

## 2025-2026 RECREATIONAL HOCKEY LEAGUE *PRE-SEASON LETTER*

### COVID-19 Protocols

1. All players must be fully vaccinated (this is currently defined as 3 shots).
2. If you are feeling unwell, please stay home, but let your Team Rep know that you cannot make the game.
3. Hand sanitizer will be available and used when entering and leaving the arena.
4. Fist bumps at the end of the game will be done with gloves on.

### Rule Reminders

1. The play will be blown dead with any contact to the goalie's head by puck or stick.
2. Contact with the goalie when the goalie has the puck covered will result in a minor penalty.
3. No slap shots are allowed. Full equipment, including full face shields and neck guards, must be worn.
4. 3 goal limit per player (per game) - help promote passing and reduce inflating the score.
5. **Any Major penalty (5 minutes plus ejection from the game) will result in an automatic minimum 1 game suspension, as per Hockey Canada Rules and Guidelines.**

### General Reminders

1. This is a recreational hockey league.
2. You must be able to fully stop for the safety of yourself and other players on the ice.
3. There will be no byes.
4. We will be enforcing the rule that a maximum of 4 people may sign up together. **Please check with the people you are signing up with before putting their names on your form.** If you have any questions regarding this, please send an e-mail to [whctcollective@hotmail.com](mailto:whctcollective@hotmail.com).
5. Team lists and information will be sent via email so please ensure yours is legible on your Registration.
6. Give the WHCT Rep on your team advance notice if you are not able to make a game for any reason.

***If there are players that you do not wish to be on a team with, please list the names on the back of your registration form. Changes will not be made after the teams have been created. There will be no requests to change teams due to friendship and/or relationship breakups.***

### What is the WHCT (Women's Hockey Club of Toronto?)

The WHCT (Women's Hockey Club of Toronto) is an adult (18+) recreational, non-slap shot, ice hockey league for queer women and is trans inclusive. The WHCT welcomes folks who are lesbian, bisexual, queer, trans, non-binary, two-spirited and/or allied. All players are welcome regardless of skill level -- beginners just learning to play hockey, mid-range players and experienced players. Each team has a mix of players from all skill levels and ages, with every attempt made to balance the teams.

### When & Where We Play

The season will run from **September 2025 to the end of April 2026**. Each team will play regular season games and a guaranteed 3 games in the playoffs. Games are played on Saturday night with the first game starting at 5 pm and the last game starting at 10 pm. Each game is 50 minutes in length. All games are played at **Moss Park Arena**, located at the corner of Queen St. East and Sherbourne St. in downtown Toronto.

### Sweaters

To keep our costs low, team sweaters are re-used and must be returned at the end of each season.

**IF YOUR SWEATER HAS NOT BEEN RETURNED FROM THE PREVIOUS SEASON, YOU WILL NOT BE ELIGIBLE TO PLAY UNTIL IT IS RETURNED OR \$50 REIMBURSED TO THE LEAGUE.**

## 2025-2026 RECREATIONAL HOCKEY LEAGUE PRE-SEASON LETTER

### What is the Cost to Play?

- **FREE** for goalies. Please submit Registration Form and Release Form as soon as possible
- **\$425** - if payment, Registration Form and Release Form are all received by July 1, 2025.
- **\$450** - if payment, Registration Form and Release Form are all received after July 1, 2025. Please try to get your registration in by August 1, 2025 at the latest so that we can put the teams together.

### Refund Policy

If you withdraw before the teams are put together (before September 1, 2025), an administration fee of \$50 will be charged. If you withdraw between September 1 and December 31, 2025, and we are able to find a replacement from the waiting list, a partial refund will be given. No refunds will be given if leaving after the end of 2025.

---

### How Do I Register and make Payment?

- Etransfer funds, and scan and e-mail completed Registration Form and Release Form to:  
[whctcollective@hotmail.com](mailto:whctcollective@hotmail.com) **OR**
- Mail cheque and completed Registration Form and Release Form to:  
WHCT, c/o Lauren Stembridge, 480 Main Street. Toronto ON M4C 4Y2

Note that Installment payments may be arranged by e-mailing [whctcollective@hotmail.com](mailto:whctcollective@hotmail.com)

***Payment MUST accompany registration. The Registration Form must be completed and the Release Form (including the Covid-19 Vaccination portion and General Release and Code of Conduct portion) must both be signed for you to be accepted into the league.***

Registration is on a first come first serve basis and a waitlist will be created once all spots have been paid for.

---

### Opening Night Meeting

Schedules and team lists will be available at the opening meeting on a date and location to be determined. Check the website and/or Facebook page for more details.

---

### Questions:

Please forward all questions to: [whctcollective@hotmail.com](mailto:whctcollective@hotmail.com)

**2025-2026 RECREATIONAL HOCKEY LEAGUE - REGISTRATION FORM**

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Pronouns: : she/her he/him they/them Other: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_

Email Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

Medical Conditions \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone Number \_\_\_\_\_

**COVID PROTOCOL: All players must be fully vaccinated (Currently defined as 3-shots)**

**I certify that I am fully vaccinated against COVID-19 (i.e. I have received three vaccinations).**

Signature \_\_\_\_\_

Date \_\_\_\_\_

Witness \_\_\_\_\_

Date \_\_\_\_\_

Did you play in the league in 2024/2025? Yes \_\_\_ No \_\_\_ If yes, provide team name \_\_\_\_\_

**NOTE: For safety reasons, in order to protect yourself and other players,  
YOU MUST BE ABLE TO FULLY STOP to play in this league.**

**\*New self rating scale on next page and \*\* New slower division options on next page**

<b>Preferred position:</b>	Goalie	Defense	Right/Left Wing	Centre
<b>Alternate position:</b>	Goalie	Defense	Right/Left Wing	Centre

Fees and Registration Instructions: **Please refer to Pre-Season Letter** How many games do you think you will miss this season: \_\_\_\_\_

**Choose ONE player you would like on your team:**

1. \_\_\_\_\_

**To be considered a match, your requested player must list you as player ONE on their registration form.**

**Choose TWO other players you wish to have on your team:**

2. \_\_\_\_\_

3. \_\_\_\_\_

**We will be printing a league telephone list. Do you wish your name and number to appear on it?**

Yes \_\_\_\_\_ No \_\_\_\_\_

We need volunteers, Are you interested in being a team rep?

Yes \_\_\_\_\_ No \_\_\_\_\_

**League opening meeting: Date and Location TBD.**

For more information: [www.whct.ca](http://www.whct.ca)

# **WHCT** (Women's Hockey Club of Toronto)

## **2025-2026 RECREATIONAL HOCKEY LEAGUE - REGISTRATION FORM**

### WHCT – NEW SELF RATING SYSTEM

The following is a new self-rating system based on age and skill/experience. Please rate yourself on a fair evaluation. Step one, choose the point value above your age bracket. Step two, choose the point value above the skill description. Thank you. (Example I am 30 and only ever played shinny I would be a 4 + 2)

Point Value	0	1	2	3	4	5
Age	70 +	60 – 69	50 – 59	40 – 49	30 - 39	29 and under

AGE Points:

Point Value	0	2	4	6	8	10
Skill based on level played / knowledge of game	New to hockey	Played shinny / newer skill level / understands rules / learning gameplay	Played house league / organized hockey / average skills / understands rules & gameplay	Played house league select / average-good skills / very fluent in rules and gameplay	Played rep B / BB / A / stronger skills / fluent in rules and gameplay	Played rep AA / Jr or university / college (or higher) / strongest skills / extremely fluent in rules and gameplay

SKILL Points:

-----

**ATTENTION - NEW SLOWER DIVISION:** If we have enough interest we will add 2 or 4 teams into a new division geared toward slower play; no age bias, no skill bias, just love of the game, great for injured folks trying to get back to the ice.

**Do you want to play in our new division that will geared towards slower play?**

**YES**

**NO**

**If we do not have enough players for this new division would you like to be registered in the Main WHCT division?**

**YES**

**No, Please remove my registration**

**2025-2026 RECREATIONAL HOCKEY LEAGUE**

**GENERAL RELEASE**

In consideration of being admitted to membership in the WHCT (WOMEN'S HOCKEY CLUB OF TORONTO ), I hereby release and forever discharge the WHCT, its players, organizers and managers from any and all liabilities, actions, causes of actions, claims and demands for damages, loss or personal injuries, howsoever arising and including, but not limited to injuries arising from my participation in said sports of the WHCT, which heretofore may have been or may hereafter be sustained by me in consequence of my participation as a member of the WHCT. I hereby acknowledge that there are no warranties or conditions, express or implied that hockey games or practices sponsored by the WHCT, shall be conducted so as to prevent or minimize the risk of personal injury, and further acknowledge that the WHCT makes no representation whatsoever as to the competence or ability of its players to participate in league activities in a safe manner. I further acknowledge that I am aware of all the risks of personal injuries arising from my participation in the WHCT and I acknowledge having read the above and understand the nature and effect of this release.

**Code of Conduct**

The success of the WHCT is a result of the commitment of its members to abide by the founding spirit of the league. That spirit is to play the game of hockey in a sportsperson-like manner respecting not only teammates and opposing players, but also referees, timekeepers, Moss Park Arena staff and members of the WHCT Collective.

Members of the WHCT shall conduct themselves at all times in a fair and responsible manner and refrain from comments or behaviours which are disrespectful, offensive, abusive, racist, sexist, homophobic or transphobic. In particular, behaviour which constitutes harassment or abuse will not be tolerated. Fortunately, such incidents are exceedingly rare but WHCT reserves the right to act on violations of the Code of Conduct, up to and including expulsion if deemed necessary.

In the interest of player safety and providing a positive, recreational sport environment, members shall not engage in activity or behavior that endangers the safety of others. In addition to penalties that may be called by game officials, WHCT reserves the right to address dangerous and overly aggressive play. In extreme circumstances, and if deemed necessary for the safety of all players, this may include expulsion from the league.

Members shall also abide by the rules of the WHCT and Moss Park Arena.

Failure to comply with the Code of Conduct or the rules of WHCT and Moss Park Arena will result in referral to the WHCT Collective and may lead to disciplinary action, suspension and/or release from membership. Such action may also result in the loss of opportunity to participate in WHCT activities.

By signing below, I agree to the General Release and to abide by the Code of Conduct and the rules of WHCT and Moss Park, for the 2025-2026 season.

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Witness** \_\_\_\_\_

**Date** \_\_\_\_\_