city competition in Northern Ontario which will re-establish fan interest in high calibre hockey.
- b. To provide hockey opportunities in Northern Ontario for eligible players.
- c. To increase participation at the “AAA” level, thereby expanding the quantity and quality of skilled players in Northern Ontario.
- d. To showcase Northern Ontario players.
- e. To offer a model local situation to which minor hockey players can aspire.

## 3. League Objectives

- a. To operate the League in the most efficient, effective, and economic manner.
- b. To promote and protect the interest of the League members.
- c. To promote the values and benefits of having “AAA” league, with multiple divisions (U12, U13, U14, U15), in Northern Ontario.
- d. To encourage and assist players to advance their athletic and academic potential.
- e. To encourage and develop coaches and officials through exposure to a higher level of competition.

## 4. Declaration

- Each member of the League accepts and agrees to abide by the Constitution and to remain in good standing with the Northern Ontario Hockey Association (NOHA).

## 5. Membership

- a. Members of the NOHL will consist of the following Associations providing they have a team participating in the upcoming hockey season:
  - i. Nickel City Hockey Association
  - ii. North Bay & District Trappers Hockey Association
  - iii. Sault Major Hockey Association
  - iv. Sudbury Minor Hockey Association
  - v. Timmins Minor Hockey Association
- b. Application for Membership:
  - i. An application must include a declaration of Constant Authority, team colours, home arena, a cheque for the full league entry fee, a performance bond, and a statement explaining why the team wished to participate in the League.
  - ii. An application may also require other conditions deemed necessary by the League.
  - iii. An application must be in the hands of the Commissioner by December 15.
  - iv. An application will be accepted for only one (1) team per division, per NOHA district.
  - v. Any application received by the Commissioner is to be forwarded to all the League Governors as soon as possible. This will allow the member clubs the opportunity to review the request prior to voting.

- vi. New entry applications require a 72% (8/11) majority of the League Governors for approval.
- vii. Approved applications will be added to the founding members to form the existing League.
- c. Participation in the League: Existing organizations will automatically be included in the upcoming season unless the League is otherwise notified, or an organization is under suspension.
- d. Changing Name and/or Colours of an Organization: Any organization that wishes to change its name and/or colour but not its Constant Authority shall apply to the League for approval.
- e. Withdrawal from the League: Any organization that withdraws from the League will have its Constant Authority revert to the League and will have its rights and privileges terminated within the League
- f. Leave of Absence: Existing organizations may apply to the League for a one (1) year leave of absence, one (1) time only.
- g. Declaration that every team participating in the League recognizes that their first obligation is to League play. Attendance is mandatory at the Showcase and any other NOHL event scheduled from time to time that includes the division of competition. Failure to adhere to this will result in a fine paid to the League in the amount of \$1500.00
- h.
  - i. The League shall hold a scheduling meeting in mid-June each year. Each organization shall come prepared with enough once times to create the schedule, plus (4) tournament dates allowed. Additional tournaments may be allowed but approval from the Board is required (see playing rules item #7).
  - ii. There must be 2 people per team (not a designate) in attendance at the scheduling meeting. There will be a minimum fine to the team of \$500 per person that is not in attendance.
  - iii. There is to be no pre-scheduling before this meeting.

## **6. Administration**

- a. Board of Governors: The Board shall be comprised of a commissioner and a representative from the Members. The votes entitled to the Board members are as follows, providing they have a team participating in the upcoming hockey season:
  - i. Nickel City Hockey Association Gov. – 2 votes
  - ii. North Bay & District Trappers Hockey Association Gov. – 2 votes
  - iii. Sudbury Minor Hockey Association Gov. – 2 votes
  - iv. Sault Major Hockey Associations Gov. – 2 votes
  - v. Timmins Minor Hockey Association Gov. – 2 votes
  - vi. Commissioner (elected by Govs.) – 1 vote
- b. Board of Governors: The Board of Governors will consist of one (1) Commissioner plus one (1) Deputy Commissioner plus one (1) Governor from each Member.
- c. Commissioner: The Commissioner shall be elected by a vote of the Board of Governors for a three (3) year term.
  - i. The Deputy Commissioner will be appointed annually at the AGM from one of the Association Governors and will only assume the Commissioner role once the Commissioner deems themselves incapable.

d. Duties of the Commissioner:

- i. Recommends other positions as deemed necessary for Board approval.
- ii. Represents and promotes the League.
- iii. Assists in resolving problems and issues.
- iv. Acts as one of the signing officers or her/his designate.
- v. Oversees adherence to the budget, policies, and regulations of the League.
- vi. Liaisons with the N.O.H.A.
- vii. Protects and develops the League's integrity.
- viii. Enforces the Constitution.
- ix. Acts as regional media contact and spokesperson.
- x. Makes day-to-day decisions with respect to the efficient operation of the League along with the Governors.
- xi. Attends League games whenever possible and presents or arranges for presentation of League Awards.
- xii. Rebukes Governors or requests replacements.
- xii. Attends provincial playoffs (paid by the League).

e. Secretary-Treasurer: The Secretary-Treasurer shall be elected by a vote of the Board of Governors for a three (3) year term.

Duties of the Secretary-Treasurer:

- i. Keeps, types and ensures minutes and other related material, are recorded and circulated
- ii. Performs photocopying and mail-outs.
- iii. Keeps track of letterhead, envelopes, postage, etc.
- iv. Prepares and keeps updated contact media lists.
- v. Acts as one of the signing officers or her/his designate.
- vi. Accounts for all revenues and disbursements.
- vii. Submits regular financial reports.
- viii. Opens bank accounts, obtains cheques, and issues receipts.
- ix. Investigates and applies for grants.
- x. Passes on financial records from year to year.
- xi. Collects any fees.

f. (a) Duties of the Webmaster

- i. Team support throughout the season with the scorekeeper application to ensure proper entry
- ii. Update news section as needed or as directed by Commissioner
- iii. Update awards section annually
- iv. Support to Commissioner when a game sheet is not uploaded by the set deadline.
- v. Annual renewal and update of site to prepare for new season
- vi. Upload team's roster and contact info on League website and update as required
- vii. Upload regular season and playoff schedules on League website and update as required

g. Duties of League Governors:

- i. Represents the League in his/her immediate area.
- ii. Disseminates information to his/her local team, NOHA Council Directors, media, arena, recreation staff, etc.
- iii. Votes on League matters at general meetings.
- iv. Enforces League rules and policies.

- v. Rebukes or replaces a Commissioner by a three-quarter (3/4) vote of League Governors.
- vi. Provides the League with league fees.
- viii. Must not be a parent of a AAA hockey player participating in the NOHL

## **7. Division Committee and Division Chair**

Each Division within the NOHL shall form a “Divisional Committee” (e.g. U12 Committee). Each committee shall be headed by a Division Chair. The Chair shall be an NOHL Board Governor or an individual approved by the Board. The committee shall be comprised of the Division Chair and the Members from the participating teams.

The committee shall be responsible for the following:

- a. Enforce the NOHL Constitution among the Division’s participating teams.
- b. Establish regular season and playoff schedule.
- c. Report all Constitutional infractions to the board Commissioner.
- d. Resolve all divisional issues. Those operational issues that cannot be resolved or Constitutional infractions will be submitted to the Commissioner.

Each Division Chair shall perform the following:

- a. Chair the Division Committee
- b. Submit a Divisional Year-End report to the board of directors. This report shall include but, not be limited to, an assessment of the Division’s annual success, a brief summary on the performance and development of each team, major issues dealt with, and areas to improve.
- c. Liaise between the Division/Division Committee and the NOHL Board.

## **8. Members**

Each team participating in any of the NOHL’s four divisions (U12, U13, U14, U15) shall be a member of their respective divisional committee. Each Member shall participate in the Divisional Committee to manage and run the Division within the guidelines of the NOHL. This Member must have the ability to make vote on behalf of their Association.

## **9. Amendments**

- a. Procedure: League Articles or Bylaws may be added to, amended, repealed or replaced by 72% (8/11) majority of the eligible Board votes (Governors plus Commissioner) at the League Annual Meeting.
- b. Submissions:
  - i. Amendments to the Constitution must be in the hands of the Commissioner at least twenty-one (21) days prior to the League Annual Meeting.
  - ii. Amendments must be submitted by a league member in good standing.

## **10. Meetings**

- a. The Board of Governors will meet as deemed necessary.
- b. There will be an Annual League Meeting prior to May 31<sup>st</sup>, wherever possible, in conjunction with the N.O.H.A. Annual General Meeting.
- c. A quorum shall consist of 72% (8/11 possible votes) of the organization. All decisions/motions will require a simple majority, unless otherwise specified in the Constitution.
- d. The Commissioner or his/her designate shall preside at all meetings of the League.
- e. Once a matter has been placed on the agenda and voted upon, such a vote shall be binding on all members whether represented by vote or not.

- f. Parliamentary procedures are to be followed as described in Robert's Rules of Order.
- g. The NOHA liaison representative shall be invited to all League meetings.

## **11. Finances**

- a. Honorariums may be granted by the Board of Governors to people serving the League.
  - i. Commissioner will be paid \$2000 per season
  - ii. Secretary / Treasurer will be paid \$1500 per season
  - iii. Webmaster will be paid \$500 per season
- b. Expenses may be paid by the Board of Governors to people rendering service to the League. These expenses (travel, per diem, accommodations) are to be based on NOHA rates.
- c. Team entry fees, performance bonds, and other charges will be set by the Board of Governors.
- d. Teams that qualify for OHF Championships, Ontario Winter Games, OHL Cup, can apply to the NOHL by emailing the League Secretary, for funding to help off-set costs relating to participating in these events. Other tournaments or events will not be subsidized. Funding will come from a budget of \$2500.00 to be split amongst the teams attending to a maximum of \$500 per team.

## **Bylaws**

- 1. All teams in each division must be registered as "AAA". The Major Division Playoffs Champion will continue as the representative of the League in pursuit of the provincial All-Ontario championship.
- 2. Playoff will be tournament style. Host locations, dates and format for each division will be decided annually at the AGM
- 3. Each team will be responsible for supplying information and statistics as required by the Board of Governors.
- 4. The League may supply trophies (keep and maintain) to regular season champions.
- 5. All referees and linesmen must be certified by the NOHA.
- 6. Final league standings will be based on the number of points earned in the regular schedule. Points will be awarded as follows: win - 2 points, tie - 1 point, loss - 0 points. If teams are tied, the tie-breaking rules in Bylaw #16 will be used to determine placing.
- 7. The following game standards will be applied every game:
  - a. P.A. system to be used, if available
  - b. Timekeeper and scorekeeper
  - c. Pucks provided by home team for warm-up for both teams
  - d. Ice resurfaced before warm-up and between periods, as per Playing Regulation #2.
  - e. No smoking or drinking in presence or proximity of players.
  - f. **Dress code** Business casual attire (team jacket, collared shirt, dress pants, socks and shoes) for team players, personnel, and executive.
- 8. Teams missing regular scheduled League meetings will be assessed the following penalties:

- a. First meeting missed – a fine of twenty-five (25) percent of the League entry fee
  - b. Second meeting missed – a suspension of voting rights. An appeal can be made to the Board of Governors under extenuating circumstances.
9. League awards (U15) may be presented annually as scheduled by the League Commissioner.
10. All League waivers or releases are to be registered with the League Commissioner and the NOHA.
11. All league discipline matters are to be dealt with by the League Commissioner. All correspondence in regards to discipline will be sent to all teams so they are aware of issues as they arise. Should this not be satisfactory to the involved parties, a disciplinary committee shall be formed. The Disciplinary Committee shall consist of the Commissioner and two (2) independent Governors agreeable to the party or parties in question. If no agreement on choice of Governors can be reached then the Commissioner will appoint two (2) Governors. Please refer to Appendix I – Purpose for Rules and Policies and Appendix II – Procedures for Discipline.
12. A player may not attend a tryout without a proper waiver or release.
13. Any team wishing to submit a resolution to the N.O.H.A. Annual Meeting must go through their Northern Ontario “AAA” Hockey League Board of Governors first if said resolution affects the League.
14. A conflict of interest can exist when there is a gain by a person in authority. This gain can be real or imaginary. A real gain is a physical gain as a result of the action or ruling. A team can request a review if they perceive a conflict between the Commissioner and the team. The meeting will be chaired by an independent League Governor.
15. All suspensions must be served in League and Tournament games and not by scheduling exhibition games. However, exhibition games scheduled prior to the suspension will count against the games to be served. This is consistent with the NOHA rules. Note: If teams compete in more than one league in a season, they must not serve any NOHL suspensions in that other league, with 5 games or less remaining in the NOHL season
16. The Tie Breaking Rule to be used when necessary is as follows:
  - a. The team with the most wins will take the higher position.
  - b. The winner of the head-to-head games between the two teams will take the higher standing. (does not apply if the tie involves more than 2 teams)
  - c. The team with best goal average =  $GF/(GF+GA)$  will take the higher position.
  - d. The team that received the least number of penalty minutes during the round robin of the playoff tournament takes higher position.
  - e. If still tied, a coin toss will determine the higher position. The coin toss is to be done by Commissioner.
17. Process of contact – Teams need to troubleshoot their own issues before contacting the Commissioner. Teams should be contacting their Governor and if needed, the Governor will contact the Commissioner.



## **Appendix 1 – Purpose for Rules and Policies**

1. Rules and policies are simply controls and people instinctively want to live within the framework of intelligent controls
2. Rules and policies should be sufficient to cover the areas of concern but not so as to make volunteers so rule-conscious that they lose their initiative and interest in volunteer work.
3. A penalty for the violation of a rule should be inflicted, not to punish a person, but to restore him to operating disciplines.
4. Rules and policies should be tailor-made to reflect the actual needs of an organization and reviewed periodically to make sure that each one is still performing a useful function.
5. Rules or policies that are not fulfilling their original intent or are misunderstood and resented by volunteers because they have been misinterpreted, wrongly applied or found lacking in clarity should be revised and explained.
6. No rule or policy should be applied so harshly that it works an unnecessary hardship on anyone.

## **Appendix 2 – Procedures for Discipline**

1. The League has the right to establish rules that are both reasonable and known.
2. The League has the right and authority to administer discipline when rules are violated.
3. The Constitution must be publicized and explained in such a way so that there is no question of the people involved understanding them perfectly when they apply.
4. If an individual or group is in violation of set rules, then a decision must be made by the League as to whether the violation warrants immediate suspension or notice of investigation which may result in suspension at a later date.
5. If the accusations against an individual are based on hearsay instead of actual facts, the League must take a different approach toward the alleged problem. The League should advise them of the accusations brought toward them and that these accusations are being investigated by the League and may result in discipline.
6. If the accusations towards an individual or group are factual and depending on their severity, it must be determined if the individual or group represent a threat to the welfare of the team and if so then he/she or they must be suspended immediately.
7. The individual or group accused must be made aware of the severity of their actions and that an investigation is being carried out by the League and they will be requested to appear before a hearing in the near future.

8. It is very important that the League takes into account the circumstances of each case and the gravity of the offense. A complete investigation should be conducted ensuring that these accused individual(s) get a fair hearing and careful consideration of any mitigating circumstances.
9. The reason for these procedures is to maintain controls and deal with a difficult situation in a judicious and firm manner.

## **Appendix 3 – NOHA Code of Conduct**

1. The NOHA is committed to providing a sport environment in which all individuals are treated with respect.
2. During the course of all NOHA activities, athletes, coaches, parents, directors, volunteers, staff, chaperones and others within each of the NOHA Member Associations:
  - a) Shall conduct themselves, at all times, in a fair and responsible manner and refrain from comments or behaviours that are disrespectful, offensive, abusive, racist or sexist. In particular, the NOHA will not tolerate behaviour that constitutes harassment or abuse or bullying, and;
  - b) Shall avoid behaviour which brings the NOHA and/or its Member Associations, or the sport of hockey into disrepute, including but not limited to the abusive use of alcohol and/or non-medical use of drugs, and;
  - c) Shall not use unlawful performance enhancing drugs or methods, nor shall they engage in any activity or behaviour that endangers the safety of others, and;
  - d) Shall at all times adhere to the Hockey Canada, OHF, NOHA Member Associations operational policies and procedures, to rules governing Hockey Canada, OHF, NOHA Member Associations events and activities and to rules governing any competition in which the member participates on behalf of the OHF, NOHA and NOHA Member Associations.
3. Failure to comply with this Code of Conduct may result in disciplinary action, including, but not limited to, the loss or suspension of certain or all privileges connected with the respective Member Association and/or NOHA including the opportunity to participate in NOHA and its Member Association activities. Such discipline may include the removal or ban from an arena, games, practices and other team activities.

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## **Appendix 4 – Playoff overtime rules**

The NOHL reverts back to NOHA rules when not specifically stated in the constitution. We follow the rules of the NOHA TOC for overtime. It is:

20. Games will be played until a Winner is declared. If at the end of regulation time the score is still tied, the teams shall take a two-minute rest at their benches and the following will then apply:
- i. If the referee feels it is necessary, he may order the ice to be cleaned at the end of the three regulation periods
  - ii. Teams shall not change ends
  - iii. The puck shall be faced off at centre ice and the play shall continue with a ten-minute sudden victory overtime period.
  - iv. If the score is still tied after the sudden victory ten-minute period, the teams would take normal between periods break and return to play sudden victory periods, in accordance with the length of periods for that particular division (U12, U13 – 15min; U14, U15-17min). They would now change ends.
  - v. Floods – after the first ten-minute overtime period, the ice will be resurfaced. It will then be resurfaced every second period thereafter.
  - vi. Any overtime period shall be considered part of the game and all unexpired penalties shall remain in force.
  - vii. If either team declines to play in the necessary overtime period or periods, the game shall be declared a loss for that team.
  - ix. The NOHL/NOHA Representative or their Appointee shall have authority to render a decision under any emergency situation.
  - x. All games will be played under official Hockey Canada Playing Rules except as provided elsewhere in NOHA regulations.

## **Additional**

The NOHL endorses and expects each team official to be familiar with the following:

NOHA Policy on Alcohol

NOHA Social Media Policy

OHF Policy on Dressing Room Supervision

Hockey Canada / Parachute – Concussion Education and Awareness Program

Hockey Canada Injury Report

Hockey Canada Hazing Awareness