



# North York Hockey League

## Rules and Regulations

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# North York Hockey League Rules and Regulations

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# **RULES AND REGULATIONS**

## **Article 1- MISSION STATEMENT**

The North York Hockey League is committed to promoting and maintaining a safe, fair, responsible, and inclusive amateur hockey program that offers to all of its members the opportunity to participate and compete in accordance with the policies, regulations, Constitution and By-laws of the Corporation.

## **Article 2 –DEFINITIONS**

For the purposes of these Rules the following terms have the following meanings:

Board means the Board of Directors of the NYHL.

Chief Operating Officer means the individual designated by the Board to manage the day-to-day business of the League.

Club or Member Club means an organization accepted for membership in the NYHL.

Club Liaison (Club Contact) means the person in charge of a Club's Select program or other person designated by the Club to be the primary contact and liaison from the Club to the NYHL for all normal communications.

Club Officials means the President and the Head of the Select program and any other Official designated by the Club. Club Official will mean any one of them.

Game Officials means the on-ice officials for each game, which includes the referees and linespersons; as well as the off-ice officials for each game, which includes the timekeeper and any other official designated by the League, such as goal judges.

Game Official means any one of the Game Officials.

GTHL means the Greater Toronto Hockey League which is the governing body of the NYHL and its Member Clubs.

Hearing means a specially convened meeting to hear details of an Appeal, a Protest, or an explanation of events involving players, team staff or spectators from a particular Club or Clubs.

**Hockey Canada** means the national governing body for amateur hockey in Canada.

**League** or **NYHL** means the North York Hockey League.

**League Office** or **NYHL Office** means the administrative office of the League located at 1633 Wilson Avenue.

**League Officials** means the Officers and Directors of the League.

**League Official** means any one of the League Officials.

**Registration** means the Hockey Canada electronic registration system made available to Clubs through the GTHL.

**Season** means the period of time commencing on September 1 of a given calendar year and ending after the Challenge of Champions is concluded in the following calendar year.

**Select** means a level or program of hockey as defined in the *House League and Select Operating Guidelines* in the GTHL Rulebook.

**Special Committee** means an ad hoc committee consisting of at least three (3) League Officials, that has been appointed by the Board, the President or the Chief Operating Officer for a specific purpose.

**Suspension** means a period of time or a number of games during which a suspended individual is not allowed to participate in NYHL games and game-related activities.

**Team Official** means a coach, assistant coach, manager, or trainer, who has been registered on an electronic registration certificate accepted by Hockey Canada through the GTHL and included on a Team Listing Form that has been accepted by the NYHL.

## **Article 3 – LEAGUE ORGANIZATION AND STRUCTURE**

### **3.1 League Organization**

The NYHL is a division of the Greater Toronto Hockey League.

The NYHL consists of Member Clubs, the Board of Directors and Officers. The Board governs the League in accordance with the League's Constitution, Rules,

By-laws and Policies. Day-to-day operations of the League are administered by an office staff under the management of a Chief Operating Officer who is appointed by the Board.

### 3.2 Interpretation of the Rules

The interpretation of the Rules will be based first upon the spirit and intent of the rule. If a situation arises that is not specifically covered by NYHL Rules, GTHL Rules may be applied at the discretion of the NYHL Board.

### 3.3 Power to Amend Rules

The Board is authorized to amend the Rules from time-to-time as may be necessary to comply with any changes to the rules or regulations of Hockey Canada, the Ontario Hockey Federation, the GTHL, or the efficient operation of the League. Such amendments will not require ratification by the Clubs. The Board will give Clubs prompt notice of any such amendments.

## Article 4 – CLUBS ENTERING TEAMS IN THE LEAGUE

### 4.1 Applications for Teams to Play in the League.

Member Clubs must submit team applications for entry into the NYHL to the League Office no later than September 15th for inclusion in the fall schedule and by November 15th for inclusion in the winter schedule and playoffs.

### 4.2 Acceptance of Teams to Play in the League

The Board will consider all applications for teams to play in the league. No team is guaranteed either acceptance or placement in a specific tier. The Board's decision to accept or reject a team for play in the League will be final and binding.

Team entries are accepted in the following age groups:

Division	Age as of Midnight December 31	Division	Age as of Midnight December 31
U7	Up to 7	U14	Up to 14
U8	Up to 8	U15	Up to 15
U9	Up to 9	U16	Up to 16
U10	Up to 10	U17	Up to 17
U11	Up to 11	U18	Up to 18
U12	Up to 12	U21	18-20 with up to six 21-year-olds
U13	Up to 13		



### **4.3 NYHL Entry Fees and Payment of Fines**

(a) Team entry fees may vary from year to year. The NYHL Board sets the entry fees and will advise the Clubs before entries are accepted.

(b) All fees, fines and/or any outstanding amount owing must be paid into the League Office within 14 days of invoice date unless otherwise stipulated. Any Club/team failing to pay the amount assessed may be removed from further competition permanently or until such time as payment is made. In the following season, no entries will be accepted from Member Clubs until all outstanding amounts are paid in full.

(c) In all cases the Member Club is responsible for fines and fees incurred by their teams and for collecting payment from their teams.

### **4.4 Designation of Club Signing Officers**

(a) Prior to September 1st of each season, any Club playing in the NYHL must complete a house league/Select Membership Form listing the Club Officials, including the signing officers, and file the document with the League Office.

(b) A Club's NYHL Select Liaison must be recognized as one of the Club Signing Officers for the purpose of authorizing NYHL permission forms and documents.

(c) After commencement of the playing season, a Club must report in writing any change of its Signing Officers to the League Office within 7 days of such changes having taken place.

### **4.5 Withdrawing Teams**

All team withdrawal requests must be in writing. Any Club that makes entry into an NYHL program and withdraws a team after the game schedule has been published will be subject to a fine, as set out in Schedule "A" (Fees and Fines), and no refund of the registration fee will be granted.

### **4.6 Club Schedules**

(a) All Clubs must submit their complete and current house league game schedule including house league and Select practice schedules, by age group, to the League Office prior to October 1st.

(b) Playoff schedules and dates of team events for house leagues must be submitted, by age group, immediately after they become available. If the house league schedules are not filed with the NYHL Office, changes cannot be made to the NYHL schedule to accommodate them.

## Article 5 – FORMATION OF TEAMS

### 5.1 Composition of Teams

The composition of all teams must comply with the house league and Select Operating Guidelines contained in the Rules of the GTHL.

### 5.2 Team Listing Form (Roster)

(a) A Team Listing Form is required to be filed with the NYHL by each team no later than November 10th of the current season. The form must list the names of all players on the team. (The form is available for downloading from the NYHL Coaches Portal or from your Club Liaison.)

(b) After November 10th, no permission to attend tournaments can be granted until a team's fully completed Team Listing Form has been filed.

(c) If a Team Listing Form is not submitted by November 10<sup>th</sup>, fines, as set out in Schedule "A" (Fees and Fines), will be levied against the Club which must be paid in order to ensure continued inclusion in the League schedule.

(d) If new players are added to the team after the Team Listing Form has been submitted, the Form must be updated in the League Office within seven days.

### 5.3 Affiliated Teams and Players

(a) Affiliated teams and players fall into two categories:

#### House League Affiliation

House League Affiliation refers to a player brought up from the team's house league. In all divisions, a player may only be brought up from the same age division in the house league.

#### Chain Affiliation

Chain Affiliation refers to a Select player brought up from another of the Club's Select Teams.

- (i) For the U7 to U10 age divisions, a player may be brought up from a Select team in a lower tier of the same age division.
- (ii) For the U11 to U13 age divisions, a player may be brought up from a Select team in a lower tier of the same age division, or from a Select team in one age division below.
- (iii) For the U14 to U21 age divisions, a player may be brought up from a Select team in a lower tier of the same age division, or from a Select team in one age division or two age divisions below.

(b) In U9 and below players may not play up a birth year as APs without prior permission of the NYHL and the GTHL.

(c) Players on a higher tier team cannot play for a lower tier team in the same birth year. (Tier 1 being the 'highest' tier)

(d) Any Affiliated Player listed on the game sheet must have "AP" written after the player's name, and the number of games the player has played as an AP. (e.g. 1 of 5, 2 of 5, etc.). Without the "AP" after the name, an Affiliated Player is regarded as an ineligible player. (See section 16.2, Ineligible Player)

(e) Affiliated Players may be used an unlimited number of times until January 15th of the current season.

- (i) After January 15th, individual players from "Chain Affiliation" teams may be used five times as an AP in regular season or playoff games; once a player plays a 6<sup>th</sup> game with the team they must be added to that team's roster and may only play on that team. The five (5) games played, may include a maximum of two (2) playoff games. The player may play a 6<sup>th</sup> game in the playoffs, but once that occurs they must remain on that team only.
- (ii) After January 15th, individual players from "House League Affiliation" teams may only play on one select team. The individual player can play a maximum of 5 regular season games plus a maximum of two (2) playoff games.

(f) Tournament and/or exhibition games that are not part of the regular league or playoff schedule are excluded from the number of games referred to in (e) above.

(g) If a goalkeeper is called up from a "Chain Affiliation" team after January 10 but does not play in the game (as witnessed on the game sheet by the Timekeeper), that game will not count as one of the five games allowed.

(h) Teams may use a maximum of five (5) Affiliated Players in any one game.

(i) AP(s) may not be used if it causes the team to exceed the minimum bench strength requirement. (see Article 5.4)

(j) If all of your team's rostered goalies are unavailable but your team meets the minimum bench strength requirement through its rostered skaters, you may call up an AP goalie. The same AP goalie may only be used in a maximum of 2 playoff games. A separate AP goalie or goalies can also be used, but in only 2 games maximum.

#### **5.4 Bench Strength - Minimum and Maximum Number of Players**

- (a) In all NYHL games the following maximum bench strength applies:
  - (i) U7 to U9 – Maximum 15 players + 2 goalies
  - (ii) U10 to U21 – Maximum 17 players + 2 goalies
- (b) In all NYHL games, the following minimum bench strength applies:
  - (i) U7 to u9 – Minimum 13 players (including goalies)
  - (ii) U10 to U15 – Minimum 15 (including goalies)
  - (iii) U16 to U21 – Minimum 13 (including goalies)
- (c) If an exception for fewer than the Minimum number of players has been approved, then the number of APs used must not cause the team to exceed the exception.
- (d) In cases where a Club's house league's Hockey Canada registration in a particular age group is low, the Club can apply to the League for relief from the minimum bench strength requirements.
- (e) Teams not meeting the minimum bench requirement and not having been granted an exception, will be subject to a fine, as set out in Schedule "A" (Fees and Fines).
- (f) If there are habitual occurrences of significant shortfall at games, Club/team Officials will appear before a Special Committee of the Board to determine whether the team should continue to participate.
- (g) In all NYHL games the minimum number of players required for a team to start a game is six players or five players and a goalie.

#### **5.5 Tiering of Teams During the Season**

- a) Teams registering by Oct 1st must fill a Fall Pre-Tiering Information Sheet along with their team entry documents. (Online forms are available on the Coaches' Portal).
- (b) No team is guaranteed placement in a tier requested by a coach, team or club. Anticipated tier placement is not to be communicated or advertised before the League's tiering decisions have been made.
- (c) To assist with winter season tiering, teams are required to complete the Online Tiering Form available on the NYHL website Coaches' Portal. The deadline to submit the form is November 25th. The Tiering Committee will consider input from the teams regarding their appropriate tier, along with accumulated game data from the NYHL fall season. Input from the Club Liaison will also be considered.
- (d) The initial winter season tier placements will be distributed in the first week of December. A second opportunity for Club input will be provided after the initial tier placements are announced and before the tiers are finalized. The final tiers will be announced on or before December 15th. The Committee will consider all input; however, the final tiers are binding.

## **Article 6 – REGISTRATION OF TEAMS**

### **6.1 Residency**

- (a) It is the intent of the NYHL to provide hockey primarily for children and youth who are legitimate residents of the City of Toronto and surrounding areas.
- (b) Any player with an address outside of the City of Toronto is subject to a non-resident surcharge, as set out in Schedule "A" (Fees and Fines).
- (c) Hockey Canada permits registration of players in any house league regardless of residency.

### **6.2 Registration of Players**

- (a) Each player must be registered electronically with Hockey Canada through the GTHL. The completed electronic registration must be accepted by the GTHL Office prior to the player going on the ice.
- (b) Players may be registered up to midnight, January 15th.
- (c) Select players in age divisions U7 through U9 are not allowed to play in an older age division without the permission of the NYHL, GTHL and OHF.
- (d) Select players in age divisions U10 through U13 are allowed to play up one (1) age group.
- (e) Select players in age divisions U14 through U18 are allowed to play up two (2) age groups if the skill and the Club they are registered with allow such movement.

### **6.3 Proof of Birth Date**

- (a) No player will be registered without acceptable proof of age being available for verification.
- (b) For all players born in Canada, a birth certificate is required. This includes players who have previously played on GTHL teams.
- (c) For players born outside Canada, passports, baptismal certificates and hospital birth registrations are acceptable as well as birth certificates.

### **6.4 Registration With One Club Only**

Each player may sign with only one Club. If a player attempts to register with two different Clubs electronically, the player's playing rights will belong to the Club who registered the player first with the GTHL. Any other registration will be automatically rejected electronically.

## **6.5 Registration of Team Officials**

(a) Each team is allowed a maximum of 4 Team Officials on the bench. Persons designated as Coach, Manager, Trainer or Assistant Coach of a team must be electronically registered with Hockey Canada through the GTHL.

(b) Pursuant to OHF Rules, all Team Officials must complete Hockey Canada's mandated courses before they can be registered.

(c) Only persons who are registered as officials by the Club and are on the team's validated Hockey Canada Roster Form are permitted on that Club's team benches.

(d) No individual may be registered as a Team Official with more than one Club. Exceptions to this rule must be requested through the GTHL and the NYHL must be notified if permission is received or declined.

(e) Each team must have a Trainer who will possess a first aid kit on the bench. Each Trainer must possess a properly dated HTCP certificate (3-year validity period). Equivalency will be permitted for Level 1 status for the following groups: physicians, nurses, physical therapists, registered athletic therapists, paramedics, ambulance attendants, first aid instructors, firefighters, police officers.

## **6.6 Restriction on Team Officials Changing Clubs**

A person who is registered as a Team Official in one season may not, without written consent of the Club with which that person was registered, be registered as a Team Official, or appear on the bench in the immediately following season, as a Team Official for a team of the same birth year for another Club. The original Club may unilaterally withhold such consent in its sole and absolute discretion.

## **6.7 Release of Signed Players**

The final release date for all players is November 15<sup>th</sup>. Players who remain signed with a Club or team after that date cannot be released until the end of the season.

## **6.8 Outstanding Equipment and Registration Fees**

(a) Any player or Team Official who has monies, equipment and/or property owing to a Club must turn in the same upon request. Such requests must be made in writing to the player or Team Officials, with a copy of such letter being forwarded to the NYHL League Office. Any player or Team Official failing to turn in a Club's equipment/property or pay outstanding monies upon request will be indefinitely suspended until such time as said equipment, property or monies has been returned to the Club. Such suspensions apply in all Hockey Canada affiliated leagues and associations.

(b) Any Club Official who accepts monies, equipment and/or property belonging to a Club must return it upon request. Notice and penalties are the same as per section (a).

## **Article 7 – TRYOUTS AND TAMPERING**

### **7.1 Advertising for Tryouts Prohibited**

(a) No advertising for Select tryouts will be allowed at any time, except for mailings to a Club's own members and in-house notices within a Club. In order to avoid any possible misunderstandings, it is recommended that any such communication be clearly addressed to just the members of that Club and all such posted notices will be removed at the end of each Club's permitted ice time.

(b) The first violation of this Rule will result in a fine, as set out in Schedule "A" (Fees and Fines), being levied against the offending Club and a one-year suspension to the offending team officials or Club officials responsible. Further violation will result in the Club's continuing participation in the Select program being reviewed by the NYHL Board.

Note: By Memorandum of Agreement dated July 1st, 2004, and approved by the Member Clubs, the advertising ban or the restriction on start date does not extend to the City of Vaughan Hockey Association. Also, by the same agreement, the CVHA is prohibited from signing players from outside the Vaughan Municipal Boundaries.

### **7.2 Tampering**

(a) Any Club, team, or persons connected with a Club or team, who is found guilty of directly or indirectly trying out or soliciting new player(s) signed with another Club, will lose the right to sign those player(s) for the upcoming or commencing season. The Officials of such Club or team may be further disciplined or suspended by the League Officials and fines levied.

(b) If a team plays registered player(s) from another Club in any game (such game or games to include exhibition and/or tournament games) or invites player(s) to its tryouts, or accepts such player(s) and allows them to participate in its tryouts without first having obtained permission (in the manner set forth in section (c)) from the team with which such player is registered, the team committing such an infraction will automatically lose the right to sign said player for the following season. Team Officials found guilty of a violation of this Tampering Rule will automatically be suspended for a minimum of fifteen (15) League games at the discretion of the League Officials.

(c) The permission referred to in section (b) will be written consent from the President or designated Club Official for the team with whom the player is registered. The written consent must be provided to the President or designated Club Official of the team for which the player is trying out. This consent authorizes such Team Official to speak with the player or the player's parents for the purpose of recruiting such player.



(d) Team Officials found guilty of violating sections (a), (b) or (c) will be suspended for a minimum of fifteen (15) League games at the discretion of the League Officials. A special hearing will be convened for all instances where Tampering has been reported.

### **7.3 Select Player Movement**

Under Hockey Canada rules, house league players are allowed to register with any organization without regard to residency. At the end of each playing season, players are free agents to sign with the Club of their choice.

The NYHL is aware of an increase in aggressive recruiting of players from one Club to another by some teams and/or Team Staff with the purpose of having the recruited players play on a Select team of another Club. This practice can lead to significant damage, from a participation perspective, for the targeted Club. The large-scale migration of 5 or more players, or entire teams in some instances, understandably damages the House League and Select program of the Club from where the players are leaving. Such migration can also create the possible displacement of established Select players in the receiving/new Club. To reduce the impact of using Select team participation as an incentive to change House League Clubs, the NYHL has implemented the rules as outlined in the sections below.

(a) For Select Teams, a maximum of FOUR (4) players from the same age division who have moved from one House League to another House League are permitted to play on Select teams at their new Club. In cases where the new Club has more than one team in an age division, the four (4) player maximum covers the total participation on all Select teams. (This means, If a Club has 2 or more Select teams in one age division, there can be no more than 4 players from the previous club spread across all Select teams.)

(b) When more than four (4) Select players from the same age division in one Club are being signed by another club, only the first four Select players to register are permitted to play Select as either rostered players or Affiliated Players for their new Club. (The date entered in the Hockey Canada Registration system to be utilized)

(c) Select Team Staff are responsible to know the origins of players joining their team. If a player or players came from a different Club the past season the Club contact must be notified. For Clubs with more than one team in an age group, the Club Contact will need to check with all teams in that age group and ensure the total number of 'new' Select players from any other one club does not exceed four players.

(d) Clubs may request an exception to rule 7.3 but must do so prior to the player or players participating with the Club's Select team.

(e) NYHL League Officials will review all violations of sections (a) (b) (c) (d). Removal of ineligible players from the Select teams will occur at the discretion of the NYHL. Suspension of Team Officials for using an ineligible player will also be determined.

## **Article 8 – INSURANCE**

### **8.1 Mandatory Insurance**

For insurance purposes, it is mandatory that every NYHL player and Team Official is registered electronically with Hockey Canada through the GTHL and has been accepted prior to going on ice.

### **8.2 Insurance Fees**

Insurance fees may vary from year to year in accordance with the policies of Hockey Canada and the GTHL. Insurance fees are payable to the GTHL directly by the clubs.

### **8.3 Filing Insurance Claims**

Insurance claims must be submitted on the standard Hockey Canada Claim Form. (See Article 11.16 - Reporting Injuries.) Copies of Forms are available for downloading from the NYHL Coaches' Portal and from the League Office. Copies of the Forms must be filed with both the NYHL and the GTHL Offices.

## **Article 9– POLICIES REGARDING GATE FEES**

Gate Fees no longer apply for NYHL games.

A Player Registration Fee will replace the old Gate Fees.

## Article 10 – SCHEDULES, GAME TIMES AND POLICIES

### 10.1 Schedule for Game Times

The NYHL will be maintaining a 3-week rolling schedule throughout the regular season with 4-weeks' lead time given wherever possible. For playoffs, the lead time is often compromised by waiting for series to finish but the League will still provide as much notice as possible.

### 10.2 Length of Games

The chart that follows details game times for all NYHL divisions for the Regular Season and Playoffs.

<b>Division</b>	<b>Game Length</b>
U7 - U9	18-18 Stop Time
U10 - U14	12-12-12
U15 - U21	12-12-15

### 10.3 Game Readiness

Teams must be dressed 15 minutes prior to the scheduled start time. Teams may go on the ice early if requested to do so by the Game Officials as long as both teams are ready and agree.

### 10.4 Start of Game Procedure

(a) For the first game of the program and for any games following a flood, the Timekeeper will put 2 minutes up and start the clock when the Zamboni doors are closed, the nets are pegged and there is at least one Official on the ice.

(b) At the 30 second mark of the warmup the referee will blow the whistle and go to centre ice in preparation to start the game. When the buzzer goes at the end of the warmup, the timekeeper will immediately reset the clock to 10 minutes (or 15 minutes where applicable). Both centres must be at the dot ready to faceoff, the bench gates must be closed and the rest of the starting players on-side. If this occurs the Referee will drop the puck to start the game. If the Referee is unable to drop the puck because one or both teams are not ready to begin, the team that, in the opinion of the Referee, is the least ready will be assessed a 2-minute bench minor penalty for Delay of Game.

(c) For games where there is no flood, the Timekeeper will put 2 minutes on the clock at the conclusion of the previous game and start the clock when players from that previous game have left the ice. From that point the Referee will follow

the same procedures as outlined in (b) above.

### **10.5 Five-Goal Spread in the Last Period**

(a) In games with three periods, once a 5-goal spread has been opened up in the third period, the clock will continue to run and stop time will be suspended. If the gap closes to within 3 goals the clock will revert to stop time. If the spread once again reaches 5 goals the game will continue under running time until the end of the game, regardless of the goal spread.

(b) In games with only two periods, once a 5-goal spread has been opened up with under seven minutes remaining in the second period, the clock will continue to run and stop time will be suspended. If the goal spread closes to within 3 goals the clock will revert to stop time. If the spread once again reaches 5 goals the game will continue under running time until the end of the game, regardless of the goal spread.

### **10.6 Uniforms**

(a) Teams are expected to have two sets of sweaters and carry both sets to all games.

(b) Sweater colours for both home and away sets must be submitted to the League Office by September 15<sup>th</sup> each year. Teams are expected to wear their home or away uniforms according to whether they are scheduled as the home or away team. Should teams have only one set of sweaters they are required to carry a numbered set of cover-ups in case of unavoidable conflicts. In cases where only one team has two sets and a conflict occurs, the team with two sets, in a spirit of sportsmanship, is required to change. If both teams have only one set and a conflict occurs, the Home Team must change to their cover-ups or alternate, non-conflicting sweaters. Such potential conflicts should be determined and resolved before the teams appear on the ice to start the game.

(c) All players on a team (including goalies) must wear team sweaters of the same base colour. Players (excluding goalies) must wear two socks of the same base colour. Players not complying with the rule will be asked to change. Non-compliance will be reported to the League Office. Repeated offences will result in a fine, as set out in Schedule "A" (Fees and Fines) levied against the offending team, at the discretion of the League Officials.

(d) Each of the players on a team must be assigned a specific sweater number which they will wear all season.

(e) Any team or Club refusing to adhere to the above regulations on sweater colours in any League or playoff game will have the details noted on the back of the game sheet by the Referee. At the discretion of the League Officials, the team may be charged with a defaulted game and the current default fee will apply.

### **10.7 Completion of Game Sheets**

(a) Full names (first and last) of all players taking part in a game must be listed and verified on the game sheet (Electronic or paper game sheet) with their corresponding sweater numbers.

(b) Designate Captain and Alternates by noting a "C" or an "A" next to the player's name. A team may have one Captain and not more than 3 Alternate Captains – or they can choose to have none. However, if the choice is to have none, then the team waives all rights to communication with the Referee, for example, lost is the opportunity to request an equipment measurement or rule interpretation.

(c) The game sheet will be verified with the team staff, by the timekeeper, prior to the start of the game.

### **10.8 Adding a Player's Name to the Game Sheet**

The only circumstance where a player's name can be added to a Game Sheet is if it has been inadvertently omitted from the Game Sheet. The Referee will permit the name to be added before the game ends providing such player was in uniform and on the ice or on his players bench at the start of the game. To be safe, if Team Officials think a player is coming to the game but may be late, the name should be entered on the game sheet in anticipation of his arrival. Players must be on the bench by the end of the 2<sup>nd</sup> period and the referee must be advised of the player's arrival.

### **10.9 Procedure at the End of Games**

(a) At the end of each game Team Officials must hold their players on the bench. At the discretion of the Referee, one team will be directed to exit to the dressing room first.

(b) Team Officials must have dressing room doors open prior to the end of the game. Failure to do so will result in the suspension of the Head Coach for one game for the first offence, and three games for any subsequent infraction. Referees will record this infraction as a GM 99 penalty.

(c) Water bottles are not to be emptied over the boards at the bench as this causes dangerous ice buildup along the boards.

### **10.10 No Show Policy**

(a) If a team has been delayed due to going to a wrong arena or being held up because of weather or travel delays and the NYHL Rink Attendant is notified, the game can be held up for a maximum of 15 minutes past the scheduled start time. The late team is responsible for getting six players, or 5 players and a goalie, dressed and on the ice as soon as possible. A delay of game penalty may be applied for undue delay.

(b) If one team does not show up for the game, the team that is present goes on

the ice as soon as the ice is available. The clock is set to 10 minutes. When this runs out, the game is officially declared as a default / No-show. The clock is then set to 30 minutes. When this runs out, the Start of Game Procedures for the next game or the flood will start.

(c) If neither team shows up by the scheduled start time, the officials will set the clock to 10 minutes and start the clock. When the time runs out, the game is officially over, and declared a default / No-show for both teams.

### **10.11 Defaulted Games**

(a) Any team that defaults a scheduled League game will be subject to a default fine, as set out in Schedule "A" (Fees and Fines), plus the League's out-of-pocket expenses. Any team defaulting a scheduled game on October 31<sup>st</sup> will be subject to a fine, as set out in Schedule "A" (Fees and Fines).

(b) Any team/Club failing to pay a League fine will be removed from further competition until the fine is paid. At the discretion of the President, the team may be permanently suspended.

(c) Upon deliberately failing to play a scheduled game, the team staff will be suspended pending a disciplinary hearing before a Special Committee.

(d) A team defaulting any game in a playoff series will be removed from further play. All previous games played in that round by that team will be removed from the standings. Circumstances involving defaulted games in the playoffs will be reviewed by League Officials. A special hearing may be convened to review the circumstances with the offending team(s). Pending the outcome of the League review or hearing, all previous games played by the offending team in that playoff round may be removed from the standings.

*Note:* If, in the judgment of the League Officials, the default causes an unfair advantage or disadvantage for any or for all the teams remaining in the playoff series, the League reserves the right to schedule a head-to-head playoff between those teams so affected.

## **Article 11– RULES OF PLAY**

### **11.1 Hockey Canada Rules to Apply**

The Rules of Hockey Canada will apply except as varied from time to time by the NYHL, and as noted in these Rules. It is the responsibility of each coach, manager, and Club Official to have knowledge of Hockey Canada, GTHL and NYHL Rules.

### **11.2 Referee's Authority**

- (a) In a game situation, the Referee will have full authority and the final decision in all matters under dispute except game times, start of games and periods.
- (b) The Referee's decision will be final on all questions of fact and not subject to appeal.
- (c) Referees and Game Officials must be treated with respect by all players, Team and Club Officials and spectators. A Mutual respect Policy is in effect and will be strongly supported by the NYHL.
- (d) Club Officials, Team Officials, players, or spectators are not permitted to enter the Game Official's dressing room at any time or to encroach upon or impede the passage of Game Officials entering or leaving the ice or the building. Fines and suspensions will be levied for breach of this rule.

### **11.3 Entering the Ice Surface**

- (a) Any team guilty of going onto the ice surface before the Zamboni gates are fully closed and before there is at least one Official on the ice will receive a Bench Minor penalty. Repeated offences may result in fines and suspensions at the discretion of the League Officials.
- (b) Team officials are prohibited from walking across the ice to get to or from the benches. Hockey Canada's insurance does not cover Team Officials injured in such circumstances. Referees can assess a GM 99 penalty and will report the matter to the League Office.
- (c) Team Officials may not step on the ice without the permission of the Referee. Failure to comply with this rule will result in a Game Misconduct penalty being assessed to the offender.

### **11.4 Protective Equipment**

- (a) All protective equipment must be CSA/BNQ approved and worn according to Hockey Canada guidelines. There are several rules that cover the wearing of player and goaltender equipment. Coaches and Trainers must familiarize themselves with these rules and ensure players and goalies are wearing equipment properly and using equipment that is in good condition. Player safety is everyone's responsibility.

(b) The only people allowed on the bench are the Team Officials and fully- uniformed players.

### **11.5 Helmets and Masks for Players and Coaches**

(a) To maintain valid insurance coverage, during every game and practice, all players must wear CSA approved helmets and CSA approved face shields or full cages. Chinstraps must be worn and securely fastened closely under the chin. The face shield must be securely fastened to the helmet. This applies when on the ice, sitting on the bench, in the penalty box, and while leaving the ice. For the first violation of this rule, a warning will be issued to the team. The second violation of the rule will result in a Bench Minor Penalty being assessed against the offending team. The wearing of approved helmets and shields is mandatory for all age groups.

(b) Coaches and on-ice personnel must wear CSA approved helmets during any on ice activity, including practices.

### **11.6 No Jewelry**

Players are prohibited from wearing personal jewelry of any kind during a game in which they are participants. Violations will result in the offending team being assessed Bench Minor(s) and the offending player(s) being prevented from participation until such time as the jewelry is removed. If the offending player(s) should attempt to re-enter the game without removing said jewelry, they will be assessed a Gross Misconduct penalty.

### **11.7 Injured Players**

When the play has been stopped due to an apparent injury to any player (other than the goalkeeper), that player must sit out at least one stoppage of play before returning to the ice. Failure to leave the ice will result in a two minute Bench Minor Penalty for delay of game. Returning to the ice prematurely, i.e. before the first stoppage of play, is not allowed and the offending player will be assessed a Minor Penalty for Ineligible Player.

### **11.8 First Aid Kits**

All teams must have an adequately equipped first aid kit on the bench with a minimum of protective gloves, antiseptic, scissors, band aids and gauze as well as pressure, triangular, 1" and 2" bandages. Failure to carry a first aid kit will result in a Bench Minor Penalty and the referee will report the incident to the League Office. A fine will also be applied as set out in Schedule "A" (Fees and Fines).

### **11.9 Transmittable Disease Awareness and Protection**

When attending to an injured player with an open wound, do not make direct contact with blood products and bodily fluids. Anyone attending to an injured



player should wear waterproof protective gloves. Any player with a bloody wound must be removed from further participation until the bleeding is stopped and the wound is covered with an appropriate medical dressing. All equipment with blood on it must be removed and either cleaned up or replaced before the player returns to the game.

#### **11.10 NYHL Policy –Concussions**

- (a) The NYHL adopts Hockey Canada’s Concussion Policy.
- (b) The NYHL considers the participants’ safety and health to be paramount and should be foremost in determining whether a concussion has occurred and in determining the appropriate time a player may return to play after a suspected or identified head injury. Please refer to Appendix B (from Hockey Canada’s Concussion Policy) for the steps to follow in the case of a suspected head injury.

#### **11.11 Reporting of Injuries**

- (a) In the case of an injury, Coaches/Managers should obtain a Hockey Canada Injury Report Form from the NYHL Coaches’ Portal, their Club Contact or the League Office and ensure a Team Official, player, parent, physician and others completes the form.
- (b) The form must be submitted within 90 days of the injury (to the address at the bottom of the back page of the report). Attach a copy of the game sheet and any bills that are to be claimed. If bills are not yet available, submit the form and game sheet anyway.
- (d) If no Injury Report Form is filed within 90 days of the incident, Hockey Canada will not have any record of the accident ever having taken place, nor will a claim file have been opened to receive any subsequent bill claims. This could invalidate the chances of a claim at a future date.

## **ARTICLE 12 –BEHAVIOUR**

## 12.1 Standard of Behaviour

(a) The co-operation between the League and the arenas in which our teams play is, to a great extent, determined by the deportment of our fans, players and Officials. A high standard of behaviour is expected.

(b) Team Officials and players must show respect for arena staff, and never use abusive language in dealing with these personnel. The League will review all reports of abusive behaviour and suspensions, fines or other disciplinary action may be taken.

(c) Spectators, Players, Teams, Club, League and Game Officials are expected to behave in a sportsmanlike manner at all times, whether off ice or at games. This includes regular season, exhibition, playoff and tournament games. No one will use abusive, profane or discriminatory language that is directed at any other person or team. This includes posting on any type of social media, including text messaging, chat lines, or internet networking sites, including but not limited to, Facebook, Twitter, and Instagram.

(d) Any act of physical violence or threatened physical violence by anyone against any other person (other than physical acts that are part of the game of hockey) will not be tolerated. No one will engage in conduct, whether on or off the ice, that brings the League, any Club or Team into disrepute.

(e) Ejection from Game. Anyone who behaves in a manner that does not meet the standard set out in Rule 12.1(b)(c) or (d) may, at the Referee's discretion, be ejected from the game or the playing area of any game. In the case of any Team or Club Official or player participating in the game, any such ejection may be in addition to any penalty that may be imposed by the Referee under the rules of hockey. In the case of ejection of a Spectator, the onus of ensuring that the Spectator obeys the ejection falls upon the team to which the Spectator is related. The Referee may delay any game until the Spectator complies with the ejection.

(f) Banishment of Spectator. Any Spectator whose conduct in an arena is found by the League Officials, the Board, or any Special Committee of the Board, to be disruptive and not conducive to the well-being of the game may be banned from such arenas as determined by the Board or Special Committee for a specified period of time. The onus of enforcing such a ban falls upon the Club to which the Spectator is connected.

(g) Ontario Hockey Federation Code of Conduct. The NYHL, being a part of the OHF, must comply with its Code of Conduct, which identifies the standard of behaviour that is expected of all OHF Members:

1.1 The OHF is committed to providing a sport environment in which all individuals are treated with respect.

1.2 During the course of all OHF activities, athletes, coaches, parents,

directors, volunteers, staff, chaperones and others within each of the Members:

1.2.1 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 OHF will not tolerate behaviour that constitutes harassment or abuse or bullying, and;

1.2.2 Shall avoid behaviour which brings the OHF and/or its Members, 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;

1.2.3 Shall not use unlawful performance enhancing drugs or methods, nor shall they engage in activity or behaviour that endangers the safety of others, and;

1.2.4 Shall at all times adhere to Hockey Canada, OHF and its Members' operational policies, procedures and any rules governing any competition in which they participate on behalf of the OHF and/or Member.

1.3 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 and/or OHF including the opportunity to participate in OHF and its Member activities. Such discipline may include the removal or ban from an arena, games, practices and other team activities.

#### (h) Fair Play Code for Coaches

(i) I will be reasonable when scheduling games and practices remembering players have other interests and obligations.

(ii) I will teach my players to play fairly, respect the rules, Officials and opponents.

(iii) I will ensure that all players get equal instruction, support and fair playing time.

(iv) I will not ridicule or yell at my players for making mistakes or performing poorly. I will remember that the players play to have fun and must be encouraged to have confidence in themselves.

(v) I will make sure that the facilities and equipment are safe and match the players' age and abilities.

(vi) I will remember that the players need a coach they can respect. I will be generous with praise and set a good example.

(vii) I will obtain proper training and continue to upgrade my coaching skills.

(viii) I will work in cooperation with Officials for the benefit of the game.

## **12.2 Damage to Arenas**

(a) Before allowing players to enter a dressing room, a Team Official must check the room for damage with specific attention being given to the washroom and shower facilities. If any damage is noticed, it must be brought to the attention of the NYHL Rink Attendant and the arena management immediately, or the team will assume the liability for the damage and the cost of repairs will be charged to the team and its Club.

(b) Dressing rooms must be left as clean as possible. Trash cans in these rooms must be used for all litter. If the rooms are left in a mess, a fine, as set out in Schedule "A" (Fees and Fines), plus cleanup costs will be billed to the team through its home Club.

(c) An inspection should be made by a Team Official following the last players' departure from any dressing room after a game or practice. This means that a Team Official should be the last one out of the dressing room.

(d) Some players' emotions following a lost game or ejection from a game may result in an outburst of temper and sometimes intentional and/or unintentional vandalism. Team Officials should accompany players to the dressing room in those circumstances and make every effort to ensure that this does not happen. The cost of cleanup and/or damage repair will be billed to the team through its home Club, plus a fine, as set out in Schedule "A" (Fees and Fines) will be levied by the NYHL.

(e) Any defects to bench and penalty box areas (e.g., door shutting mechanisms, mats, benches, etc.) or within the ice area itself (e.g., boards, railings, etc.) should be reported to the game Referee immediately in order to avoid potential injury. Referees are to see that these defects are reported to the League Office.

## **12.3 No Smoking or Vaping**

Smoking and vaping are prohibited in all areas of the arenas and within 10 meters of all entrances. Violators will be required to leave the premises.

## **12.4 No Alcohol**

Consuming alcohol is prohibited in all areas of the arenas. Violators will be required to leave the premises and the actions subject to further review by the League Officials.

## **ARTICLE 13 – SUSPENSIONS AND PENALTIES**

(See Also Article 12 - Behaviour)

### **13.1 Jurisdiction of the League**

Players, Spectators, Club/Team Officials and Game Officials are subject to NYHL discipline while any NYHL activity is in progress, from the time they enter the arena parking lot until they leave it, whether participating in a game or not.

### **13.2 General Provision for Suspensions**

(a) Any violation of the Constitution, By-laws, Rules or Regulations of the NYHL, or decision of the Board of Directors by any individual member of the League (Club Official, Team Official or player) will render such member liable to suspension by the President or a Special Committee.

(b) Any suspension of six games or less, by the NYHL President or Chief Operating Officer, or as prescribed by the OHF Minimum Suspension List, for any single infraction will be without right of appeal.

(c) All automatic suspensions will be without right of appeal, except as noted in (d) and (e) below.

(d) Any player or Team Official who verbally threatens physical abuse to any Game Official will be assessed a Match Penalty and will be automatically suspended for their next seven games, at a minimum, with the right to appeal within seven days.

(e) Any player or Team Official who physically abuses, strikes or attempts to strike any Game Official in any way will be assessed a Match Penalty and will be automatically suspended their next seven games, at a minimum, with the right to appeal within seven days.

(f) Should the President or Chief Operating Officer see fit to assess a longer suspension, teams will be advised through their Club Liaison.

### **13.3 Team Officials Responsible for Enforcing Suspensions**

Team Officials are responsible to see that any penalized player and/or Team Official sits out all suspensions arising from penalties as noted on the game sheet, or until notified otherwise by the NYHL Office.

### **13.4 Conduct When Suspended**

(a) A player or Team Official, when assessed a Game Misconduct, Gross Misconduct or Match Penalty, will go immediately to the team dressing room and remain there for the balance of the game, or leave the arena premises.

(b) At no time are any ejected players or Team Officials allowed to return to the bench or spectator areas.

(c) While under suspension, a player or Team Official may not enter the dressing room before, during, or after games, or be in the vicinity of their team's or the opposing team's bench or dressing room or the Referees' dressing room.

(d) Team Officials, while under suspension, may not conduct coaching activities from anywhere in or around the arena. Use of electronic equipment for the purpose of coaching is prohibited.

(e) Violation of Rules 13.4 (a), (b), (c), and (d) will be reported to the Chief Operating Officer for additional disciplinary action.

(f) If a player or Team Official under suspension of any kind participates in any NYHL game whether it is with their own team or an affiliated team, the said game will be recorded a win for the opposing team. The offending player will be assessed an additional minimum two-game suspension and the Head Coach and Manager of the offending team will receive minimum suspensions of six games each.

(g) Where Suspensions are to be Served

(i) A suspended player or Team Official is prohibited from participation in any exhibition games until the suspension has been served in Select League or tournament games.

(ii) Suspension earned in tournaments and not completely served during the tournament must be completed in regular Select League games.

(iii) Suspensions earned in exhibition games must be served in NYHL League or tournament play.

(iv) Should any player or Team Official receive a suspension that is not fully served by the completion of the NYHL League season and playoffs, the remainder of that suspension will carry over to the next season, regardless of whether they register with the same or a different Club in the next season.

(h) Players and Team Officials who also participate in the League as both a player and Team Official, and receive a suspension, are not permitted to participate in any League activity until the suspension is served.

(i) NYHL On-Ice Officials who participate as a Player or Team Official on an NYHL team and receive a suspension, are not permitted to Officiate or participate in any League activity until the suspension is served.

(j) Any Team Official or Game Official who knowingly participates in a game with a suspended Team Official or player is automatically suspended. A review of the circumstances will take place and further disciplinary action may occur.

### **13.5 Body Checking**

Body checking is not permitted at any level in the NYHL.

### **13.6 Hockey Canada Standard of Play Initiative**

At its May, 2006 AGM, Hockey Canada elected to adopt very strict penalty standards for hooking, holding, interference, tripping, cross checking, and slashing. The basic tenets of these standards are:

- (a) Use of the stick is limited to playing the puck.
- (b) Restraining or interfering with an opponent in any fashion is not permissible.

### **13.7 Game Misconducts**

Any five-minute Major penalty carries an automatic Game Misconduct. Players receiving a Game Misconduct penalty will not participate in their next scheduled League game and not until notified by the League as to the full extent of their suspension. Refer to the OHF's Minimum Suspension List.

### **13.8 Checking from Behind**

- (a) Hockey Canada Rule 7.5 applies.
- (b) Players who are assessed a Match Penalty are indefinitely suspended pending investigation and a ruling by the League Officials.

### **13.9 Bench-Clearing Altercations**

- (a) Any team guilty of clearing their players' bench as a result of an altercation during the course of a game will automatically default that game.
- (b) The default fee will be charged in such instances and must be paid prior to participation in further League play.
- (c) No points in the standings or scoring records will be awarded to the offending team(s).
- (d) Subsequent bench clearing incidents by the same team during the same playing season will result in a double default fee being assessed, in addition to the other conditions already described.
- (e) Any disputes regarding bench clearing incidents will be decided by the President, Chief Operating Officer or a Special Committee without

recourse.

### **13.10 Zero Tolerance towards Discrimination and Unsportsmanlike Behaviour**

(a) Hockey Canada Rules under Section 11 Maltreatment as per the Hockey Canada rules 11.2 (Disrespectful and Abusive Behaviour) , 11.4 (Discrimination), and 11.5 (Physical Harassment of Officials), will be applied strictly.

(b) The NYHL has zero tolerance concerning discrimination and/or unsportsmanlike behaviour. All penalties assessed under Hockey Canada Rule Section 11 Maltreatment will be reviewed by the NYHL and additional suspensions may be assessed.

### **13.11 Ejection from Game for Four Penalties**

(a) Any player receiving a combination of four penalties of any kind in a League game will be automatically removed for the balance of the game upon the assessment of the fourth penalty. The player must leave the ice and proceed immediately to the dressing room, remaining there for the balance of the game.

(b) The fourth penalty assessed to any player will require the team to place a player in the penalty box to serve penalty(ies) that require(s) the team to play shorthanded. The player serving the penalty will be one of the players on the ice at the time the fourth penalty was assessed.

(c) The player who has been removed from the game for four penalties may play in the team's next regularly-scheduled game, provided that none of the penalties involved suspensions.

### **13.12 Ejection from Game for Three Stick Infractions**

(a) Hockey Canada Rule 9.2(e).

(b) Any player receiving a combination of three stick penalties of any kind in a League game will be automatically removed for the balance of the game upon the assessment of the third stick penalty. The player must leave the ice and proceed immediately to the dressing room, remaining there for the balance of the game.

(b) The third stick penalty may require the team to play one player short. The player serving the penalty will be one of the players on the ice at the time the third stick penalty was assessed.

(c) The player who has been removed from the game for three stick penalties may play in the team's next regularly scheduled game, provided that none of the penalties involved suspensions.



### **13.13 Excessive Penalties**

Any excessive number of penalties in a game or series of games by any one team will be subject to review by the League Officials and may result in further disciplinary action.

### **13.14 Holding Players at the Bench**

(a) Hockey Canada Rule 9.5(i)

(b) A Game Misconduct Penalty will be assessed to the Coach of any team that fails to hold their players at their bench at the end of the game if an altercation that results in penalties of any kind is either in progress as the game ends or begins after the game has ended. (This also applies to players in the penalty box. They must remain there until told to leave by the Game Officials.)

(c) At the conclusion of each game, Coaches must keep their players on the players' bench until instructed by the Game Officials to leave. Players are not permitted to flood onto the ice when the game is over. Only those players who were on the ice at the end of the game are permitted to be on the ice.

### **13.15 Refusing To Leave Bench or Playing Surface**

(a) Hockey Canada Rule 10.14(e)

(b) A player or Team Official who refuses to leave the bench or playing surface after they have been assessed a Game Misconduct, Gross Misconduct, or Match Penalty will be considered to be "Refusing to Start Play".

(c) If the offending player or Team Official subsequently leaves the bench within two minutes of being ordered to do so by the Referee, then a Major Penalty plus a Game Misconduct Penalty will be assessed to the Coach for "Delay of Game". If this infraction occurs within the last two minutes of regular playing time or anytime in overtime, then a Penalty Shot (in addition to the Major and the Game Misconduct) will be awarded to the non-offending team.

(d) If the offending player or Team Official does not leave the bench within two minutes of being ordered to do so by the Referee then the Referee will immediately suspend the game and report the matter to the League Officials.

### **13.16 Assault Charges**

The Crown Attorney of the Province of Ontario has advised that criminal charges may be laid against hockey players, Team Officials, Game Officials or spectators

who become involved in using physical force with other players, officials or spectators, either on or off the ice.

## **ARTICLE 14 – EXHIBITION GAMES AND TOURNAMENTS**

### **14.1 Exhibition Games**

(a) Permission for all exhibition games with teams outside of Toronto must be made on a proper form through the NYHL Office and be accompanied by a fee, as set out in Schedule "A" (Fees and Fines). A stamped copy of the form will be forwarded to the Club/team. This stamped copy keeps players' and Team Officials' insurance valid. For games inside Toronto, a fax or email to the office from the Club Liaison with all pertinent information will suffice.

(b) Any team failing to obtain permission from the NYHL for an exhibition game will result in the Coach and/or Manager being indefinitely suspended until the case is reviewed by the League Officials.

(c) HCOP-certified officials must be used for all exhibition games.

(d) Any suspension incurred in exhibition games must be completed in Select League or tournament play.

(e) A copy of all exhibition game sheets must be submitted to the NYHL Office within 48 hours after a game is played. Failure to comply will result in the team staff being suspended and/or a fine, as set out in Schedule "A" (Fees and Fines).

(f) Teams should not make arrangements for exhibition games until they have received their regular NYHL schedule. The League will not work around exhibition games.

### **14.2 Early Season Ice for Games**

Select Teams may be formed by September 1st. Players must be properly registered before stepping on the ice for tryouts, tournaments, or exhibition games.

### **14.3 Tournament Sanctions and Permission to Enter**

(a) All tournaments must be sanctioned by Hockey Canada. The House League teams of NYHL Member Clubs, as well as those Clubs' Select teams, must comply with sections (b) through (g) below.

(b) Any team wishing to enter a tournament must first make application to the NYHL Office using the online form: "Permission to Attend Tournament and Insurance Application". The fee as set out in Schedule "A" (Fees and Fines) will be submitted to the NYHL office. Insurance coverage is invalid unless the sanction has been given. Do not book travel plans/hotel rooms or pay fees until the validated permission form has been returned to the team.

(c) Playing in a tournament without permission invalidates a team's insurance and that of their opponents and can cost the host club the right to operate a tournament in the future. Team Officials could also become liable for any injuries incurred. Team Officials and players will be indefinitely suspended by the League if they play in a tournament without permission from the League. Any team entering a tournament without a properly signed and stamped form will be fined as set out in Schedule "A" (Fees and Fines).

(d) A copy of all tournament game sheets must be submitted to the NYHL Office within 48 hours after the tournament ends. Failure to provide the sheets will result in the Team Officials being indefinitely suspended and the team fined as set out in Schedule "A" (Fees and Fines).

(e) Tournament permission requests must be submitted by 5 pm, five (5) weeks prior to the tournament. (The application deadline schedule is posted on the Coaches' Portal.) The League will not work around Tournament Permissions received after the League schedule has been issued.

(f) If a Conditional Permission has been granted contingent upon the tournament scheduling around NYHL games, any known League or Playoff games scheduled for the team during the course of the tournament should be listed on the Tournament Permission Form.

(g) Permission is required whether or not a team is competing in either House League or regular season Select games or the playoffs.

(h) Applications for teams to attend a Tournament must be signed by the Club Liaison.

(i) Club events such as banquets, fund raisers, or activity nights require 5 (five) weeks notice to the League and teams must apply for those nights as one of the two exception days that they are permitted. (The deadline schedule is posted on the Coaches' Portal.)

(j) For tournaments taking place during the last two weeks of the regular schedule, teams will be granted Conditional Permission only. In March and April, no permission will be given for out-of-town tournaments unless the team is out of the playoffs. For Toronto-based tournaments, Conditional Permission will only be granted if the tournament guarantees to work around the NYHL schedule. The League cannot work around tournament games at playoff time. Copies of local tournament schedules are required.

(k) Permission granted to teams/Clubs entering or hosting local tournaments in regular season or playoffs means the NYHL will work around the tournament schedule but it does not preclude teams playing NYHL scheduled games as well. Teams whose Clubs host tournaments during NYHL Playoffs may not enter any other tournament until they are out of Select League Playoffs.

(l) Teams are not permitted to attend tournaments, exhibition games or Club/team events during final Challenge of Champions weekend.

(m) During the season, teams are allowed a total of 5 (five) events or Tournaments, (three plus Christmas and Easter weekend.) (See (i) below). No team may enter more than three tournaments, not including Christmas and Easter weekend, whether they have to be scheduled around or not. During NYHL playoffs, if a team has not already attended three Tournaments or used up its total allotment of 5 events/tournaments, it may only enter one (1) local tournament while still playing in the playoffs, whether the team has to be scheduled around or not. Permission may be granted for teams to enter tournaments provided the following requirements are adhered to without exception:

(i) Permission may be granted to enter more than three tournaments provided the tournament is during Christmas week or Easter weekend (Friday, Saturday, and Sunday only) and they have not already used up their five event/Tournament allotment.

(ii) A "Permission to Attend Event/Tournament and Insurance Validation" form is submitted by the League Office five weeks prior to the occasion and is approved.

(iii) A team may never enter two tournaments running at the same time.

#### **14.4 Changes to Scheduled Games**

(a) Teams or Clubs that cause changes to be made to the published NYHL schedule due to improper or incomplete information being submitted will be subject to a fine, as set out in Schedule "A" (Fees and Fines), per change plus the Leagues' out-of-pocket expenses. The fine to be paid prior to the team's next League game.

(b) Conditional clearance only will be given for any team during playoffs. Club and Select Playoff games take precedence.

(c) The League cannot work around or change schedules for tryouts or exhibition games.

## ARTICLE 15 – PLAYOFFS, CHALLENGE OF CHAMPIONS WEEKEND

### 15.1 Teams Participating in Playoffs

All teams make the playoffs.

### 15.2 Breaking Ties to Determine Playoff Positions

(a) In all series and in all divisions, the League reserves the right to schedule a sudden victory game to decide first place for the division.

(b) At the end of the Winter season schedule (Jan/Feb), ties in standings will be determined by the following process.

Two Teams tied (steps to be applied in order until the tie is broken) :

- (i) The team with the most wins shall be awarded the higher position
- (ii) The team having the most wins against the other team shall be awarded the higher position
- (iii) Using all games of the Winter season (Jan/Feb) schedule, calculate the GF/GA percentage (See section (d)) and the team having the highest percentage will be awarded the higher position
- (iv) The team that scored the first goal in the Winter season series between the two teams will be awarded the higher position

Three or more Teams tied (steps to be applied in order until the ties are broken):

- (i) The team with the most wins shall be awarded the higher position
- (ii) If two teams are tied with the most wins, then apply Section (b) – Two Teams Tied steps to determine which team is awarded the higher position. The other team will be awarded the next highest position.  
For the remaining teams, apply the ‘Two Teams tied’ steps or ‘Three or more Teams tied’ steps repeatedly until all teams are positioned
- (iii) If three teams, or more, are tied with the most wins, then calculate the GF/GA percentage (See section (d)) for each team. The teams will be positioned by highest percentage to lowest percentage.  
For the remaining teams, apply the ‘Two Teams tied’ steps or ‘Three or more Teams tied’ steps repeatedly until all remaining teams are positioned

Unbalanced schedule (Teams not playing the same number of games)

- (i) Follow the same steps above, using the Highest Win Percentage versus Most Wins
- (ii) Win Percentage = Points / Maximum Possible Points (times 100 for percentage)

(c) Situations requiring special decisions to determine league standings will be determined by the League Officials. Teams will be advised before the start of Playoffs of the League’s decision.

(d) GF-GA Percentage Formula

Goals For / Goals For + Goals Against (Times 100 for percentage)

Example.

Goals For = 10      Goals Against = 4

Formula  $10 / 10+4 = 0.714$       (% = 71.4)

### **15.3 Breaking Ties in Playoff Series**

- (a) At the end of a Playoff Round Robin series, ties in standings will be determined by the same process as per Section 15.2 Subsections (b) and (d).

### **15.4 Challenge of Champions Weekend**

- (a) The last weekend of every season (late April/early May) is set aside for the Challenge of Champions
- (b) All Tier Champion teams in all age divisions will be scheduled and must be available for that weekend. Teams not participating in the Challenge of Champions weekend will be assessed a fine, as set out in Schedule "A" (Fees and Fines).
- (c) Clubs are asked to ensure that their teams have submitted their All Star ballots by March 15 to ensure their players will have the opportunity to participate.
- (d) Goaltenders for the All Star teams are selected by the League.
- (e) The League Office will contact players nominated by the teams and assemble the All Star squad for each tier by selecting the players nominated by their Team Staff starting with the player listed number 1 for each team and then moving to the second nominees until the team is full.
- (f) The All Star Team coaching staff will be from the runner-up in the tier championship.
- (g) Coaches should not tell their players who they have nominated as that can lead to disappointment if the team is filled before their name is selected.
- (h) Teams and players cannot enter into tournaments, exhibition games, banquets or tryouts during this final weekend.
- (i) All Star Day ballots are available on the NYHL Coaches' portal.
- (j) Representation from every Club should comprise the final All Star team.

## ARTICLE 16 – PROTESTS AND APPEALS

### 16.1 Procedures for Protests

(a) Protests regarding games played must be in writing, and such protests, together with a summary of any evidence to be submitted, will be prepared in triplicate: one copy for the League Office, one copy for the protesting Club/team, and one copy for the Club/team protested against. The following procedure must be followed:

(i) Timing: Protests, in writing and supported by evidence, must be delivered by the protesting Club into the hands of the opposing Club and the NYHL Office within 48 hours of the incident under protest. In the event that such protest cannot be delivered within normal business hours to the NYHL Office, the protesting Club will advise the League by email or fax that the protest will be delivered within the 48hour period to the NYHL Office and the opposing Club. In all protest situations, time is of the essence.

(ii) Form of Protest: The protest will be in writing and must stipulate the rule/regulation under which the protest is laid and must be counter-signed by the Club President or NYHL Liaison of the protesting Club. Accompanying the copies to the League Office and the protested Club will be a summary of the evidence to be submitted. The copy to the League Office must also be accompanied by a fee, as set out in Schedule "A" (Fees and Fines), which sum may be forfeited to the League should the protest be disallowed. Both teams will be notified of the date, time and place of the hearing, and both must be represented at the hearing. All protests will be heard by a Special Committee. If a protest is withdrawn by the sender, the fee is forfeited.

### 16.2 Protesting Ineligible Players

Teams wishing to protest ineligible players must notify the Referee and have it noted on the game sheet prior to the end of the game. Alleged ineligible player(s) are to have their name, team name and number(s) printed on paper supplied by the timekeeper; the requested players will then sign their names and date of birth beside the printed name.

Teams may request the signatures of a maximum of two (2) opposing players. The request must be made prior to the conclusion of the game.

### 16.3 Referees' Judgments Not Protestable

Referees' judgments are not protestable unless there has been a breach of actual playing rules.



#### **16.4 Procedures for Appeals**

Appeals of suspensions or other decisions must be filed in writing at the NYHL League Office within seven days of the occurrence being appealed and be accompanied by a fee, as set out in Schedule "A" (Fees and Fines), for each incident. The fee will be returned to the appellant if a decision is rendered in their favour.

#### **16.5 Querying Player Eligibility**

Eligibility of player(s), who have played during the regular season, may not be questioned after February 1 unless said player is thought to be playing while suspended or ineligible.

### **ARTICLE 17 – CHAMPIONS, AWARDS AND RECOGNITION**

#### **17.1 Trophies**

A trophy or appropriate memento will be provided to each player on a championship team in each tier.

### **ARTICLE 18 – HOSTING TOURNAMENTS**

#### **18.1 Hosting Tournaments**

GTHL approval must be obtained in order for any Club, or group of Clubs, to host a tournament. Refer to GTHL regulations for further information.

### **ARTICLE 19 – HOUSE LEAGUE AND SELECT OPERATING GUIDELINES**

Member Clubs of the NYHL and their teams are to observe the "Guidelines" contained in the GTHL Rules. The City of Vaughan (CVHA) falls outside some of these parameters due to a negotiated agreement between the GTHL, NYHL, and CVHA. NYHL Membership agreed to abide by the terms of this agreement.

## **NYHL Board of Directors**

Paul Maich – President

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## Schedule A

### Fines and Fees

(as of November 1, 2022)

Advertising Tryout Fine	\$1,000
Appeal Fee	\$250
Attending a Tournament Without NYHL Permission	\$500
Changes to Schedule Due to Incomplete/Inaccurate Information	\$150
Damage to Dressing Room/Leaving Mess in Dressing Room	\$1,000
Defaulting a Game	\$250 plus the leagues out-of-pocket expenses
Defaulting a Game on October 31	\$500
Exhibition Game Fee	\$10
Failing to Submit Tournament or Exhibition Game Sheets to NYHL Office	\$150
Late Filing of Team Listing Form	\$150 fine per Form plus a further \$50 for each additional 7 days late
Non-resident Fee	\$25
Not assisting with set-up / take down of boards for U7-U9 games	\$150
Not participating in Challenge of Champions Weekend	\$500
Not Paying Entry Fee at Game	\$150
Not Wearing Correct Uniforms	\$150
Permission to Attend Tournament Fee	\$25
Protest Fee	\$250
Short Bench Fine	\$25 plus \$10 for each player short
Withdrawal of Team Fee	\$300

## Appendix B

### Concussion Policy

# Hockey Canada Concussion Card

## CONCUSSION EDUCATION AND AWARENESS PROGRAM

### Concussion in Sport

All players who are suspected of having a concussion must be seen by a physician as soon as possible. A concussion is a brain injury.

A concussion most often occurs without loss of consciousness. However, a concussion may involve loss of consciousness.

### How Concussions Happen

Any impact to the head, face or neck or a blow to the body which causes a sudden jolting of the head and results in the brain moving inside the skull may cause a concussion.

### Common Symptoms and Signs of a Concussion

Symptoms and signs may have a delayed onset (may be worse later that day or even the next morning), so players should continue to be observed even after the

initial symptoms and signs have returned to normal.

**\*A player may show any one or more of these symptoms or signs.**

#### Symptoms

- Headache
- Dizziness
- Feeling dazed
- Seeing stars
- Sensitivity to light
- Ringing in ears
- Tiredness
- Nausea, vomiting
- Irritability
- Confusion, disorientation

#### Signs

- Poor balance or coordination
- Slow or slurred speech
- Poor concentration
- Delayed responses to questions
- Vacant stare
- Decreased playing ability
- Unusual emotions, personality change, and inappropriate behaviour
- Sleep disturbance

For a complete list of symptoms and signs, visit [www.parachutecanada.org](http://www.parachutecanada.org)

**REDFLAGS-If any of the following are observed or complaints reported following an injury, the player should be removed from play safely and immediately and your Emergency Action Plan initiated. Immediate assessment by a physician is required.**

- Neck pain or tenderness
- Severe or increasing headache
- Deteriorating conscious state
- Double vision
- Seizure or convulsion
- Vomiting
- Loss of consciousness
- Increasingly restless, agitated, combative
- Weakness or tingling/burning in arms, legs

### Concussion – Key Steps

- Recognize and remove the player from the current game or practice.
- Do not leave the player alone, monitor symptoms and signs.
- Do not administer medication.
- Inform the coach, parent or guardian about the injury.
- The player should be evaluated by a medical doctor as soon as possible.

- The player must not return to play in that game or practice, and must follow the 6-step return to play strategy and receive medical clearance by a physician.

## 6-Step Return to Play

The return to play strategy is gradual, and begins after a doctor has given the player clearance to return to activity. If any symptoms/signs return during this process, the player must be re-evaluated by a physician. No return to play if any symptoms or signs persist. Remember, symptoms may return later that day or the next, not necessarily when exercising!

**IMPORTANT - CONSULT WITH THE TREATING PHYSICIAN ON RETURN TO LEARN PROTOCOLS.**

**IMPORTANT - FOLLOWING A CONCUSSION AND PRIOR TO STEP 1 A BRIEF PERIOD OF PHYSICAL AND MENTAL REST IS RECOMMENDED.**

**STEP 1** Light activities of daily living which do not aggravate symptoms or make symptoms worse. Once tolerating step 1 without symptoms and signs, proceed to step 2 as directed by your physician.

**STEP 2** Light aerobic exercise, such as walking or stationary cycling. Monitor for symptoms and signs. No resistance training or weight lifting.

**STEP 3** Sport specific activities and training (e.g. skating).

**STEP 4** Drills without body contact. May add light resistance training and progress to heavier weights.

The time needed to progress from non-contact to contact exercise will vary with the severity of the concussion and the player. **Go to step 5 after medical clearance** (reassessment and written note).

**STEP 5** Begin drills with body contact.

**STEP 6** Gameplay. (The earliest a concussed athlete should return to play is one week.)

**Note:** Players should proceed through the return to play steps only when they do not experience symptoms or signs and the physician has given clearance. Each step should be a minimum of one day (but could last longer depending on the player and the situation). If symptoms or signs return, the player should return to step 2 and be re-evaluated by a physician.

**IMPORTANT - Young players will require a more conservative treatment. Return to play guidelines should be guided by the treating physician.**

## Prevention Tip 3

### Player

- Make sure your helmet fits snugly and that the strap is fastened
- Get a custom fitted mouthguard
- Respect other players
- No hits to the head
- No hits from behind
- Strong skill development

### Coach/Trainer/Referee

- Eliminate all checks to the head
- Eliminate all hits from behind
- Recognize symptoms and signs of concussion
- Inform and educate players about the risks of concussion



**HOCKEY CANADA CONCUSSION RESOURCES**  
**[www.hockeycanada.ca/concussion](http://www.hockeycanada.ca/concussion)**

**PARACHUTE CANADA**  
**[www.parachutecanada.org](http://www.parachutecanada.org)**

Revised May 2017. Item #55711



## Concussion Follow-up and Communication Form

(Must be completed in every case when a possible case of concussion is identified)



Name \_\_\_\_\_ Date \_\_\_\_\_ Context/Symptoms \_\_\_\_\_

**NOTE: IT IS IMPORTANT THAT PLAYERS AND PARENTS/GUARDIANS CONSULT WITH THE TREATING PHYSICIAN ON RETURN TO LEARN PROTOCOLS**

A responsible adult such as a parent or guardian has been informed and has taken responsibility for the concussed athlete. Details of the protocol (Hockey Canada Concussion Card attached appendix 1) have also been explained.

Date : \_\_\_\_\_  
Initials : \_\_\_\_\_

The player has had an initial visit with a physician (preferably one with knowledge in concussion management)

Date : \_\_\_\_\_  
Initials : \_\_\_\_\_

A complete return to light activities of daily living without aggravating symptoms or making symptoms worse and gradual return to physical activity (see Hockey Canada Concussion Card Steps 1-4 attached)  
up to intense and sport specific exercises (without contact) has been achieved without recurrence of symptoms.

Date : \_\_\_\_\_  
Initials : \_\_\_\_\_

The **medical clearance note** has been completed and return to unrestricted training has been authorized. (prior to proceeding to step 5 of the Hockey Canada Concussion Card)

Date : \_\_\_\_\_  
Initials : \_\_\_\_\_

Participation in a complete unrestricted training session has been achieved without recurrence of symptoms (this step must be completed at least one day prior to return to competition). (Hockey Canada Concussion Card - Step 5)

Date : \_\_\_\_\_  
Initials : \_\_\_\_\_

Return to competition is authorized based on successful completion of all of the above mentioned steps of the protocol. (Hockey Canada Concussion Card - Step 6)

Date : \_\_\_\_\_  
Initials : \_\_\_\_\_

Team staff are aware and have advised the Parent/Guardian to continue monitoring for recurring symptoms and have confirmed the information on this form about the recovery process and medical clearance.

Date : \_\_\_\_\_  
Initials : \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_  
Print Name \_\_\_\_\_  
Date \_\_\_\_\_

Notes:

**IMPORTANT NOTICE:** This form contains confidential information that is meant to document achievement of all the required steps of the recovery process following a concussion and prior to return to play. Denominalized information can be extracted from the form by the organization for the purpose of reporting information about concussions. However it cannot be communicated to any third party in a format that contains information about the identity of the injured athlete.