Methow Hockey League Rules

Our Mission
Our mission is to spread the love of the great game of ice hockey within our Methow Valley (and beyond) community. Our emphasis is on sportsmanship, cooperation, fun, and respect for others. We operate in partnership with the Winthrop Rink.

Player Eligibility
The Methow Hockey League is a great fit for players ages 21+ who are able to compete at an Intermediate level or higher, but at least one season of competitive experience is required. It is important that you are able to participate in all of the games. Players must have a current USA Hockey number to play.

Skill Level and Safety
Methow Hockey is a community made up of players with a wide range of abilities. League games are designed to be safe for all players. Players are expected to play within their capacity (don't become a bowling ball!), and compete at an appropriate level to the situational skill level of each game (cool it, hot dog!). No one here is going pro and we all have work in the morning, so play safely. This is a no-check, competitive contact league. If a player is endangering others, the commissioners and/or referees will give them one warning. A second warning will result in a 3 minute penalty. And the third warning will be an ejection, plus a 3 minute bench penalty.

Team Makeup
We need a minimum of 70 players to create 7 teams. We try to cap the maximum size of teams at 13 players and 1 goalie. We are actively recruiting goalies and offer a 100% discount (less a $10 administration fee) to anyone committing to play the season in-net. Goalies may not play for more than one team. We also are not allowing teams to dress 6 skaters and play with an empty net. A rostered player from every team must be playing in goal during all games. By discretion of the Commissioners, a small pool of undrafted substitute goalies may be available. If an approved substitute goalie is not available, the team must ~~nominate as tribute~~ appoint a goalie from their player roster. Players will be placed on a team through a pre-season captains' draft. Captains are chosen by the MHL's Commissioners, and they all work together to create teams that are balanced in age-range, hockey skill, and social dynamic. Teams are announced at the annual Draft Announcement Party. Teams may bring in one un-rostered player (sub) per game, provided the sub is a reasonable match for the player they are replacing, at the discretion of the commissioners and other captains. Subs may only play twice per team and must register as a sub with the league. Rostered players may not sub for other teams.

Methow Hockey League Waiver

IT IS THE PURPOSE OF THIS AGREEMENT FOR THE PARTICIPANT (AND PARTICIPANT'S PARENT(S)/GUARDIAN(S), IF APPLICABLE) TO EXEMPT, WAIVE, RELEASE AND RELIEVE RELEASEES FROM LIABILITY FOR BODILY AND PERSONAL INJURY AND ILLNESS, INCLUDING WRONGFUL DEATH, PROPERTY DAMAGE, AND ANY OTHER LOSS SUFFERED BY PARTICIPANT CAUSED BY OR ARISING FROM ANY NEGLIGENT ACT OR OMISSION, INCLUDING THE NEGLIGENCE, IF ANY, OF ANY RELEASEES, WHILE PARTICIPATING IN ANY WINTHROP RINK/ METHOW HOCKEY CLUB ACTIVITY OR EVENT.

"Releasees" include the Winthrop Rink, the Town of Winthrop, the Methow Hockey Club (d.b.a. Methow Hockey League), their affiliate associations, local associations, member teams, event hosts, other participants, coaches, officials, sponsors, advertisers, and each of them, their officers, directors, agents and employees.

By signing this Agreement, Participant acknowledges that Participant is of legal age and has read this entire Agreement and understands its contents, or, if under the age of 18, that Participant's Parent(s)/ Guardian(s) has/have read this entire Agreement and understands its contents. For and in consideration of the undersigned Participant's registration with the Methow Hockey League, its affiliates, local associations and member teams (collectively referred to herein as MHL) and being allowed to participate in MHL events and member team activities, Participant (and the parent(s)/guardian(s), if applicable) waives, releases, holds harmless, and relinquishes any and all claims and demands for liability and cause(s) of action, including for personal injury, illness, wrongful death, property damage, or any other losses incurred by Participant, arising out of participation in MHL events, member team activities, the sport of ice hockey, and/or activities incidental thereto, including the premises, services or facilities, whenever or however they occur and for such period said activities may continue, and by this agreement any such claims, rights, and causes of action that Participant (and parent(s)/guardian(s) if applicable) may have are hereby waived, released and relinquished, and Participant (and parent(s)/guardian(s) if applicable) does(do) so on behalf of my/our and Participant's heirs, executors, administrators and assigns.

Participant (and parent(s)/guardian(s), if applicable) acknowledges, understands and agrees that the sport of ice hockey and MHL activities can be dangerous and involve inherent risks of injury, and assumes all risks relating to ice hockey and any member team activities, and understands that ice hockey and member team activities involve risks to Participant's person including bodily injury, partial or total disability, illness, paralysis and death, and damages which may arise therefrom and that I/we have full knowledge of said risks. These risks and dangers may be caused by the negligence of the Participant or the negligence of others, including the "Releasees" identified above. These risks and dangers include, but are not limited to, those arising from falls, collisions, being struck by pucks, sticks or other objects, and body contact with the ice, boards and other participants, including the risks of participating with bigger, faster and stronger participants. These risks and dangers further include risks of sickness arising from any and all communicable diseases, germs, bacteria, viruses or infections, including without limitation the virus responsible for COVID-19 and other similar viruses or infections like COVID-19 whether now known or later discovered. Participant (and parent(s)/guardian(s), if applicable) further acknowledges that there may be risks and dangers not known or not reasonably foreseeable at this time. Participant (and parent(s)/ guardian(s), if applicable) acknowledge, understand and

agree that all of the risks and dangers described throughout this Agreement, including those caused by the negligence of Participant, a Releasee and/ or others, are included within the waiver, release and relinquishment described herein.

Participant (and parent(s)/guardian(s), if applicable) acknowledges, understands and assumes the risks, if any, arising from the conditions and use of ice hockey rinks and related premises and acknowledges and understands that included within the scope of this release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform maintenance, inspection, cleaning, disinfecting, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said rinks, for negligent selection of certain Releases, or negligent supervision or instruction by any Releasee.

As a condition of registration and membership in the Methow Hockey League and participation team activities, Participant (and parent(s)/guardian(s), if applicable) agrees to abide by and be bound under the playing rules and governing regulations of MHL, including the MHL By-Laws. Copies of the MHL Bylaws are available from MHL's office or may be found at www.methowhockey.org/by-laws. Any dispute, claim or cause of action regarding the terms of this Agreement or its subject matter, or participation in MHL activities or events, shall be brought (i) individually, without resort to any form of class or collective action, and without joinder or consolidation of claims of third parties, and (ii) exclusively in the manner provided in the applicable rules of MHL.

As further consideration for registration and participation in MHL events and member team activities, Participant (and parent(s)/guardian(s), if applicable), hereby (1) consents and agrees that MHL, its licensees and designees may make video and/or audio recordings of and/or otherwise film, photograph or memorialize some or all of Participant's participation in such events and activities, and (2) grants to MHL, its licensees, designees, successors and assigns, a worldwide, perpetual, irrevocable, fully-paid, royalty-free, transferable and sublicenseable right and license to use, copy and disseminate Participant's image and personal attributes, and to modify and present same in any form, manner and media, now known or hereafter devised, for any purpose whatsoever.

If the law in any controlling jurisdiction renders any part of this Agreement unenforceable, the remainder of this Agreement shall nevertheless remain enforceable to the full extent, if any, allowed by controlling law. This Agreement affects your legal rights, and you may wish to consult an attorney concerning this Agreement.

Participant (and parent(s)/guardian(s), if applicable) agree if any claim for Participant's personal injury or illness or wrongful death or property damage is commenced against any Releasee, he/she shall defend, indemnify and save harmless Releasees from any and all claims or causes of action by whomever or wherever made or presented for Participant's personal injuries or illness, property damage or wrongful death.

Participant (and parent(s)/guardian(s), if applicable) acknowledge that they have been provided and read the above paragraphs and have not relied upon any representations of Releasees, that they are fully advised of the potential dangers of ice hockey, agrees that no oral representations, statements or inducements apart from this Agreement have been made, that they agree to and sign this document voluntarily, understanding that these waivers and releases are necessary to allow amateur ice hockey to exist in its present form.