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**2025/2026**  
**OPERATION, RULES,**  
**REGULATIONS & SUSPENSION INFO**



**WINNIPEG CENTRAL HOCKEY LEAGUE**

Updated items are shown in highlights.

Newest additions are in light blue

**RULES: 10/JULY/2025**

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WINNIPEG CENTRAL SPORTS INC.  
GENERAL OPERATION  
Message from the Directors

Team Representatives are responsible for all their Team Players understanding and complying with the following regulations and rules. It is also the responsibility of the Team Representative to enforce fines and suspensions handed down by the League.

League Directors have the right to refuse any individual player(s) and / or team's application, whether the said player(s) and / or whole team(s) who are found to be abusing League Rules and Regulations. No refunds will be issued and said player(s) or team(s) will not be allowed back to participate in any League play.

All teams wishing to compete in the play downs must register with WCS Inc. NO LATER THAN SEPT 1.

A team roster sheet will be provided so that players, coaches, and other staff can in turn register with its team and league. No more than twenty- seven **(27) active players** are allowed to register with any one team. Two (2) must be goalies.

All teams must submit their rosters complete with players and their numbers by **October 1<sup>st</sup>** or as specified by League Executive.

NEW: Players participating in different divisions. Players deemed to be a regular player in a higher division team, will not be allowed to play lower than two (2) divisions, from said division team.

Example: if player plays for a Division 1 team they then can only play in division 1, division 2, or division 3

Players can be "grandfathered" from previous seasons, please check with league for clarification

All rosters on League site must be kept up to date. Signatures on game sheets will be used to certify that a player, was correctly identified in a situation where they were deemed eligible or not by the league.

**Deadline for Additions/Deletions is 11:59 PM, Dec 31.**

You must contact the League immediately with your additions, prior to any games.

Any teams competing with unregistered members will forfeit any game played with said members.

All players who register with WCS Inc. shall at least be eighteen (18) years of age.

Players, who get CARDED while competing in the Winnipeg Central Hockey League, must be cleared through the league.

THE CARDED PLAYER CRITERIA IS AS FOLLOWS:

***Division 1 – No restriction.***

***Divisions 2 & 3 - TWO PLAYERS MAX.***

***Divisions 4 and Lower - ONE PLAYER MAX.***

***NOTE: We must be made aware of who these players are, and where they are competing, as carded players.***

Clubs that have been suspended by the league **WILL NOT** have their players sign up with any current good standing clubs; exception to this will be as per a League ruling on said situation and circumstances.

Driver's license or another form of picture ID will be used if necessary to identify players that are deemed non-eligible. (REFEREE'S CAN & WILL BE ASKING FOR ID.) Failure to produce any sort of ID, at said game, will be considered an admission of guilt. **Referee must make a note on Game sheet/notify League.**

The WCHL will recognize Major penalty suspensions from other League's in the City at their discretion.

City of Winnipeg – Community Services Dept. Zero tolerance policy in regards to consumption of Alcohol & Cannabis. Any group found to be consuming alcoholic beverages & Cannabis at any City of Winnipeg operated arenas, will see their ice use privileges TERMINATED immediately. This applies to all users and anyone using the ice time in question.

We have met with City officials recently and we have established that a **\$625.00** team fine will be levied to offending teams up to and including team ejection with NO REFUND.

***Arena Security – We want to remind all teams that, just because you lock up your dressing room during a game, your personal effects are not safe. We encourage everyone to take measures at all arenas, to ensure your valuables are kept in a safe and secure area.***

***DEFIBRILLATORS: Please find the location of these units in the arena you play in.***

Teams with Contracts, Ice use confirmation – Since there are times when an error occurs, we ask all teams to ensure you verify that the ice posted on our web site, is listed as per your ice contract copy. You will be responsible for any ice shortages we incur if we have teams show up for an ice time that was not actually booked or owned by said group.

## **COMPETITION**

The league shall play games between mid-October and the end of February.

The number of regular season games will be from 32-34.

Re-Scheduling of games will only be carried out if a scheduled game was assigned to a day that was requested off by said team. Proof of e-mail or correspondence with acknowledgement is required.

Exhibition games that are sanctioned by the league will be under its full jurisdiction.

All players must have a minimum of **twelve (12) regular season games** with same team, in order to be eligible for the playoffs.

**NEW:** All goaltenders, that do not meet the minimum of **twelve (12) regular season games** with same team, will need to be approved by League, in order to be eligible for the playoffs.

**Medical Notes: The League will no longer accept medical notes for games missed.**

**Injured players wishing to get credit for playoffs will need to show up at said games, present ID to Referee and sign game sheet. Referee/TK will note injured player (INJ) beside name.**

Default games will see the offending team levied a fine in the amount of **\$250.00** (Half of ice, 2 referees, and 1 timekeeper) the league will credit the non-offending team. Both referees and timekeeper must be paid.

A NO-SHOW without proper notification will forfeit with no re-scheduling, a fine in the amount of **\$400.00** (1 hr. of ice, 2 referees, and 1 timekeeper).

Same day game cancellation with a minimum of 4 hours' notice will see the offending team levied a fine in the amount of **\$300.00**. Referees and timekeepers will also be added if minimum notice not given. The league will credit the non-offending team.

Game cancellation will see the offending team levied a fine in the amount of **\$300.00**. The league will credit the non-offending team.

Game cancellation twice in one (1) season will constitute a forfeiture of franchise and immediate expulsion from all League play. A fine will be levied in the amount of **\$600.00**. Teams will need to re-apply for return entry into the League.

## PLAYING RULES

The playing rules which apply to WCHL are generally those contained in Hockey Canada. The following are additions, and will supersede or replace those specified rules.

### ARTICLE 1 – SPECIAL RULES AND REGULATIONS

1.1 Body Contact: This is a non-contact league. An automatic double minor penalty shall be assessed to any player who, in the opinion of the referee, intentionally body checks any opposing player. A major penalty can be assessed at referee discretion.

**1.2 Hit From Behind: A Double Minor plus Game Misconduct, or at the discretion of the referee, a 5 Minute Major plus a game Misconduct will be assessed to any player who, checks any opposing player from behind in to the boards. (Oct 9, 2018)**

1.3 Head Contact: any head contact to an opposing player will result in an automatic double minor penalty.

1.4 Slap shots: will be allowed in all divisions

1.5 Stick measurements: There will be no stick measurements in the W.C.H.L.

1.6 Protective headgear: The use of CSA protective and approved headgear is mandatory for all players and referees and they must be properly fastened (ex: No Jofa "Gretzky" helmets allowed). Tape or laces used as chin straps will also not be permitted.

1.7 Goaltender Safety: any puck that hits a goalie in the mask shall result in an automatic whistle and faceoff will happen to the left or right of the goalie. However, if puck hits goalie in mask but continues in to the net in a continuous motion the goal will stand.

1.8 N.H.L. offside: All delay offside shall be dealt with as per the N.H.L. offside rule.

1.8a Icing the puck: When a puck is shot from inside the **defending team's blue line**, to the other end of the ice, crossing the opposing team's goal line, an icing shall be called. The current rule of using the red line will be discontinued.

1.9 Eight minutes in penalties rule: A combination of any penalties adding up to eight (8) minutes will constitute immediate ejection from said game. 10 minute misconducts do not go against these 8 minutes.

**Example #1**: Player receives two (2) minute minor for tripping, two minute minor (2) for hooking, double minor four (4) minutes for slash, results in game ejection.

**Example #2**: Player receives double minor four (4) minutes for slashing, double minor four (4) minutes for high stick, results in game ejection.

1.10 Stick penalty rule: Any stick penalty (High-sticking, crosschecking, spearing, butt-ending, slashing) will be an automatic four (4) minute double minor. Player receiving two (2) stick penalties results in game ejection.

1.11 8 minutes in penalties: When a player receives a minor penalty, that will put them at eight (8) PIM and is ejected with less than two (2) minutes left in the game, no one else will need to serve it. A team will play shorthanded for duration of penalty or until a power play goal is scored.

1.12 Goalie receives 8 minutes in penalties: Goalie receiving a minor penalty that will put them at eight (8) PIM, will not be ejected from the game, but will be suspended for the team's next game.

1.13 Major Penalties to Goaltender: Major penalties to goaltenders must be issued at the time of occurrence, when there is only one goalie present, they may be permitted to remain in the game. If they receive second major in the game the goalie will be removed. Major penalties will automatically cause a suspension and will be at discretion of the League Executive.

NOTE: EIGHT (8) MINUTES IN PENALTIES EJECTION EXCLUDES GOALIE UNLESS 2 OF THE PENALTIES ARE MAJORS

1.14 Minor penalties: All minor penalties will be a length of two (2) minutes.

1.15 Major Penalties: All major penalties shall result in automatic game misconduct penalties. The length of major penalties will be a length of five (5) minutes.

1.16 Major Penalties served: Teams are not required to have a player serve FULL penalty for a major penalty for an ejected player. However team must have a player in the penalty box at first whistle after 2 minutes remaining in major penalty. If no player is in the box at expiry of penalty they will continue to play shorthanded until next stoppage of play. If a player comes from the player's bench at the end of the penalty, but before a stoppage occurs, they will receive a bench minor for illegal change.

1.17 Length of games: All games will be comprised of **3 x 12 minute** stop time periods, the referees can put the clock down to two (2) minutes in the third (3) period in order to get the game played during the allotted hour. They will ensure that the rink attendant is also consulted.

1.17a Tie games: Tie games will go to a shootout, if time allows. Teams will designate 2 players each, Home team will decide whether they wish to shoot first or last, The tie will stand if no one scores.

**1.18 Timeouts: The League does not allow time out. Due to games only being one (1) hour long.**

1.19 Mercy rule: If at the 5 minute mark of the third period and a team is up by 5 goals or more the clock will run for the remainder of the game unless a goal is scored to make it a 4 goal spread. **This will also be applied in playoffs**

1.20 Timekeepers: If a league assigned timekeeper is not present at the start of specified game, the game will be played as running time. This will consist of **2 x 25 minute** running time periods. All games must start on time. The Timekeeper Assigner will immediately be contacted to report this situation.

1.21 Number of players: Each team must ice five (5) skaters and a designated goaltender to start the game, if not the referees will set game time and start the clock. The clock will run and if a team is not ready to play on time, the offending team will be assessed a minor penalty for delay of game. An additional minor penalty will be assessed if the clock reaches six (6) minute mark, after twelve (12) minutes have elapsed on the game clock (one period) the game will be recorded as a default on the game sheet and the referees leave the ice.

NOTE: THE CLOCK WILL NOT BE RESET, WHEN A TEAM HAS BEEN LATE TO START A GAME AND REFEREES START TO RUN THE TIME.

1.21a If at any time, a team cannot ice the proper number of players once game has begun, the game will called and the offending team will lose the game no matter what the score is at that time.

1:22 Use of ineligible player's Regular season: Teams using ineligible players (not on roster) or signing in players that are not in attendance will immediately be reported to the League. The Manager(s) of offending team will be suspended from all League play. The offending team will be given a loss and a deduction of points in the standings, Players from that game will not be credited attendance or stats for said game. A second incident will immediately see offending team face a hearing, where the Managers of the other division teams will discuss possible expulsion from League or the amount of a fine levied. In the case where other teams are not interested in having any input, the League will automatically suspend team indefinitely.

1:23 Use of ineligible players in the Playoffs: Teams using ineligible players (not on roster) or that do not have enough games, or signing in players that are not in attendance will immediately be reported to the League. The offending team will automatically be suspended from any further League play. Consideration will be given at the start of the following season whether a suspended club will be allowed to participate.

1:24 Time clock: Only referees have the authority to stop the clock if they deem it necessary (i.e. major injury or major incident).

1:25 Team colors: **The HOME team will be the one to change sweaters** if there is a conflict. We will endeavor to post team uniform colors on our web site.

1:26 Matching sweaters: When teams are wearing their main set of sweaters (matching sweaters), a player who wears a different color, will be issued a warning and instructed to contact the League for clarification, such must be noted on game sheet.

1:27 Sweater numbers: Players must have permanent numbers on jerseys. Players will not be allowed to participate in league play with duplicate or taped on numbers. This will be reported to League.



1:28 Game sheets: Home teams will provide the game sheets. The home teams will ensure that it is delivered to the visiting team **PRIOR** to game time, before they go on the ice, this will prevent delays in the start of the game. All players, coaches and staff will sign the game sheet if they will be in the bench participating during the game.

**The time keepers will take the game sheets, return original to the League, They must not be thrown away.**

1:29 Team Managers/Captains can ask for verification, if during the game a question arises about any player, that player will be asked to produce ID by the referee or leave the ice. Failure to produce ID will constitute a forfeiture of game, up to and including suspensions for parties involved. Team using in-eligible players will constitute an automatic default and suspensions.

1:30 STATISTICIAN: This person will be in charge of collecting and entering game sheets on the website. They will immediately lock game sheets once entered. A team designate can still enter stats, but they will be confirmed by the League statistician. We encourage all Managers to ensure that each and every one of their players signs their own game sheets. If you notice that some stats are wrong please e-mail us and we will make adjustments.

1:31 Game Scores: - All game scores are to be entered, on League site immediately after the game.

1:32 No Goaltender: - If a team does not have a goaltender, they will designate a player on the game sheet as the goalie. The designated goalie must wear goal equipment, and will have twelve (12) minutes to dress. The clock will be set and will run throughout this time. The player designated as the goaltender must remain as the goaltender for the duration of the game, however if the regular goalie shows up, then this player can return to his status as askater.

1:33 Goaltender, Injured/Equipment issue/Ejected during game: If during a game the regular goalie is injured, has equipment problem, or ejected due to a 2<sup>nd</sup> major penalty, the team can dress a new goalie, during this time the game will continue with a 6th attacker, or declared a default.

1:34 One Referee: if there is only on referee at the game it will still be played. Teams are to notify the WCHL Referee in Chief immediately if this occurs.

1:35 No Referee(s): If no referee(s) are present, no game will be played and a re-scheduling will be done. Team is to notify the WCHL Referee in Chief immediately if this occurs.

1:36 Referee, Timekeeper Travel Fee: Teams with home ice outside the Perimeter Highway. Discussion will be held by League executives to determine each season entries and eligibility.

1:37 Incident reports: The referee(s) will no longer write up reports on the back of the game sheet (white copy). Instead they will email the RIC and League Executive, who may in turn notify or direct the said referee on to the Commissioner. The referee(s) will ensure that the report gets emailed within 18-24 hrs.

**If Referees need to take game sheet, please allow the TK to get a picture of it for stats purposes, or have the League send a copy.**

1:38 Timekeeper Training: The training of new timekeepers will see the trainee receive the amount that a normal timekeeper receives for a regular season game.

## **ARTICLE 2 - AUTOMATIC SUSPENSIONS**

Without limiting the powers of the Executive, Commissioner or the Suspension Committee to suspend a player(s) or team official(s), suspensions for certain infractions are automatic and as are the minimum suspensions, which may be, assessed. A player who is assessed a penalty which incurs an automatic suspension, whether specific or indefinite, **WILL NOT PARTICIPATE IN ANY LEAGUE GAMES** until notified by the Executive, Commissioner. It will be the responsibility of team reps to be aware of an incurred suspension. Playing with suspended players will constitute forfeiture by said team.

The Executive, Commissioner and/or the suspension Committee shall determine indefinite suspensions, suspended players may be asked to attend the hearing. Notification of the hearing will be made with the date, time, and location. A referee's report will be used to decide if an instigator was evident.

Suspended players will not get credit, for games missed during the length of the suspension, in regards to minimum amount of games required for playoff participation.

SUSPENSIONS all infractions occurring before, during and after any scheduled game are subject to review by League Management. League Management has the authority to levy suspensions in accordance with the minimum standards and, at their discretion, increase or decrease suspensions due to extenuating circumstances.

A player receiving a suspension is suspended from all teams until their suspension is completed (i.e. their return date is achieved). For example, a Player is playing for Team 'A' and Team 'B.' The Player receives a 3 game suspension while playing for Team 'A.' The Player must sit out three of Team 'A's' games before he/she is eligible to play again for Team 'A' or Team 'B.' Therefore, if Team 'B' has 2 games in that period of time, the Player will sit out a total of 5 games for the infraction.

**NOTE: League Management has the authority to review the suspension (if warranted) from other teams that a player may participate on.**

Any Player knowingly participating in a League game while under suspension (e.g. wearing an alternate jersey or signing in under another name) will automatically have their teams points removed for that game and the suspension length will be doubled (at minimum). If the Team Rep knowingly permits a suspended or ineligible Player to participate in a League game they too will face disciplinary action. There is zero tolerance for Players who participate while under suspension. Players are not permitted on the bench (or near the bench) area during games while under suspension.

**NOTE: INDEFINITE SUSPENSIONS, ARE SUBJECT TO REVIEW BY PLAYER SAFETY**

**FIGHTING**

- 1<sup>st</sup> OFFENCE...5 GAMES (minimum)
- 2<sup>nd</sup> OFFENCE...INDEFINITE SUSPENSION

**THIRD MAN IN**

Any player(s), coach, or other staff of any team who is involved  
In an altercation as a third party will receive:

- 1<sup>st</sup> OFFENSE... 1 GAME (minimum)
- 2<sup>nd</sup> OFFENSE... INDEFINITE SUSPENSION

**SPEARING, BUTT-ENDING, KICKING, HAIR PULLING, ETC**

- 1<sup>st</sup> OFFENCE... INDEFINITE SUSPENSION

**USE OF EQUIPMENT AS A WEAPON**

- 1<sup>st</sup> OFFENSE...INDEFINITE SUSPENSION

**DELIBERATE ATTEMPT TO INJURE**

- 1<sup>st</sup> OFFENSE... INDEFINITE SUSPENSION

**MATCH PENALTY FOR THREATENING or INTIMIDATION OF A GAME OFFICIAL**

- 1<sup>st</sup> OFFENSE... INDEFINITE SUSPENSION

**PHYSICAL ABUSE OF A GAME OFFICIAL**

- 1<sup>st</sup> OFFENSE...INDEFINITE SUSPENSION

**GROSS MISCONDUCT**

- 1<sup>st</sup> OFFENSE...3 GAMES (minimum)
- 2<sup>nd</sup> OFFENSE...INDEFINITE SUSPENSION

**GAME MISCONDUCT FOR USE OF PROFANE OR ABUSIVE LANGUAGE AGAINST A GAME OFFICIAL OR OPPOSING PLAYER**

- 1<sup>st</sup> OFFENSE...1 GAME (minimum)
- 2<sup>nd</sup> OFFENSE...3 GAMES (minimum)
- 3<sup>rd</sup> OFFENSE...INDEFINITE SUSPENSION

**GAME MISCONDUCT FOR MAJOR PENALTIES**

- 1<sup>st</sup> OFFENSE...1 GAME (minimum)
- 2<sup>nd</sup> OFFENSE...2 GAMES (minimum)
- 3<sup>rd</sup> OFFENSE...3 GAMES (minimum)
- 4<sup>th</sup> OFFENSE...INDEFINITE SUSPENSION

### **GAME MISCONDUCT IN LAST 10 MIN OF GAME**

- 1<sup>st</sup> OFFENSE...1 GAME (minimum)
- 2<sup>nd</sup> OFFENSE...2 GAMES (minimum)
- 3<sup>rd</sup> OFFENSE...3 GAMES (minimum)
- 4<sup>th</sup> OFFENSE...INDEFINITE SUSPENSION

### **Penalty Minute Cap Violations ALL DIVISIONS:**

The penalty cap will be applied to regular season including playoffs  
60 PIM: automatic 1 game suspension  
70 PIM: automatic additional 2 game suspension  
80 PIM: out for balance of season + playoffs.

### **Players reaching 50 PIM's:**

Players that have reached 50+ PIM's, prior to the current season  
(Cut-off will be the 21/22 season).

These players will be subject to the New Penalty Cap Violation Rule.

### **Penalty Minute Cap Violations:**

**Players who reach the 50 PIM plateau during the previous, regular season and Playoffs will be subject to the following suspensions.**

- 40 PIM: automatic 1 game suspension
- 50 PIM: automatic additional 2 game suspension
- 60 PIM: out for balance of season + playoffs.

In the future the League will decide if a player will be removed from this list.

***NOTE: Any player incurring a suspension in their last game of the season will see suspension doubled, and carried to the following season.***

### ARTICLE 3 – PROTESTS & APPEALS

**A \$50.00 NON REFUNDABLE appeal fee will accompany all appeals and protests.**

**The Appeal fee, will be used as an honorarium, to anyone we bring from outside of League, as a third party consultant.**

**If a Third party is not required, the fee will donate to a local charity, receipt will be provided to teams filing appeal fee.**

Protests & appeals will only be accepted from teams that are in good standing with the WCHL

GAME PROTESTS: - Any protest must be submitted to the League Executive and/or Commissioner, in writing, (E-mail, fax, etc.) Protest must be submitted within twenty-four (24) hours of game in question. The parties involved will be notified of any hearings that are to take place. A reasonable amount of time will be given for all evidence to be presented. No protest can be considered over a referee's decision as to fact, such as scoring of goals.

APPEALS: - Any suspended player shall have the right to appeal his suspension within twenty-four (24) hours following the notification of such. He shall in writing submit his request for an appeal to the Commissioner. This must only be done through his team rep.

SUSPENSION / APPEAL COMMITTEE: - This committee will include any combination of the League Executive, Commissioner, and the Referee in Chief who will deal with all league infractions.

## PLAYOFFS

Playoffs will be conducted during March and April. Format will be discussed at an Executive meeting, prior to January. More playoff information is in last section of this manual.

Playoff Qualification formula will be as follows in the event of teams tied for a berth:

- 1- Most points.
- 2- Most wins.
- 3- Season record against each other.
- 4- Goals For
- 5- Goals For / Goals against each other.
- 6- Extra tie breaking game scheduled.

**Playoff format:** We will have the referees and/or timekeeper attempt to request the rink attendant allow for Overtime and Shootout each game (**both must be allowed, not one or the other**). They will request before the game and advise both teams if it shall or shall not be allowed.

VERY IMPORTANT: The Arena Attendant has final say if he will allow overtime. They will also have final say if a game does not move along and goes late, to kick everyone off the ice. Please keep in mind that if they allow OT and a Shootout, and then due to the length of the game they have changed their mind at end of regulation, we will have to abide by attendants decision. No Timeouts allowed.

Should the rink attendant not allow overtime the game shall end as a tie and both teams awarded a single point. In a best of 3 playoff or 1st team to 4 points, you would be awarded the series if you won game 1 and tied games 2 & 3.

**NOTE: In the event that a team is leading with a Win (2 pts) and a Tie (1 pt), in a best of 3 or first team to 4 pts series. Said team would only need 1 pt to win the series. However if the next game is allowed to go into OT and Shootout by arena staff, the game will proceed. Teams will not have a choice to take the game as a Tie at the end of regulation.**

Overtime is a sudden death 5 minute stop time period. **This will be played 4 ON 4.** Teams shall remain at their same (home ice) end, and must be ready to start immediately at the end of regulation time.

If Overtime ends still tied, then there will be a 3 man shoot out. Home Team will decide whether they wish to shoot first or last. If still tied after this shootout, there will be Sudden death shootout, one player at a time.

**NO Player** can shoot for a 2nd time until every player on the bench has had opportunity to shoot once.

If a player has been sitting in the penalty box at the end of Overtime they WILL NOT be given the opportunity to shoot.

## **LEAGUE CONTACT INFORMATION**

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Co - President

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Referee Assigner (RIC)

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League Statistician

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VP Player Safety & Rules

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**NOTES:**