



**2024-2025 NYHL  
COACHES MEETING**

The background is a dark blue grid of squares. Each square contains a faint, light blue icon. The icons alternate in a checkerboard pattern: a maple leaf, a hockey stick with a puck, and the logo for the North York Hockey League (which features a stylized hockey player and the text 'NORTH YORK HOCKEY LEAGUE').

**WELCOME**

# Rules Emphasis

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Help eliminate the violence and injuries in our game!

HCOP – Head Contact

NYHL – Body Checking, CFB, Charging, Goaltender  
Interference and Boarding

KEEP IT SAFE and FAIR

# Pre-Game

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**Be ON the ice BEFORE the players : NY rule 24.15**

- ◆ No player may be on the ice before the Zamboni doors are closed. A BENCH MINOR penalty shall be assessed

# START of GAME

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- ◆ 3 Minutes after nets pegged
- ◆ First 2 minutes— fair play, rink check, game sheet, etc
- ◆ 45 seconds left – Official goes to center dot and – **BLOWS WHISTLE!!!**
- ◆ At the buzzer – face off or delay of game to least ready team
- ◆ No pucks on ice until nets pegged

# Timeouts

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- ◆ There are NO timeouts in any regular season play
- ◆ Timeouts will be permitted in Semi finals and Finals only. One per team.

# Injured Players

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- ◆ For NYHL games, if the trainer comes on to the ice, then the player has to sit out one stoppage before he can return.

# Hockey Canada Rule Changes

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[CLICK HERE TO WATCH - Hockey Canada Rule Updates](#)



# CHAIN OF COMMUNICATION

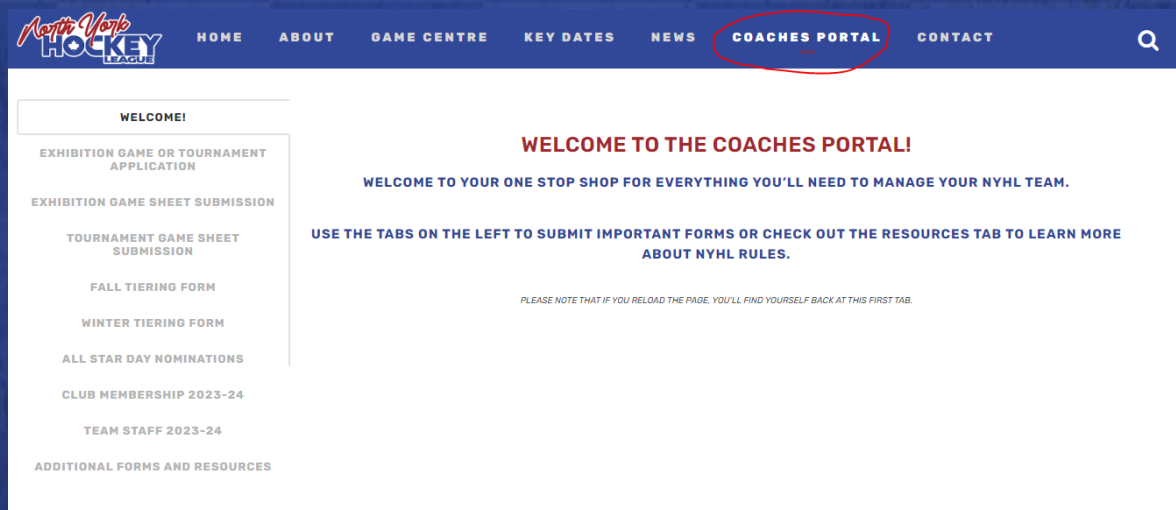
TEAM OFFICIAL → CLUB CONTACT → NYHL OFFICE

NYHL OFFICE → CLUB CONTACT → TEAM OFFICIAL

Please go through your club contact/select delegate before contacting the league office

# COACHES PORTAL

- Primary hub for coaching resources related to NYHL
- Contains important forms, documents and resources
- All submissions will be available for online submission straight from our website
- Tournament/Exhibition game sheet submission, tiering forms, all star ballots etc.



The screenshot shows the North York Hockey League website's Coaches Portal. The navigation bar includes links for HOME, ABOUT, GAME CENTRE, KEY DATES, NEWS, COACHES PORTAL (highlighted with a red circle), and CONTACT. A search icon is also present. The main content area features a 'WELCOME!' message, a 'WELCOME TO THE COACHES PORTAL!' heading, and a sub-heading: 'WELCOME TO YOUR ONE STOP SHOP FOR EVERYTHING YOU'LL NEED TO MANAGE YOUR NYHL TEAM.' Below this, it instructs users to 'USE THE TABS ON THE LEFT TO SUBMIT IMPORTANT FORMS OR CHECK OUT THE RESOURCES TAB TO LEARN MORE ABOUT NYHL RULES.' A small note at the bottom states: 'PLEASE NOTE THAT IF YOU RELOAD THE PAGE, YOU'LL FIND YOURSELF BACK AT THIS FIRST TAB.' The left sidebar contains a list of links: EXHIBITION GAME OR TOURNAMENT APPLICATION, EXHIBITION GAME SHEET SUBMISSION, TOURNAMENT GAME SHEET SUBMISSION, FALL TIERING FORM, WINTER TIERING FORM, ALL STAR DAY NOMINATIONS, CLUB MEMBERSHIP 2023-24, TEAM STAFF 2023-24, and ADDITIONAL FORMS AND RESOURCES.

# TIERING

## FALL TIERING

- Teams will be tiered for the Fall Season
  - Based on Tiering forms submitted on September 18<sup>th</sup>
- Fall Tiering released with the first week of the schedule

## WINTER TIERING

- Winter Season Tiering Forms to be submitted by Nov 22<sup>nd</sup>
- Tiering committee will meet November 25<sup>th</sup> for their first draft
- Clubs will respond to tiering proposal by November 27<sup>th</sup>.
- Final tiers will be published with the schedule on or before December 2<sup>nd</sup>.
- In season adjustments may be made in exceptional circumstances

# AP PLAYERS

- A “chain affiliate” is a club team of the same name.
- U7 to U10
  - A player may be brought up from a chain affiliate in a **lower tier**
  - From the house league of the same division
- U11 to U13
  - From a chain affiliate in a **lower tier**
  - From a chain affiliate from **ONE YEAR below**
  - From the house league of the same division
- U14 to U21
  - From a chain affiliate in a **lower tier**
  - From a chain affiliate up to **TWO YEARS below**
  - From the house league of the same division

# MIN / MAX BENCH STRENGTH

- **Minimum Bench Strength**

- U7 to U9

- Minimum Bench is 13 players

- If a team has 12 or less players available, an AP player can be called up

- U10 to U21

- Minimum Bench is 15 players

- If a team has 14 or less players available, an AP player can be called up

- **Goalies are included in the minimum bench count**

- Exceptions can be made if the team is at minimum bench strength but does not have a goalie

- **Maximum Bench Strength**

- U7-U9 – 16 skaters + 2 goalies

- U10-U21 - 18 skaters + 2 goalies

- For a game to start, a team must ice a minimum of 6 skaters or 5 skaters and 1 goalie.

# AP PLAYER RESTRICTIONS

- **AP Player Restrictions BEFORE Jan 15<sup>th</sup>**
  - **An AP player can be called up regardless of minimum bench strength before Jan 15<sup>th</sup>**
  - **AP players cannot be added if the team will exceed the maximum bench strength**
- **AP Player Restrictions STARTING Jan 15<sup>th</sup>**
  - **Chain Affiliate** = 5 games – only 2 of which can be in the playoffs
  - **House League** = 5 games PLUS 2 in the playoffs
  - A team may **ONLY** call up an AP if they are below their minimum bench strength and may only call up enough to reach the appropriate **minimum bench strength**
- Teams may use a maximum of five (5) AP's in any one game
- AP players **MUST** be added to the EGS as an Affiliated Player (see [EGS Manual](#) on our [Coaches Portal](#))

# BAD WEATHER POLICY

- Cancelled games will be posted on the NYHL website and our social media accounts via Facebook, Instagram and Twitter by 3 pm.
- Club contacts will be notified via email as well
- Local Toronto radio stations will also be notified of any cancellations.
- Please refrain from calling the office.

# MARLIES JAMBOREE

- Saturday, February 15 2024
- 8 teams are invited to play at Coca-Cola Coliseum
- U7/U8 Age Group
- Included are tickets to the Toronto Marlies vs. Belleville Senators at 4:00 PM
- Additional tickets are available for purchase at discounted price
- Each players walks away with a Marlies swag bag for participating





# CHALLENGE OF CHAMPIONS

- Saturday April 26 and Sunday April 27
- Championship Team vs. All Star Team of the champions tier
- Champions receive their championship trophies and All Stars receive commemorative All-Star t-shirts
- Championship team **MUST** be available to play.



# ALL STAR NOMINATIONS

- Ballot on Coach's Portal
- 5 players nominated by the team
  - Players are picked in order of nomination
- Each team will nominate 3 goalies within their tier who are not on their team
- Please DO NOT tell the kids they have been nominated as all listed players may not be selected

# COMMUNICATION

- Social Media
  - @NYHLHockey
  - Facebook, Twitter, Instagram
- Marlies Team of the Month Giveaways
  - Monthly giveaway from MLSE and the Toronto Marlies
  - Win a team trip to a Marlies game of your choice





**AGILEX AND EGS SYSTEM**  
**(CLICK FOR EGS MANUAL)**

# NYHL SCHEDULING

- Fall Season starts Oct 7<sup>th</sup>.
- No Games Oct 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> (Thanksgiving Weekend)
- Winter Season will start around Dec 16<sup>th</sup>.
- 3 week rolling schedule
- 24 hour notice minimum for games in the playoffs
- No games between Dec 24 to Jan 1
- No games March Break – March 10<sup>th</sup> to 17<sup>th</sup>
- No games Easter weekend – April 18 – April 21

# START OF GAME PROCEDURE

- Prior to entering dressing room, notify Rink Attendant of any issues with dressing room
- A game may start up to 15 minutes before the scheduled start time if BOTH teams and officials are ready and BOTH teams agree
- 3 minutes on clock
- 0:45 left whistle
- Team least ready at end of 3 warm up – minor penalty Delay of Game

# GAME TIMES

- U7 – U9 18 X 18 (stop time)
  - Last 10 minutes of period 2 will be run time during a 5 goal spread
  - U9 before Jan 15
- U9 – U14 12 – 12 – 12
  - U9 starting Jan 15
- U15 - U21 12-12-15
- Flood will be after every game except for U7 – U9 due to boards
- Game times will remain the same for playoffs
- 5 goal spread rule – running time in the 3<sup>rd</sup> period until deficit is dropped to 3.
- Timeouts – One per team will be allowed in the Semi Final and Final ONLY

# END OF GAME PROCEDURE

- Referee to direct coach to hold bench.
- One team exits at a time.
- Dressing room door must be open (GM99 to the coach)
- Game sheet will be uploaded by the end of the night and available by the next morning



# NO SHOW POLICY

- 10 minutes on clock
- After 10 minutes, 40 minute run time for team that is present to practice.
- Absent team forfeits and is fined

# DEFAULT IN PLAYOFFS

- Incurs a serious fine and expulsion from playoffs.
- We emphasize exhausting every AP option
- If you are unable to ice a sufficient number of players, we ask that you withdraw the team rather than to disrupt the schedule.

# TOURNAMENTS AND EXEMPTION DAYS

- 3 In-Season tournaments plus Preseason, Thanksgiving, Winter Break, March Break, Easter Weekend and Post Season
- Tournaments remove you from the schedule for 3 days (Fri-Sun)
- Allowed 2 additional exemption days (club events, extra travel days)
- Teams are also allowed 2 Religious Exemption days in the final week of the season and playoffs – on interfaith calendar.
- Applications for above must be submitted 5 weeks in advance
- Submit requests through Agilex
- Game sheets must be submitted 48 hours upon completion of the event through the Coaches Portal
- Game sheets must be legible

# SUSPENSIONS

- Team staff will receive an email notifying of the suspended player
- Any player with a GM, Gross Misconduct or Match Penalty must sit out until the NYHL office advises the club contact of the suspension.
  - We don't want kids sitting due to bureaucracy and will respond within 24-48 hours
- Queries and complaints to the league must go through your Club Contact.

# PROTESTS AND APPEALS

- Protests must be in the NYHL office within 48 hours of a suspension decision or a game and incurs a \$250 fee
  - The fee is returned if the protest is won
- There are no appeals for suspensions fewer than 6 games

# INJURED PLAYERS

- If play is stopped due to an injured player the injured player must sit out 1 stoppage of play.
- If player leaves the game and does not return due to injury, a HC report must be submitted within 48 hours. This can be found on our Coaches Portal.
- If visiting a practitioner due to injury, must have a note to return to play

**CROSS ICE (U7)  
& MODIFIED ICE  
U8 & U9**

# CROSS ICE (U7) & MODIFIED ICE (U8/U9)

**Game Times** 2 X 18 Stop – 5 goal spread last 10 minutes run time

Home team will start at opposite end to allow equal bench advantage

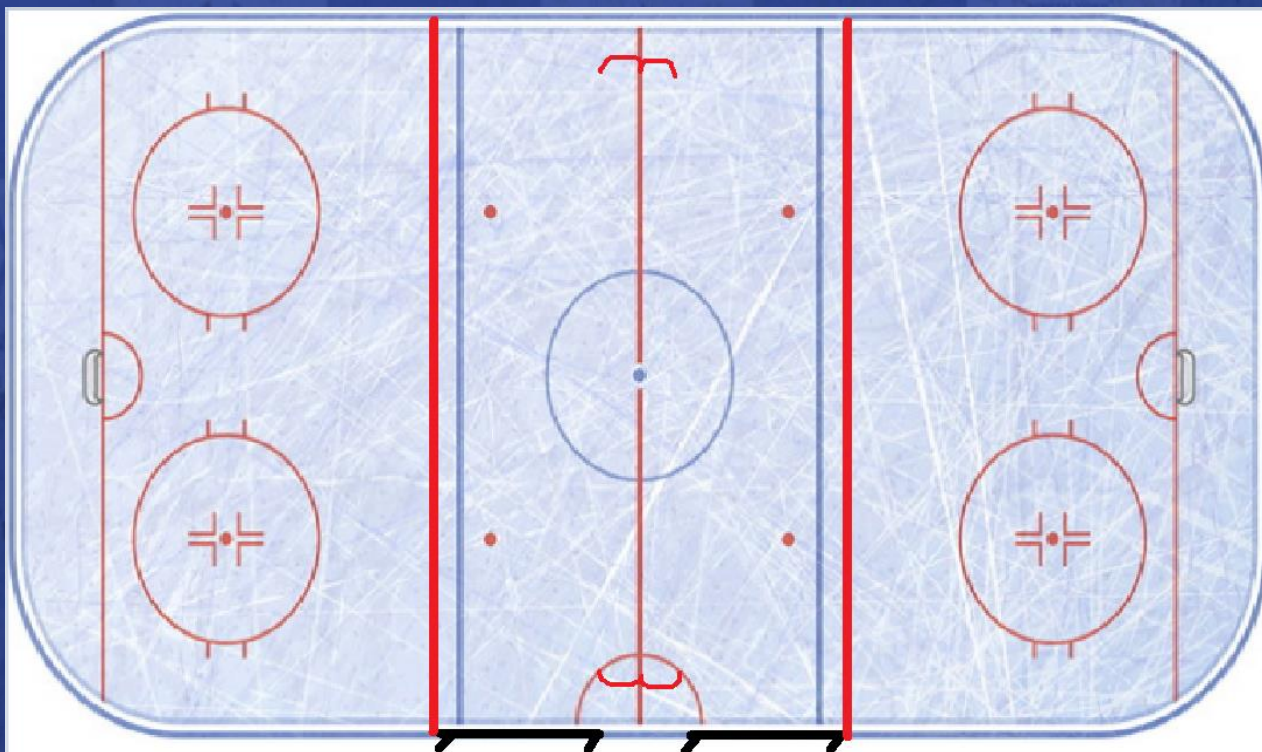
Face-offs will occur as per usual game to allow for line changes etc.



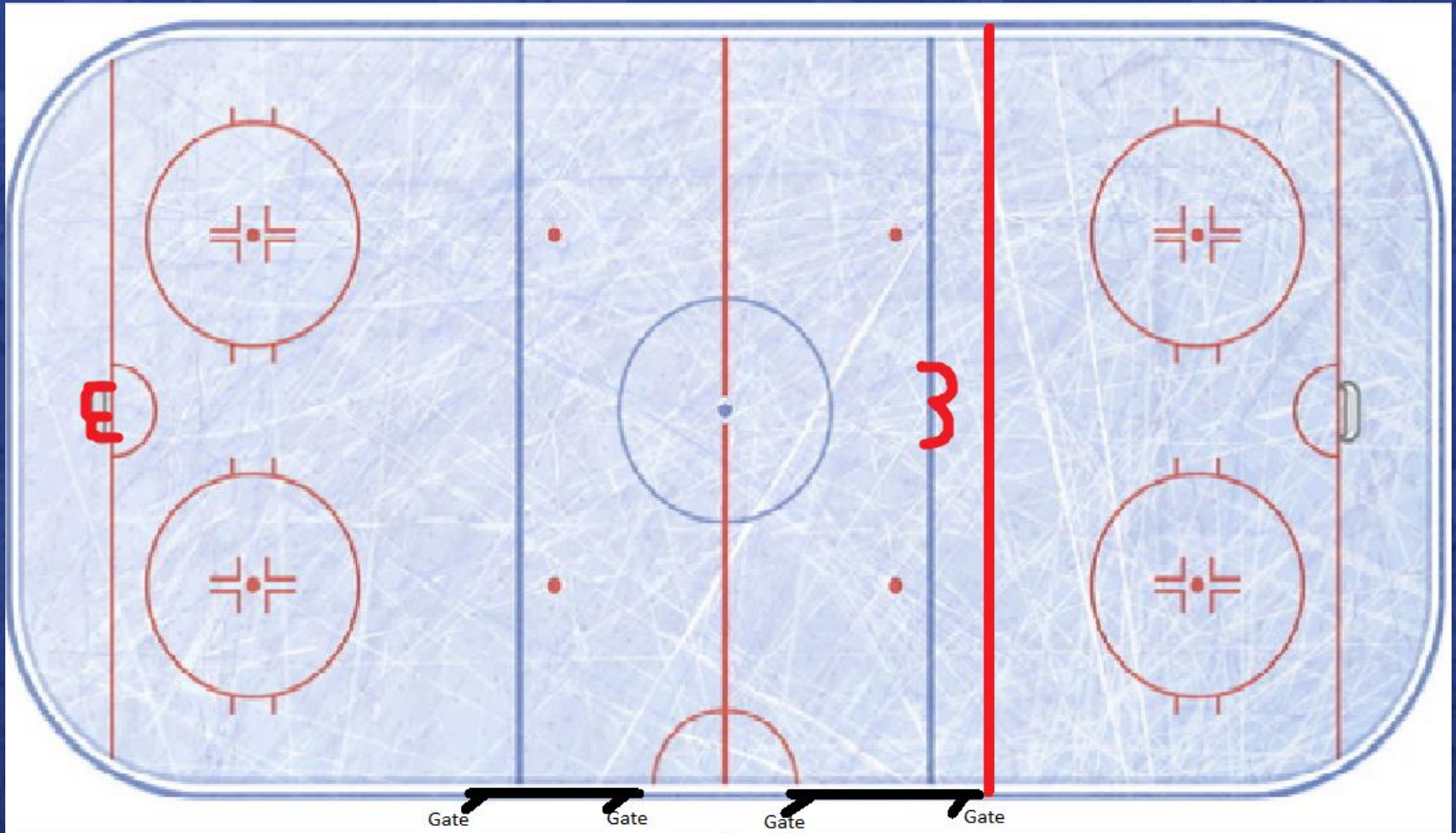
# BOARD SET UP

- Teams are responsible for setting up the boards.
- A coach from each team **MUST** aid timekeepers and officials with setting up **AND** taking down boards
- Boards may have to be moved for possible floods.
- Boards must be set up before the first game and taken down after last game.
- Boards **MUST** be taken off the ice and stored correctly
- Safety equipment is available at all arenas with Boards
- Teams may be fined for non compliance

# U7 CROSS ICE HOCKEY LAYOUT



# MODIFIED ICE U8 AND U9



# LIVE BARN

- Watch livestreamed NYHL games from home
- Select arenas across the GTA
- Watch and save video
- Expanding to more City of Toronto rinks
- Used as a great coaching tool.

