

SWH Rec League Guidelines
Submitted August 16th, 2011

In accordance with SWH's bylaws, the SWH recreational league (Women's Recreational Hockey League, WRHL) is designed to provide opportunities for women of all ability and experience levels to participate in ice hockey, and to ensure participation in a safe, positive environment of fair play and equality.

Guidelines and Expectations for all WRHL members and players

1. This is a women's rec league. As such, membership and participation in the WRHL is limited to women 18 and older. The sole exception is for goalies, see point 6 below.
2. All full-time, substitute, and one-time-visiting players must be USAH registered. There will be no exceptions made. This rule includes all players, whether they skate out or goal tend.
3. All skaters must be SWH members barring two exceptions: goalies (see point 6) and one-time invitees (see point 4).
4. Each rec league team, at the discretion of the team's captain, is allowed to invite a non-SWH member to play on their team for one game. The invited player is allowed to play exactly one game as a non-member – a second game played for any team in the WRHL requires SWH membership. Invited players must provide proof of USAH registration to a captain or board member before playing.
5. All full time skaters must participate in a rating session before the season starts. NOTE: Those who wish to goal only, or who wish to be substitute players, are NOT required to participate in a rate skate session. ALSO NOTE: Any player regardless of position who wants to be eligible for SWH sponsored travel teams must participate in a rate skate.
6. Preference will be given to goalies who are SWH members, but goalies are NOT required to be SWH members. Goalies are also NOT required to be women, nor are they required to be over the age of 18.
7. Rec league players are free, and in fact encouraged, to play on non-SWH teams, whether these be other rec league teams, co-ed teams, or various travel teams.
8. All members are expected to treat each other respectfully, and to exhibit sportsmanship. Every game will conclude with a hand-shake between the members of each team.
9. **Fighting and issuing verbal or other threats against our members is grounds for disciplinary action, up to and including game suspensions and expulsion from the league. Complaints and concerns should be brought to the board's attention. The SWH board has the responsibility for making all decisions regarding disciplinary action.**
10. Rec league teams shall be set at the start of the first half season. Teams can be rearranged at the mid-year point if the members wish. The goal of team-making shall always be to maximize equality and competitiveness across the teams, and to have fun.

Guidelines and Expectations for WRHL Team Captains

1. Must attend all SWH monthly meetings, or send a team representative when unable to attend.
2. Must attend the majority of the WRHL games for which you are captain.
3. Are responsible for finding any needed substitutes for their teams (applies to jamboree style teams only).
4. Are responsible for collecting all sub monies and getting those monies back to the league treasurer.
5. Are responsible for the team jerseys.
6. Will make the team lines for each game
7. NOTE: Teams are encouraged to have a captain and a co-captain to share these responsibilities.

Guidelines and Expectations for WRHL Full-time Players

1. Are expected to pay for each half-season at the start of that half-season. Exceptions can be made at the discretion of the board. Contact a board member if you need to discuss alternate arrangements.
2. Must let their team captain know (and as soon as possible) if they are unable to make a game. There will be no reimbursement for missed games. Captains will find substitutes for their own teams.
3. **This is a learning league. As such, all members are expected to be team players. Share the ice, share the puck, help your team.**

Guidelines and Expectations for Substitute Players

1. Are expected to pay before you get on the ice.
2. May play a second game on a single night for free, if you are needed.
3. Showing up on game night without actually being called to sub does not guarantee you will get to play.
4. Are expected to follow all the same rules and guidelines as all other players and members.
5. Are allowed to play in only the jamboree style games. That is, WRHL will not use substitutes in games where the teams are set based on ability level.